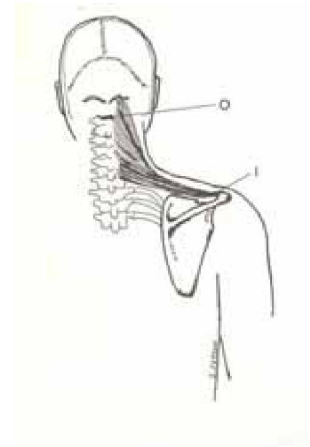


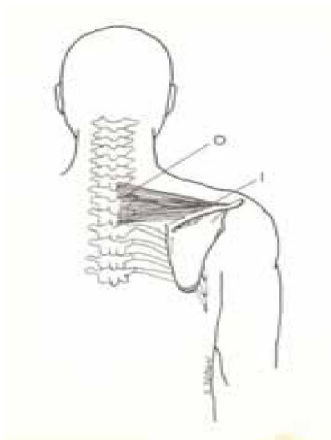
Upper Extremity

upper trapezius



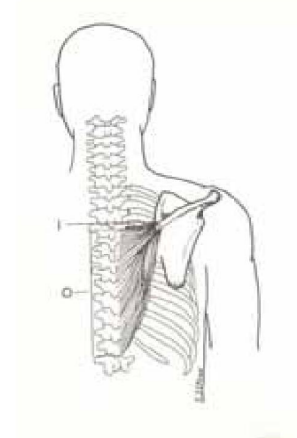
- (O): Occipital bone, nuchal ligament
- (I): Outer third of clavicle, acromion process
- (A): Scapular elevation and upward rotation
- (N): Spinal accessory (cranial nerve XI)

middle trapezius



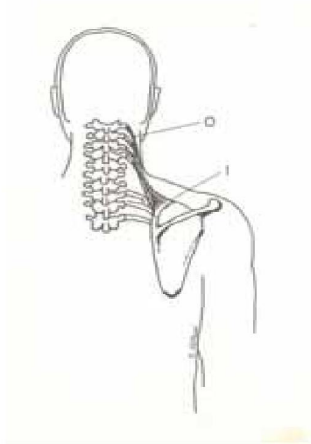
- (O): Spinous processes of C7 through T3
- (I): Scapular spine
- (A): Scapular retraction
- (N): Spinal accessory (cranial nerve XI)

lower trapezius



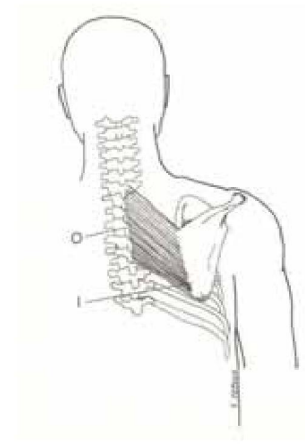
- (O): Spinous processes of middle and lower thoracic vertebrae
- (I): Base of the scapular spine
- (A): Scapular depression and upward rotation
- (N): Spinal accessory (cranial nerve XI)

levator scapula



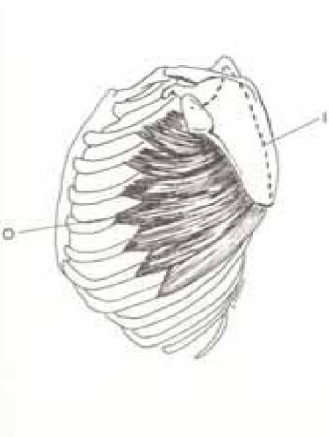
- (O): Transverse processes of first four cervical vertebrae
- (I): Vertebral border of scapula between the superior angle and spine
- (A): Scapula elevation and downward rotation
- (N): Third and fourth cervical nerves

rhomboids



- (O): Spinous processes of C7 through T5
- (I): Vertebral border of scapula between the spine and inferior angle
- (A): Scapular retraction and downward rotation
- (N): Dorsal scapular nerve

serratus anterior



- (O): Lateral surface of the upper eight ribs
- (I): Vertebral border of the scapula, anterior surface
- (A): Scapular protraction and upward rotation
- (N): Long thoracic nerve

pectoralis minor



- (O): Anterior surface, third through fifth ribs
- (I): Coracoid process of the scapula
- (A): Scapular depression, protraction, and downward rotation
- (N): Medial pectoral nerve

anterior deltoid



- (O): Lateral third of the clavicle
- (I): Deltoid tuberosity
- (A): Shoulder flexion, medial rotation, horizontal adduction
- (N): Axillary nerve

middle deltoid



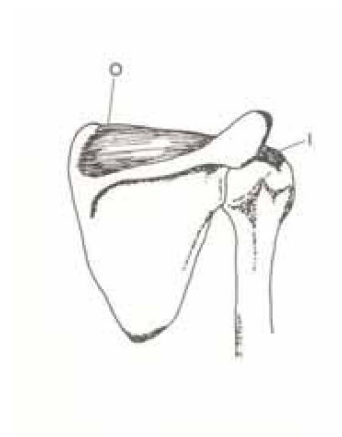
- (O): Acromion process
- (I): Deltoid tuberosity
- (A): Shoulder abduction
- (N): Axillary nerve

posterior deltoid



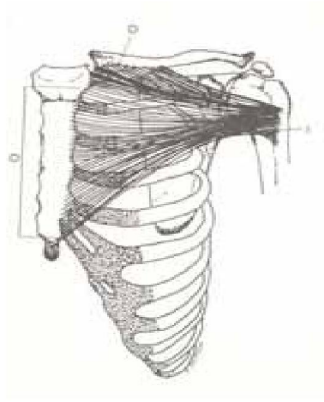
- (O): Spine of scapula
- (I): Same as anterior deltoid muscle
- (A): Shoulder extension, hyperextension, lateral rotation, horizontal abduction
- (N): Axillary nerve

supraspinatus



- (O): Supraspinous fossa of the scapula
- (I): Greater tubercle of the humerus
- (A): Shoulder abduction
- (N): Suprascapular nerve

pectoralis major, clavicular and sternal portions



- (O): Medial third of clavicle, sternum, costal cartilage of first six ribs
- (I): Lateral lip of bicipital groove of humerus
- (A): Shoulder adduction, medial rotation, horizontal adduction
- (N): Lateral and medial pectoral nerve

pectoralis major, clavicular portion



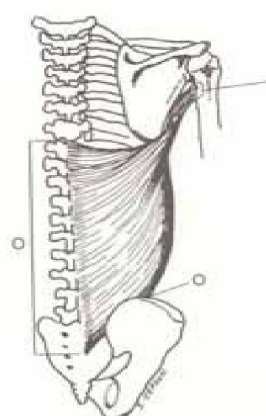
- (O): Medial third of clavicle
- (I): Lateral lip of bicipital groove of humerus
- (A): Shoulder flexion to approximately 90 degrees
- (N): Lateral and medial pectoral nerve

pectoralis major, sternal portion



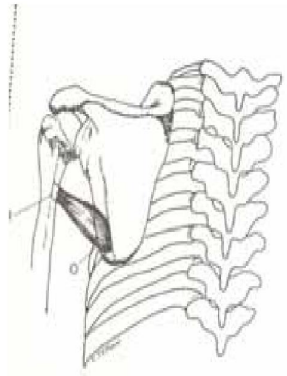
- (O): Sternum, costal cartilage of first six ribs
- (I): Lateral lip of bicipital groove of humerus
- (A): Shoulder extension to approximately 90 degrees
- (N): Lateral and medial pectoral nerve

latissimus dorsi



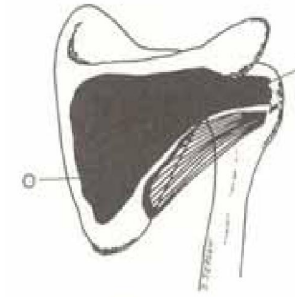
- (O): Spinous processes of T7 through L5 (via dorsolumbar fascia), posterior surface of sacrum, iliac crest, and lower three ribs
- (I): Medial lip of bicipital groove of humerus
- (A): Shoulder extension, adduction, medial rotation, hyperextension
- (N): Thoracodorsal nerve

teres major



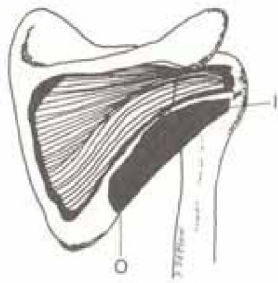
- (O): Axillary border of scapula near the inferior angle
- (I): Crest below lesser tubercle next to the latissimus dorsi muscle attachment
- (A): Shoulder extension, adduction, medial rotation
- (N): Subscapular nerve

infraspinatus



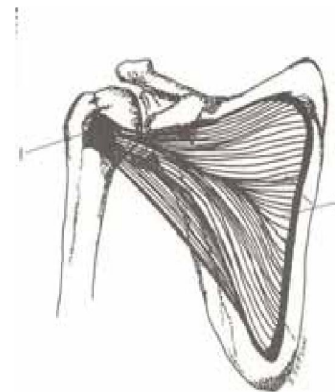
- (O): Infraspinous fossa of scapula
- (I): Greater tubercle of humerus
- (A): Shoulder lateral rotation, horizontal abduction
- (N): Suprascapular nerve

teres minor



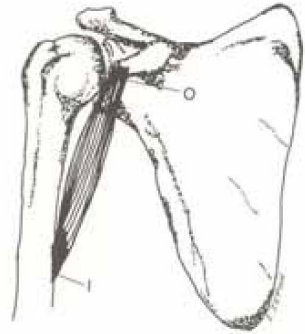
- (O): Axillary border of scapula
- (I): Greater tubercle of humerus
- (A): Shoulder lateral rotation, horizontal abduction
- (N): Axillary nerve

subscapularis



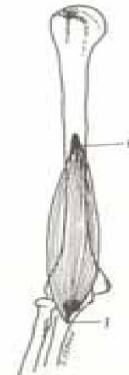
- (O): Subscapular fossa of the scapula
- (I): Lesser tubercle of the humerus
- (A): Shoulder medial rotation
- (N): Subscapular nerve

coracobrachialis



- (O): Coracoid process of the scapula
- (I): Medial surface of the humerus near the midpoint
- (A): Stabilizes the shoulder joint
- (N): Musculocutaneous nerve

brachialis



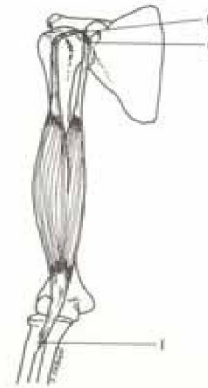
- (O): Distal half of humerus, anterior surface
- (I): Coronoid process and ulnar tuberosity of the ulna
- (A): Elbow flexion
- (N): Musculocutaneous nerve

brachioradialis



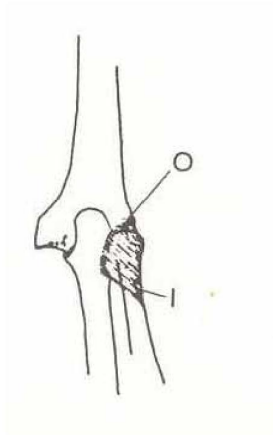
- (O): Lateral supracondylar ridge on the humerus
- (I): Styloid process of the radius
- (A): Elbow flexion
- (N): Radial nerve

biceps



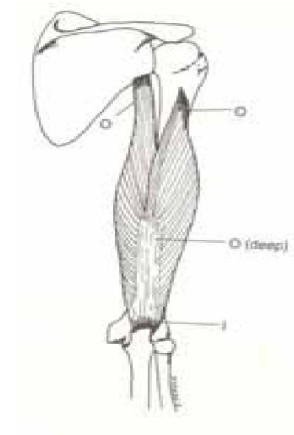
- (O): Scapula:
Long head, supraglenoid tubercle
Short head, coracoid process
- (I): Radial tuberosity of radius
- (A): Elbow flexion, forearm supination
- (N): Musculocutaneous nerve

supinator



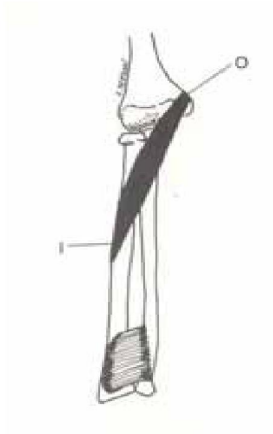
- (O): Lateral epicondyle of humerus and adjacent ulna
- (I): Anterior surface of the proximal radius
- (A): Forearm supination
- (N): Radial nerve

triceps



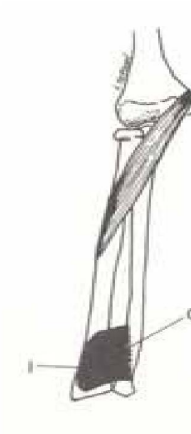
- (O): Long head:
Infraglenoid tubercle of scapula
Lateral head:
Inferior to greater tubercle on posterior humerus
Medial head:
Posterior surface of humerus
- (I): Olecranon process of ulna
- (A): Elbow extension
- (N): Radial nerve

pronator teres



- (O): Medial epicondyle of humerus and coronoid process of ulna
- (I): Lateral aspect of radius at its midpoint
- (A): Forearm pronation, assistive in elbow flexion
- (N): Median nerve

pronator quadratus



- (O): Distal fourth of ulna
- (I): Distal fourth of radius
- (A): Forearm pronation
- (N): Median nerve