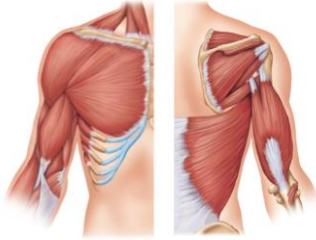


Muscles of the Upper Limb



Muscles Stabilizing Pectoral Girdle

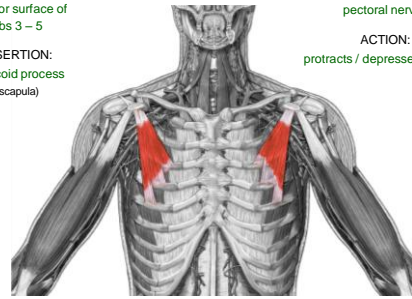
Pectoralis minor

ORIGIN:
anterior surface of
ribs 3 – 5

INSERTION:
coracoid process
(scapula)

INNERVATION:
pectoral nerves

ACTION:
protracts / depresses scapula



(Anterior view)

Muscles Stabilizing Pectoral Girdle

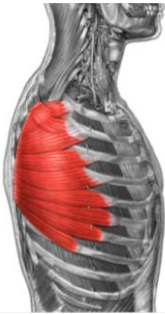
Serratus anterior

ORIGIN:
ribs 1 - 8

INSERTION:
medial border of scapula

INNERVATION:
long thoracic nerve

ACTION:
rotates scapula laterally



(Lateral view)

Muscles Stabilizing Pectoral Girdle

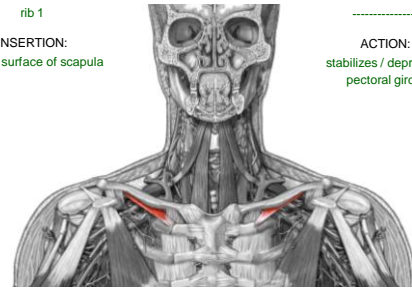
Subclavius

ORIGIN:
rib 1

INSERTION:
inferior surface of scapula

INNERVATION:

ACTION:
stabilizes / depresses
pectoral girdle



(anterior view)

Muscles Stabilizing Pectoral Girdle

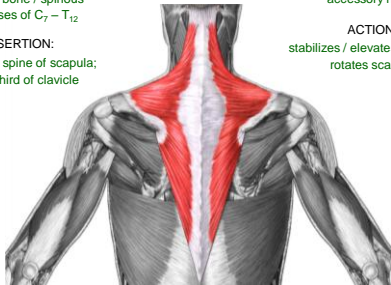
Trapezius

ORIGIN:
occipital bone / spinous
processes of C₇ – T₁₂

INSERTION:
acromion / spine of scapula;
lateral third of clavicle

INNERVATION:
accessory nerve

ACTION:
stabilizes / elevates / retracts /
rotates scapula



(Posterior view)

Muscles Stabilizing Pectoral Girdle

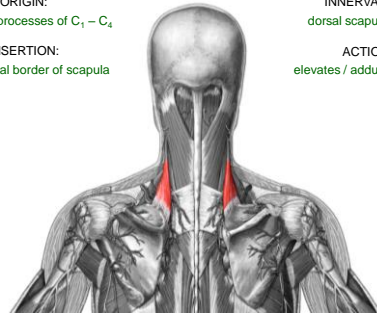
Levator scapulae

ORIGIN:
transverse processes of C₁ – C₄

INSERTION:
upper medial border of scapula

INNERVATION:
dorsal scapular nerve

ACTION:
elevates / adducts scapula



(Posterior view)

Muscles Stabilizing Pectoral Girdle

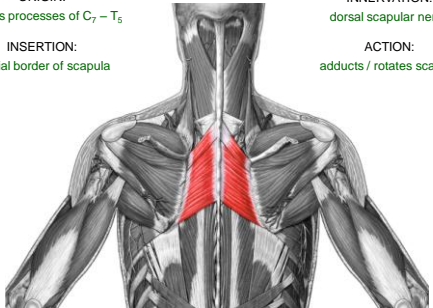
Rhomboids (major / minor)

ORIGIN:
spinous processes of C₇ – T₅

INSERTION:
medial border of scapula

INNERVATION:
dorsal scapular nerve

ACTION:
adducts / rotates scapula



(Posterior view)

Muscles Moving Arm

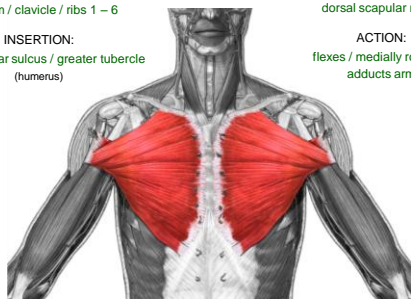
Pectoralis major

ORIGIN:
sternum / clavicle / ribs 1 – 6

INNERVATION:
dorsal scapular nerve

INSERTION:
intertubercular sulcus / greater tubercle (humerus)

ACTION:
flexes / medially rotates / adducts arm



(Anterior view)

Muscles Moving Arm

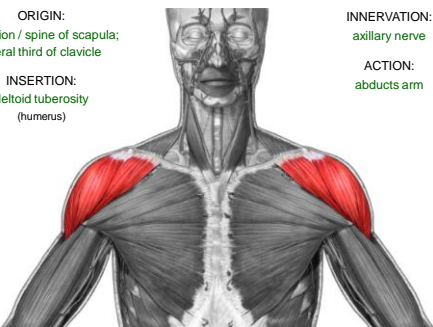
Deltoid

ORIGIN:
acromion / spine of scapula; lateral third of clavicle

INNERVATION:
axillary nerve

INSERTION:
deltoid tuberosity (humerus)

ACTION:
abducts arm



(Anterior view)

Muscles Moving Arm

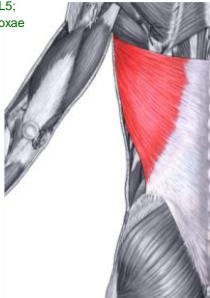
Latissimus dorsi

ORIGIN:
spinous processes of T7 – L5; ribs 9 – 12; iliac crest of os coxae

INNERVATION:
thoracodorsal nerve

INSERTION:
intertubercular groove (humerus)

ACTION:
extends / adducts arm



(Posterior view)

Muscles Moving Arm

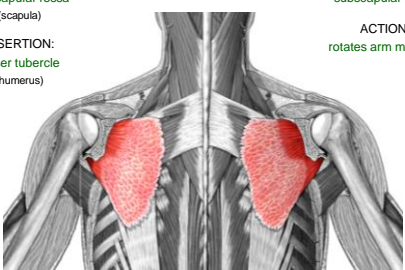
Subscapularis

ORIGIN:
subscapular fossa (scapula)

INNERVATION:
subscapular nerve

INSERTION:
lesser tubercle (humerus)

ACTION:
rotates arm medially



(Posterior view)

Muscles Moving Arm

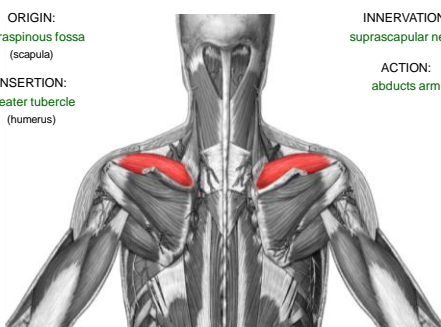
Supraspinatus

ORIGIN:
supraspinous fossa (scapula)

INNERVATION:
suprascapular nerve

INSERTION:
greater tubercle (humerus)

ACTION:
abducts arm



(Posterior view)

Muscles Moving Arm

Infraspinatus

ORIGIN:
infraspinous fossa (scapula)

INSERTION:
greater tubercle (humerus)

INNERVATION:
suprascapular nerve

ACTION:
rotates arm laterally

(Posterior view)

Muscles Moving Arm

Teres minor

ORIGIN:
lateral border of scapula

INSERTION:
greater tubercle (humerus)

INNERVATION:
subscapular nerve

ACTION:
rotates arm laterally

(Posterior view)

Muscles Moving Arm

Teres major

ORIGIN:
inferior border of scapula

INSERTION:
lesser tubercle (humerus)

INNERVATION:
subscapular nerve

ACTION:
rotates arm medially; adducts arm

(Posterior view)

Muscles Moving Arm

Coracobrachialis

ORIGIN:
coracoid process (scapula)

INSERTION:
medial shaft of humerus

INNERVATION:
musculocutaneous nerve

ACTION:
flexes / adducts arm

(Anterior view)

Muscles Moving Forearm

Triceps brachii

ORIGIN:
below glenoid cavity of scapula; posterior shaft of humerus

INSERTION:
olecranon process (ulna)

INNERVATION:
radial nerve

ACTION:
extends forearm

(Posterior view)

Muscles Moving Forearm

Anconeus

ORIGIN:
lateral epicondyle (humerus)

INSERTION:
olecranon process (ulna)

INNERVATION:
radial nerve

ACTION:
extends forearm

(Posterior view)

Muscles Moving Forearm

Biceps brachii

ORIGIN:
coracoid process / body (scapula)

INSERTION:
radial tuberosity (radius)

INNERVATION:
musculocutaneous nerve

ACTION:
flexes forearm

(Anterior view)

Muscles Moving Forearm

Brachialis

ORIGIN:
anterior face of distal humerus

INSERTION:
coronoid process (ulna)

INNERVATION:
musculocutaneous nerve

ACTION:
flexes forearm

(Anterior view)

Muscles Moving Forearm

Brachioradialis

ORIGIN:
lateral epicondyle (humerus)

INSERTION:
styloid process (radius)

INNERVATION:
radial nerve

ACTION:
flexes forearm

(Anterior / Lateral view)

Muscles Moving Wrist, Hand, and Fingers

Pronator teres

ORIGIN:
medial epicondyle (humerus); coronoid process (ulna)

INSERTION:
lateral shaft of radius

INNERVATION:
median nerve

ACTION:
pronates forearm

(Anterior view)

Muscles Moving Wrist, Hand, and Fingers

Flexor carpi radialis

ORIGIN:
medial epicondyle (humerus)

INSERTION:
metacarpals 2 - 3

INNERVATION:
median nerve

ACTION:
flexes / abducts wrist

(Anterior view)

Muscles Moving Wrist, Hand, and Fingers

Palmaris longus

ORIGIN:
medial epicondyle (humerus)

INSERTION:
palmar aponeurosis

INNERVATION:
median nerve

ACTION:
tenses skin of palm

(Anterior view)

Muscles Moving Wrist, Hand, and Fingers

Flexor carpi ulnaris

ORIGIN:
medial epicondyle (humerus);
olecranon process (ulna)

INSERTION:
pisiform / hamate of carpals

INNERVATION:
ulnar nerve

ACTION:
flexes / adducts wrist

(Anterior view)

Muscles Moving Wrist, Hand, and Fingers

Flexor digitorum superficialis

ORIGIN:
medial epicondyle (humerus);
coronoid process (ulna);
shaft of radius

INSERTION:
middle phalanges 2 - 5

INNERVATION:
median nerve

ACTION:
flexes wrist / fingers

(Anterior view)

Muscles Moving Wrist, Hand, and Fingers

Flexor digitorum profundus

ORIGIN:
coronoid process /
anteriomedial surface (ulna)

INSERTION:
distal phalanges 2 - 5

INNERVATION:
ulnar / median nerves

ACTION:
flexes wrist / fingers

(Anterior view)

Muscles Moving Wrist, Hand, and Fingers

Flexor pollicis longus

ORIGIN:
anterior surface of radius

INSERTION:
distal phalanx of thumb

INNERVATION:
median nerve

ACTION:
flexes thumb

(Anterior view)

Muscles Moving Wrist, Hand, and Fingers

Pronator quadratus

ORIGIN:
distal surface of anterior ulna

INSERTION:
distal surface of anterior radius

INNERVATION:
median nerve

ACTION:
pronates forearm

(Anterior view)

Muscles Moving Wrist, Hand, and Fingers

Extensor carpi radialis

ORIGIN:
lateral epicondyle
(humerus)

INSERTION:
metacarpals 2 - 3

INNERVATION:
radial nerve

ACTION:
extends / abducts wrist

(Posterior / Lateral view)

Muscles Moving Wrist, Hand, and Fingers

Extensor digitorum

ORIGIN:
lateral epicondyle (humerus)

INSERTION:
distal phalanges 2 – 5

INNERVATION:
radial nerve

ACTION:
extends fingers

(Posterior view)

Muscles Moving Wrist, Hand, and Fingers

Extensor carpi ulnaris

ORIGIN:
lateral epicondyle (humerus)

INSERTION:
metacarpal 5

INNERVATION:
radial nerve

ACTION:
extends / adducts wrist

(Posterior view)

Muscles Moving Wrist, Hand, and Fingers

Supinator

ORIGIN:
lateral epicondyle (humerus); proximal end of ulna

INSERTION:
proximal end of radius

INNERVATION:
radial nerve

ACTION:
supinates forearm

(Anterior / Lateral view)

Muscles Moving Wrist, Hand, and Fingers

Abductor pollicis longus

ORIGIN:
posterior surface of radius / ulna

INSERTION:
metacarpal 1; trapezium of carpals

INNERVATION:
radial nerve

ACTION:
abducts / extends thumb

(Posterior view)

Muscles Moving Wrist, Hand, and Fingers

Extensor pollicis

ORIGIN:
dorsal shaft of radius / ulna

INSERTION:
proximal / distal ends of phalange 1

INNERVATION:
radial nerve

ACTION:
extends thumb

(Posterior view)

Muscles Moving Wrist, Hand, and Fingers

Extensor indicis

ORIGIN:
posterior surface of distal ulna

INSERTION:
phalange 2

INNERVATION:
radial nerve

ACTION:
extends index finger

(Posterior view)