

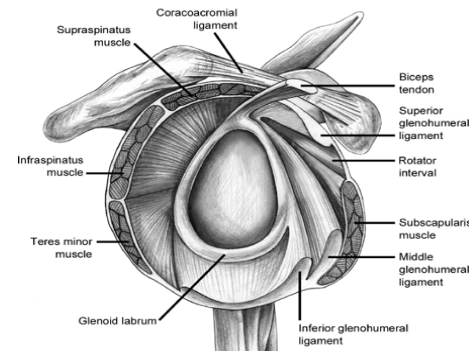
MUSCLES: UPPER APPENDAGES

1 Dec 81, 2 Dec 99, 21 Nov 01, 1 Dec 03, 14 Nov 05, 19Nov07, 24Nov08, 23Nov09, 22Nov10, 13Dec11, 3Nov15
S&M p 220- , Martini 4th: 335-346, Martini 5th: 356-367, 7th: 350-363, 8th: 359-371, 10th: 358-369

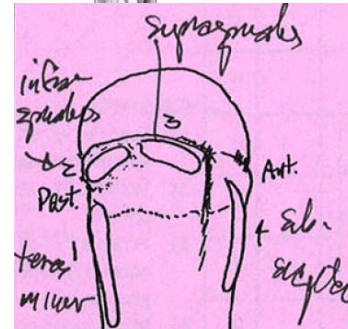
(Numbers are illustrations in Martini's 10th:)

SCAPULA FLOATS, NEEDS STABILIZATION: (p 359-361)

- trapezius** origin: occipital bone +all vert sp. pros to thoracic (360)
inserts: spine of scapula
action: contractible in portions, var. scapula directions
- rhomboideus** major and minor: adduct, rotate scapula (361)
- levator scapulae** origin: transverse processes of cerv. vert (361)
Insert: sup angle of scapula
action: elevates scapula. If scapula fixed: bend neck
- pectoralis minor** orig: 3-5th ribs (359)
insert: coracoid process, depress protract scapula
- serratus anterior** Orig: first nine ribs, (notched appearance) (359, 361)
inserts: vertebral border of scapula
action: protracts scapula
- subclavius** anchors clavicle to thorax (350)



lateral view R humerus:



MUSCLES OF HUMERUS: Total of 9 move humerus. 7 originate on scapula, rotator cuff: (p 362)

- Deltoid:** major abductor of humerus
- ROTATOR CUFF (= "rc": musculotendinous cuff, stabilizes glenohumeral joint):
- rc **teres minor** lateral rotation insert: most posterior greater tubercle lateral rotate, abduct
- rc **infraspinatus** lateral rotation insert: posterior greater tubercle lateral rotate, abduct
- rc **supraspinatus** abduct insert: anterior greater tubercle abduct shoulder
- rc **subscapularis** medial rotation insert: lesser tubercle medial rotation
- rc **teres major** medial rotation insert: medial lip of intertubercular groove adduct, extend, medial rotate
- coracobrachialis** adduct, flex insert: medial margin of humerus
- long head of biceps** stabilizes joint insert: passes thru intertubercular groove, inserts into scapula
- pectoralis major** orig: med clavicle, sternum, top 6 ribs, external oblique aponeurosis (359)
inserts on greater tubercle of humerus **anterior border axilla** adduct, flex, med rotate
- latissimus dorsi** (widest) orig: vert of lower back, pelvis. insert intertubercular groove of humerus extension, adduction, medial rotation

MUSCLES MOVING FOREARM (p 364)

- brachialis** origin: distal anterior surface of humerus to ulna flex elbow (of the arm)
- triceps brachii** origin: border of scapula, posterior and lateral humerus inserts: olecranon process
- biceps brachii** origin: humerus, short head; coracoid, long head: supraglenoid tuberosity (two heads of arm)
- anconeus** [in forearm] (of the bend or elbow)
- brachioradialis** [in forearm]at epicondyle humerus, styloid process of radius, flex elbow (arm - radius)

ACTING ON HAND AND FINGERS: pages 367-368 (Learn the meaning of the wordstems.)

EXTRINSIC: The strongest movers of hand and fingers.

ANTERIOR superficial: (p367, a)

- pronator teres (forward bent round)
- flexor carpi radialis (flex, abducts) (bend of wrist radius)
- palmaris longus inserts at aponeurosis
- flexor carpi ulnaris (flex, adducts)
- flexor digitorum superficialis (of fingers surface) (inserts mid phalanx)

deep: (p 368, b)

- flexor digitorum profundus (of the fingers deep) (inserts distal phalanx)
- flexor pollicis longus (...of the thumb...)
- pronator quadratus (forward four sided)

POSTERIOR superficial: (p367, c)

- extensor carpi radialis longus (Extensor = from pull...)
- extensor carpi radialis brevis (brevis = short)
- extensor digitorum ("from pull of the fingers")
- extensor digiti minimi ("of the finger littlest")
- extensor carpi ulnaris

deep: (p 368, d)

- supinator (lying on back)
- abductor pollicis longus (from carry thumb...)
- extensor pollicis brevis (...thumb short)
- extensor indicis (...second digit)

INTRINSIC muscles in the hand: (p368) (fine movements)

- adductor pollicis (toward carry of the thumb)
- abductor digiti minimi (away carry finger littlest)
- lumbricales (worms, little)
- opponens digiti minimi (...of the finger littlest)
- opponens pollicis (opposer thumb)



