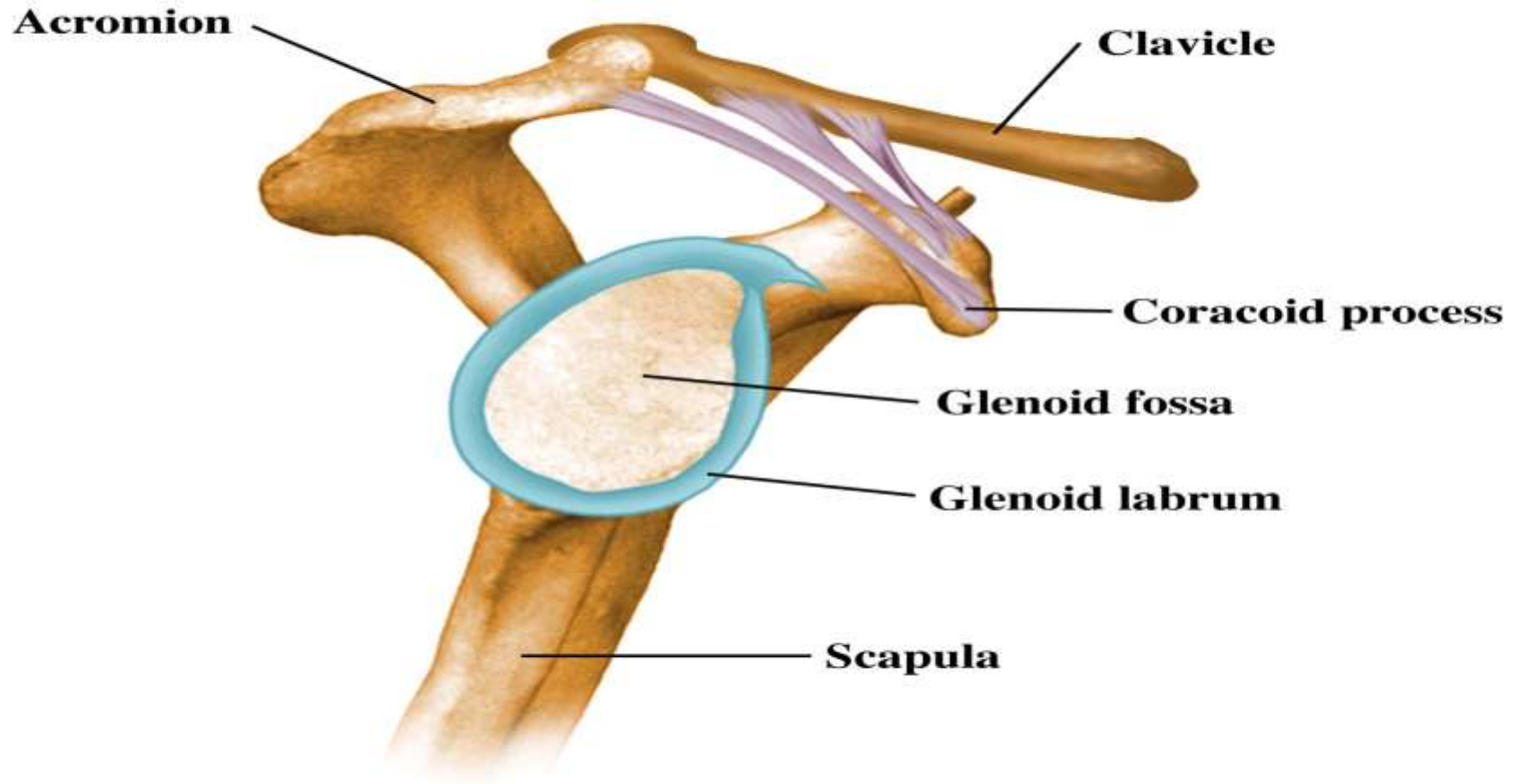


# Shoulder



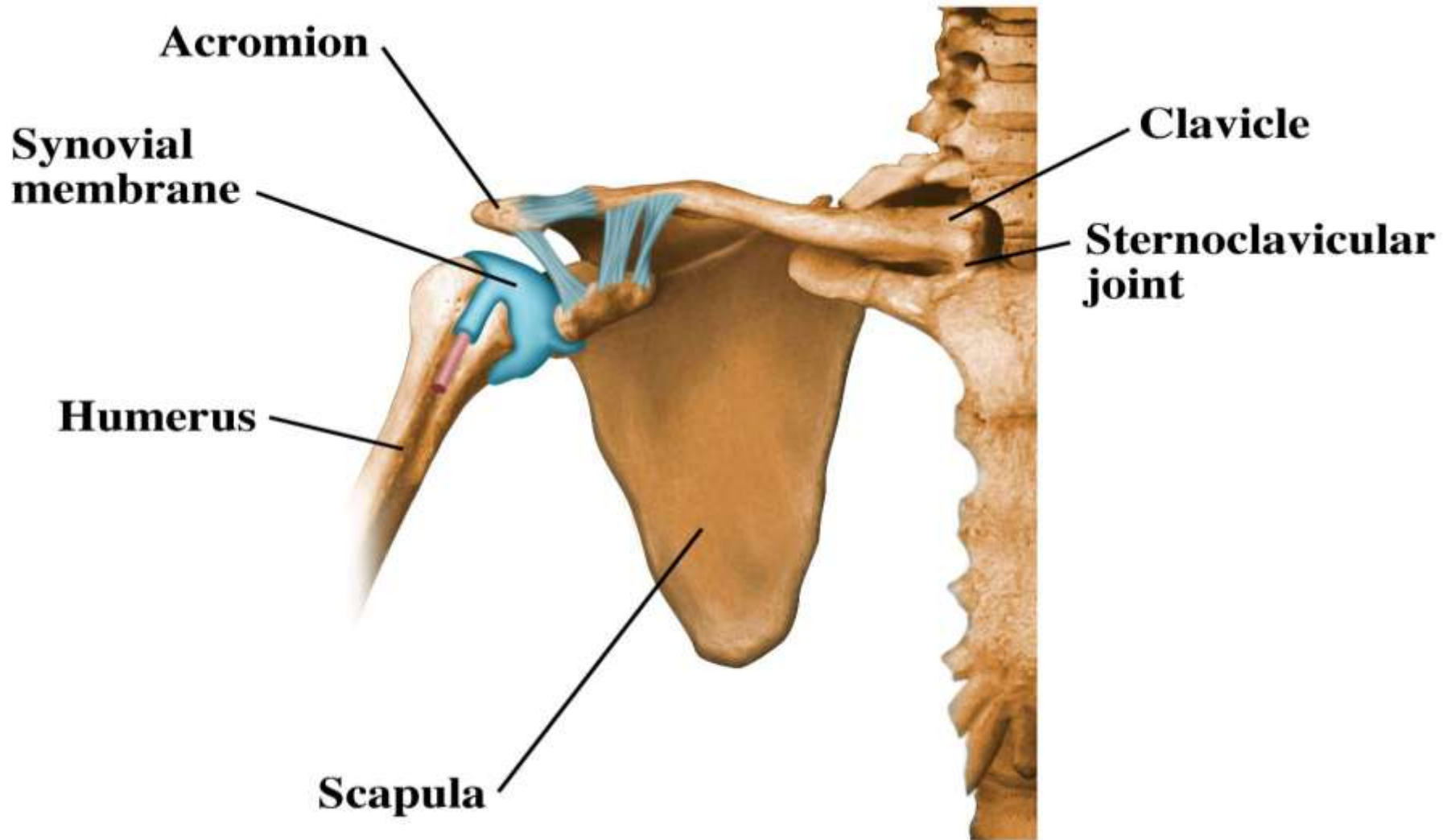


# Joint

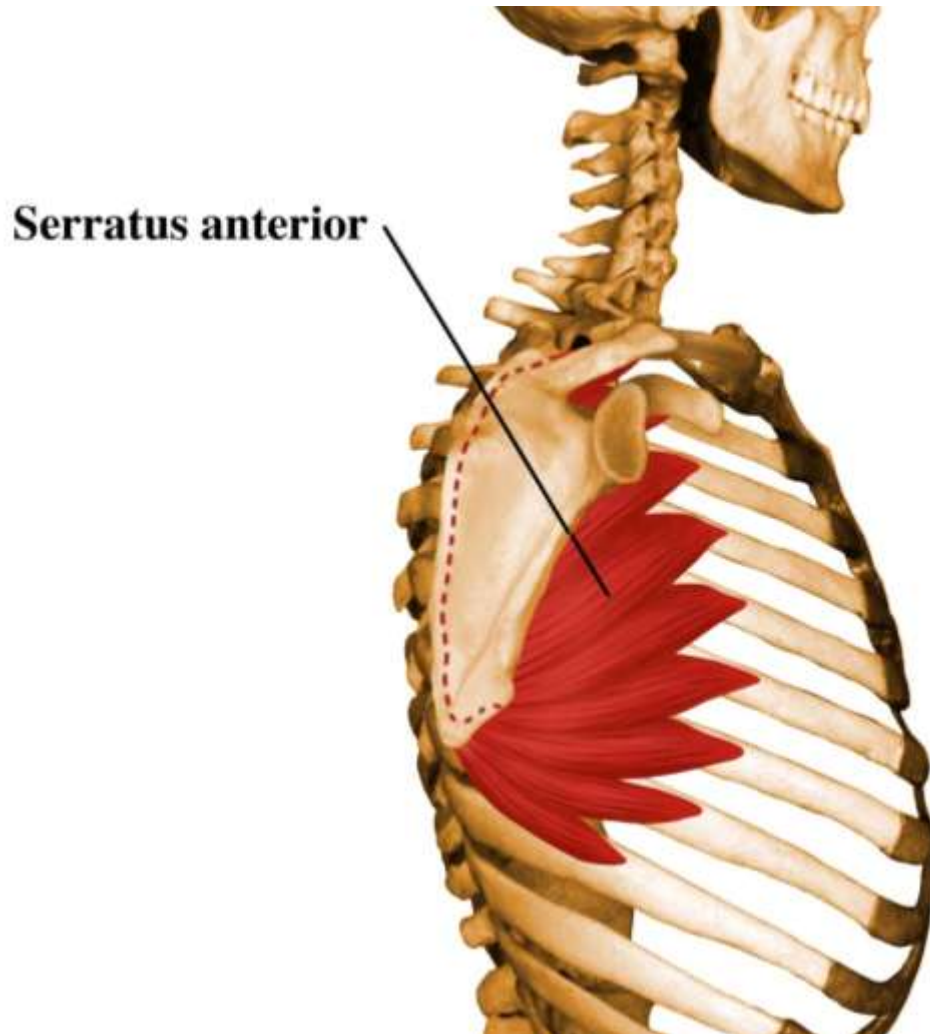




# Joint



# Serratus Anterior



## Actions

Protracts scapula; rotates scapula upwards

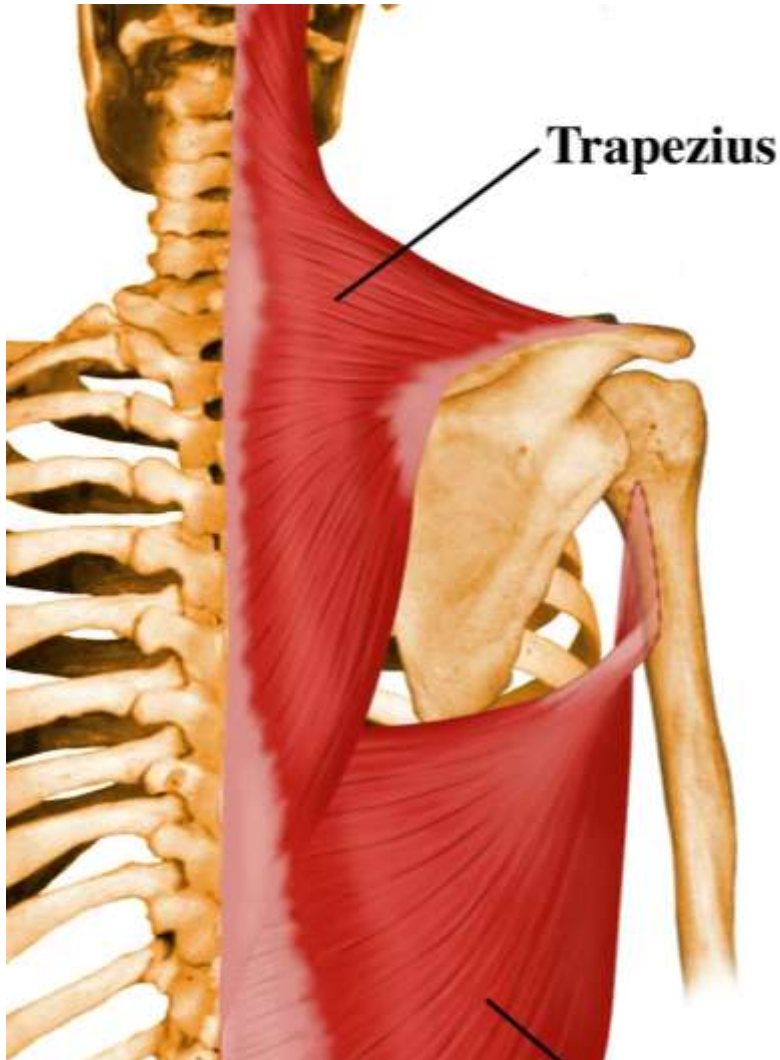
## Origins

Ribs 1-9

## Insertions

Anterior surface of the medial border of the scapula

# Trapezius



## Actions

U/T- elevate scapula and extend the head

M/T- elevate, upwardly rotate and adduct scapula

L/T- depress, adduct and upwardly rotate scapula

## Origins

U/T- base of skull, occipital protuberance

M/T- spinous processes of C7-T3

L/T- spinous processes of T4-T12

## Insertions

U/T- lateral third of the clavicle

M/T- acromion and upper border of the spine of scapula

L/T- medial portion of the crest of the spine of scapula

# Latissimus dorsi

## Actions

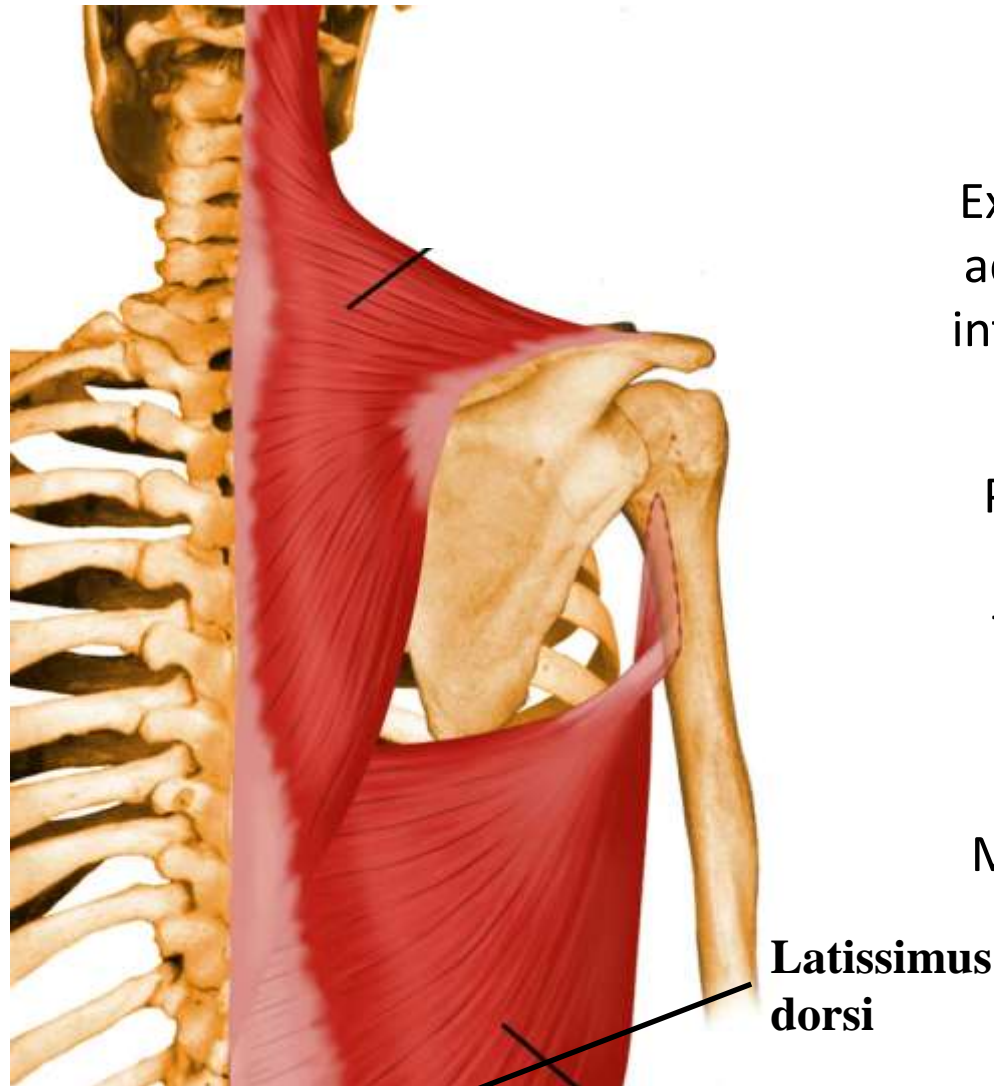
Extends the arm from flexed position;  
adducts arm from abducted position;  
internal rotation; horizontal abduction

## Origins

Posterior crest of the ilium, spinous  
process of lumbar and lower 6  
thoracic vertebrae, back of sacrum  
and lower 3 ribs.

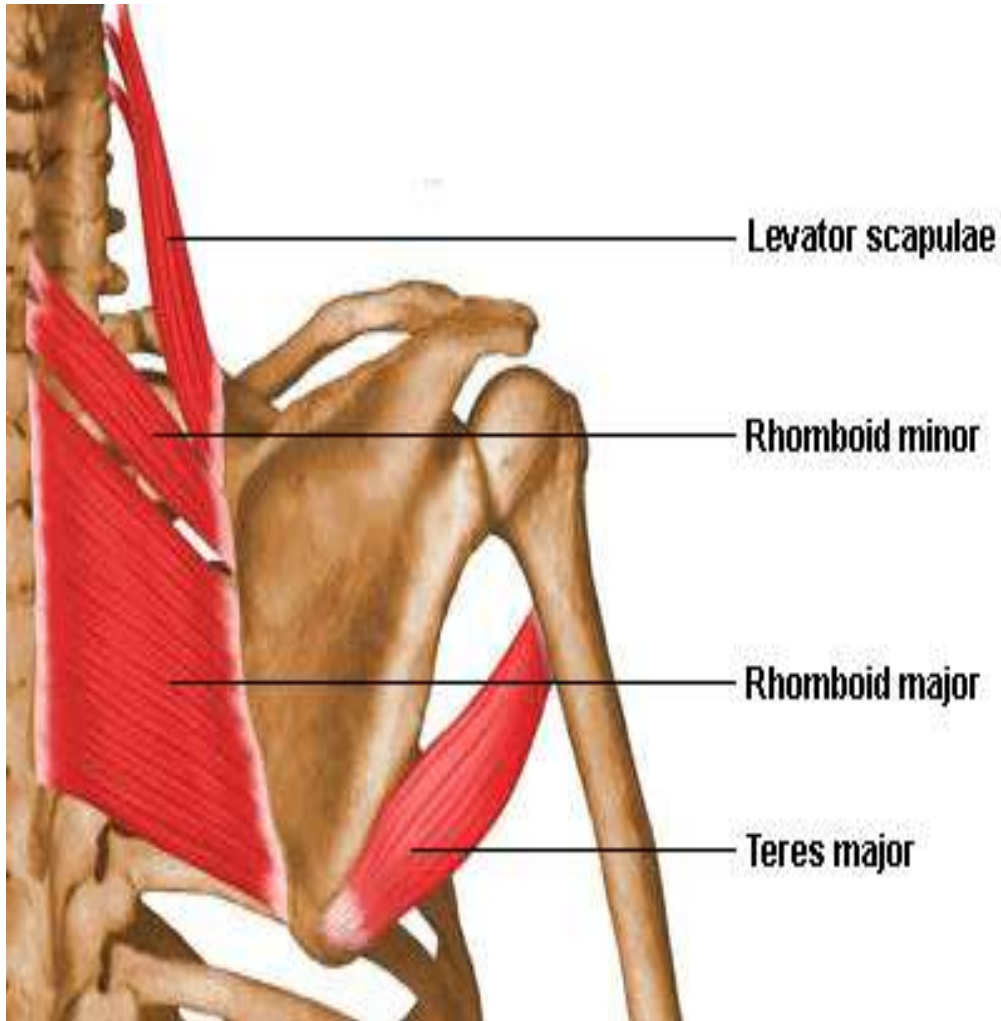
## Insertions

Medial side of the bicipital groove of  
humerus





# Levator Scapulae



## Actions

Elevates the scapula

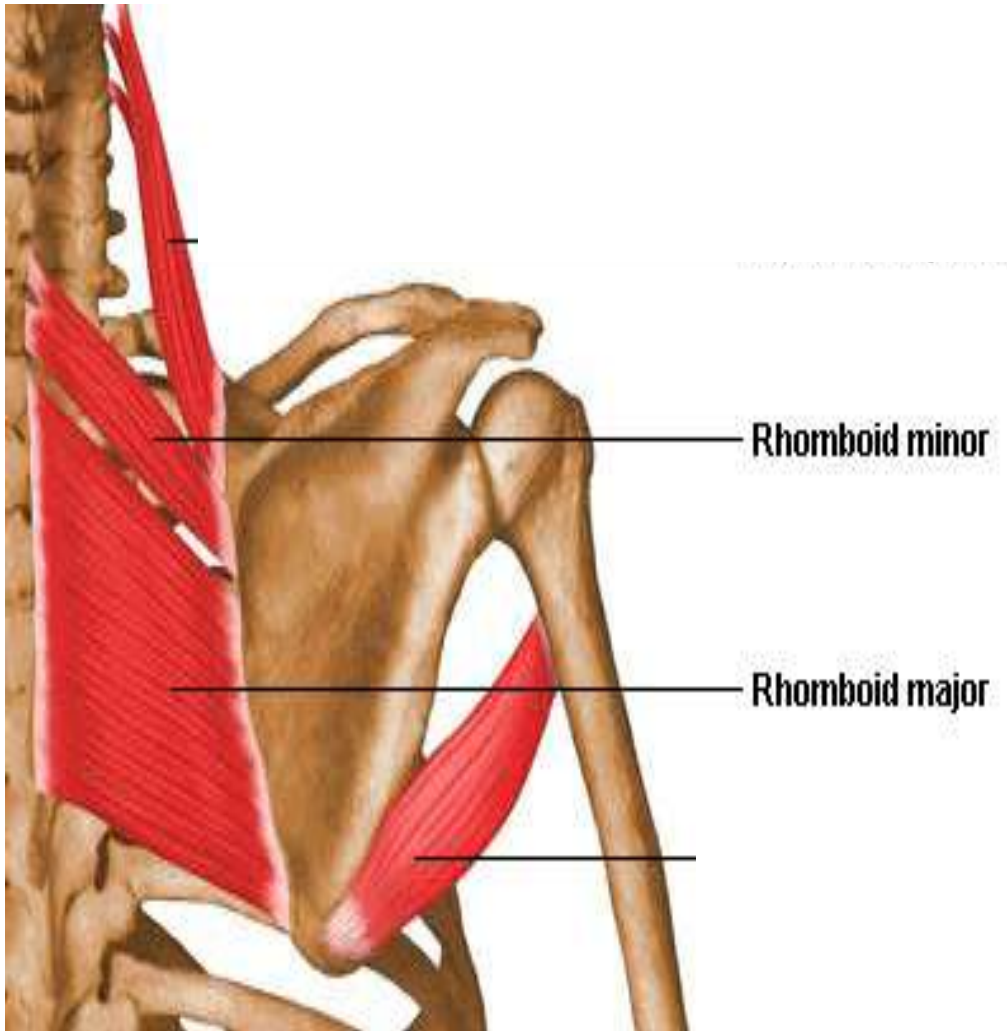
## Origins

Transverse processes of C1-  
C4

## Insertions

Superior medial border of  
scapula

# Rhomboids



## Actions

Retracts the scapula and rotates it downwards

## Origins

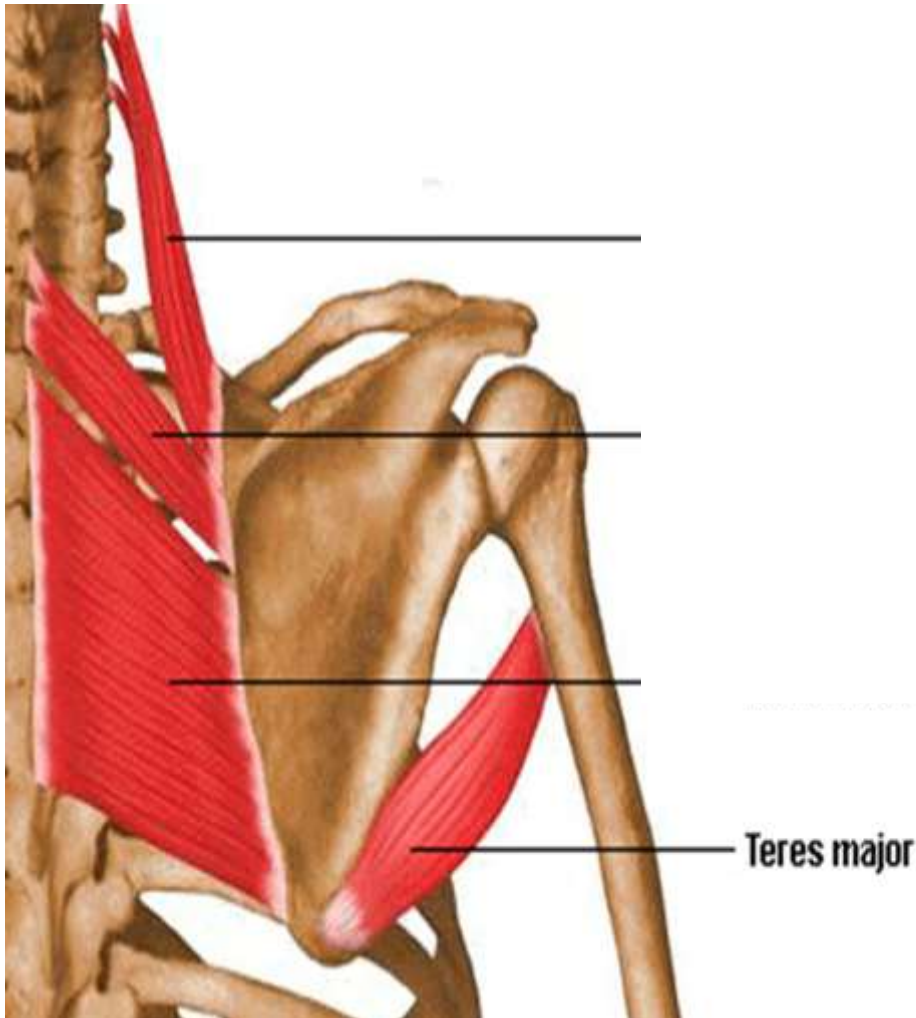
Spinous processes C7-T5

## Insertions

Medial border of the scapula



# Teres Major



## Actions

Extends the shoulder;  
internal rotation; assists in  
adduction and internal  
rotation

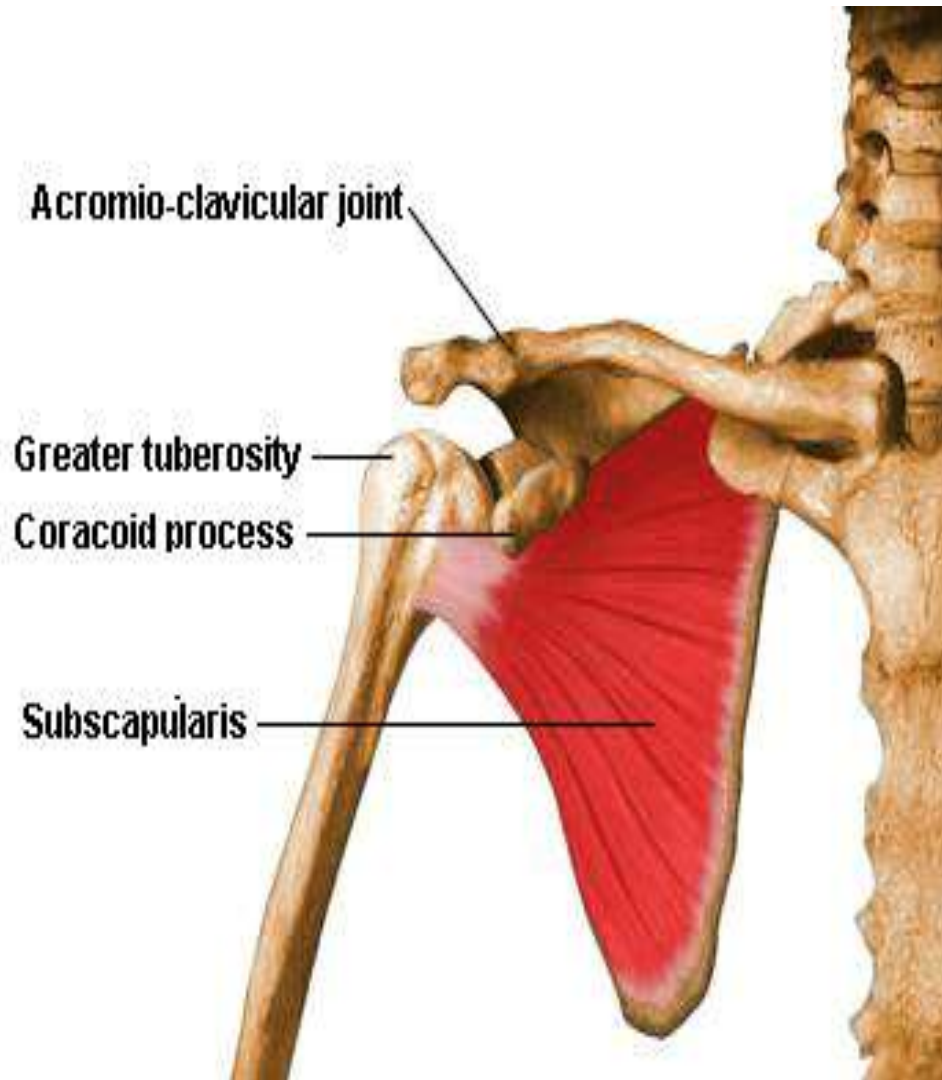
## Origins

Inferior third of lateral  
border of scapula

## Insertions

Medial lip of bicipital groove  
of humerus

# Subscapularis



## Actions

Internal rotation; adduction and extension. Stabilisation of humeral head

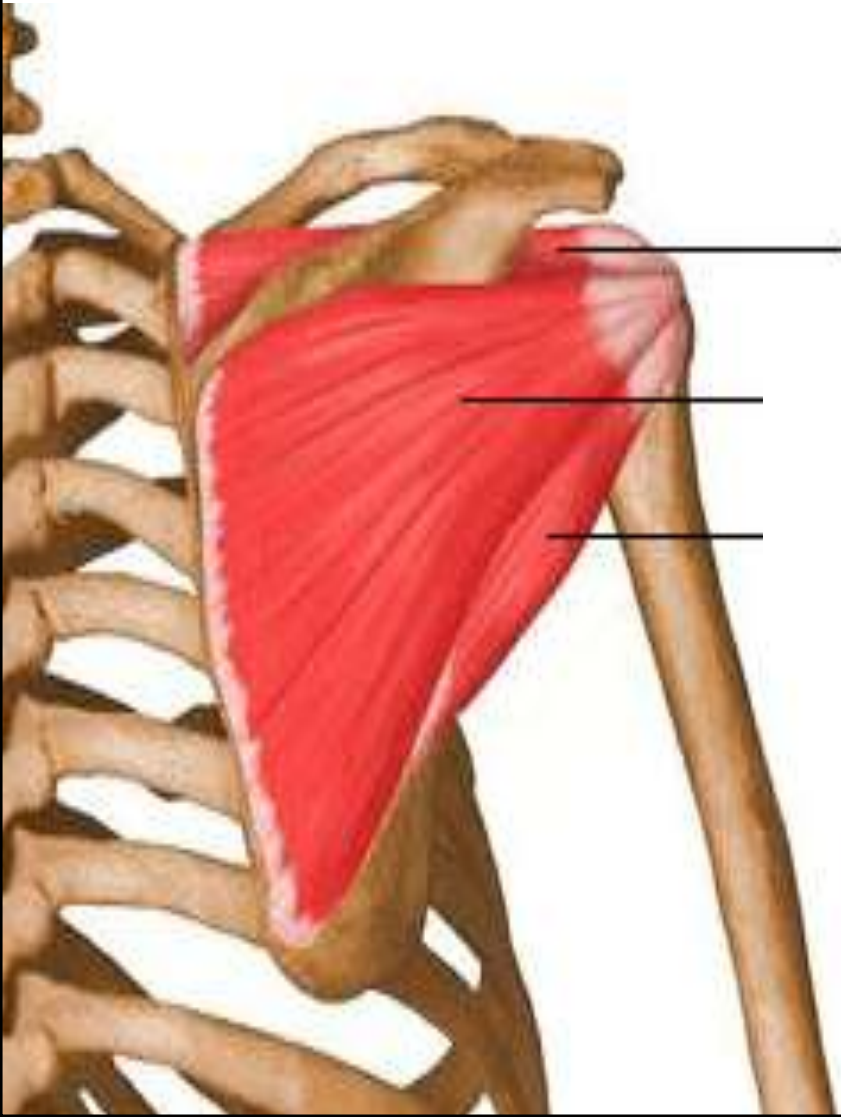
## Origins

Anterior surface of subscapular fossa

## Insertions

Lesser anterior tubercle of the humerus

# Supraspinatus



**Supraspinatus**

## Actions

Weak abduction and stabilisation of the humeral head

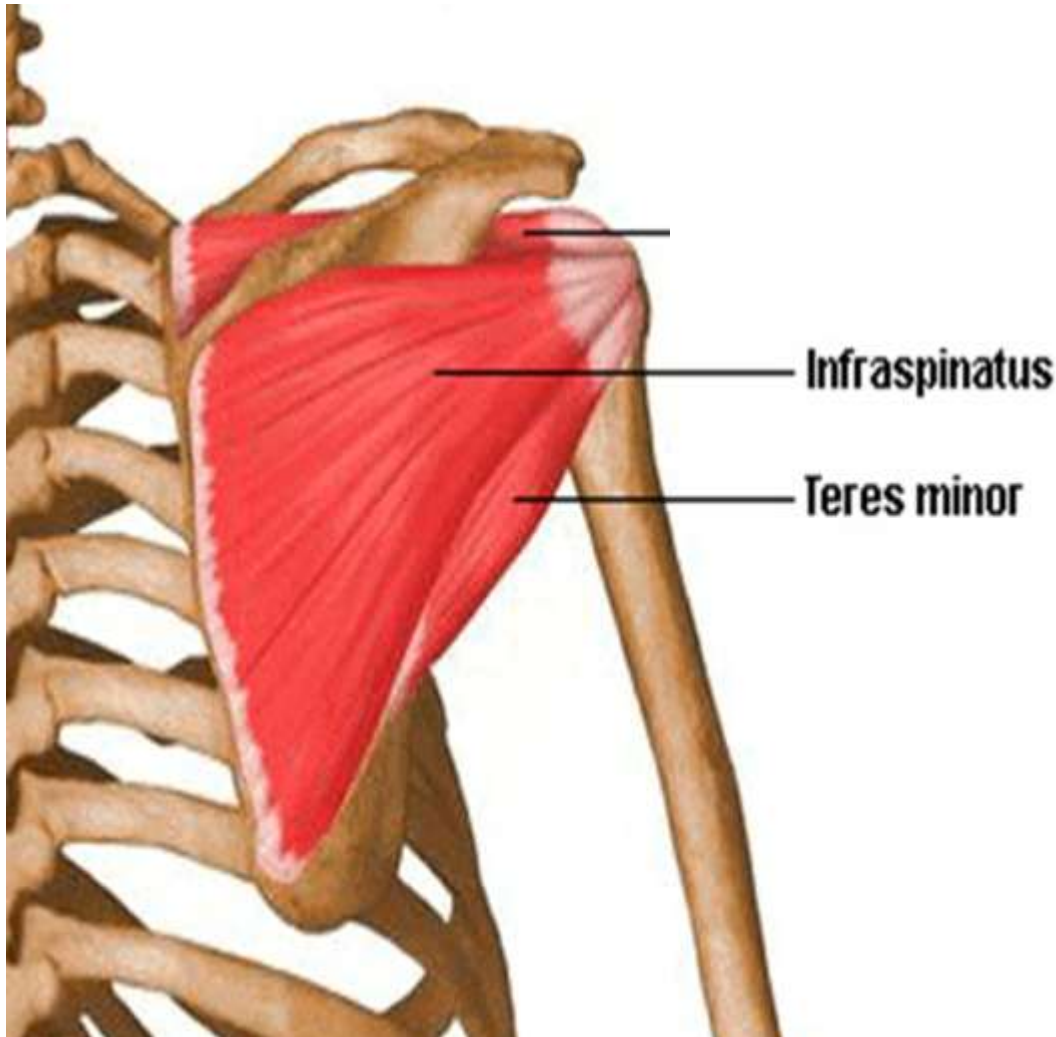
## Origins

Medial two thirds of the supraspinatus fossa

## Insertions

Superior aspect of the greater tubercle of the humerus

# Infraspinatus and Teres minor



## Actions

External rotation;  
horizontal abduction;  
extension of the shoulder

## Origins

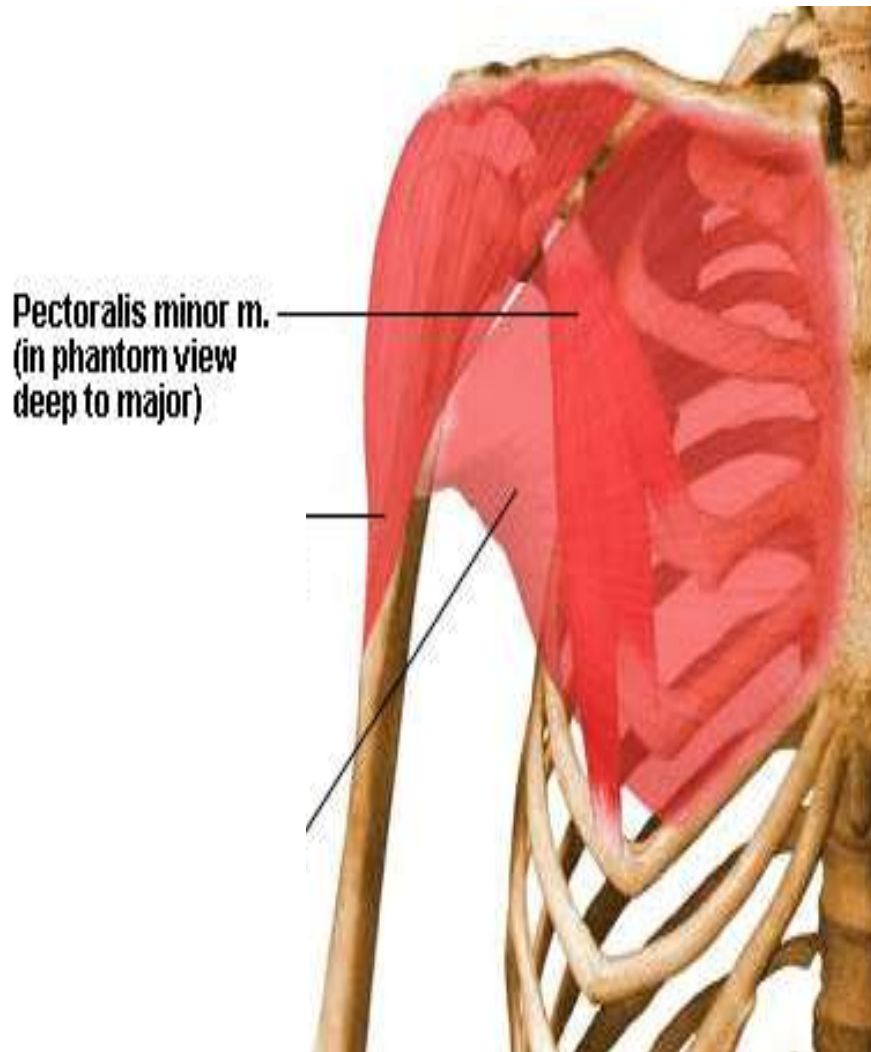
Teres: posteriorly on upper aspects of lateral border of scapula

Infra: medial aspect of the infraspinatus fossa just below the spine of scapula

## Insertions

Posterior aspect of greater tubercle of humerus

# Pectoralis Minor



## Actions

Draws scapula forwards and downwards

## Origins

Anterior surfaces of ribs 3-5

## Insertions

Coracoid process



# Deltoids

## Actions

Anterior: abduct, flex, horizontally adduct and internally rotate shoulder

Middle: abduct shoulder

Posterior: abduct, extend, horizontally abduct and externally rotate shoulder

## Origins

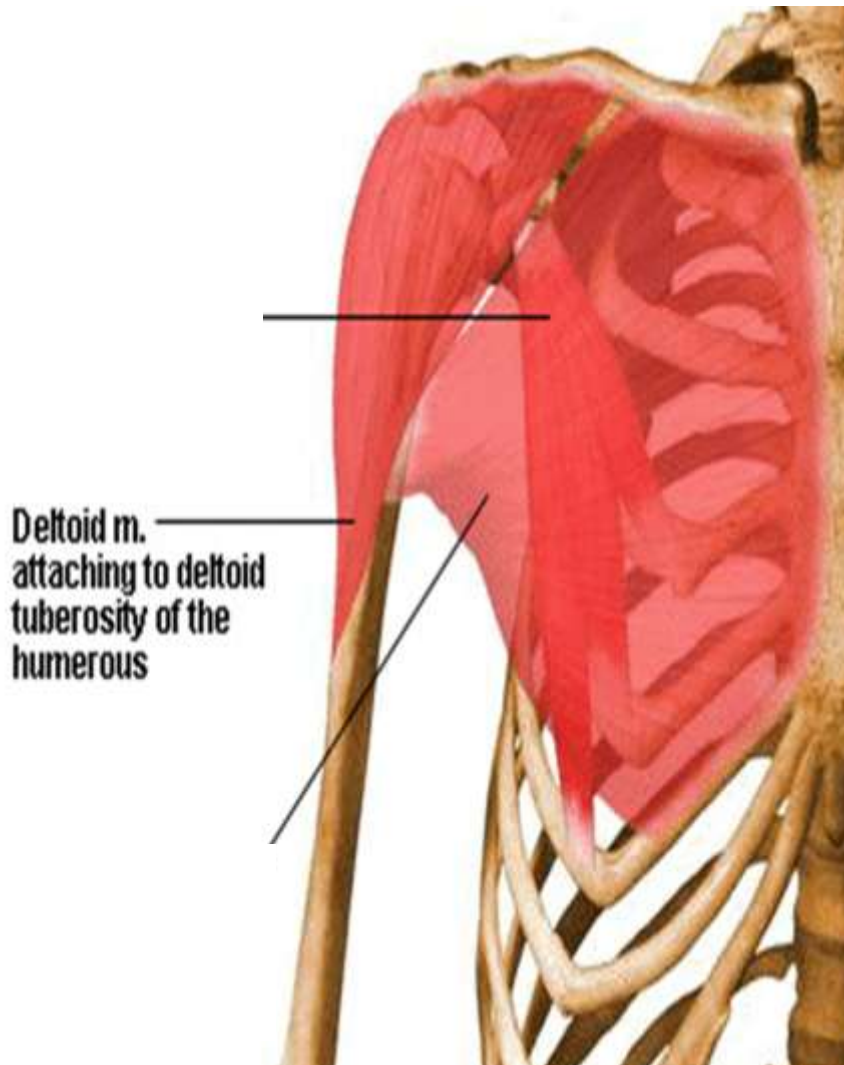
Anterior: anterior border and superior surface of lateral third of clavicle

Middle: lateral border of the acromion process

Posterior: inferior border of spine of scapula

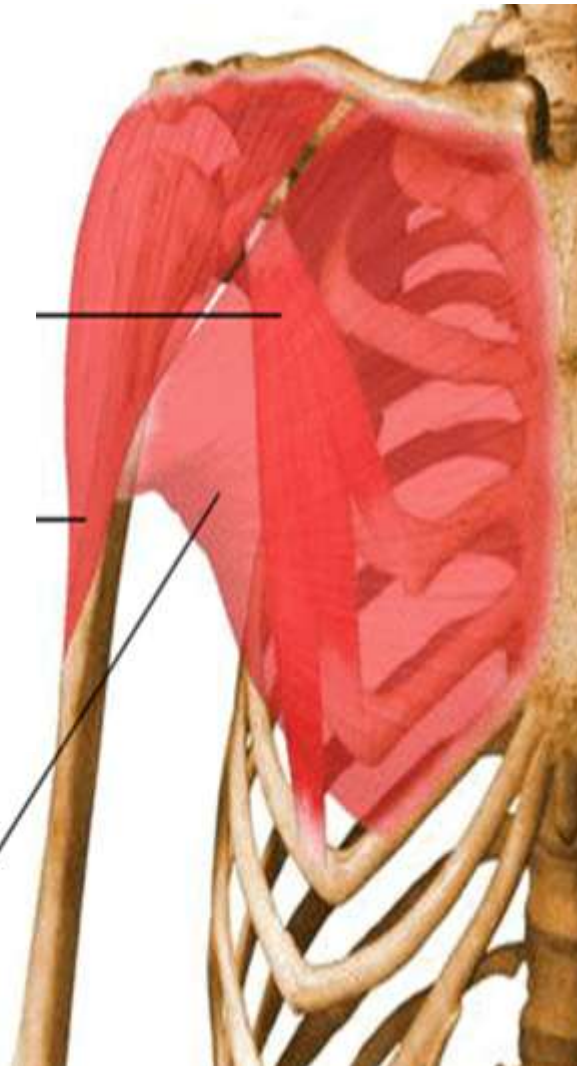
## Insertions

Deltoid tuberosity





# Pectoralis Major



## Actions

Upper: internal rotation, horizontal adduction, flexion, abduction after 90°, adduction  
Lower: internal rotation, horizontal adduction, extension and adduction

## Origins

Medial half of the clavicle, sternum and upper 6 costal cartilages

## Insertions

Lateral lip of bicipital groove of humerus