
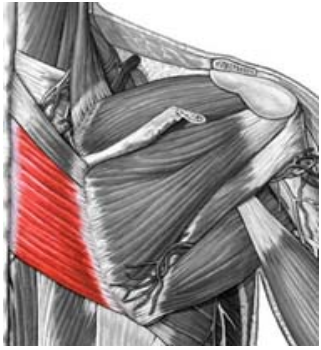
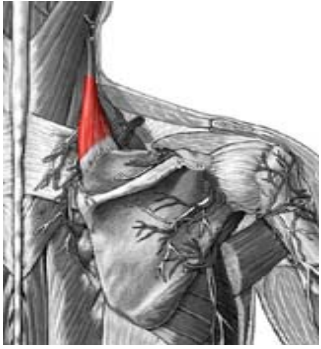
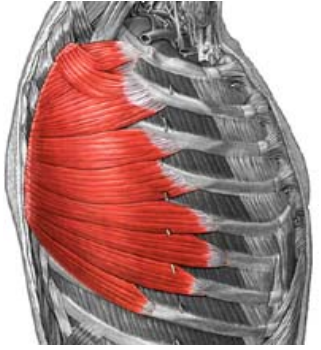
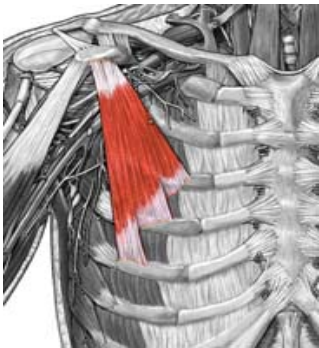

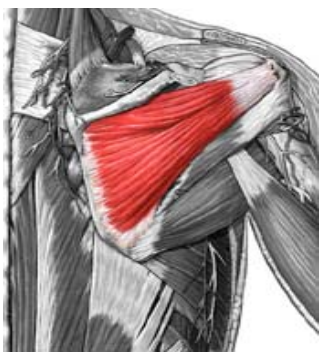


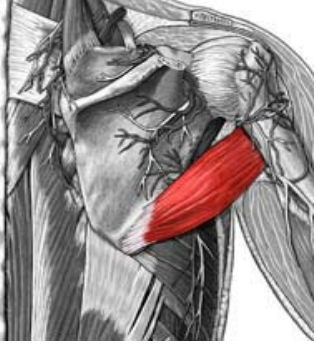


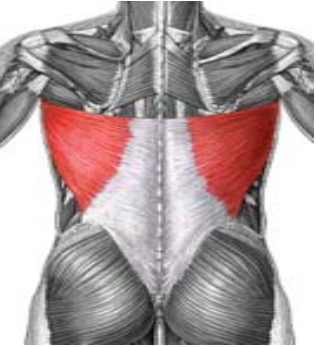








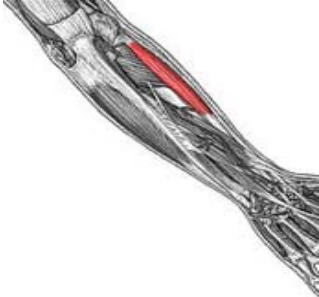





	<p>Trapezius</p>	<p>Origin: occipital bone, ligamentum nuchae & spinous processes of thoracic vertebrae</p> <p>Insertion: clavicle and scapula (acromion and scapular spine)</p> <p>Action: elevate, retract, depress, or rotate scapula upward and/or elevate clavicle; extend neck</p>
	<p>Rhomboideus Minor</p>	<p>Origin: spinous process of vertebrae C7-T1</p> <p>Insertion: vertebral border of scapula</p> <p>Action: adducts & performs downward rotation of scapula</p>
	<p>Rhomboideus Major</p>	<p>Origin: spinous process of superior thoracic vertebrae</p> <p>Insertion: vertebral border of scapula from spine to inferior angle</p> <p>Action: adducts and downward rotation of scapula</p>
	<p>Levator Scapulae</p>	<p>Origin: transverse processes of C1-C4 vertebrae</p> <p>Insertion: vertebral border of scapula near superior angle</p> <p>Action: elevates scapula</p>
	<p>Serratus Anterior</p>	<p>Origin: anterior and superior margins of ribs 1-8 or 1-9</p> <p>Insertion: anterior surface of vertebral border of scapula</p> <p>Action: protracts shoulder: rotates scapula so glenoid cavity moves upward rotation</p>

	<p>Pectoralis Minor</p>	<p>Origin: anterior surfaces and superior margins of ribs 3-5</p> <p>Insertion: coracoid process of scapula</p> <p>Action: depresses & protracts shoulder, rotates scapula (glenoid cavity rotates downward), elevates ribs</p>
	<p>Supraspinatus</p>	<p>Origin: supraspinous fossa of scapula</p> <p>Insertion: greater tubercle of humerus</p> <p>Action: abduction at the shoulder</p>
	<p>Infraspinatus</p>	<p>Origin: infraspinous fossa of scapula</p> <p>Insertion: greater tubercle of humerus</p> <p>Action: lateral rotation at shoulder</p>
	<p>Deltoid</p>	<p>Origin: clavicle and scapula (acromion and adjacent scapular spine)</p> <p>Insertion: deltoid tuberosity of humerus</p> <p>Action: abducts shoulder, flexion and extension, medial and lateral rotation of humerus</p>
	<p>Teres Minor</p>	<p>Origin: lateral border of scapula</p> <p>Insertion: greater tubercle of humerus</p> <p>Action: lateral rotation at shoulder</p>

	<p>Teres Major</p>	<p>Origin: inferior angle of scapula</p> <p>Insertion: medial lip of intertubercular groove of humerus</p> <p>Action: extension, adduction & medial rotation at shoulder</p>
	<p>Subscapularis</p>	<p>Origin: subscapular fossa of scapula</p> <p>Insertion: lesser tubercle of humerus</p> <p>Action: medial rotation at shoulder</p>
	<p>Pectoralis Major</p>	<p>Origin: cartilages of ribs 2-6, gladiolus & inferior, medial portion of clavicle</p> <p>Insertion: crest of greater tubercle & lateral lip of intertubercular groove of humerus</p> <p>Action: flexion, adduction & medial rotation at shoulder</p>
	<p>Latissimus Dorsi</p>	<p>Origin: spinous process of inferior T and all L vertebrae, ribs 8-12, and lumbodorsal fascia</p> <p>Insertion: floor of intertubercular groove of the humerus</p> <p>Action: extension, adduction, and medial rotation at shoulder</p>
	<p>Coracobrachialis</p>	<p>Origin: coracoid process</p> <p>Insertion: medial margin of shaft of humerus</p> <p>Action: adduction and flexion at shoulder</p>

	<p>Triceps Brachii (lateral head, long head, medial head)</p>	<p>Origin: (Lateral) Superior, lateral margin of humerus:(Long) Infraglenoid tubercle of scapula;(Medial) Posterior surface of humerus, inferior to radial groove</p> <p>Insertion: Olecranon of ulna</p> <p>Action: (Lateral) extension at elbow;(Long) extension at elbow, extension & adduction at shoulder;(Medial) extension at elbow</p>
	<p>Brachialis</p>	<p>Origin: anterior, distal surface of humerus</p> <p>Insertion: ulnar tuberosity</p> <p>Action: flexion at elbow</p>
	<p>Brachioradialis</p>	<p>Origin: ridge superior to lateral epicondyle of humerus</p> <p>Insertion: lateral aspect of styloid process of radius</p> <p>Action: flexion at elbow</p>
	<p>Pronator Teres</p>	<p>Origin: medial epicondyle of humerus & coronoid process of ulna</p> <p>Insertion: middle of lateral surface of radius</p> <p>Action: pronates forearm and hand by medial rotation of radius at radioulnar joints & flexion at elbow</p>
	<p>Flexor Carpi Radialis</p>	<p>Origin: medial epicondyle of humerus</p> <p>Insertion: bases of 2nd and 3rd metacarpal bones</p> <p>Action: flexion and abduction at wrist</p>

 <p>Flexor Carpi Ulnaris</p>	<p>Origin: medial epicondyle of humerus; adjacent medial surface of olecranon and anteromedial surface of ulna</p> <p>Insertion: pisiform bone, hamate bone, and base of 5th metacarpal bone</p> <p>Action: flexion and adduction at wrist</p>
 <p>Extensor Carpi Ulnaris</p>	<p>Origin: lateral epicondyle of humerus; adjacent dorsal surface of ulna</p> <p>Insertion: base of 5th metacarpal bone</p> <p>Action: extension and adduction at wrist</p>
 <p>Extensor Carpi Radialis Brevis</p>	<p>Origin: lateral epicondyle of humerus</p> <p>Insertion: base of 3rd metacarpal bone</p> <p>Action: extension and abduction at wrist</p>
 <p>Extensor Carpi Radialis Longus</p>	<p>Origin: lateral supracondylar ridge of humerus</p> <p>Insertion: base of 2nd metacarpal bone</p> <p>Action: extension and abduction at wrist</p>
 <p>Supinator</p>	<p>Origin: lateral epicondyle of humerus and ridge near radial notch of ulna</p> <p>Insertion: anterolateral surface of radius distal to the radial tuberosity</p> <p>Action: supinates forearm and hand by lateral rotation of radius at radioulnar joints</p>

	<p>Biceps Brachii</p>	<p>Origin: (short head) from coracoid process;(long head) from supraglenoid tubercle (scapula)</p> <p>Insertion: radial tuberosity</p> <p>Action: flexion at elbow and shoulder; supination</p>
	<p>Palmaris Longus</p>	<p>Origin: medial epicondyle of humerus</p> <p>Insertion: palmar aponeurosis and flexor retinaculum</p> <p>Action: flexion at wrist</p>
	<p>Extensor Digitorum</p>	<p>Origin: lateral epicondyle of humerus</p> <p>Insertion: posterior surfaces of phalanges, digits 2-5</p> <p>Action: extension at finger joints and wrist</p>