

MUSCLES: UPPER APPENDAGES

1 Dec 81, 2 Dec 99, 22 Nov 00, 21 Nov 01, 1 Dec 03, 14 Nov 05, 19Nov07, 24Nov08
S&M p 220- , Martini 4th: 335-346, Martini 5th: 356-367, 7th: 350-363, 8th: 359-371

(Numbers are illustrations in Martini's 7th:)

SCAPULA FLOATS, NEEDS STABILIZATION: (p 360, 361)

trapezius	origin: from occipital bone to all thoracic spinous processes, inserts: spine of scapula can be contracted in portions, moving scapula in various directions
rhomboideus	major and minor: adduct, rotate scapula
levator scapulae	fr transverse processes of cerv. vert, elevates scapula, can bend neck laterally when scapula is fixed
pectoralis minor	orig: 3-5th ribs, insert: coracoid process, depress and protract scapula
serratus anterior	Orig: first nine ribs, (notched appearance) inserts on vertebral border of scapula, protracts scapula
subclavius	anchors clavicle to thorax

MUSCLES OF HUMERUS: Total of 9 move humerus. Seven originate *on scapula*, includes rotator cuff: (p 364)

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 inserts on greater tubercle of humerus adduct, flex, med rotate
latissimus dorsi	(widest) orig: vert of lower back, pelvis. insert intertubercular groove of humerus Forms posterior border of axilla (extension, adduction, medial rotation)

MUSCLES MOVING FOREARM (p 366)

brachialis	origin, distal anterior surface of humerus to ulna, flex elbow	inserts: ulna (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]lat epicondyle humerus, styloid process of radius, flex elbow	(arm - radius)

ACTING ON HAND AND FINGERS: pages 366-368 (Learn the meaning of the wordstems.)

EXTRINSIC:

ANTERIOR superficial: (p366, b)

pronator teres	(bent forward round)
flexor carpi radialis	(bend of wrist radius)
palmaris longus	
flexor carpi ulnaris	
flexor digitorum superficialis	(of fingers surface)

deep: (p 368, a)

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

POSTERIOR superficial: (p366, a)

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

deep: (p 368, b)

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

INTRINSIC muscles in the hand: (p370)

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)