

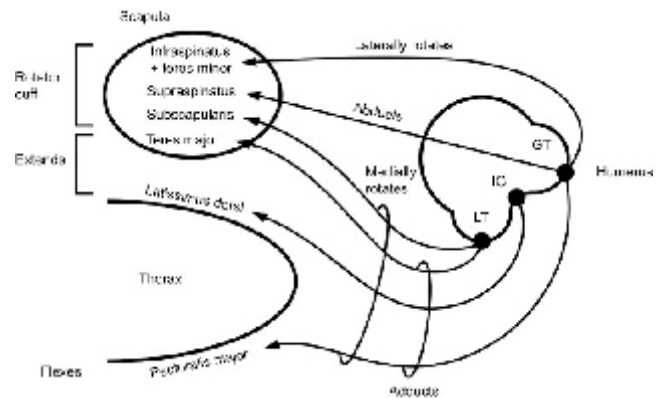
MUSCLES: UPPER APPENDAGES

1 Dec 81, 2 Dec 99, 22 Nov 00, 21 Nov 01, 1 Dec 03, 14 Nov 05, 19Nov07, 24Nov08, 23Nov09
S&M p 220- , Martini 4th: 335-346, Martini 5th: 356-367, 7th: 350-363, 8th: 359-371

(Numbers are illustrations in Martini's 8th:)

SCAPULA FLOATS, NEEDS STABILIZATION: (p 362)

- trapezius** origin: occipital bone +all thoracic sp. pros
inserts: spine of scapula
contractible in portions, var. scapula directns
- rhomboideus** major and minor: adduct, rotate scapula
- levator scapulae** origin: transverse processes of cerv. vert
Insert: sup angle of scapula
elevates scapula. If scapula fixed: bend neck
- pectoralis minor** orig: 3-5th ribs
insert: coracoid prs, depress protract scapula
- serratus anterior** Orig: first nine ribs, (notched appearance)
inserts: 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 **suprascapularis** 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 (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)

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, a)

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

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)

