

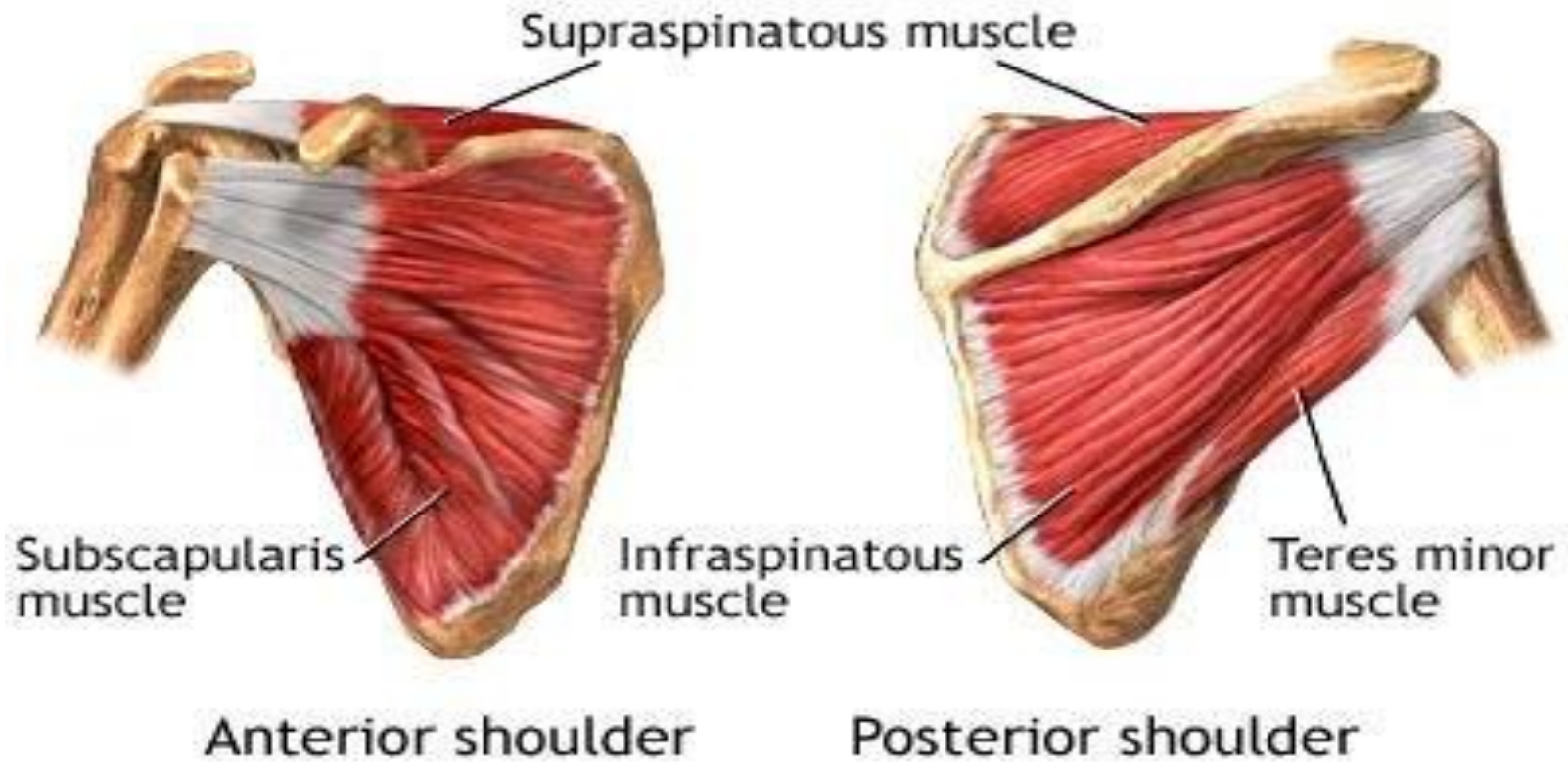
RU RMT 02
Anatomy & Physiology
Lecture 22
Scapula

Muscles of the Upper
Limb – Part two



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Rotator cuff muscles



ADAM.



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Shoulder Muscles (Rotator Cuff Muscles)

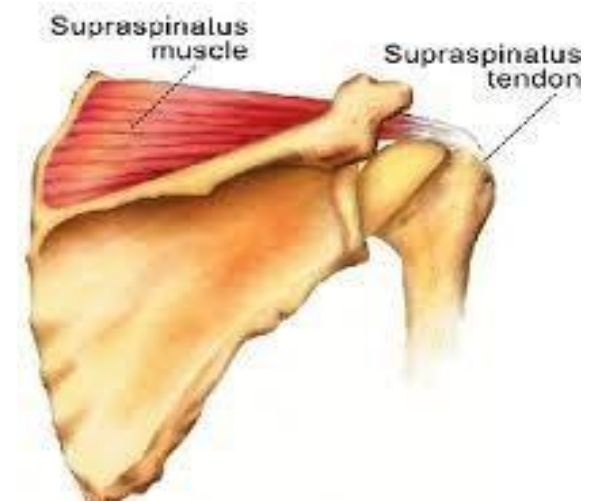
Supraspinatus

O: Supraspinous fossa of scapula

F.D:

I: Greater tubercle of humerus (superior facet)

A: 1st 15 degrees of arm abduction + stabilize humerus



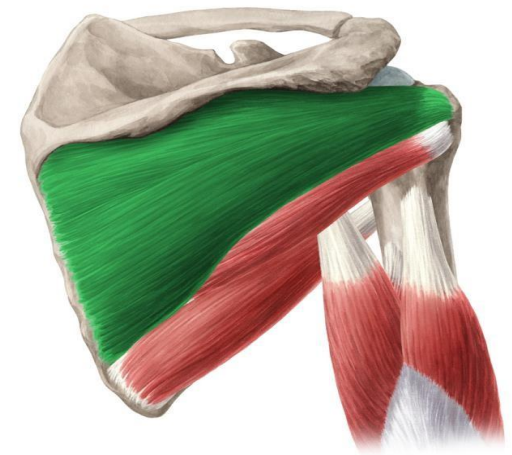
Infraspinatus

O: Infraspinous fossa of scapula

F.D:

I: Greater tubercle of humerus (middle facet)

A: Lateral rotation + stabilize humerus



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Shoulder Muscles (Rotator Cuff Muscles)

Teres Minor

O: Middle part of lateral border of scapula

F.D:

I: Greater tubercle of humerus (inferior facet)

A: Laterally rotate + stabilize humerus

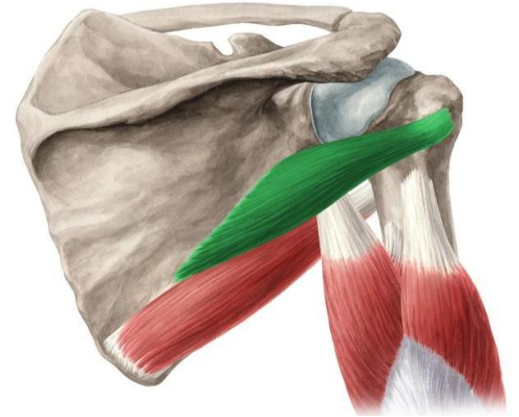
Subscapularis

O: Subscapular fossa of scapula

F.D:

I: Lesser tubercle of humerus (middle facet)

A: Medial rotation of humerus + stabilize shoulder



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Shoulder Muscles (Scapulohumeral Muscles)

Teres Major

O: Inferior angle of the scapula

F.D:

I: Crest of the lesser tubercle (Medial lip of the intertubercular groove)

A: Extension, adduction and internal rotation of the humerus

This muscle has the same action as Latissimus Dorsi
“Lats little helper”



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Shoulder Muscles (Scapulohumeral Muscles)

Deltoid

O: Inferior surface of the lateral 1/3 of clavicle, acromion and spine of scapula

F.D:

I: Deltoid tuberosity

A: All fibers abduct the shoulder, past 15 degrees

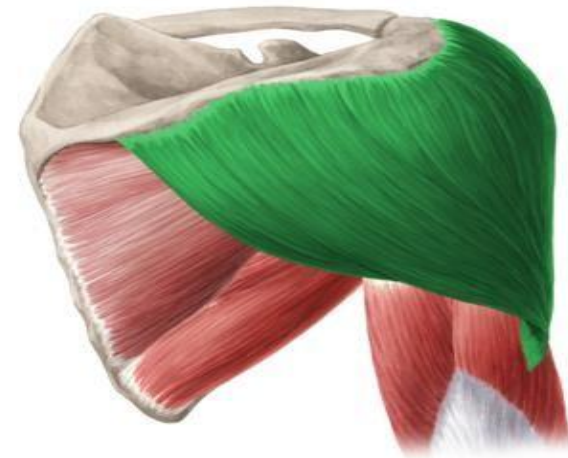
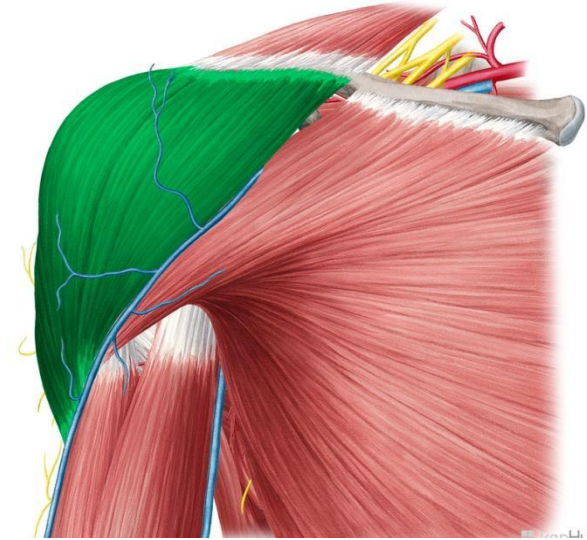
Actions:

Three groups of muscle fibers (anterior, middle, posterior)

Anterior Fibers: Flex and medially rotate humerus

Middle Fibers: Abduct humerus

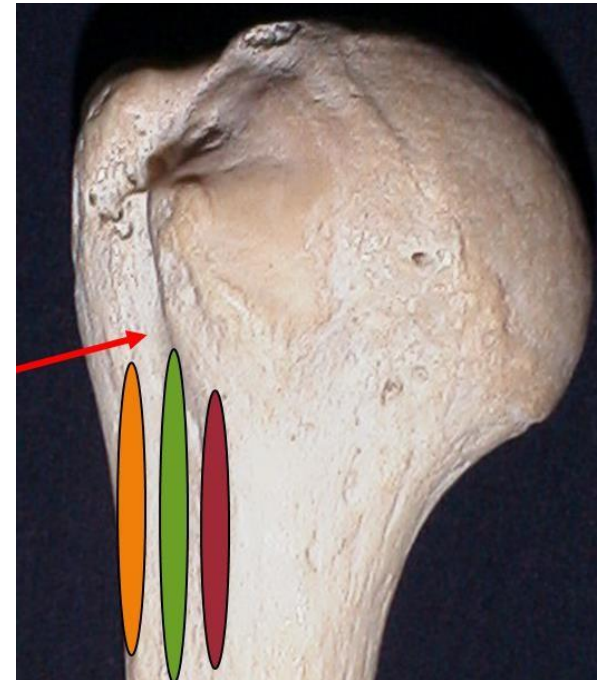
Posterior Fibers: Extend and laterally rotate humerus

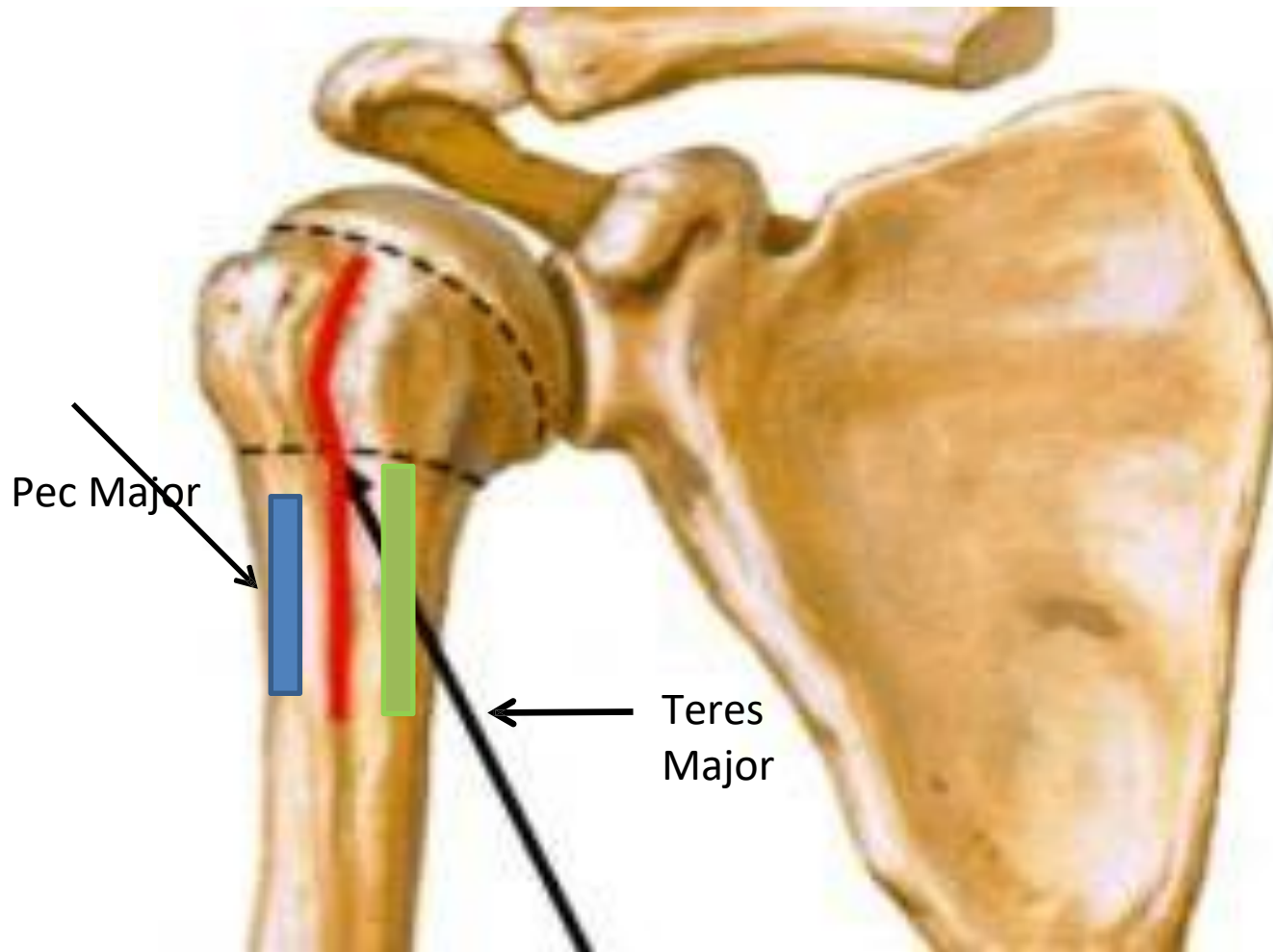


The Bicipital Groove

- We now have 3 muscles that insert to a portion of the bicipital groove, and one muscle that sits in it
 - Latissimus (inserts on the floor)
 - Pec Major (inserts on lateral lip)
 - Teres Major (inserts on medial lip)
 - Biceps fills the groove

“Lady between two majors”





Biceps
Tendon

Underneath biceps will be Latissimus Dorsi insertion



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