

Muscle	Action	Origin	Insertion	Nerve Innervation	Chapter	Page
Deltoid	<p>All Fibers Abduct the shoulder (glenohumeral joint)</p> <p>Anterior Fibers Flex the shoulder (G/H joint) Medially rotate the shoulder (G/H joint) Horizontally adduct the shoulder (G/H joint)</p> <p>Posterior Fibers Extend the shoulder (G/H joint) Laterally rotate the shoulder (G/H joint) Horizontally abduct the shoulder (G/H joint)</p>	Lateral one-third of clavicle Acromion Spine of scapula	Deltoid tuberosity	Axillary C5, 6	2	67-68
Trapezius	<p>Upper Fibers <i>Bilaterally</i> Extend the head and neck <i>Unilaterally</i> Laterally flex the head and neck to the same side Rotate the head and neck to the opposite side Elevate the scapula (scapulothoracic joint) Upwardly rotate the scapula (S/T joint)</p> <p>Middle Fibers Adduct the scapula (S/T joint) Stabilize the scapula (S/T joint)</p> <p>Lower Fibers Depress the scapula (S/T joint) Upwardly rotate the scapula (S/T joint)</p>	External occipital protuberance Medial portion of superior nuchal line of the occiput Ligamentum nuchae Spinous processes of C-7 through T-12	Lateral one-third of clavicle Acromion Spine of scapula	Spinal portion of cranial nerve XI (accessory) Ventral ramus C2, 3, 4	2	68-70
Latissimus Dorsi	Extend the shoulder (glenohumeral joint) Adduct the shoulder (G/H joint) Medially rotate the shoulder (G/H joint)	Inferior angle of scapula Spinous processes of last six thoracic vertebrae Last three or four ribs Thoracolumbar aponeurosis Posterior iliac crest	Intertubercular groove of the humerus	Thoracodorsal C6, 7, 8	2	71-73

<p>Teres Major</p>	<p>Extend the shoulder (glenohumeral joint) Adduct the shoulder (G/H joint) Medially rotate the shoulder (G/H joint)</p>	<p>Inferior angle and lower one-third of lateral border of the scapula</p>	<p>Crest of the lesser tubercle of the humerus</p>	<p>Lower subscapular C5, 6, 7</p>	<p>2</p>	<p>71-73</p>
<p>Infraspinatus</p>	<p>Laterally rotate the shoulder (glenohumeral joint) Adduct the shoulder (G/H joint) Stabilize the head of humerus in glenoid cavity</p>	<p>Infraspinous fossa of the scapula</p>	<p>Greater tubercle of the humerus</p>	<p>Suprascapular C(4), 5, 6</p>	<p>2</p>	<p>74-81</p>
<p>Subscapularis</p>	<p>Medially rotate the shoulder (glenohumeral joint) Stabilize the head of humerus in glenoid cavity</p>	<p>Subscapular fossa of the scapula</p>	<p>Lesser tubercle of the humerus</p>	<p>Upper and lower subscapular C5, 6, 7</p>	<p>2</p>	<p>74-81</p>

Supraspinatus	Abduct the shoulder (glenohumeral joint) Stabilize the head of humerus in glenoid cavity	Supraspinous fossa of the scapula	Greater tubercle of the humerus	Suprascapular C4, 5, 6	2	74-81
Teres Minor	Laterally rotate the shoulder (glenohumeral joint) Adduct the shoulder (G/H joint) Stabilize the head of humerus in glenoid cavity	Upper two-thirds of lateral border of the scapula	Greater tubercle of the humerus	Axillary C5, 6	2	74-81
Rhomboid Major and Minor	Adduct the scapula (scapulothoracic joint) Elevate the scapula (S/T joint) Downwardly rotate the scapula (S/T joint)	Major Spinous processes of T-2 to T-5 Minor Spinous processes of C-7 and T-1	Major Medial border of the scapula between the spine of the scapula and inferior angle Minor Upper portion of medial border of the scapula, across from spine of the scapula	Dorsal scapular C4, 5	2	82-83

<p>Levator Scapula</p>	<p>Unilaterally Elevate the scapula (scapulothoracic joint) Downwardly rotate the scapula (S/T joint) Laterally flex the head and neck Rotate the head and neck to the same side</p> <p>Bilaterally Extend the head and neck</p>	<p>Transverse processes of first through fourth cervical vertebrae</p>	<p>Medial border of scapula, between superior angle and superior portion of spine of scapula</p>	<p>Cervical 3, 4, and dorsal scapular C4, 5</p>	<p>2</p>	<p>83-85</p>
<p>Serratus Anterior</p>	<p>With the Origin Fixed Abduct the scapula (scapulothoracic joint) Upwardly rotate the scapula (S/T joint) Depress the scapula (S/T joint) Hold the medial border of the scapula against the rib cage</p> <p>With the Scapula Fixed May act to elevate the thorax during forced inhalation</p>	<p>External surfaces of upper eight or nine ribs</p>	<p>Anterior surface of medial border of the scapula</p>	<p>Long thoracic C5, 6, 7, 8</p>	<p>2</p>	<p>86-88</p>
<p>Sternalis</p>	<p>Present in roughly 5% of the population, the sternalis is a thin, superficial muscle lying on the sternum. Its vertical fibers run from the manubrium down to the level of the seventh costal cartilage. The function of the sternalis is unknown. Palpate the surface of your partner's sternum and explore for a sternalis.</p>				<p>2</p>	<p>88</p>

<p>Pectoralis Major</p>	<p>All Fibers Adduct the shoulder (glenohumeral joint) Medially rotate the shoulder (G/H joint) Assist to elevate the thorax during forced inhalation (with the arm fixed)</p> <p>Upper Fibers Flex the shoulder (G/H joint) Horizontally adduct the shoulder (G/H joint)</p> <p>Lower Fibers Extend the shoulder (G/H joint)</p>	<p>Medial half of clavicle, sternum and cartilage of first through sixth ribs</p>	<p>Crest of greater tubercle of humerus</p>	<p>Upper Fibers Lateral pectoral C5, 6, 7</p> <p>Lower Fibers Lateral and medial pectoral C6, 7, 8, T1</p>	<p>2</p>	<p>89-91</p>
<p>Pectoralis Minor</p>	<p>Depress the scapula (scapulothoracic joint) Abduct the scapula (S/T joint) Downwardly rotate the scapula (S/T joint)</p> <p>With Scapula Fixed Assist to elevate the thorax during forced inhalation</p>	<p>Third, fourth and fifth ribs</p>	<p>Medial surface of coracoid process of the scapula</p>	<p>Medial pectoral, with fibers from a communicating branch of the lateral pectoral C(6), 7, 8, T1</p>	<p>2</p>	<p>92-93</p>
<p>Subclavius</p>	<p>Depress the clavicle and draw it anteriorly Elevate the first rib (to assist during inhalation) Stabilize the sternoclavicular joint</p>	<p>First rib and cartilage</p>	<p>Inferior surface of middle one-third of clavicle</p>	<p>Subclavian C5, 6</p>	<p>2</p>	<p>94</p>