

Shoulder joint

- Abduction, adduction, flexion, extension, rotation
- Moves arm
- posterior
 - Trapezius- posterior and lateral aspect of the humerus?
 - Levator scapulae (raises the scapula)
 - Innervated by cervical spinal nerves
 - Rhomboid muscle
 - Pulls the scapula towards the vertebrae
- Anterior
 - Pectoralis minor muscle
 - Inserting onto the corocoid
 - Depresses and protracts
 - Innervated by the medial pectoral nerve
 - Serratur anterior muscle
 - Origin is anterior and goes posteriorly
 - Inserts on the medial border of the scapula
 - Pulls and keeps the scapula next to the rib cage
 - Long thoracic nerve innervation
- Movement of the shoulder and arm
 - anterior
 - Deltoid
 - Subscapularis muscle
 - Bicep brachi muscle
 - Short heads of biceps innervated by musculocutaneous nerve

- Coracobrachialis muscle
 - Origin on coracoid process and inserts on the brachium (humerus)
 - Pectoralis major
 - o Posterior
 - Latissimus- convergent muscle
 - Deltoid- arises from lateral aspect, acromion, and spine of scapula
 - Supraspinatus muscle- in the supraspinatus fossa
 - Infraspinatus muscle- in the infraspinatus fossa
 - Both insert onto greater tubercle
 - Innervated by suprascapular nerve
 - Teres minor
 - Greater tubercle
 - Rotator cuff
 - Axillary nerve
 - Teres major
 - Subscapular nerve
 - Triceps brachii muscle
 - Insertion onto olecranon
 - Rotator cuff
 - o Subscapularis
 - o Supra spinatus
 - o Infra spinatus
 - o Teres minor
- ← Elbow joint
 - Flexion and extension
 - moves forearm
- ← white part- ligamentum ulni (tough connective tissue)
 - helps hold the head up
- ←

11/02/2010 20:02:00

←