Muscles of the Shoulder and Arm

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(2.33) Posterior view of shoulder and back. Latissimus dorsi, trapezius and deltoid are removed on right side.
Bones of the Shoulder and Arm

Text

(2.7) Anterior view with ribs removed on left side
Bony Landmarks

Text

Greater tubercle
Crest of greater tubercle
Intertubercular groove
Crest of lesser tubercle
Deltoid tuberosity
Lateral supracondylar ridge
Lateral epicondyle
Radial fossa
Capitulum
Head of the humerus
Lesser tubercle
Medial supracondylar ridge
Medial condyle
Medial epicondyle
Coronoid fossa
Trochlea

(2.10) Anterior view of right humerus
Trail 1 “Along the Edges”

Spine of the Scapula

Text

Medial Border

Text
Shoulder
(glenohumeral joint)

Text

Lateral Rotation
(external rotation)
Deltoid (posterior fibers)
Infraspinatus
Teres minor

Medial Rotation
(internal rotation)
Deltoid (anterior fibers)
Latissimus dorsi
Teres major
Subscapularis
Pectoralis major (all fibers)
Levator Scapula

A  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

Bilaterally:
   Extend the head and neck

O  Transverse processes of first through fourth cervical vertebrae

I  Upper region of medial border and angle of scapula

N  Dorsal scapular and cervical nerves
Levator Scapula

Text

(2.78) Origin and insertion of levator scapula

(2.79) Partner prone