

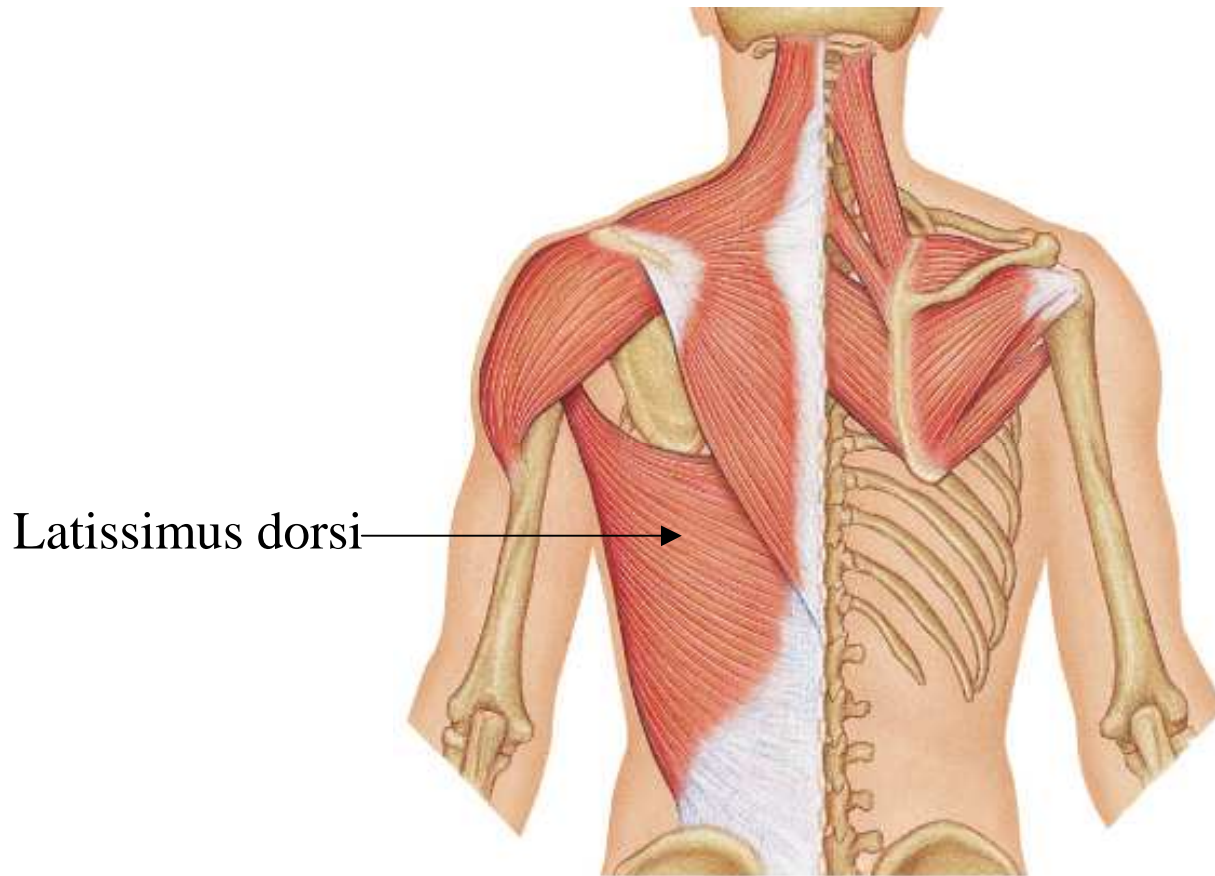
## Muscles that move the Arm

Latissimus dorsi - large muscle on posterior, upper portion of the body

Originates on the vertebral column (T6-L5, sacrum and ilium);

Inserts on the humerus (intertubercular groove)

ACTIONS: extends, medially rotates, and adducts arm



# Muscles that move the Arm

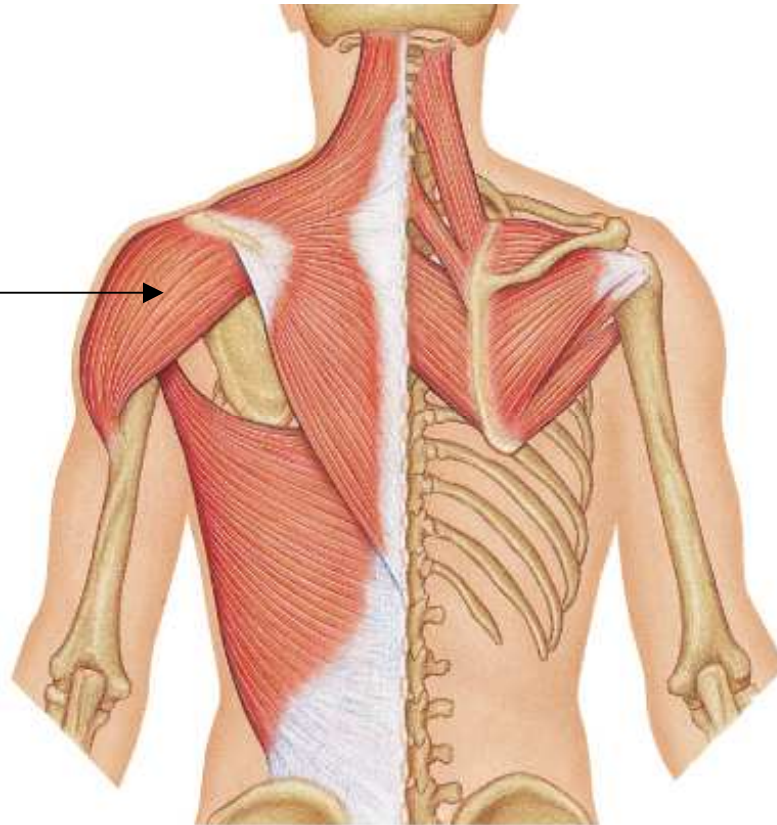
Deltoid - large muscle over the point of the shoulder

Originates on the scapula and the clavicle

Inserts on the humerus at the deltoid tuberosity

**ACTIONS:** abducts, flexes and rotates the arm

Deltoid →



# Muscles that move the Arm

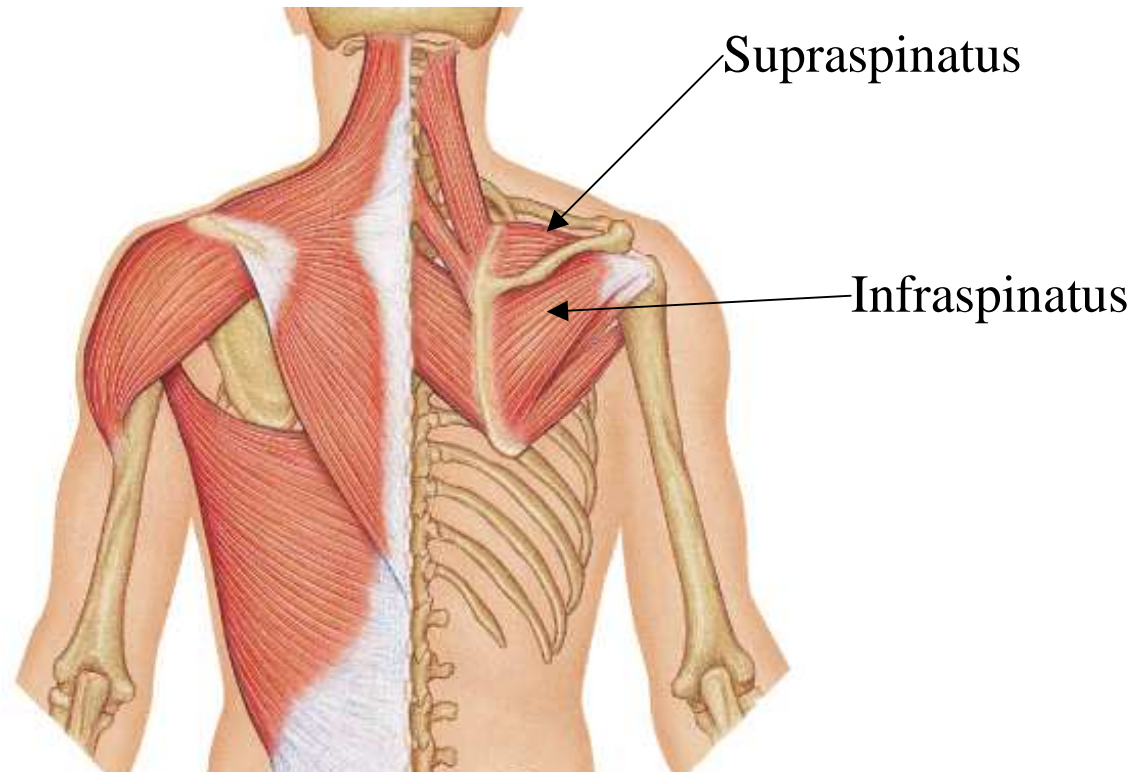
Supraspinatus / infraspinatus

Originate on the scapula - above and below the spine

Insert on the humerus

Supraspinatus contributes to abduction of arm

Infraspinatus to lateral rotation



# Muscles that move the forearm

## FLEXORS

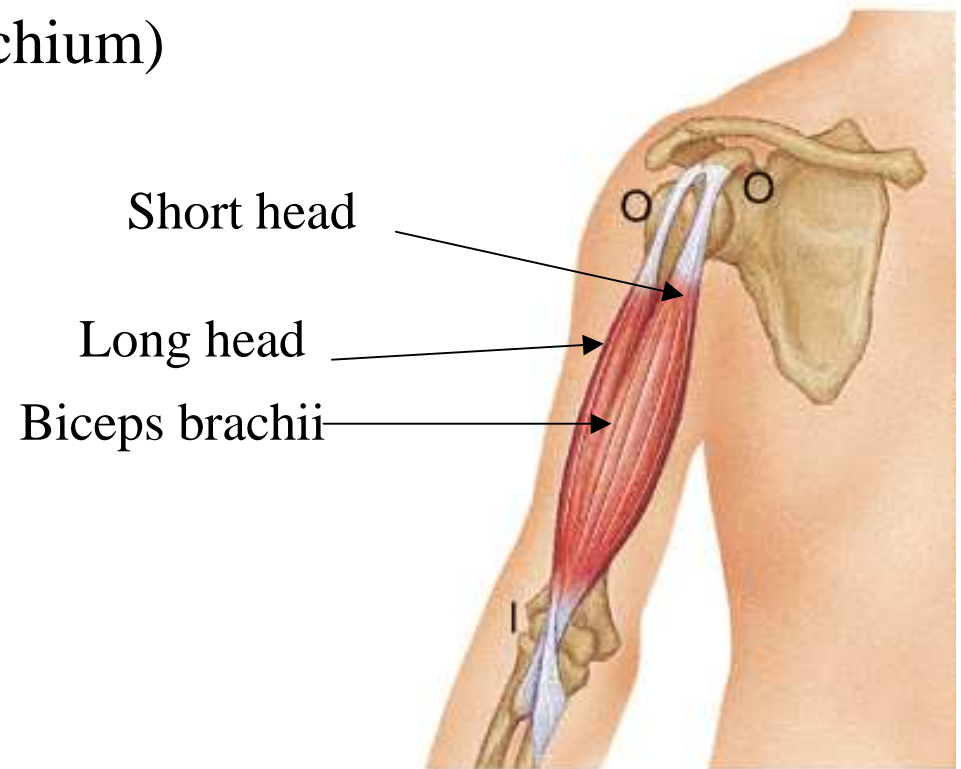
Biceps brachii - Two heads; originates on scapula

Crosses two joints

Inserts on the radial tuberosity

Flexes and supinates forearm

Flexes the upper arm (brachium)



# Brachialis

Deep to the biceps

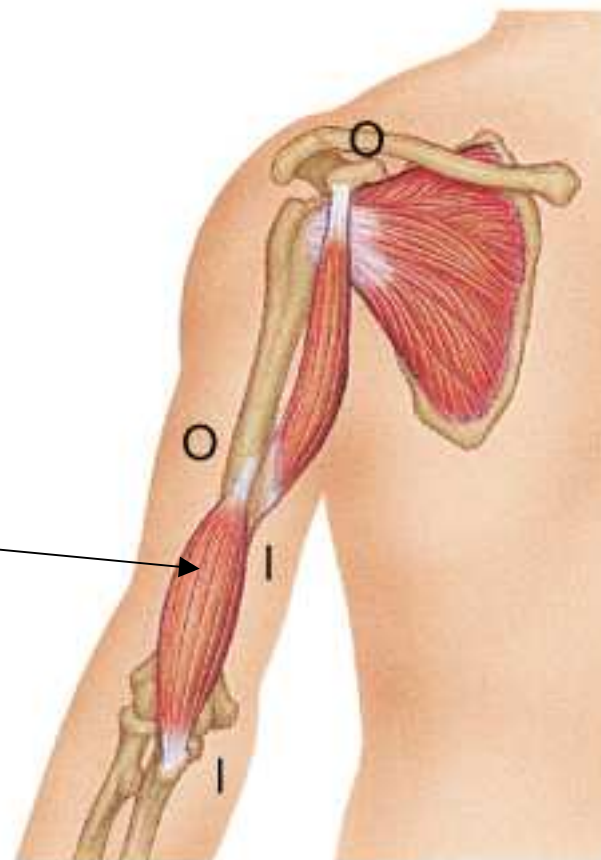
Originates on the anterior distal humerus

Inserts on the ulna

Action: Flex forearm

Main flexor of forearm

Brachialis



# Brachioradialis

Originates on lateral epicondyle of humerus

Inserts on styloid process of radius

Action: Flexion of forearm

Gives precise control to forearm movement

Brachioradialis





# Extensors of the forearm

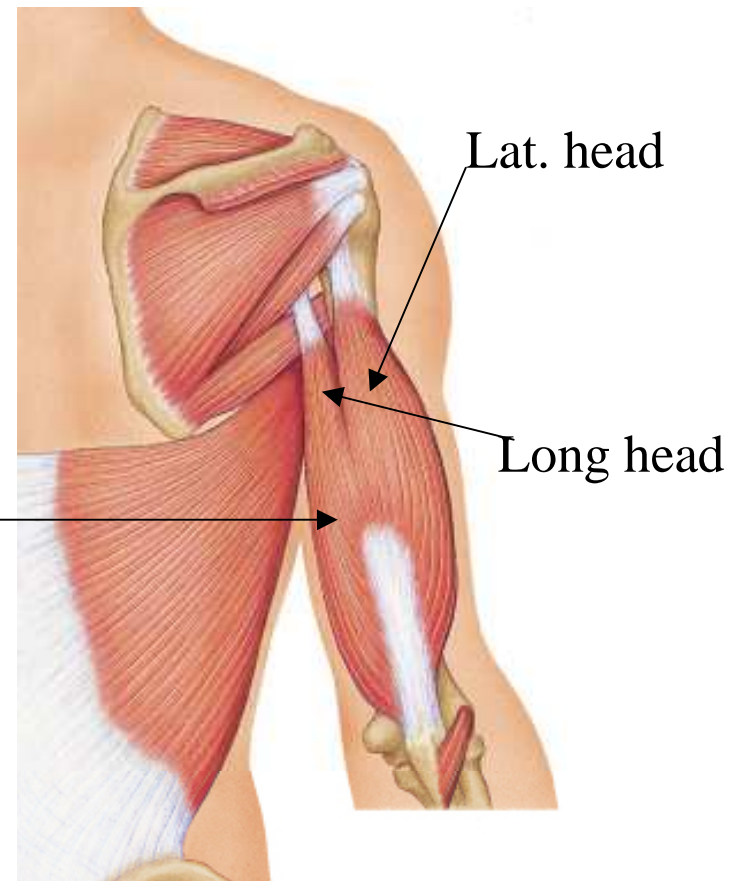
Triceps brachii - Three heads; long, lateral and medial;

Origin on scapula and posterior humerus;

Insert on olecranon process

Action: Extend forearm

Triceps brachii

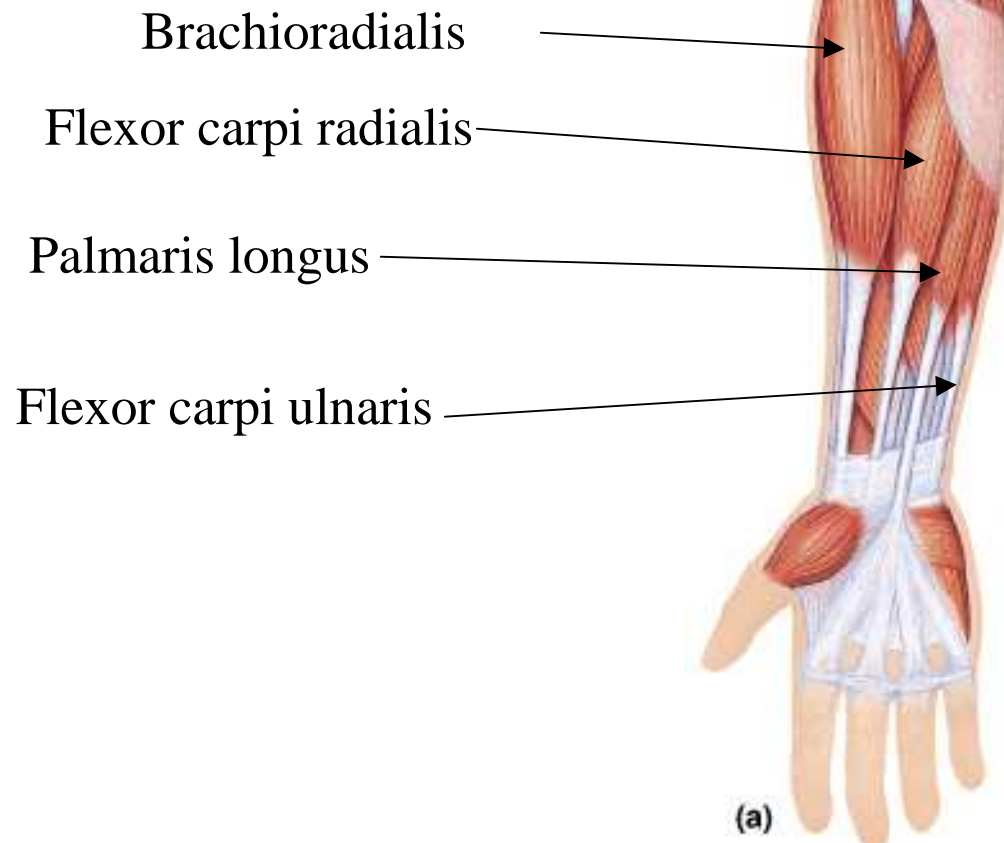


# Muscles that move the wrist and digits

## FLEXORS

Anterior aspect of forearm in anatomical position  
(the anterior compartment)

Origin: From medial  
epicondyle of humerus





# Muscles that move the wrist

## EXTENSORS

Posterior aspect of forearm  
(posterior compartment)

Origin: From lateral epicondyle  
of humerus

Tendons of extensor digitorum

