

### Using the Muscle Charts:

Students should be able to identify all muscles listed on the daily lab pages. In addition to identification you will be required to know more information about some muscle and muscle groups. Use the key below as a guide.

Any box on the muscle chart requires you to know all the information (e.g. action, origin, insertion and innervation) provided.

Areas shaded in green require muscle identification and a general sense of the location of the origin or insertion. (e.g. knowing that the rhomboids originate on the vertebrae, as opposed to the specific numbered vertebrae).

Muscles that Move the Pectoral Girdle and Stabilize the Scapula				
Group/Muscle	Actions	Origin	Insertion	Innervation
<b>Trapezius</b>	<i>Superior fibers:</i> Elevate and superiorly rotate scapula <i>Middle fibers:</i> Retract scapula <i>Inferior fibers:</i> Depress scapula	Occipital bone, cervical and thoracic spinous processes	Clavicle; acromion process and spine of scapula	Accessory nerve (CN XI)
<b>Levator scapulae</b>	Elevates and inferiorly rotates scapula	Upper cervical transverse processes	Superior medial border of scapula	Dorsal scapular nerve
<b>Rhomboid major</b>	Elevates, retracts, and inferiorly rotates scapula	Spinous processes of T2–T5	Medial border of scapula	
<b>Rhomboid minor</b>		Spinous processes of C7–T1	Superior medial border of scapula	
<b>Pectoralis minor</b>	Protracts and depresses scapula	Ribs 3–5	Coracoid process of scapula	Medial pectoral nerve
<b>Serratus anterior</b>	Protracts and superiorly rotates scapula; stabilizes scapula	Ribs 1–8	Anterior medial border of scapula	Long thoracic nerve
<b>Subclavius</b>	Stabilizes and depresses clavicle	Rib 1	Inferior surface of clavicle	Nerve to subclavius

Muscles that Act on the Glenohumeral Joint to Move the Arm					
Muscle	Actions	Origin	Insertion	Innervation	
<b>Latissimus dorsi</b>	Extends, adducts & medially rotates GH joint (“swimmer’s muscle”)	Lower thoracic spinous processes, lower ribs & iliac crest	Intertubercular groove of humerus	Thoracodorsal nerve	
<b>Pectoralis major</b>	Arm flexion; adducts and medially rotates GH joint	Medial clavicle, superior ribs, & body of sternum		Lateral pectoral and medial pectoral nerves	
<b>Deltoid</b>	<i>Anterior fibers:</i> Flex and medially rotate GH joint <i>Middle fibers:</i> GH abduction <i>Posterior fibers:</i> Extend and laterally rotate GH Joint	Acromial end of clavicle; acromion and spine of scapula	Deltoid tuberosity of humerus	Axillary nerve	
<b>Coracobrachialis</b>	Adducts and flexes GH joint	Coracoid process	Middle medial shaft of humerus	Musculocutaneous nerve	
<b>Teres major</b>	Extends, adducts, and medially rotates GH joint	Inferior lateral border and inferior angle of scapula	Lesser tubercle and intertubercular groove of humerus	Lower subscapular nerve	
<b>*Triceps brachii</b>	Extends GH joint	Infraglenoid tubercle	Olecranon process	Radial nerve	
<b>*Biceps brachii</b>	Flexes GH joint	Supraglenoid tubercle	Radial tuberosity and bicipital aponeurosis	Musculocutaneous nerve	
<b>Rotator cuff muscles</b>	<b>Subscapularis</b>	Medially rotates GH joint, <i>Stabilizes the GH joint</i>	Subscapular fossa	Lesser tubercle of humerus	Upper and lower subscapular nerves
	<b>Supraspinatus</b>	Abducts GH joint, <i>Stabilizes the GH joint</i>	Supraspinous fossa	Greater tubercle of humerus	Suprascapular nerve
	<b>Infraspinatus</b>	Adducts & laterally rotates GH joint, <i>Stabilize the GH joint</i>	Infraspinous fossa		
	<b>Teres minor</b>		Superior lateral border of scapula	Axillary nerve	

\*These muscles also act on the elbow, but only actions on the GH joint are shown here.