

DELTOID

ORIGIN

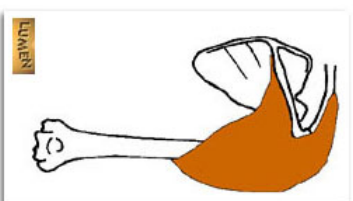
Lateral third of clavicle, acromion, spine of scapula to deltoid tubercle

INSERTION

Middle of lateral surface of humerus (deltoid tuberosity)

ACTION

Abducts arm, anterior fibers flex and medial rotate, posterior fibers extend and lateral rotate



TRICEPS

ORIGIN

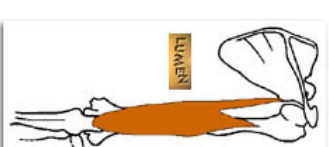
Long head: infraglenoid tubercle of scapula; lateral head: upper half posterior humerus (linear origin); medial head: lies deep on lower half posterior humerus inferomedial to spiral groove and both intermuscular septa

INSERTION

Posterior part of upper surface of olecranon process of ulna and posterior capsule

ACTION

Extends elbow. Long head stabilizes shoulder joint. medial head retracts capsule of elbow joint on extension



CORACOBRAHIALIS

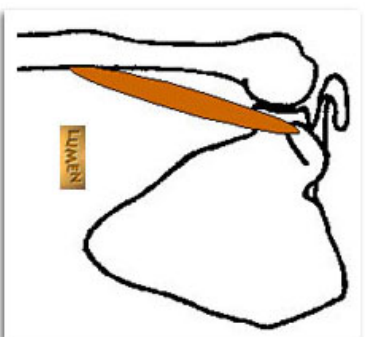
ORIGIN

Coracoid process of scapula with biceps brachii

INSERTION

Upper half medial border of humerus

ACTION
Flexes and weakly adducts arm



BICEPS BRACHII

ORIGIN

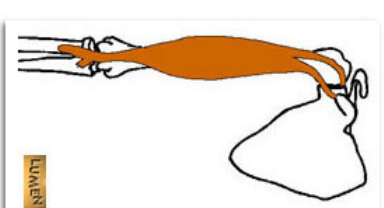
Long head:supraglenoid tubercle of scapula. Short head: coracoid process of scapula with coracobrachialis

INSERTION

posterior border of bicipital tuberosity of radius (over bursa) and bicipital aponeurosis to deep fascia and subcutaneous ulna

ACTION

Supinates forearm, flexes elbow, weakly flexes shoulder



BRACHIALIS

ORIGIN

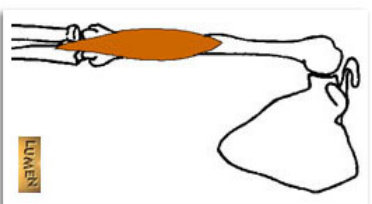
Anterior lower half of humerus and medial and lateral intermuscular septa

INSERTION

Coronoid process and tuberosity of ulna

ACTION

Flexes elbow



PROMOTOR TERES

ORIGIN

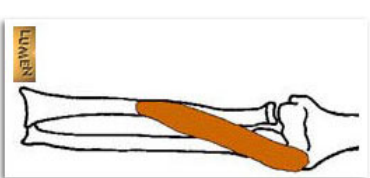
Humeral head: medial epicondyle, medial supracondylar ridge and medial intermuscular septum. Ulnar head: medial border of coronoid process

INSERTION

Just posterior to most prominent part of lateral convexity of radius

ACTION

Pronates forearm and flexes elbow



BRACHIORADIALIS

ORIGIN

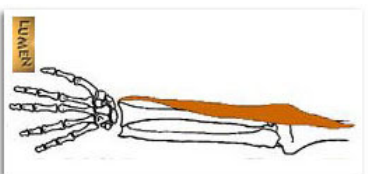
Upper two thirds of lateral supracondylar ridge of humerus and lateral intermuscular septum

INSERTION

Base of styloid process of radius

ACTION

Flexes arm at elbow and brings forearm into midprone position



FLEXOR CARPI RADIALIS

ORIGIN

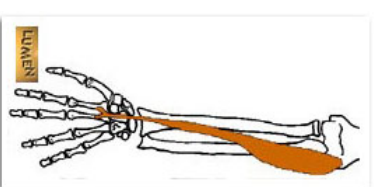
Common flexor origin of medial epicondyle of humerus

INSERTION

Bases of 2nd and 3rd metacarpals via groove in trapezium and slip to scaphoid

ACTION

Flexes and abducts wrist



PALMARIS LONGUS

ORIGIN

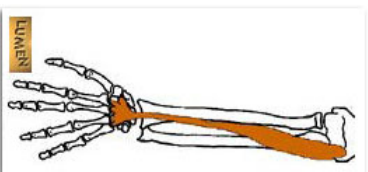
Common flexor origin of medial epicondyle of humerus

INSERTION

Flexor retinaculum and palmar aponeurosis

ACTION

Flexes wrist and tenses palmar aponeurosis



FLEXOR CARPI ULNARIS

ORIGIN

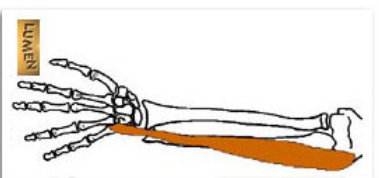
Humeral head: common flexor origin of medial epicondyle. Ulnar head: aponeurosis from medial olecranon and upper three quarters subcutaneous border of ulna

INSERTION

Pisiform, hook of hamate, base of 5th metacarpal via pisohamate and pisometacarpal ligaments

ACTION

Flexes and adducts wrist. Fixes pisiform during action of hypothenar muscles



FLEXOR DIGITORUM SUPERFICIALIS

ORIGIN

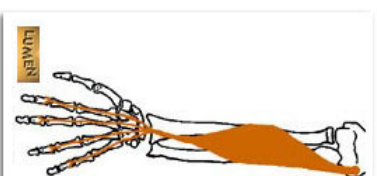
Humeral head: common flexor origin of medial epicondyle humerus, medial ligament of elbow. Ulnar head: medial border of coronoid process and fibrous arch. Radial head: whole length of anterior oblique line

INSERTION

Tendons split to insert onto sides of middle phalanges of medial four fingers

ACTION

Flexes proximal interphalangeal joints and secondarily metacarpophalangeal joints and wrist



FLEXOR POLLICIS LONGUS

ORIGIN

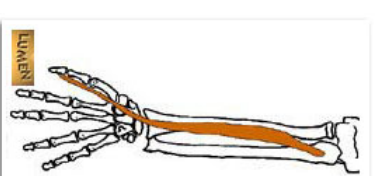
Anterior surface of radius below anterior oblique line and adjacent interosseous membrane

INSERTION

Base of distal phalanx of thumb

ACTION

Flexes distal phalanx of thumb



FLEXOR DIGITORUM PROFUNDUS

ORIGIN

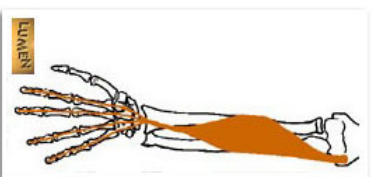
Medial olecranon, upper three quarters of anterior and medial surface of ulna as far round as subcutaneous border and narrow strip of interosseous membrane

INSERTION

Distal phalanges of medial four fingers. Tendon to index finger separates early

ACTION

Flexes distal interphalangeal joints, then secondarily flexes proximal interphalangeal and metacarpophalangeal joints and wrist



PRONATOR QUADRATUS

ORIGIN

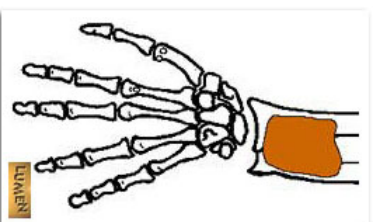
Lower quarter of anteromedial shaft of ulna

INSERTION

Lower quarter of anterolateral shaft of radius and some interosseous membrane

ACTION

Pronates forearm and maintains ulna and radius opposed



EXTENSOR CARPI RADIALIS LONGUS

ORIGIN

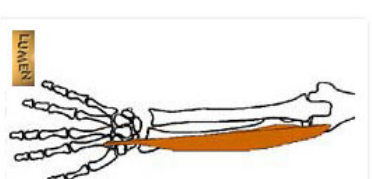
Lower third of lateral supracondylar ridge of humerus and lateral intermuscular septum

INSERTION

Posterior base of 2nd metacarpal

ACTION

Extends and abducts hand at wrist



EXTENSOR CARPI RADIALIS BREVIS

ORIGIN

Common extensor origin on anterior aspect of lateral epicondyle of humerus

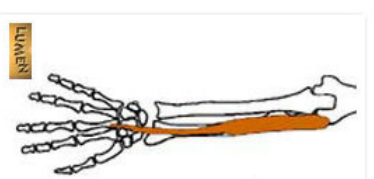
INSERTION

Posterior base of 3rd metacarpal

ACTION

Extends and abducts hand at wrist

NERVE



EXTENSOR CARPI ULNARIS

ORIGIN

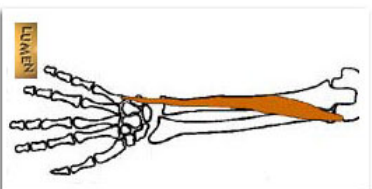
Common extensor origin on anterior aspect of lateral epicondyle of humerus

INSERTION

Base of 5th metacarpal via groove by ulnar styloid

ACTION

Extends and adducts hand at wrist



EXTENSOR POLLICIS LONGUS

ORIGIN

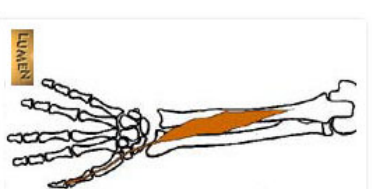
Middle third of posterior ulna (below abductor pollicis longus) and adjacent interosseous membrane

INSERTION

Base of distal phalanx of thumb via Lister's tubercle (dorsal tubercle of radius).

ACTION

Extends interphalangeal and metacarpophalangeal joints of thumb



EXTENSOR DIGITORUM

ORIGIN

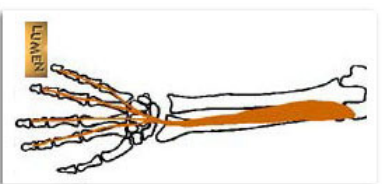
Common extensor origin on anterior aspect of lateral epicondyle of humerus

INSERTION

External expansion to middle and distal phalanges by four tendons. Tendons 3 and 4 usually fuse and little finger just receives a slip

ACTION

Extends all joints of fingers



EXTENSOR POLLICIS BREVIS

ORIGIN

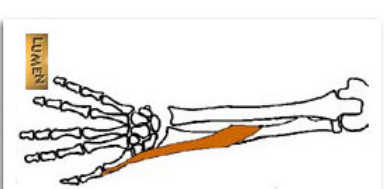
Lower third of posterior shaft of radius and adjacent interosseous membrane

INSERTION

Over tendons of radial extensors and brachioradialis to base of proximal phalanx of thumb

ACTION

Extends metacarpophalangeal joint of thumb



ABDUCTOR POLLICIS LONGUS

ORIGIN

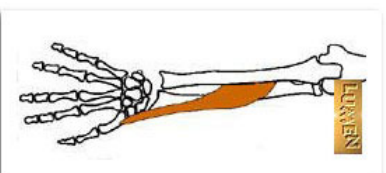
Upper posterior surface of ulna and middle third of posterior surface of radius and interosseous membrane between

INSERTION

Over tendons of radial extensors and brachioradialis to base of 1st metacarpal and trapezium

ACTION

Adducts and extends thumb at carpometacarpal joint



SUPINATOR

ORIGIN

Deep part (horizontal): supinator crest and fossa of ulna. Superficial part (downwards): lateral epicondyle and lateral ligament of elbow and annular ligament

INSERTION

Neck and shaft of radius, between anterior and posterior oblique lines

ACTION

Supinates forearm. Only acts alone when elbow extended

