

Our lecture was about muscles.

-Each Muscle has :

*Origin: beginning

*Insertion: End

*Action: Function

(When a muscle performs its action, its insertion moves towards its origin)

*Nerve Supply

We started with the Pectoral Region.

*Contents of Pectoral Region:-

1.Skin

2.Superficial fascia

3.Breast

4.Deep fascia

5.Muscles

-There are 3 muscles in the pectoral region:

Pectoralis Major, Pectoralis Minor and Subclavius.

1. Pectoralis Major:

-Origin: Sternum and Clavicle.

-Insertion: Humerus.

-Nerve Supply: Medial & Lateral pectoral nerves.

-Action: Adduction and Medial Rotation of arm.

2. Pectoralis Minor:

(deep to the Pectoralis Major)

-Origin: 3,4,5th ribs

-Insertion: Coracoid process

-Nerve Supply: Medial pectoral nerve.

-Action: Depress scapula downward and forward (it gives more stability) .

3. Subclavius

(Below Clavicle)

-Origin : 1st rib.

-Insertion: Inferior surface of Clavicle.

-Nerve Supply: Nerve to Subclavius .

Action: protects the underlying structures (veins,arteries and nerves).

Muscles connecting Upper Limb to vertebral column:

we talked about one muscle only; which is "Deltoid" and it's very important.

-Origin: it has 3 origins

Anteriorly: Clavicle

Laterally: Acromion

Posteriorly: Spine of scapula

-Insertion: Deltoid tuberosity (Lateral surface of humerus).

-Action: Abducts arm 15-90 degrees.

-Nerve Supply: Axillary Nerve.

Muscles connecting Upper Limb to scapula.

1. Supraspinatus

-Origin: Supraspinous fossa.

-Insertion: Greater tubercle of humerus.

-Nerve Supply: Suprascapular Nerve.

-Action: Abducts arm 0-15 degrees.

2. Infraspinatus

-Origin: Infraspinous fossa.

-Insertion: Greater tubercle.

-Nerve Supply: Suprascapular Nerve.

-Action: Lateral Rotation of arm.

3. Teres Minor

-Origin: Upper part of the Lateral border of scapula.

-Insertion: Greater tubercle.

-Nerve Supply: Axillary Nerve.

-Action: Lateral Rotation of arm.

4. Teres Major

-Origin: Lower part of the Lateral border of scapula.

-Insertion: Humerus

-Nerve Supply: Lower subscapular Nerve.

-Action: Adduction and Medial Rotation of arm.

-Notes that might help you memorizing those muscles:

*Teres Major+Pectoralis Major = Adduction and Medial Rotation of arm.

*Teres Minor+Infraspinatus: Lateral Rotation of arm.

*Full abduction of arm:

Supraspinatus+Deltoid.

*S.I.T are inserted into Greater tubercle of humerus.

S:Supraspinatus

I : Infraspinatus

T:Teres Minor

*Both Deltoid and Teres Minor are inverted by the Axillary Nerve.