

Muscles and actions

Actions	Muscles that perform this action
Flexion (normal flexion is about 90°)	Anterior fibers of the deltoid , pectoralis major
Extension (normal extension is about 45°)	Pesterior fibers of the deltoid , latissimus dorsi , teres major “but not hyper extension “ , trapezius
Abduction of the arm	Supraspinatus (initiation of Abduction from 0° -15°) , deltoid “ the middle fobers “ (from 15°-90°)
Adduction of the arm	Latissimus dorsi , teres major , teres minor , pectoralis major
Lateral rotaion (40° - 45°)	Posterior fibers of the deltois , infraspinatus , teres minor
Medial rotation (about 55°)	Suscapularis , latissimus dorsi , teres major , anterior fibers of the deltoid , pectoralis major
Depression of clavicle	Subclavius
Elevation of scapula	Trapezius (the upper fibers) , levator scapulae , rhomboid major , rhomboid minor
Adduction of scapula	Rhomboid major , rhomboid minor , Trapezius , Latissimus dorsi
Elevation of arm 180°	Trapezius , serratus anterior
Stabilizing the shoulder joint	Supraspinatus , infraspinatus , teres major , teres minor , Suscapularis
Rotaion of the scapula	Serratus anterior