

Shoulder Muscles: 5 muscles

Muscle	Origin	Insertion	Function	Innervation	Blood Supply
Trapezius	Superior nuchal line; External occipital protuberance; Ligamentum nuchae; Spinous processes of C7-T12	Superior edge of crest of spine of scapula; Acromion Later 1/3 rd of clavicle	Elevates, rotates, retracts, depresses scapula .. (90-180)	Accessory nerve CN XI Sensory anterior rami C3-C4	Transverse cervical artery (br of subclavian)
Deltoid	Inferior edge of spine of scapula Lateral acromion Lateral 1/3 rd of clavicle	Deltoid tuberosity of humerus	Major abductor of arm (15-90) Flexes and extends arm	Axillary nerve C5-C6	Deltoid (br of thoracoacromial)
Levator scapulae	Transverse processes C1-C4	Posterior surface of medial border of scapula dorsally	Elevates scapula	Dorsal scapular nerve (C4-C5) Branches from anterior rami of C3-C4	Transverse cervical artery
Rhomboid minor	Lower ligamentum nuchae Spinous processes of C7-T1	Posterior surface of medial border of scapula dorsally	Elevates and retracts scapula	Dorsal scapular nerve (C4-C5)	Transverse cervical/dorsal scapular
Rhomboid major	Spinous processes T2-T5 Supraspinous ligaments	Posterior surface of medial border of scapula dorsally	Elevates and retracts scapula	Dorsal scapular nerve (C4-C5)	Transverse cervical/dorsal scapular

Posterior Scapular Region Muscles: 5 muscles

Muscle	Origin	Insertion	Function	Innervation	Blood Supply
Supraspinatus	Medial 2/3rds of supraspinous fossa Deep fascia the covers muscle	Superior facet of greater tubercle of humerus	Rotator cuff muscle Abducts arm to 15°	Suprascapular nerve (C5-C6)	Suprascapular artery (br of thyrocervical trunk)
Infraspinatus	Medial 2/3rds of infraspinous fossa Deep fascia the covers muscle	Middle facet of greater tubercle of humerus	Rotator cuff muscle Laterally rotates arm	Suprascapular nerve (C5-C6)	Suprascapular artery (br of thyrocervical trunk)
Teres minor	Posterior scapula adjacent to lateral border	Inferior facet of greater tubercle of humerus	Rotator cuff muscle Laterally rotates arm	Axillary nerve (C5-C6)	Subscapular artery Circumflex scapular (br of subscapular)
Teres major	Posterior inferior angle of scapula	Medial lip of intertubercular sulcus on anterior humerus	Medially rotates arm Extends arm	Inferior subscapular nerve (C5-C7)	Subscapular artery Circumflex scapular (br of subscapular)
Long head triceps brachii	Infraglenoid tubercle on scapula	Olecranon process of ulna	Extends forearm Adductor, extensor of arm	Radial nerve (C6-C8)	Deep brachial (br of brachial)

Anterior Wall of Axilla Muscles: 3 muscles

Muscle	Origin	Insertion	Function	Innervation	Blood Supply
Pectoralis major	Clavicular head Sternocostal head: first 6 ribs Aponeurosis of external oblique	Lateral lip of intertubercular sulcus of humerus	Flexion, adduction, medial rotation of arm	Medial/Lateral pectoral nerves (C5-C6)	Pectoral branch of thoracoacromial artery
Subclavius	First rib at rib/cartilage junction	Middle 1/3 rd of clavicle	Pulls shoulder down	Subclavius (C5-C6)	
Pectoralis minor	Ribs 3-5	Coracoid process of scapula	Pulls shoulder down depression of scapula	Medial pectoral nerve (C6-C8)	Pectoral branch of thoracoacromial artery

Medial Wall of Axilla Muscles : 1 muscle

Muscle	Origin	Insertion	Function	Innervation	Blood Supply
Serratus anterior	Lateral surfaces of 8 ribs Deep fascia over intercostal spaces	surface of medial border of scapula ventrally	Protract and rotate scapula (90-180) Keeps scapula close to thoracic wall	Long thoracic nerve (C5-C7)	Lateral thoracic (branch of axillary)

Lateral and Posterior Wall of Axilla Muscles : 4 muscles

Muscle	Origin	Insertion	Function	Innervation	Blood Supply
Subscapularis	Subscapular fossa	Lesser tubercle of humerus	Rotator cuff muscle Medially rotates arm	Upper/Lower subscapular nerves (C5-C7)	Subscapular (branch of axillary)
Latissimus dorsi	Spinous process of lower 6 thoracic vertebrae; Thoracolumbar fascia; iliac crest; Lower 4 ribs	Intertubercular sulcus	Adducts, medially rotates, and extends arm	Thoracodorsal nerve (C6-C8)	Thoracodorsal (inferior continuation of subscapular artery)
Also part of lateral/posterior wall of axilla: teres major and long head of triceps brachii					

Anterior Arm Muscles : 3 muscles

Muscle	Origin	Insertion	Function	Innervation	Blood Supply
Biceps brachii	Long head: Supraglenoid tubercle of scapula Short head: Coracoid process	Tuberosity of radius	Flexes and supinates forearm Flexes arm	Musculocutaneous nerve (C5-C6)	Brachial artery
Coracobrachialis	Coracoid process	Medial humerus	Flexes arm	Musculocutaneous nerve	Brachial artery
Brachialis	Anterior aspect of humerus	Tuberosity of ulna	Flexes forearm	Musculocutaneous nerve and small contribution of radial n.	Brachial a. (also radial recurrent)

Posterior Arm Muscle

Muscle	Origin	Insertion	Function	Innervation	Blood Supply
Triceps brachii	Long head: Infraglenoid tubercle of scapula Medial head: Posterior humerus Lateral head: Posterior humerus	Olecranon	Extends forearm Long head: Extends/adducts arm	Radial nerve	Deep brachial artery

Superficial Anterior Forearm Muscles: 4 muscles (medial to lateral: CPCP)

Muscle	Origin	Insertion	Function	Innervation	Blood Supply
Flexor carpi ulnaris	Humeral head: Medial epicondyle Ulnar head: Olecranon & posterior ulna	Pisiform bone; Metacarpal V via pisohamate and pisometacarpal ligaments	Flexes & adducts hand	Ulnar nerve	Ulnar artery
Palmaris longus	Medial epicondyle of humerus	Palmar aponeurosis of hand	Flexes hand; Opposes shearing forces on skin in gripping	Median nerve	Ulnar artery
Flexor carpi radialis	Medial epicondyle	Metacarpals 2 & 3	Flexes & abducts wrist	Median nerve	Ulnar artery
Pronator teres	Humeral head: Medial epicondyle Ulnar head: Coronoid process	Lateral mid-radius	Pronation	Median nerve	Ulnar artery

Intermediate Anterior Forearm Muscle: 1 muscle

Muscle	Origin	Insertion	Function	Innervation	Blood Supply
Flexor digitorum superficialis	Humero-ulnar head: medial epicondyle and coronoid process Radial head: Oblique line of radius	Middle phalange of lateral four fingers via tendons	Flexes hand; Flexes proximal interphalangeal and metacarpophalangeal joints	Median nerve	Ulnar artery

Deep Anterior Forearm Muscles: 3 muscles (DPP)

Muscle	Origin	Insertion	Function	Innervation	Blood Supply
Flexor digitorum profundus	Anterior and medial ulna Interosseous membrane	Distal phalanges of lateral four fingers via tendons	Flexes hand; Flexes proximal and distal interphalangeal and metacarpophalangeal joints	Lateral half: median nerve Medial half: ulnar nerve	Anterior interosseous (br of ulnar artery)
Flexor pollicis longus	Radius and interosseous membrane	Base of distal phalanx of thumb	Flexes interphalangeal and metacarpophalangeal joints of thumb	Anterior interosseous nerve (branch from median)	Posterior interosseous (br of ulnar artery)
Pronator quadratus	Ulna	Distal radius	Pronation	Anterior interosseous nerve	Anterior interosseous (br of ulnar artery)

Lateral Posterior Forearm Muscles: 2 muscles

Muscle	Origin	Insertion	Function	Innervation	Blood Supply
Brachioradialis	Lateral supraepicondylar ridge	Lateral distal radius	Flexes elbow	Radial nerve	Radial recurrent
Extensor carpi radialis longus	Lateral supraepicondylar ridge Lateral epicondyle	Base of metacarpal II	Extends and abducts wrist	Radial nerve	Radial

Superficial Posterior Forearm Muscles: 5 muscles

Muscle	Origin	Insertion	Function	Innervation	Blood Supply
Extensor carpi radialis brevis	Lateral epicondyle	Base of metacarpals II and III	Extends and abducts wrist	Deep branch of radial nerve	Radial
Extensor digitorum	Lateral epicondyle	Extensor hoods on middle and distal phalanges of 4 fingers	Extends lateral four fingers	Posterior interosseous (from deep branch of radial)	Interosseous recurrent & posterior interosseous
Extensor digiti minimi	Lateral epicondyl	Dorsal hood of little finger	Extends little finger	Posterior interosseous	Interosseous recurrent
Extensor carpi ulnaris	Lateral epicondyle	Tubercle on medial base of metacarpal V	Extends and adducts wrist	Posterior interosseous	Ulnar
Anconeus	Lateral epicondyle	Olecranon; Proximal ulna	Abducts ulna in pronation	Radial nerve (via branch to medial head of triceps brachii)	Interosseous recurrent

Deep Posterior Forearm Muscles: 5 muscles

Muscle	Origin	Insertion	Function	Innervation	Blood Supply
Supinator	Superficial part: Lateral epicondyle Deep part: Supinator crest of ulna	Lateral radius	Supination	Posterior interosseus	Interosseous recurrent (br of posterior interosseous)
Abductor pollicis longus	Ulna and radius (distal to supinator) and interosseous membrane	Lateral base of metacarpal I	Abducts carpometacarpal of thumb	Posterior interosseus	Posterior interosseous (branch of ulnar artery)
Extensor pollicis brevis	Radius (distal to abductor pollicis longus) & interosseous membrane	Base of proximal phalanx of thumb	Extends metacarpophalangeal of thumb	Posterior interosseous	Posterior interosseous (branch of ulnar artery)
Extensor pollicis longus	Ulna (distal to abductor pollicis longus) & interosseous membrane	Base of distal phalanx of thumb	Extends interphalangeal of thumb	Posterior interosseous	Posterior interosseous (branch of ulnar artery)
Extensor indicis	Ulna & interosseous membrane	Extensor hood of index finger	Extends index finger	Posterior interosseus	Posterior interosseous (branch of ulnar artery)

Bones of the Wrist: 8 bones (Lateral to Medial)

Proximal row: Scaphoid, Lunate, Triquetrum, Pisiform (Mnemonic: S caffolding under the MOON ? TRY Pissing ...ok, it's lame, but it works for me)
Distal row: Trapezium, Trapezoid, Capitate, Hamate (Mnemonic: to Trap a Trapezoid , just de- Capitate a Ham ...again, lame)
Carpal Arch: Trapezium, Trapezoid, Carpitate, Hamate, Triquetrum, Pisiform

Intrinsic Muscles of the Hand: 5+3+3 muscles

Muscle	Origin	Insertion	Function	Innervation	Blood Supply
Palmaris Brevis	Palmar aponeurosis Flexor retinaculum	Dermis of skin on medial hand	Improve grip	Superficial branch of ulnar nerve	Ulnar artery
Adductor pollicis	Transverse head: Metacarpal III Oblique head: Capitate; Base of metacarpals II and III	Base of proximal phalanx and extensor hood of thumb	Adducts thumb	Deep branch of ulnar nerve	Deep palmar arterial arch (br of radial a.)
Lumbricals (4 muscles)	Tendons of flexor digitorum profundus	Extensor hoods of four lateral fingers	Flex metacarpophalangeal joints; Extend interphalangeal joints	Medial 2: Deep branch of ulnar Lateral 2: Median n.	Superficial palmar arterial arch (br of ulnar a.)
Dorsal interossei (4 muscles)	Sides of metacarpals	Extensor hood; Base of proximal phalanges of 3 fingers	Abduct 4 fingers at metacarpophalangeal joints	Deep branch of ulnar nerve	Dorsal and palmar metacarpal a. (br of deep palmar arch of radial a.)
Palmar interossei (4 muscles)	Sides of metacarpals	Extensor hoods of 4 fingers Proximal phalanx of thumb	Adduct all fingers at metacarpophalangeal joints	Deep branch of ulnar nerve	Palmar metacarpal artery
Hypothenar Muscles					
Opponens digiti minimi	Hook of hamate Flexor retinaculum	Medial metacarpal V	Laterally rotates metacarpal V	Deep branch of ulnar nerve	Ulnar artery
Abductor digiti minimi	Pisiform; Pisohamate ligament Tendon of flexor carpi ulnaris	Proximal phalanx of little finger	Abducts little finger at metacarpophalangeal joint	Deep branch of ulnar nerve	Ulnar artery
Flexor digiti minimi brevis	Hook of hamate Flexor retinaculum	Proximal phalanx of little finger	Flexes little finger at metacarpophalangeal joint	Deep branch of ulnar nerve	Ulnar artery
Thenar muscles					
Opponens metacarpal pollicis	Tubercle of trapezium Flexor retinaculum	Lateral metacarpal I	Medially rotates and flexes thumb	Recurrent branch of median nerve	Radial artery (superficial palmar br)
Abductor pollicis brevis	Tubercles of trapezium and scaphoid	Extensor hood of thumb Proximal phalanx of thumb	Abducts thumb at metacarpophalangeal joint	Recurrent branch of median nerve	Radial artery (superficial palmar br)
Flexor pollicis brevis	Tubercle of trapezium Flexor retinaculum	Lateral proximal phalanx of thumb	Flexes little finger at metacarpophalangeal joint	Recurrent branch of median nerve	Radial artery (superficial palmar br)