

Name of the muscle	Origin	Insertion	Action	Nerve(s)
POSTERIOR SCAPULAR REGION				
Supraspinatus	Supraspinous fossa of the scapula	superior facet of the greater tubercle	<u>initiates abduction</u> of the arm (0-15degree)	Suprascapular N.
Infraspinatus	Infraspinous fossa	middle facet of the greater tubercle	laterally rotates the humerus	Suprascapular N.
Teres minor	Lateral border of the scapula	Inferior facet of the greater tubercle	laterally rotates the humerus	Axillary N.
Teres major	Inferior angle of the scapula	Medial lip of the intertubercular groove	Medially rotates the humerus	Lower Subscapular N.
ANTERIOR SCAPULAR REGION				
Subscapularis	Subscapular fossa	Lesser tubercle	Medial rotation of the arm	Upper and Lower subscapular N.
PECTORAL REGION				
Pectoralis major	1-clavicular head (medial half of the clavicle) 2-sternocostal head (medial part of the anterior thoracic wall)	Lateral lip of the intertubercular groove	Flexion, adduction and medial rotation the arm of the shoulder	Lateral and medial pectoral nerves
Pectoralis minor	Anterior surfaces of the upper margins of ribs 3 to 5	Coracoid process	Protracts the scapula {pulling the scapula anteriorly on the thoracic wall} (e.g. when pushing an object) and depresses the lateral angle of the scapula	Medial pectoral nerve
Subclavius	Rib no.1	clavicle	Stabilize the sternoclavicular joint by the clavicle medially	Subclavius N.

SUPERFICIAL MUSCLES OF THE SHOULDER				
Trapezius	Skull, spines of C1-T12 vertebrae	Clavicle, Acromion, spine of scapula (opposite direction of the deltoid)	Upper fibers elevate the scapula, middle fibers pull scapula medially, lower fibers pull medial border of scapula downward	Accessory nerve{XI} and the anterior rami of cervical nerves C3&C4
Deltoid	Clavicle, acromion and spine of Scapula. u-shaped	Deltoid tuberosity	Anterior{flex the shoulder} Middle{abduction from 15-90} Posterior{extend shoulder}	Axillary N.
Latissimus dorsi	T7-T12, L1-L5, Sacrum & Iliac crest, lower 3-4 ribs and inferior, Angle of the scapula	Floor of the biceptal groove	extends, adducts and medially rotate humerus (e.g. we use this muscle during swimming)	Thoracodorsal N.
Serratus anterior	from the lateral surfaces of ribs 1 to 9	medial border of the scapula.	Protraction of the scapula	Long thoracic nerve
<p>*Notes: *The <i>posterior scapular region</i> also contains part of one additional muscle, the long head of the triceps brachii, which passes between the scapula and the proximal end of the forearm.</p> <p>* Rotator cuff muscle of the shoulder(a handcuff)</p> <ol style="list-style-type: none"> 1. supraspinatous muscle 2. Infraspinatous muscle 3. Subscapularis muscle 4. teres minor muscle <p>*thoracic nerve runs superficial to the Serratus anterior muscle and therefore it could be Injured during surgical interference on the axilla</p> <p>* The position of the scapula on the posterior wall of the thorax is maintained by the tone and balance of the muscles attached to it. If one of these muscles is paralyzed like when the long thoracic nerve is injured, the balance is upset, as in winged scapula caused by paralysis of the serratus anterior.</p>				

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