

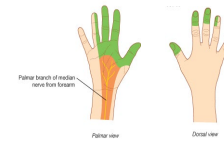



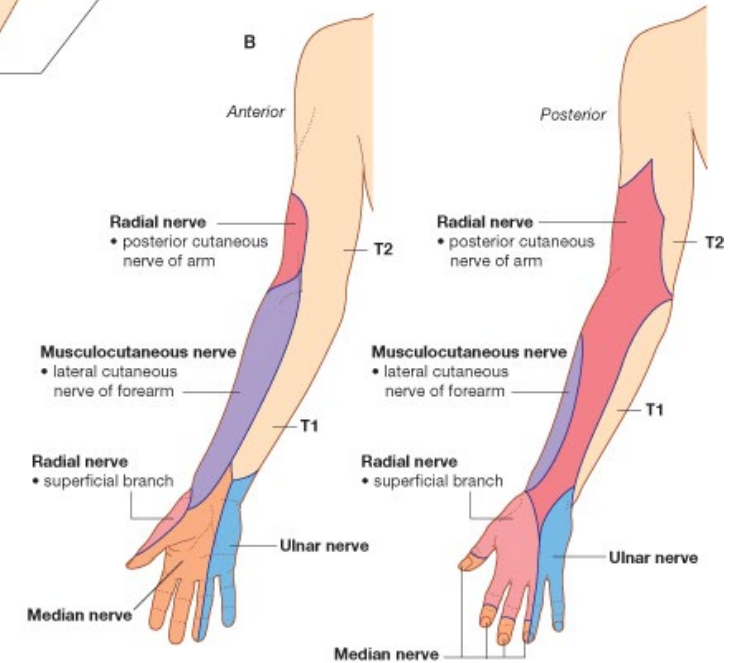
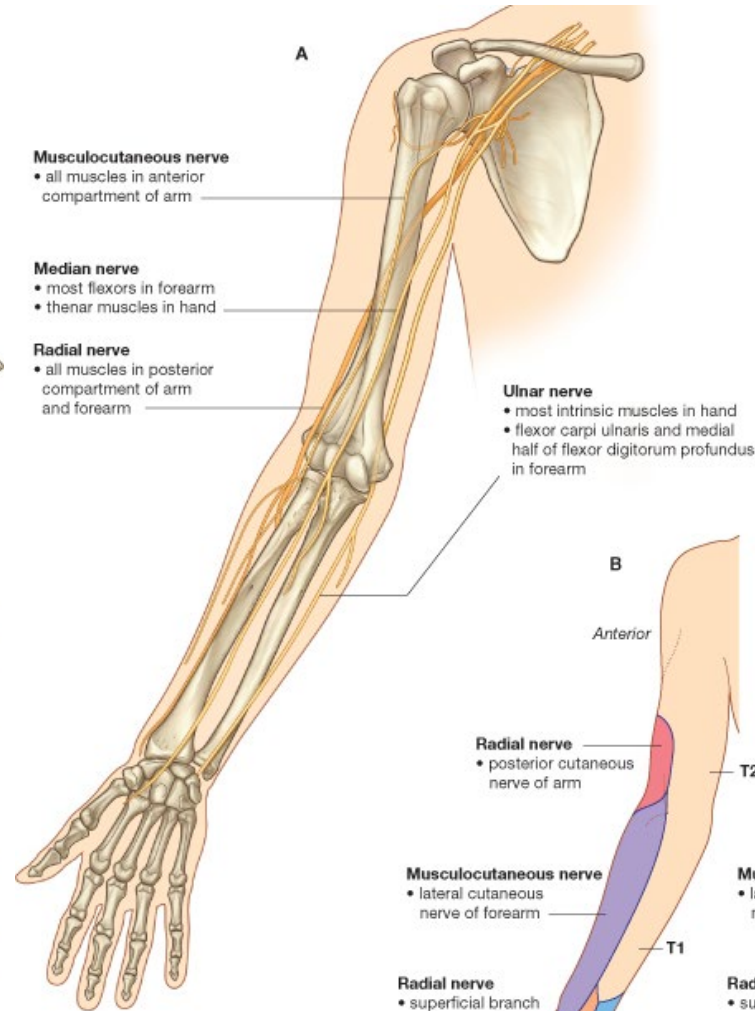
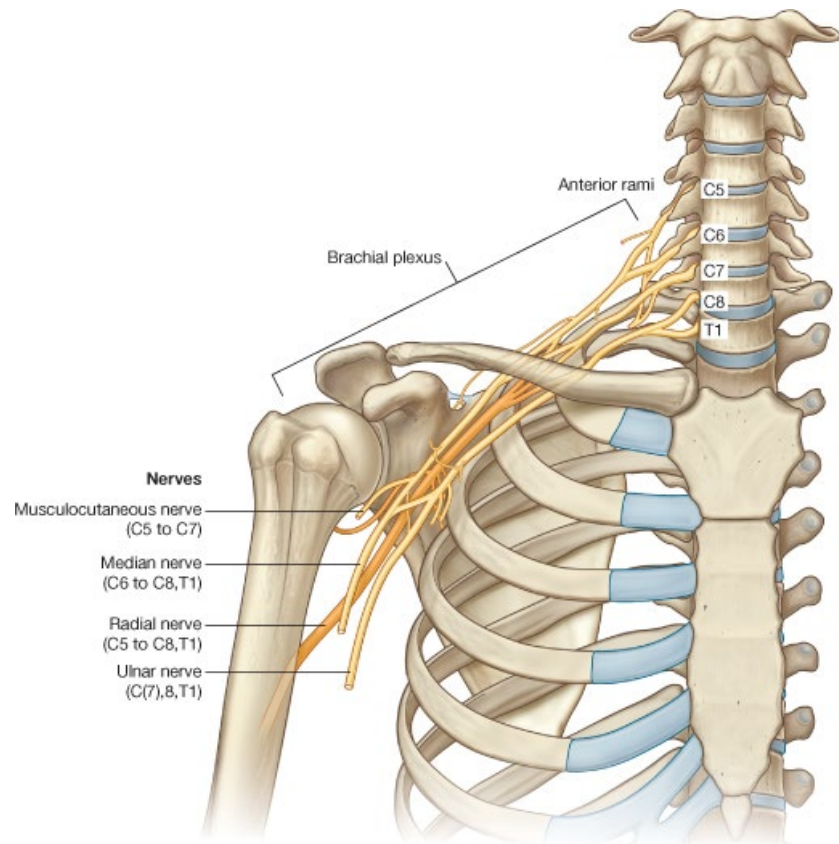


Nerve	Root	Action	Sensation	
Musculocutaneous	C5, C6, C7	Muscles of anterior upper arm: Coracobrachialis Biceps brachii Brachialis	Gives the lateral cutaneous nerve of arm: skin on lateral side of arm	
Medial cutaneous	Medial cord		Medial side of upper arm	
Median	C5, C6, C7, C8, T1	Muscles of anterior forearm (except flexor carpi ulnaris + medial half of flexor digitorum profundus) Thenar muscles Lumbricals 1 + 2		
Ulnar	C8 + T1	Flexor carpi ulnaris Medial half of flexor digitorum profundus All intrinsic muscles of hand (except thenar + lumbricals 1 + 2)		
Radial nerve -posterior interosseous nerve (posterior comp.) -superficial branch (anterior compartment)	C5, C6, C7, C8, T1	Posterior interosseous nerve All muscles in posterior arm	Skin on posterior surface of arm Superficial branch of radial nerve: Skin of dorsum of hand (see notes)	
Axillary nerve	C5, C6	Deltoid Teres minor	Skin over deltoid	



MUSCLE	ORIGIN	INSERTION	ACTION	INNERVATION
trapezius	superior nuchal line of occipital bone nuchal ligament spines of 7th & all thoracic vertebrae	lateral third of clavicle median margin of acromion scapular spine	elevates shoulder laterally rotates scapula retracts scapula on thoracic wall	spinal accessory n.
latissimus dorsi	spinous processes of lower thoracic vertebrae lumbodorsal fascia crest of ilium	floor of intertubercular groove of humerus	adducts, extends, medially rotates arm	thoracodorsal n.
rhomboid major	spinous processes of 2nd thru 5th thoracic vertebrae	medial border of scapula below root of scapular spine	retracts and medially rotates scapula	dorsal scapular n.
rhomboid minor	spine of 7th cervical and 1st thoracic vertebrae lower part of nuchal ligament	medial margin of scapula at the root of the scapular spine	retracts and medially rotates scapula	dorsal scapular n.
levator scapulae	transverse processes of C1-C4	medial border of scapula above root of scapular spine	raises scapula	dorsal scapular n.
supraspinous	supraspinous fossa of scapula	superior aspect of greater tubercle of humerus	abducts the arm (1st 15 degrees)	suprascapular n.
infraspinous	infraspinous fossa of scapula	mid portion of greater tubercle of humerus	rotates the arm laterally	suprascapular n.
teres minor	lateral border of scapula	lower aspect of greater tubercle of humerus	rotates arm laterally	axillary n.
teres major	inferior medial border of scapula	crest of lesser tubercle of humerus	adducts and rotates arm medially	lower subscapular n.
deltoid	lateral third of clavicle acromion process scapular spine	deltoid tuberosity of humerus	abduction of arm from 15 degrees to 90 degrees	axillary n.
triceps, long head	infraglenoid tubercle of scapula	olecranon process of ulna	extends arm and forearm	radial n.

UPPER ARM				
Anterior	Coracobrachialis	Coracoid process	½ way down humeral shaft	Musculocutaneous nerve
	Biceps brachii	Long head: supraglenoid tubercle Short head: coracoid process	Radial tuberosity (Bicipital aponeurosis → periosteum of ulnar)	Musculocutaneous nerve
	Brachialis	Shaft of humerus	Coronoid process ulnar	Musculocutaneous nerve
Posterior	Triceps Superficial: Long + lateral heads Deep: Medial head	Long head: infraglenoid tubercle Lateral head: back of radius above radial groove Medial head: back of radius below radial groove	Olecranon	Radial nerve

ANTERIOR COMPARTMENT OF FOREARM				
SUPERFICIAL 5 + 1	Pronator teres	O: Medial epicondyle	Lateral aspect radius	Median nerve
	Flexor carpi radialis	O: Medial epicondyle	Base of 2 + 3 MC	Median nerve
	Palmaris longus	O: Medial epicondyle	Palmar aponeurosis	Median nerve
	Flexor carpi ulnaris	O: Medial epicondyle + olecranon	Pisiform → hook hamate + base 5 MC	Ulnar nerve
	Flexor digitorum superficialis	O: Medial epicondyle H + R + U	Middle phalynx	Median nerve
	<i>Brachoradialis</i>	<i>O: Lateral epicondyle</i>	<i>Distal radius</i>	<i>Radial nerve</i>
DEEP 3	Quadratus	O: Ulnar	Radius	Anterior IO nerve
	Flexor pollicis longus	O: R + IO	Distal thumb phalynx	Anterior IO nerve
	Flexor digitorum profundus	O: U + IO	Distal finger phalynx	Anterior IO nerve + ulnar
POSTERIOR COMPARTMENT OF FOREARM				
SUPERFICIAL 6	Anconeus	O: Lateral epicondyle	Olecranon	Radial nerve
	Extensor carpi radialis longus	O: Lateral epicondyle	2 MC	Radial nerve
	Extensor carpi radialis brevis	O: Lateral epicondyle	3 MC	Radial nerve
	Extensor digitorum	O: Lateral epicondyle	P + M + D phalynx	Posterior IO nerve
	Extensor carpi ulnaris	O: Lateral epicondyle	5 MC	Radial nerve

	Extensor digiti minimi	O: Lateral epicondyle	5 extensor expansion	Radial nerve
DEEP 5	Supinator	O: Lateral epicondyle + supinator crest	Lateral proximal radius	
	Extensor indicis	R + U + IO	Extensor expansion	Posterior IO nerve
	Extensor pollicis longus	U + IO	Distal phalynx thumb	Posterior IO nerve
	Extensor pollicis brevis	R + IO	Proximal phalynx thumb	Posterior IO nerve
	Abductor pollicis longus	R + U + IO	Lateral base 1 MC	Posterior IO nerve
INTRINSIC HAND				
THENAR	Abductor pollicis	FR + scaphoid + trapezium	Prox phalynx	Median
	Oponens pollicis	FR + scaphoid + trapezium	Lateral MC	Median
	Flexor pollicis brevis	FR + scaphoid + trapezium	Prox phalynx	Median
	Adductor pollicis	Horizontal: MC 2 + 3 Oblique: MC 2 + 3 + capitate	Prox phaylnx	Ulnar
HYPOTHENAR	Abductor digiti minimi	FR + hamate	Prox phal	Ulnar
	Opponens digiti minimi	FR + hamate	MC 5	Ulnar
	Flexor digiti minimi	FR + hamate	Prox phal	Ulnar

PECTORAL REGION				
PEC Superficial	Pec Major	Medial half clavical Front of sternum Upper costal cartilage External oblique aponeurosis	Lateral lip	
PEC Deep	Pec Minor	Ribs 3, 4, 5	Coracoid process	
	Subclavius	Upper surface rib 1	Lower surface of clavicle	

SCAPULAR REGION				
Anterior scapular	Subscapularis*	Subscapular fossa	Lesser tubercle	Subscapular nerve
Posterior scapular	Supraspinatus*	Supraspinous fossa	Greater tubercle	Suprascapular nerve
	Infraspinatus*	Infraspinous fossa	Greater tubercle	Suprascapular nerve
	Teres minor*	Lateral border scap	Greater Tubercle	Axillary nerve

	Teres major	Lateral border posterior scap	Medial lip	subscapular nerve
Superior scapular	Deltoid	Lateral clavicle → acromium → spine of scapular	Deltoid tuberosity of humerus	Axillary nerve

NECK + BACK → SHOULDER GIRDLE				
Back	Latissimus dorsi	Lower T + L spinous processes TL fascia Iliac crest	Intertubercular sulcus (<i>lady between two majors</i>)	Thoracodorsal nerve
	Serratus anterior	Lateral aspects ribs 1-8	Medial margin of scapula	Long thoracic nerve
Neck	Levator scapulae Rhomboid	Vertebral column	Medial border scapula	Dorsal scapular nerve
	Trapezius	Back of skull Ligamentum nuchae C + T spinous processes	Same as deltoid origin (lateral clavicle + acromium + scapula)	Accessory nerve (CN XI)

GLUTEAL – LATERAL ROTATORS				
	Piriformis	Middle 3 sacral	Greater trochanter	Nerve to piriformis (L5, S1, S2)
	Gemellus superior	Ischia spine	Greater trochanter with ob intern	Nerve to obturator internus (L5,S1)
	Obturator internus	Internal obturator membrane + surround bone	Greater trochanter	Nerve to obturator internus (L5,S1)
	Gemellus inferior	Ischial tuberosity	Greater trochanter with ob intern	Nerve to quadratus femoris (L5,S1)
	Quadratus femoris	Lateral ischium	Quadratus tubercle of intertrochanteric crest (post fem)	Nerve to quadratus femoris (L5,S1)
GLUTEAL – HIP ABDUCTORS / STABILISERS				
	Gluteus minimus	Ileum: between ant + inf gluteal lines	Greater trochanter (anterior)	Superior gluteal nerve
	Gluteus medius	Ileum: between ant + post gluteal lines	Greater trochanter (posterior)	Superior gluteal nerve
	Tensor fasciae latae	Iliac crest between ASIS + AIIS	Ileotibial tract	Superior gluteal nerve

HIP ADDUCTORS (MEDIAL COMPARTMENT)				
Superficial 2	Pectineus	Pectineal line (pubis)	Between lesser trochanter and linear aspera (post femur)	Femoral nerve
	Adductor longus	Pubis below symphysis	Linear aspera	Obturator nerve
Middle 1	Adductor brevis	Pubis below symphysis	Linear aspera + prox post femur	Obturator nerve (ant div)
Deep 3	Adductor magnus	Inferior pubic ramus Ischia tuberosity	Linear aspera Adductor tubercle (lower femur)	Obturator (post div) (Except lowermost – sciatic)
	Obturator externus	External obturator membrane + surround bone	Trochanteric fossa (greater trochanter)	Obturator nerve (post div)
	Gracilis	Pubis below symphysis Inferior pubic ramus Ischium	Medial proximal tibia	Obturator nerve (ant div)
HIP FLEXORS (PELVIS → FEMUR)				

	Iliacus	Upper iliac fossa	Lesser trochanter (common iliopsoas)	Femoral nerve
	Psoas	T12-L2 (trans process + disc)	Lesser trochanter (common iliopsoas)	Femoral nerve
KNEE EXTENSORS (ANTERIOR COMPARTMENT)				
Quadriceps femoris	Vastus intermedius	Upper 2/3 femur (anterior + lateral surfaces)	Quad femoris tendon Lateral patella	Femoral nerve
	Vastus medialis	Medial part intertrochanteric line + pectineal line + linea aspera	Quad femoris tendon Medial patella	Femoral nerve
	Vastus lateralis	Lateral part of intertrochanteric line + Lower greater trochanter + linea aspera	Quad femoris tendon	Femoral nerve
	Rectus femoris	Straight head: AIIS Reflected head: ileum above acetabulum	Quad femoris tendon	Femoral nerve
KNEE FLEXOR (ANTERIOR COMPARTMENT)				
	Sartorius	ASIS	Medial side of tibia	Femoral nerve
FLEXORS OF KNEE – POSTERIOR COMPARTMENT				
	Biceps femoris	Long head: ischial tuberosity Short head: linea aspera (fem)	Head of fibula + lateral tibial condyle	Long head: tibial div of sciatic Short head: common peroneal div of sciatic
	Semitendinosus	Ischial tuberosity	Medial tibia (SGS) @ knee	Tibial part of sciatic nerve
	Semimembranosus	Ischial tuberosity	Tendon: medial tibial condyle Aponeurosis: capsule of knee joint (posterior oblique ligament → soleal line)	Tibial part of sciatic nerve