



# YMCA Awards

Level 3 Applied anatomy and  
physiology

2018

# Level 3 Applied anatomy and physiology

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## **Muscles of the arm**

## Biceps brachii



### **Origin**

Scapula

### **Insertion**

Top of radius, and bicipital aponeurosis to medial part of forearm

### **Joints crossed**

Shoulder and elbow

### **Joint action**

Flexes elbow

Supinates forearm

Assists in flexion of the shoulder

# Brachialis



**Origin**

Humerus

**Insertion**

Ulna

**Joint crossed**

Elbow

**Joint action**

Flexes the elbow

## Brachioradialis



### **Origin**

Laterally at the distal end of humerus

### **Insertion**

Laterally at the distal end of the radius

### **Joint crossed**

Elbow

### **Joint action**

Flexion when the forearm is semi- pronated  
(as in a drinking action)

Assists other flexors

# Triceps brachii



## Origin

Long head on the scapula just above shoulder joint

Other two heads on the posterior of the humerus

## Insertion

Olecranon of ulna

## Joints crossed

Elbow and shoulder

## Joint action

Extension of elbow

Assists in shoulder extension and adduction (long head only)

