



YMCA Awards

Level 3 Applied anatomy and
physiology
2018

Level 3 Applied anatomy and physiology

Muscles of the shoulder joint

Deltoid



Origin

Clavicle (anterior head), acromion (medial head) and spine of scapula (posterior head)

Insertion

Lateral surface of humerus (nearly half way down)

Joint crossed

Shoulder (glenohumeral joint)

Joint action

Anterior fibres flex the shoulder and assist in horizontal flexion

All fibres abduct the shoulder (emphasis on medial fibres)

Posterior fibres extend the shoulder and assist in lateral rotation

Pectoralis major



Origin

Clavicle, sternum and cartilages of ribs 1–6

Insertion

Top of the humerus

Joint crossed

Shoulder (glenohumeral) joint

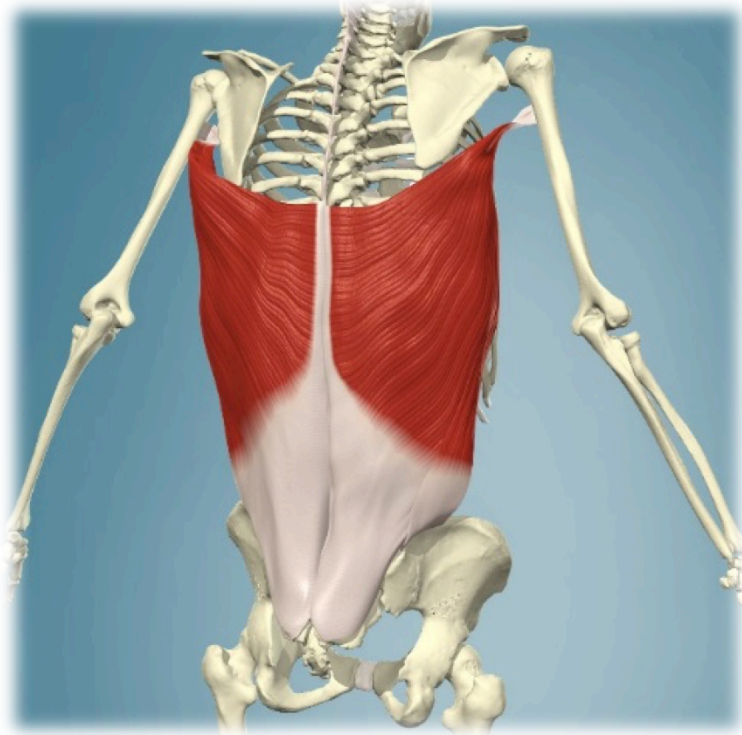
Joint action

Shoulder horizontal flexion

Shoulder adduction

Shoulder medial rotation

Latissimus dorsi



Origin

Via thoracolumbar fascia (TLF) from spinous processes of T6–T12, lumbar and sacral vertebrae and iliac crest. Also lower 3–4 ribs and bottom (inferior) edge of scapula

Insertion

Top of the humerus (anterior)

Joint crossed

Shoulder (glenohumeral) joint

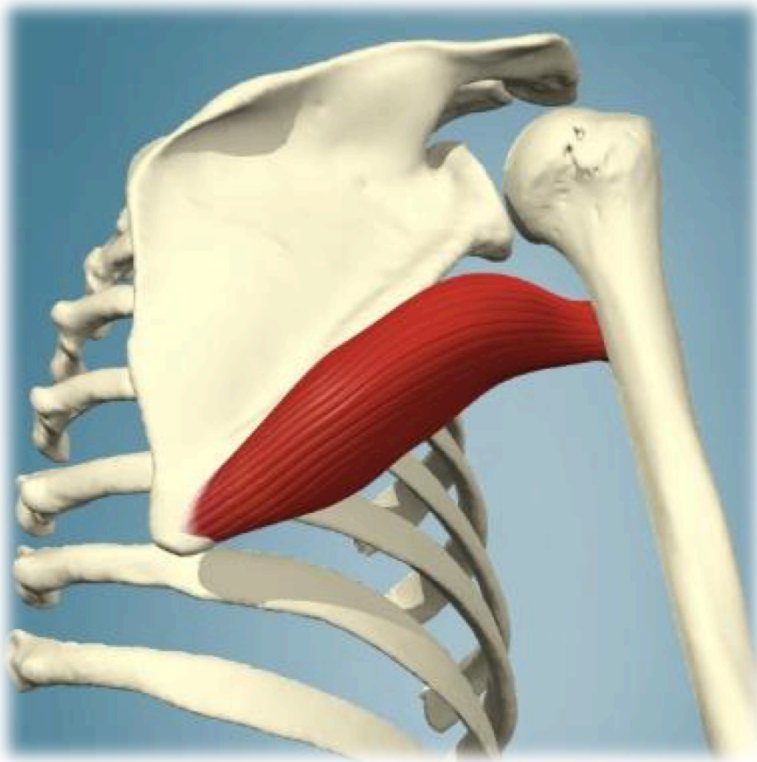
Joint action

Adducts and extends arm

Assists in medial rotation of the arm.

Depresses the shoulder girdle via the insertion on the humerus (origin fixed)

Teres major



Origin

Lateral border of the scapula near the inferior angle

Insertion

Humerus (proximal, anterior)

Joint crossed

Shoulder joint

Joint action

Medial rotation

Adduction and extension of the shoulder joint

