

ThomP's Tools
Shoulder Joint Complex Muscle Review Sheet

Group	Muscle	Joints Crossed			Origins			Insertions			Actions					
Abductor	deltoid	gleno-humeral			lateral clavicle (anterior)	acromion process of scapula (middle)	spine of scapula (posterior)	deltoid tuberosity of humerus			abduction of shoulder (all 3 parts in a strong contraction)	flexion of shoulder (anterior)	extension of shoulder (posterior)	abduction of shoulder (middle)		
Adductor	coracobrachialis	gleno-humeral			coracoid process of scapula			humerus, mid shaft			adduction of shoulder	flexion of shoulder				
Flexor	biceps brachii	gleno-humeral	elbow		coracoid process of scapula (medial/short head)	supraglenoid tubercle, scapula (lateral/long head)		radial/bicipital tuberosity of radius			flexion of elbow	flexion of shoulder	supination of forearm (prime mover)			
Extensor	triceps brachii	gleno-humeral	elbow		long head: infraglenoid tubercle of scapula	lateral head: proximal humerus	medial head: distal humerus	olecranon process of ulna			extension of shoulder	extension of elbow (prime mover)				
SITS (rotator cuff)	supraspinatus	gleno-humeral			supraspinous fossa of scapula			greater tubercle of humerus			initiation of abduction of shoulder					
	infraspinatus	gleno-humeral			infraspinous fossa of scapula			greater tubercle of humerus			lateral rotation of shoulder					
	teres minor	gleno-humeral			axillary border of scapula			greater tubercle of humerus			lateral rotation of shoulder					
	subscapularis	gleno-humeral			subscapular fossa of scapula			lesser tubercle of humerus			medial rotation of shoulder					
Pectoralis	pectoralis major	gleno-humeral			clavicle (clavicular fibers)	sternum & ribs (sterno-costal fibers)		intertubercular/bicipital groove of humerus			flexion of shoulder (clavicular fibers only)	adduction of shoulder	medial rotation of shoulder			
	pectoralis minor	sterno-clavicular	acromio-clavicular		ribs 3,4,5			coracoid process of scapula			protraction of scapula	depression of scapula	downward rotation of scapula			
Latissimus & Little Helper	latissimus dorsi	gleno-humeral			T6 or T7 to sacrum	iliac crest	lower ribs	intertubercular/bicipital groove of humerus			extension of shoulder	adduction of shoulder	medial rotation of shoulder			
	teres major	gleno-humeral			inferior angle of scapula			intertubercular/bicipital groove of humerus			extension of shoulder	adduction of shoulder	medial rotation of shoulder			
Scapula Stabilizers	levator scapulae	sterno-clavicular	acromio-clavicular	cervical intervertebral & atlanto-occipital	vertebrae C1 through C4 (transverse processes)			scapula, superior angle & adjacent vertebral border			elevation of scapula	downward rotation of scapula	slight retraction of scapula	extension of neck: bilateral contraction		
	trapezius	sterno-clavicular	acromio-clavicular	cervical intervertebral & atlanto-occipital	occipital bone	vertebrae C1 through T12, inclusive		clavicle	acromion process of scapula	spine of scapula	retraction of scapula (middle trapezius)	strong retraction of scapula (entire trapezius)	elevation of scapula (upper trapezius)	depression of scapula (lower trapezius)	upward rotation of scapula (upper & lower)	extension of neck: bilateral contraction, upper
	rhomboids	sterno-clavicular	acromio-clavicular		vertebrae C2 through T1 (rhomboid minor)	vertebrae T1 through T5 (rhomboid major)		vertebral border of scapula			retraction of scapula	downward rotation of scapula				
	serratus anterior	sterno-clavicular	acromio-clavicular		ribs 1 through 8 or 9 via "slips"			vertebral border of scapula, costal surface			protraction of scapula	upward rotation of scapula				