

MUSCLE	INNERVATION	BLOOD SUPPLY	ORIGIN	INSERTION	FUNCTION
trapezius	motor part: spinal part of Accessory nerve sensory part: posterior rami of C3 & C4 (sensory part is for proprioception)	Transverse cervical artery and vein	superior nuchal line, external occipital protuberance, medial margin of ligamentum nuchae, spinal processes of C7 to T12	superior edge of crest of scapula, Acromion, posterior border of lateral one-third of clavicle	elevation of scapula, retraction of scapula(middle fibers), depression of scapula(lower fibers)
Deltoid	Axillary nerve	deltoid part of thoraco-acromial artery, posterior circumflex of humeral artery	inferior edge of spine of scapula, lateral margin of acromion, anterior border of lateral one-third of clavicle	deltoid tuberosity of humerus	abduction of arm(mainly in 15° to 90°) flexion of arm (clavicular fibers) extension of arm (posterior fibers)
Levator scapulae	anterior rami of C3 & C4 dorsal scapular nerve	dorsal scapular artery	transverse process of C1 & C2, posterior tubercle of transverse process of C3 & C4	posterior surface of medial border of scapula(from superior angle to root of spine)	elevation of the scapula
Rhomboid major	dorsal scapular nerve	dorsal scapular artery	spinous process of T2 to T5	posterior surface of medial border of scapula	elevation and retraction of the scapula
Rhomboid minor	dorsal scapular nerve	dorsal scapular nerve	lower end of ligamentum nuchae, spinous process of C7 to T1	posterior surface of medial border of the scapula(to root of spine)	elevation and retraction of the scapula
Supraspinatus	suprascapular nerve	suprascapular artery	medial two-thirds of supraspinous fossa,deep fascia	most superior facet on greater tubercle of humerus	abduction of shoulder joint Rotator cuff muscle
Infraspinatus	suprascapular nerve	suprascapular artery, posterior circumflex humeral artery(assistant artery)	medial two-thirds of infraspinous fossa,deep fascia	middle facet on the greater tubercle of humerus	lateral rotation of arm Rotator cuff muscle
Teres minor	Axillary nerve	posterior circumflex humeral artery	upper two-thirds of posterolateral surface of scapula immediately to lateral border of the scapula	inferior facet on the greater tubercle of humerus	lateral rotation of arm Rotator cuff muscle
Teres major	inferior subscapular nerve	inferior circumflex scapular artery, thoracodorsal artery(assistant artery)	oval area on the posterior surface of the inferior angle of scapula	medial lip of the intertubercular sulcus	medial rotation and extension of arm
Subscapularis	superior and inferior subscapular nerve	inferior circumflex scapular artery, subscapular artery(assistant artery)	medial two-thirds of subscapular fossa	lesser tubercle of humerus	medial rotation of arm Rotator cuff muscle
Pectoralis major	medial & lateral pectoral nerves	thoraco-acromial artery,internal mammary & intercostal arteries (assistant arteries)	sternocostal head: anterior surface of sternum,costal cartilages(1 to 7),sternal end of rib(6) clavicular head: anteromedial half of clavicle	lateral lip of the intertubercular sulcus	flexion, adduction, medial rotation of arm, flexion of extended arm (clavicular head), extension of flexed arm(sternocostal head)
Pectoralis minor	medial pectoral nerve	thoraco-acromial artery	anterior surface and superior border of rib(3 to 5), deep fascia	superior and medial aspects of coracoid process	protraction(pulling down tip of scapula)
Subclavius	nerve to subclavius	thoraco-acromial artery	medial part of rib(1)	groove on posterior inferior of middle one-third of clavicle	stabilizing sternoclavicular joint
Serratus anterior	long thoracic nerve	lateral thoracic artery, thoracodorsal & intercostal arteries(assistant arteries)	lateral surfaces of ribs(1 to 8/9),deep fascia	anterior surface of medial border of the scapula	protraction
Latissimus dorsi	thoracodorsal nerve	thoracodorsal artery	spinous process of T6 to T12, interspinous ligaments, iliac crest, rib(9,10) to rib(12), thoracolumbar fascia	floor of the intertubercular sulcus(middle one)	adduction,medial rotation and extension of arm
Biceps	musculocutaneous nerve	short head: axillary and brachial artery long head: posterior circumflex humeral artery	long head: supraglenoid tubercle short head:apex of coracoid process	tuberosity of radius	flexion and supination of forearm

Triceps	radial nerve	long & lateral head: deep brachial artery medial head: brachial artery, superior ulnar collateral artery	long head: infraglenoid tubercle lateral & medial heads: posterior surface of humerus	olecranon	extension of forearm extension and adduction of arm(long head)
Brachialis	musculocutaneous nerve,radial nerve(small lateral part)	brachial artery, radial recurrent artery(assistant artery)	anterior aspect of humerus(medial & lateral surfaces), intramuscular septae	tuberosity of ulna	flexion of forearm
Coracobrachialis	musculocutaneous nerve	brachial artery	apex of coracoid process	liner roughening on medial side of shaft of humerus	flexion of arm
Flexor Carpi ulnaris(FCU)	ulnar nerve	ulnar artery	humeral head: medial epicondyle of humerus ulnar head: olecranon, posterior border of ulna	pisiform,pisohamat & pisometacarpal ligaments	flexion and adduction of wrist
Palmaris Longus	median nerve	ulnar artery	medial epicondyle of humerus	palmar aponeurosis	flexion of wrist
Flexor Carpi radialis(FCR)	median nerve	radial artery	medial epicondyle of humerus	base of metacarpals(2)&(3)	flexion and abduction of wrist
Pronator teres	median nerve	ulnar artery, radial artery(assistant artery)	humeral head: medial epicondyle, supra-epicondylar ridge ulnar head: medial side of coronoid process	roughening on the lateral surface of shaft of radius	pronation
Flexor digitorum superficialis (FDS)	median nerve	ulnar artery, radial artery(assistant artery)	humero-ulnar head: medial epicondyle of humerus and margin of coronoid process radial head: oblique line of radius	middle phalanges of digits	flexion of first interphalangeal joint assistant flexor of metacarpophalangeal joint
Flexor digitorum profundus (FDP)	lateral half: anterior interosseous nerve medial half: ulnar nerve	anterior interosseous artery	anteromedial surface of ulna, anteromedial half of interosseous membrane	distal phalanges of digits	flexion of first interphalangeal joint assistant flexor of metacarpophalangeal joint
Flexor pollicis Longus(FPL)	anterior interosseous nerve	anterior interosseous artery	anterior surface of radius, lateral half of interosseous membrane	base of distal phalanx of thumb	flexion of thumb
Pronator quadratus	anterior interosseous nerve	anterior interosseous artery	linear ridge on distal anterior surface of the ulna	distal anterior surface of radius	pronation
Brachioradialis	radial nerve	radial recurrent artery	proximal part of lateral supra-epicondylar ridge, intramuscular septum	lateral surface of distal end of radius	flexion of forearm while forearm is midpronated
Anconeus	radial nerve(via branch which innervates medial head of triceps)	deep brachial artery	lateral epicondyle of humerus	olecranon, posterior surface of the ulna	protector for elbow joint capsule while extension of forearm, accessory abductor and extensor of ulna
Extensor Carpi radialis Longus (ECRL)	radial nerve	radial recurrent artery	lateral part of lateral supra-epicondylar ridge, intramuscular septum	base of metacarpal(2)	extension and abduction of wrist
Extensor Carpi radialis brevis (ECRB)	deep branch of radial nerve	posterior interosseous artery	lateral epicondyle of humerus and intramuscular septum	base of metacarpals(2)&(3)	extension and abduction of wrist
Extensor digitorum	posterior interosseous nerve	posterior interosseous artery	lateral epicondyle of humerus and intramuscular septum and deep fascia	insert through dorsal hoods to middle and distal phalanges of digits	extension of digits

Extensor digiti minimi(EDM)	posterior interosseous nerve	posterior interosseous artery	lateral epicondyle of humerus and intramuscular septum together with extensor digitorum	extensor hood of little finger	extension of little finger
Extensor Carpi ulnaris(ECU)	posterior interosseous nerve	posterior interosseous artery	lateral epicondyle of humerus, posterior border of ulna	base of medial side of metacarpal(5)	extension and adduction of wrist
Supinator	posterior interosseous nerve	recurrent interosseous artery	superficial layer: lateral epicondyle of humerus,radial collateral & anular ligaments deep layer: supinator crest of ulna	lateral surface of radius(just superior to the oblique line)	supination
Abductor pollicis longus (APL)	posterior interosseous nerve	posterior interosseous artery	posterior surfaces of ulna and radius, intervening interosseous membrane	lateral side of base of metacarpal(1)	abduction of first carpometacarpal joint
Extensor pollicis brevis (EPB)	posterior interosseous nerve	posterior interosseous artery	posterior surface of radius(distal to APL), interosseous membrane	proximal phalanx of thumb	extension of metacarpophalangeal joint of thumb
Extensor pollicis longus (EPL)	posterior interosseous nerve	posterior interosseous artery	posterior surface of ulna(distal to APL), interosseous membrane	distal phalanx of thumb	extension of interphalangeal joint of thumb
Extensor indicis	posterior interosseous nerve	posterior interosseous artery	posterior surface of ulna(distal to EPL), interosseous membrane	extensor hood of index	extension of index
Palmaris brevis	superficial branch of ulnar nerve	ulnar artery	palmar aponeurosis, flexor retinaculum	derm of skin on medial side of hand	creating a grip on palmar surface of hand
dorsal interosseus	deep branch of ulnar nerve	palmar metacarpal arteries	sides of metacarpals	related extensor hoods	abduction of metacarpophalangeal joints to middle finger
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Adductor pollicis	deep branch of ulnar nerve	deep palmar arch	transverse head: shaft of metacarpal (3) oblique head: shafts of metacarpals (3)&(2), capitate	base of proximal phalanx of thumb, extensor hood of thumb	adduction of thumb
Opponens digiti minimi (ODM)	deep branch of ulnar nerve	ulnar artery	hook og hamate, flexor retinaculum	medial surface of metacarpal (5)	lateral rotation of metacarpal (5)
Flexor digiti minimi brevis (FDMB)	deep branch of ulnar nerve	ulnar artery	flexor retinaculum,hook of hamate	proximal phalanx of little finger	flexion of little finger
Abductor digiti minimi (ADM)	deep branch of ulnar nerve	ulnar artery	pisiform, pisohamate ligament, tendon of FCU	proximal phalanx of little finger	abduction of little finger
Opponens pollicis	recurrent branch of median nerve	princeps pollicis artery	tubercle of trapezium, flexor retinaculum	lateral surface of metacarpal (1)	medial rotation of thumb
Flexor pollicis brevis (FPB)	recurrent branch of median nerve	princeps pollicis artery,a branch from deep palmar arch(assistant artery)	tubercle of trapezium, flexor retinaculum	proximal phalanx of thumb	flexion of the thumb

Abductor pollicis brevis (APB)	recurrent branch of median nerve	princeps pollicis artery	tubercle of trapezium & scaphoid, flexor retinaculum	proximal phalanx of thumb, extensor hood of thumb	abduction of the thumb
Lumbricals	medial two: deep branch of ulnar nerve lateral two: digital branches of median nerve	palmar metacarpal arteries, branches from superficial palmar arch	tendons of FDP (in metacarpals area)	extensor hoods of digits	flexion of metacarpophalangeal joints while extension of interphalangeal joints (upstroke)