

عضله	منشأ	مقصد	حرکت	عصب
pectoralis major	sternum Clavicle غرفه ۱ و ۲ و ۳	لبه خارجی نودان intertubercular	Flexion Adduction Medial rotation	Medial, lateral pectoral ↓ Medial cord Lateral cord
pectoralis minor	قوس ۴، ۵ و ۶	Coracoid زائده	protraction depression	Medial pectoral ↓ Medial Cord
Subclavius	Loos	Subclavian groove	depression	Subclavius (upper trunk; زائده ۱)
Deltoid	spine تان acromion خارجی Clavicle خارجی	deltoid tuberosity	Flexion Medial rotation Abduction (15°-90°) Extension lateral rotation	Axillary ↓ posterior cord
Trapezius	1. External occipital protuberance 2. Superior nuchal line 3. Ligamentum nuchae 4. Spinous process C ₇ - T ₁₂	قوتانی spine Dacromion خارجی Clavicle خلفی	Elevation Extension سرگردن Retraction Depression Abduction (90°)	Spine of accessory
latissimus dorsi	T ₇ -T ₁₂ زائده قاری L ₁ -L ₅ Sacrum heep	کنشادان intertubercular	Extension Adduction Medial rotation	Thoraco dorsal ↓ posterior cord
Levator scapula	transverse process C ₁ - C ₄	Medial border Scapula خلفی	Elevation	dorsal scapular C ₅ ↓ ا
Rhomboid minor	Ligamentum nuchae زائده قاری C ₇ و T ₁	Medial border Scapula خلفی	Retraction Elevation	dorsal scapular C ₅ ↓ ا
Rhomboid major	T ₂ -T ₅ زائده قاری	Medial border Scapula خلفی	Retraction Elevation	dorsal scapular C ₅ ↓ ا
Serratus anterior	A [1] داس	anterior Medial border of scapula	protraction Abduction کش	long Thoracic C ₇ , C ₆ , C ₅ ا
Supraspinatus	Supraspinous حفره	greater tuberosity	Abduction (0-15°)	Supra scapular

upper trunk ;/

Supra scapular ↓ upper trunk ;/	lateral rotation	greater tuberosity	infraspinous حفره	infraspinatus
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Axillary ↓ posterior cord	lateral rotation	greater tuberosity	lateral border of scapula	Teres minor
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lower subscapular ↓ posterior cord	Extension Adduction medial rotation	لبه داخلی ناودان intertubercular	زاویه تحتانی scapula	Teres major
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upper, lower subscapular ↓ posterior cord	Adduction medial rotation	lesser tuberosity	subscapular حفره	Subscapularis
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musculo cutaneous ↓ lateral cord	Elbow flexion Shoulder flexion Supination	Radial tuberosity Aponeurosis fascia عصبی	Supraglenoid سر دراز Coracoid سر کوتاه	Biceps Brachii
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musculo cutaneous ↓ lateral cord	Shoulder flexion	Humerus وسط	Coracoid	Coracobrachialis
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musculo cutaneous ↓ lateral cord	elbow flexion	ulnar tuberosity	Humerus وسط	Brachialis
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radial ↓ posterior cord	elbow extension Shoulder "	olecranon	سر خارجی: خارج و بالای ناودان radial سر داخلی: پایین و داخل ناودان radial سر دراز: infraglenoid	Triceps
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Median ↓ med + lat cord		radius خارج	medial epicondyle ulna	pronator teres
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Median ↓ med + lat cord	metacarp 2,3	شماره ۲ و ۳	Medial epicondyle	Flexor carpi radialis
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Median	palmar aponeurosis	Medial epicondyle	Abductor digiti
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med + lat cord pisi form medial epicondyle Flexor carpi ulnaris

ulnar
↓
Medial Cord Hook of hamate
metacarp 5 & 6 Medial epicondyle
ulna

median
↓
med + lat cord 5 & 2 middle in medial epicondyle
ulna
radius

ulnar: نيه داخلي
median: نيه خارجي
↳ Anterior interosseous شافه distal in 5 & 2 ulna Flexor digitorum profundus

Median (anterior interosseous شافه)
↓
med, lat cord distal in نيه 5 & 2 radius Flexor pollicis longus

Median
↓
Med + lat Cord
(anterior interosseous شافه) radius ulna pronator quadratus

radial: مستقيم از
↓
posterior cord flexion آرنج در حالت mid position radius styloid بالاي lateral supraepicondyle crest Brachioradialis

radial: مستقيم از
↓
posterior cord metacarp 2 & 6- lateral supraepicondyle crest Extensor carpi radialis longus

deep radial شافه
(posterior interosseous) metacarp 3 & 6- lateral epicondyle Extensor carpi radialis brevis

deep radial شافه
(posterior interosseous) dorsal hood (5 & 2 distal in) lateral epicondyle Extensor digitorum

deep radial شافه
(posterior interosseous) 5 تا 2 lateral epicondyle Extensor digiti minimi

deep radial شافه metacarp 5 & 6- lateral epicondyle Extensor carpi ulnaris

(posterior interosseous)

deep radial (posterior interosseous)	شفا	ulna	lateral epicondyle	Aconeous
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deep radial (posterior interosseous)	شفا	radius	ulna	supinator
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deep radial (posterior interosseous)	شفا	metacarp 1	ulna radius	Abductor pollicis longus
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deep radial (posterior interosseous)	شفا	proximal ٥	radius	Extensor pollicis brevis
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deep radial (posterior interosseous)	شفا	distal ٥	ulna	Extensor pollicis longus
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deep radial (posterior interosseous)	شفا	dorsal hood 2	ulna	Extensor indicis
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median (palmar branch)	proximal ٥	carp	Abductor pollicis brevis
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median (palmar branch) Ulnar (deep branch)	proximal ٥	carp	Flexor pollicis brevis
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median (palmar branch)	metacarp 1	palmar aponeurosis	opponens pollicis
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ulnar (deep branch)	proximal ٥	metacarp 3 carp	Adductor pollicis
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ulnar (deep branch)	5 proximal ٥	carp	Abductor digiti minimi
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ulnar (deep branch)	5 proximal ٥	carp	Flexor digiti minimi brevis
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ulnar (deep branch)	metacarp 5	palmar aponeurosis	opponens digiti minimi
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ulnar (deep branch)	palmar aponeurosis	Flexor retinaculum	palmaris brevis
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median ← 2, 1	Flexion metacarpophalange	dorsal hood	← Flexor 5, 4, 3, 2	Lumbrical
ulnar ← 4, 3	Extension interphalange			

ulnar (deep branch)	Adduction انكسار	dorsal hood	metacarp 1, 2, 4, 5	palmar interosseous
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ulnar (deep branch)	Abduction 2, 3, 4	dorsal hood	metacarp 2, 3, 4	dorsal interosseous
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