

UPPER LIMB MUSCLE FUNCTIONS

1. TRAPEZIUS

- Upper fibres elevates the scapula
- Middle fibers pull scapula medially
- Lower fibers pull medial border of scapula downward

2. DELTOID

- Abducts arm
- Anterior fibers flex and medially rotate arm
- Posterior fibers extend and laterally rotate arm

3. LEVATOR SCAPULAE

- Raises medial border of scapula

4. RHOMBOID MINOR

- Raises medial border of scapula upward and medially

5. RHOMBOID MAJOR

- Raises medial border of scapula upward and medially

6. SUPRASPINATUS

- Abducts arm and stabilizes shoulder joint

7. INFRASPINATUS

- Laterally rotates arm and stabilizes shoulder joint

8. TERES MINOR

- Laterally rotates arm and stabilizes shoulder joint

9. TERES MAJOR

- Medially rotates and adducts arm and stabilizes shoulder joint

10. TRICEPS BRACHII

- Extensor of elbow joint

11. PECTORALIS MAJOR

- Adducts arm and rotates it medially
- Clavicular fibers also flex arm

12. PECTORALIS MINOR

- Depresses point of shoulder (pulls tip of shoulder joint)
- If the scapula is fixed, it elevates the ribs of origin

13. SUBCLAVIUS

- Depresses the clavicle and steadies this bone during movements of the shoulder girdle

14. SERRATUS ANTERIOR

- Protraction and rotation of scapula
- Keeps medial border and inferior angle of scapula opposed to thoracic wall

15. SUBSCAPULARIS

- Medially rotates arm and stabilizes shoulder joint

16. LATISSIMUS DORSI

- Extends, adducts, and medially rotates the arm

17. BICEPS BRACHII

- supinator of forearm and flexor of elbow joint
- Weak flexor of shoulder joint

18. CORACHOBRACHIALIS

- Flexes arm and also weak adductor

19. BRACHIALIS

- Flexor of elbow joint

20. SUPINATOR

- Supination of forearm

21. PRONATOR QUADRATUS

- Pronates forearm

22. ANCONEUS

- Extends elbow joint

23. FLEXOR CARPI ULNARIS

- Flexes and adducts hand at wrist joint

24. PALMARIS LONGUS

- Flexes hand

25. FLEXOR CARPI RADIALIS

- Flexes and abducts hand at wrist joint

26. FLEXOR DIGITORUM SUPERFICIALIS

- Flexes middle phalanx of fingers and assists in flexing proximal phalanx and hand

27. FLEXOR DIGITORUM PROFUNDUS

- Flexes distal phalanx of fingers; then assists in flexion of middle and proximal phalanges and wrist

28. FLEXOR POLLICIS LONGUS

- Flexes distal phalanx of thumb

29. EXTENSOR CARPI RADIALIS LONGUS

- Extends and abducts hand at wrist joint

30. EXTENSOR CARPI RADIALIS BREVIS

- Extends and abducts hand at wrist joint

31. EXTENSOR DIGITORUM

- Extends fingers and hand

32. EXTENSOR DIGITI MINIMI

- Extends metacarpal phalangeal joint of little finger

33. EXTENSOR CARPI ULNARIS

- Extends and abducts hand at wrist joint

34. ABDUCTOR POLLICIS LONGUS

- Abducts and extends thumb

35. EXTENSOR POLLICIS BREVIS

- Extends metacarpophalangeal joints of thumb

36. EXTENSOR POLLICIS LONGUS

- Extends distal phalanx of thumb

37. EXTENSOR INDICES

- Extends metacarpophalangeal joint of index finger

38. PALMARIS BREVIS

- Corrugates skin to improve grip of palm

39. DORSAL INTEROSSEI (FOUR MUSCLES)

- Abducts fingers from centre of third finger
- Both palmar and dorsal interossei flex metacarpophalangeal joints and extend interphalangeal joints

40. PALMAR INTEROSSEI

- Adducts fingers towards center of third finger

41. ADDUCTOR POLLICIS

- Adduction of thumb

42. LUMBRICALS (FOUR MUSCLES)

- Flex metacarpophalangeal joints and extend interphalangeal joints of fingers except thumb

43. OPPONENS POLLICIS

- Pulls thumb medially and forward across palm

44. ABDUCTOR POLLICIS BREVIS

- Abduction of thumb

45. FLEXOR POLLICIS BREVIS

- Flexes metacarpophalangeal joint of thumb

46. OPPONENS DIGITI MINIMI

- Pulls fifth metacarpal forward as in cupping the palm

47. ABDUCTOR DIGITI MINIMI

- Abducts little finger

48. FLEXOR DIGITI MINIMI BREVIS

- Flexes little finger at metacarpophalangeal joints