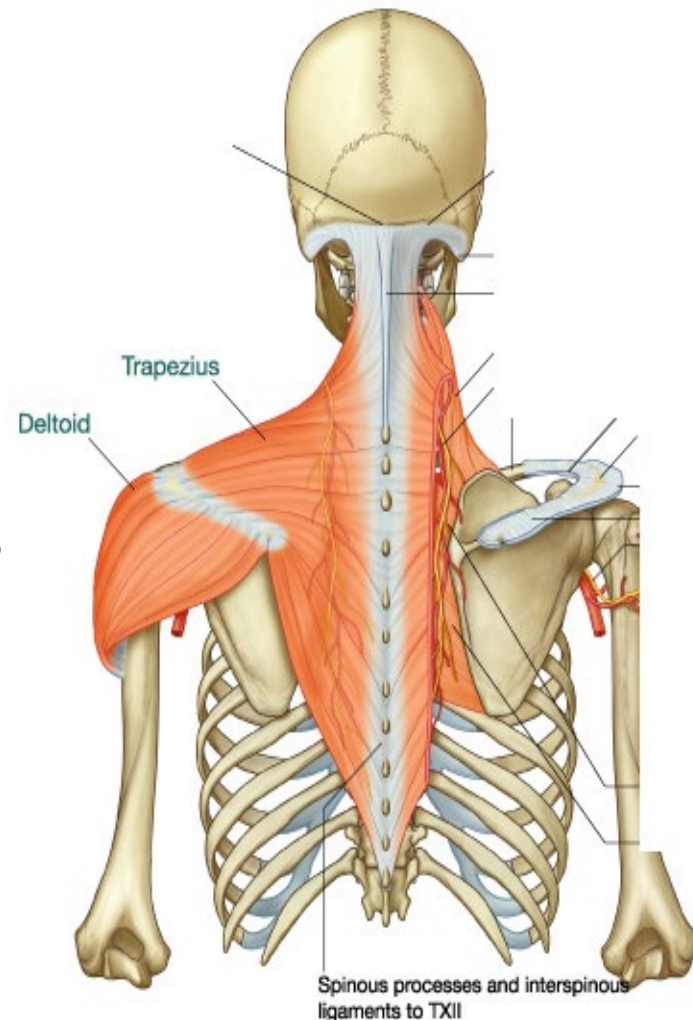


Sports Massage – Myology

Upper Limb

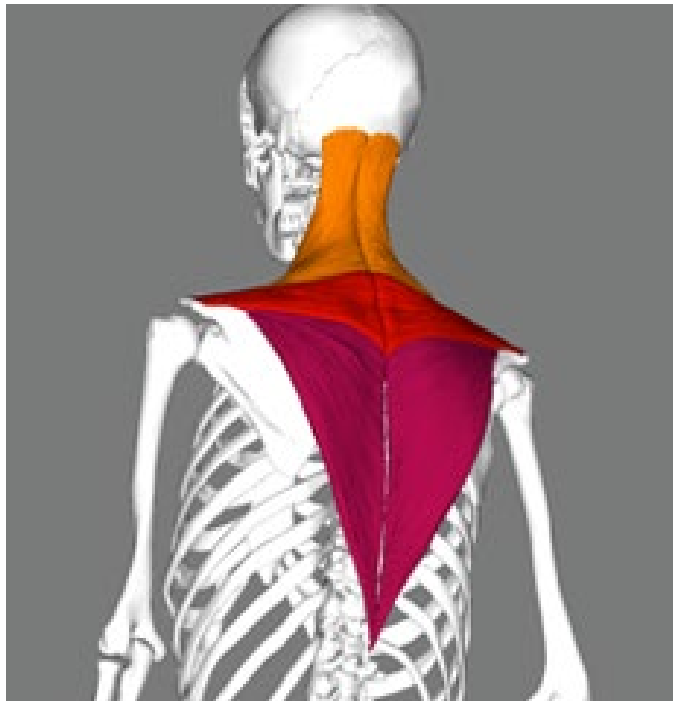
Trapezius

- Trapezius
- O: medial third superior nuchal line and occipital protuberance, ligamentum nuchae, spinous processes and supraspinous lig of C7- T12
- I: posterior border of lateral 1/3 of clavicle, medial border of acromion, upper border of spine of scapula
- A: retracts, elevates and laterally rotates pectoral girdle. Extends and laterally flexes neck. Depress scapula



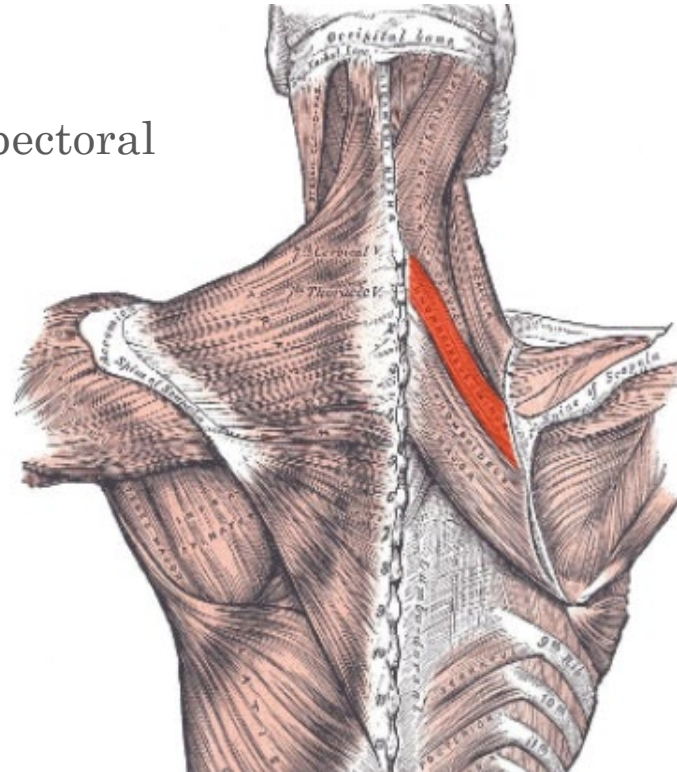
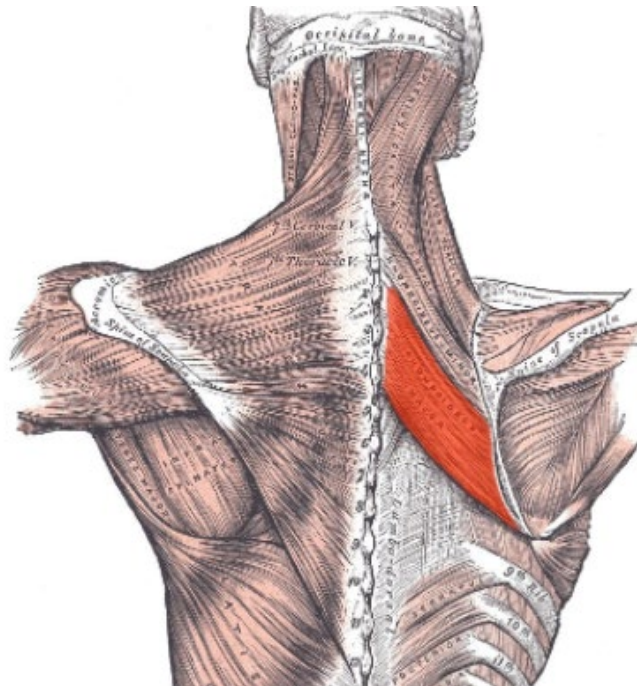
Trapezius

- Lower: put in to shoulder depression and try to take out
- Mid: elevate shoulders and try to depress
- Upper: elevate shoulders and extend neck, try to flex neck



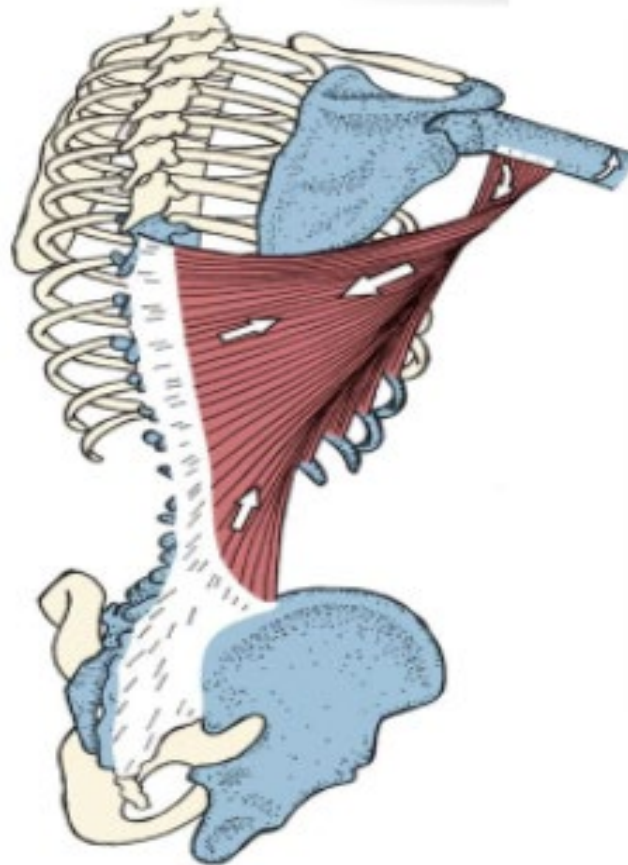
Rhomboid (Major/Minor)

- O: Spinous processes and covering ligaments of C7-T1 (minor) and T2-5 (major)
- I: Medial border of scapular
- A: elevate, retract and medially rotate pectoral girdle



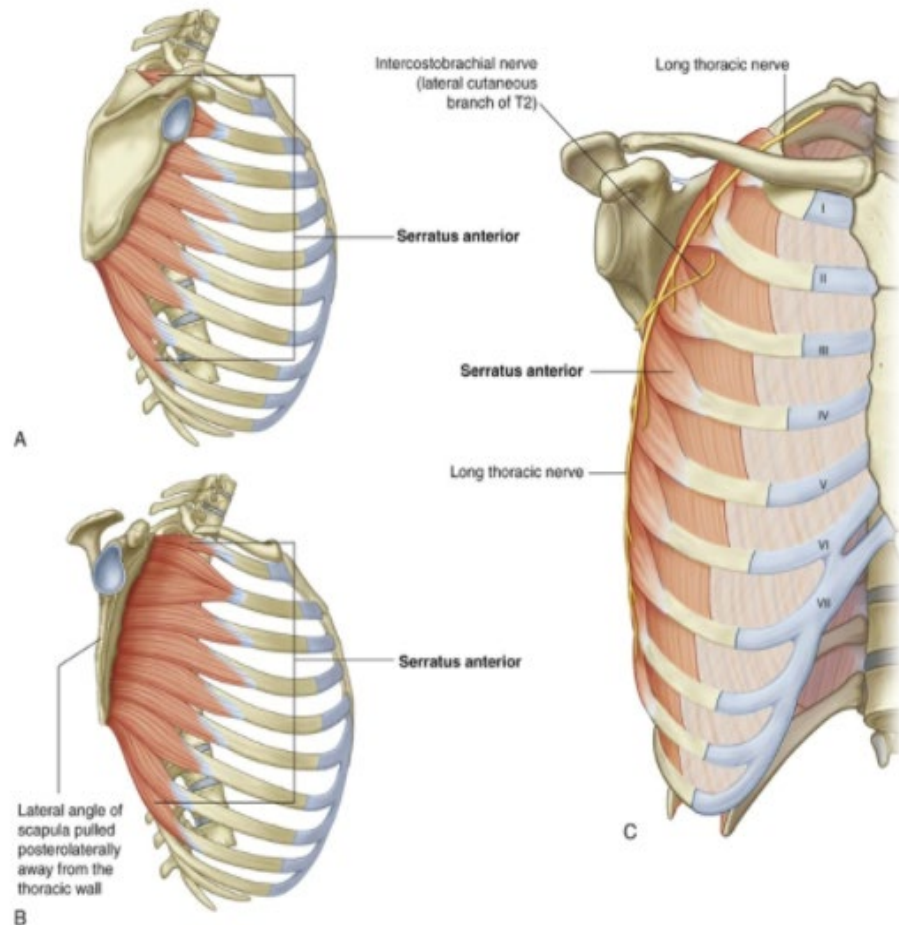
Latissimus Dorsi

- O: via thoracolumbar fascia to spinous processes T7-T12, all Lx and Sacral vertebrae and their ligaments, posterior part of iliac crest, lower 4 ribs and inferior angle of scapula
- I: long flat tendon twists 180° into floor of intertubercular groove
- A: adducts, medially rotates and extends arm at the shoulder joint.



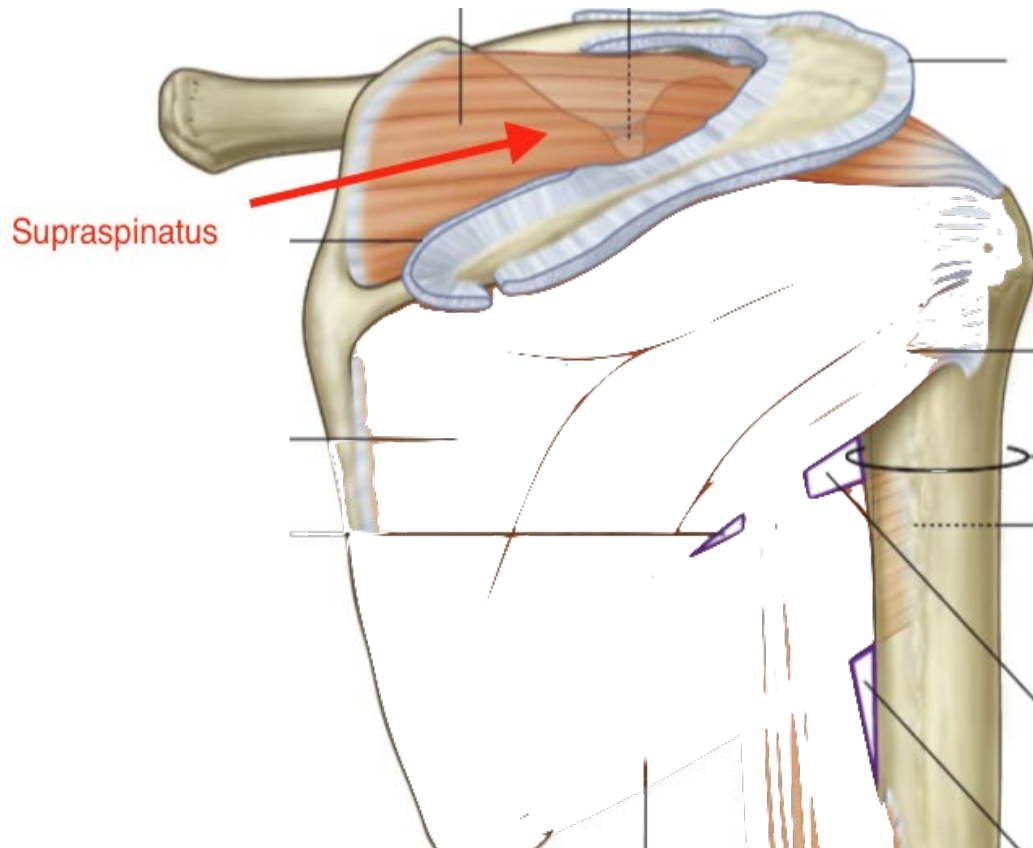
Serratus Anterior

- O: outer surface of upper 8 or 9 ribs and the intercostal fascia
- I: costal surface of the medial border of scapula
- A: protractor and lateral rotator of scapula



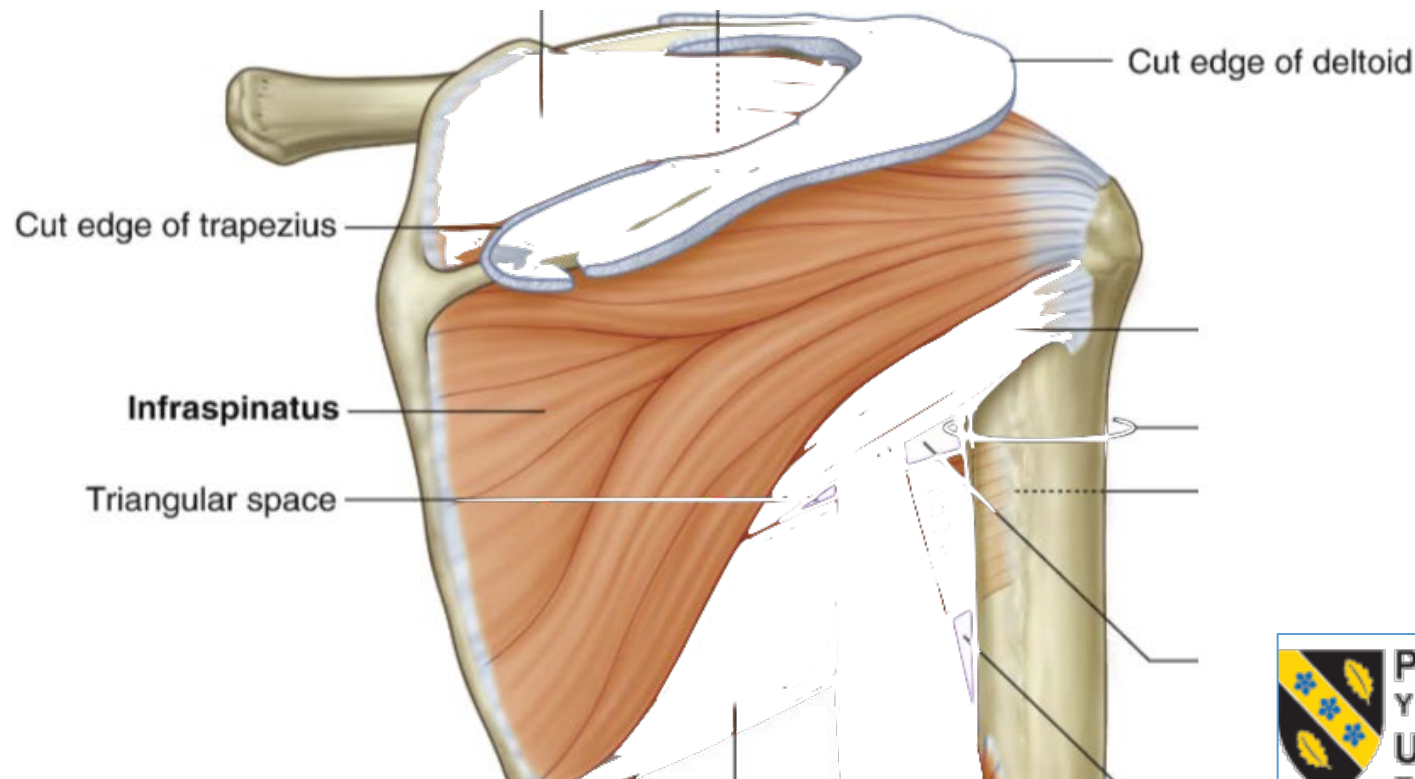
Supraspinatus

- O: medial 2/3rds supraspinous fossa and covering fascia
- I: upper facet of greater tubercle of humerus
- A: initiates abduction of humerus (first 30°)



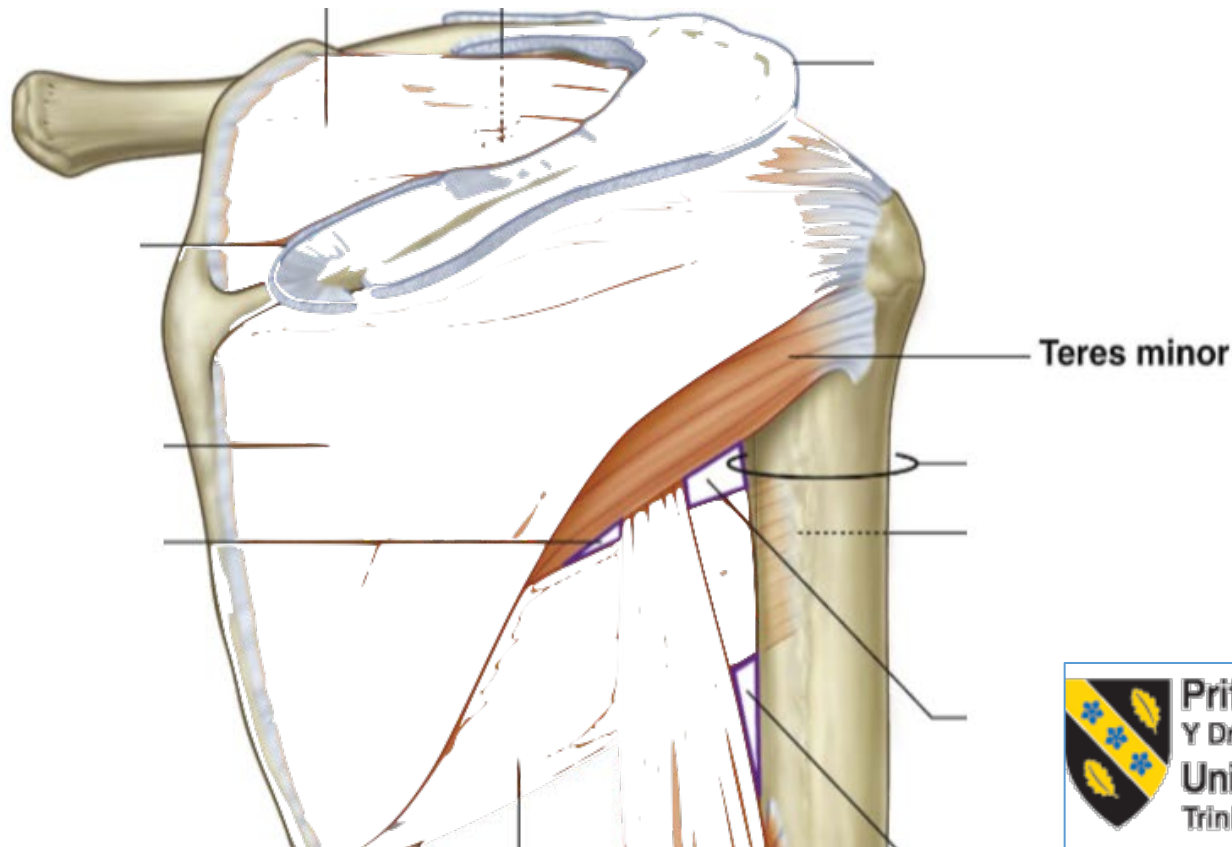
Infraspinatus

- O: medial 2/3rds of infraspinous fossa and covering fascia
- I: middle facet of greater tubercle of humerus
- A: lateral rotation of humerus



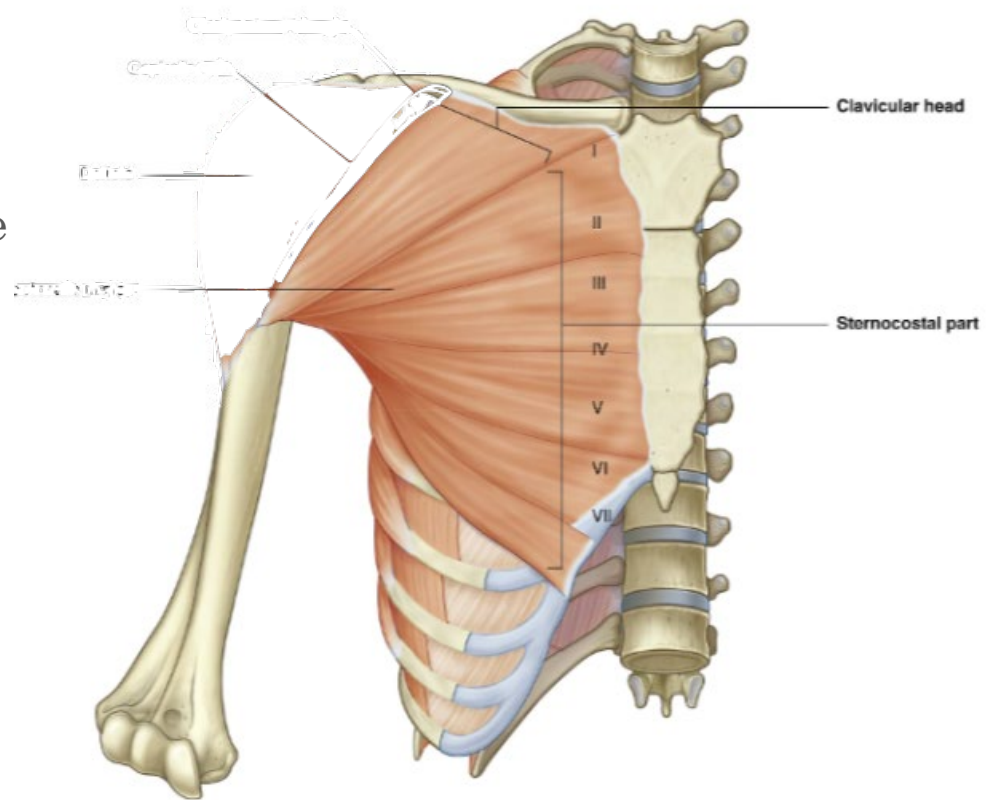
Teres Minor

- O: upper 2/3rds lateral border of scapula
- I: inferior facet of greater tubercle of humerus
- A: laterally rotates and adducts humerus



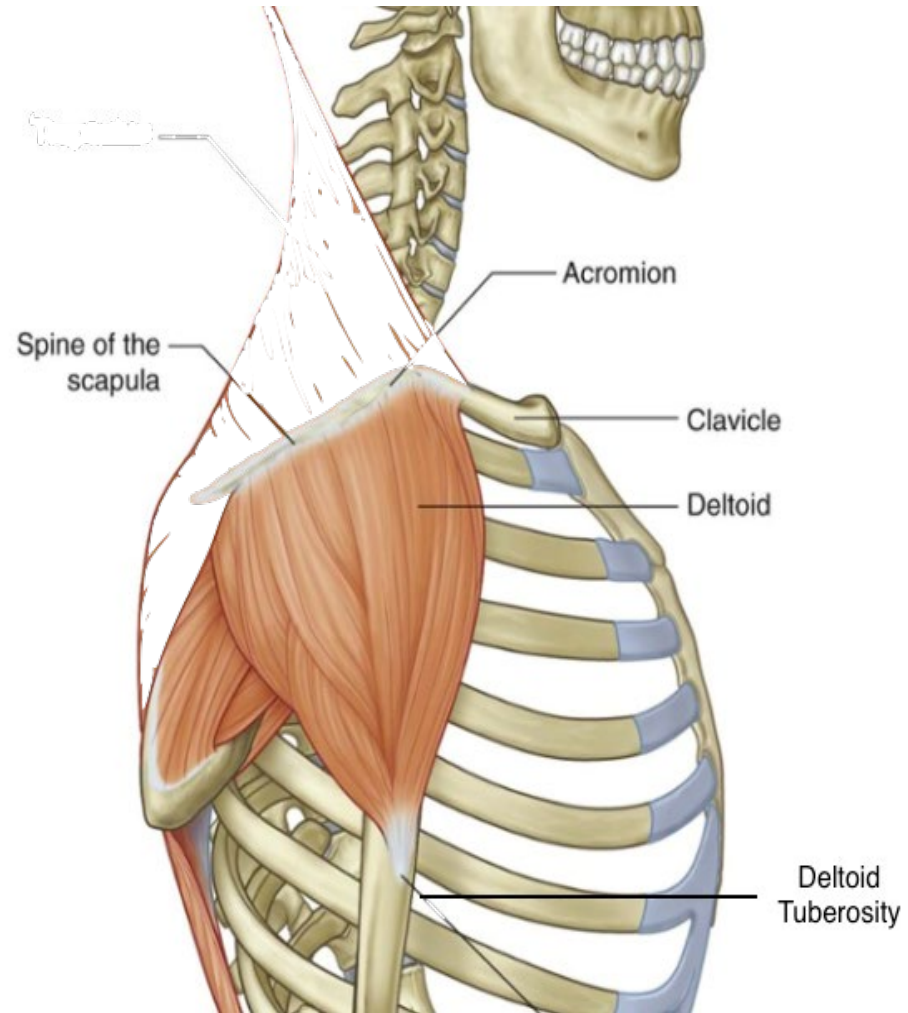
Pectoralis Major

- Clavicular Fibres
 - O: medial 1/2 anterior border of clavicle
 - I: lateral lip of intertubercular groove
 - A: Adducts, medially rotates and Flexes humerus
- Sternal Fibres
 - O: anterior surface sternum, anterior surface of upper 6 costal cartilages and 6th rib
 - I: lateral lip of intertubercular groove
 - A: Adducts, medially rotates and Extends humerus



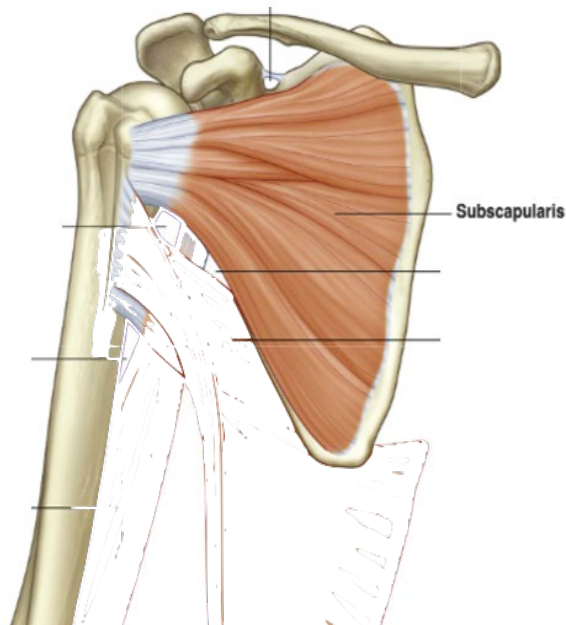
Deltoid

- Anterior fibres
 - O: anterior border of lateral 1/3rd clavicle
 - I: deltoid tuberosity
 - A: Abduction, flexion and medial rotation
- Middle fibres
 - O: outer margin of acromion
 - I: deltoid tuberosity
 - A: Abduction
- Posterior fibres
 - O: Lower border of spine of scapula
 - I: deltoid tuberosity
 - A: Abduction, extension and lateral rotation



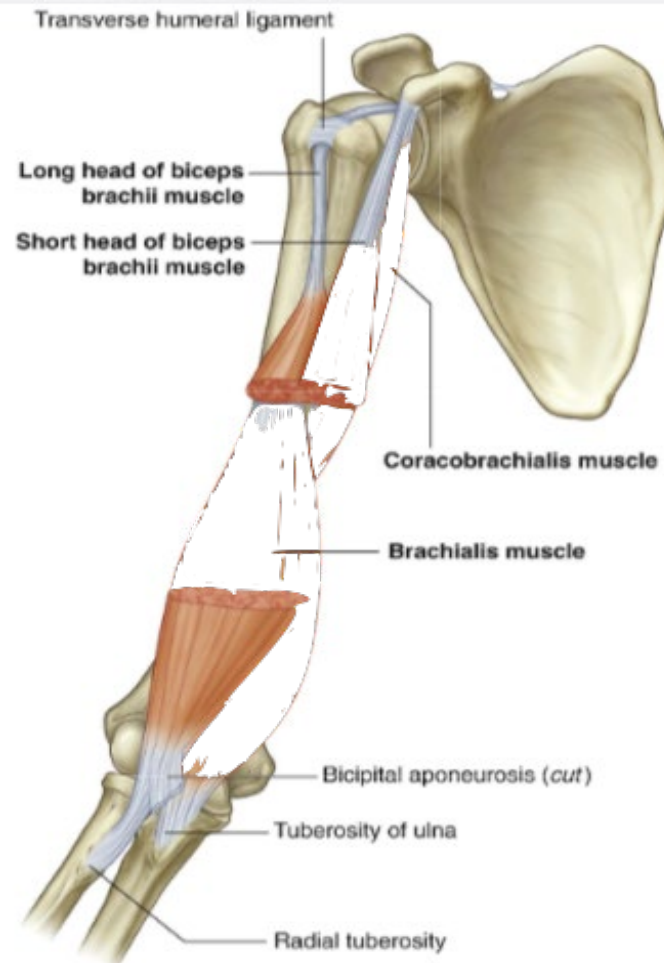
Subscapularis

- O: Subscap Fossa
- I: Lesser Tubercle of humerus
 - A: medial Rotation



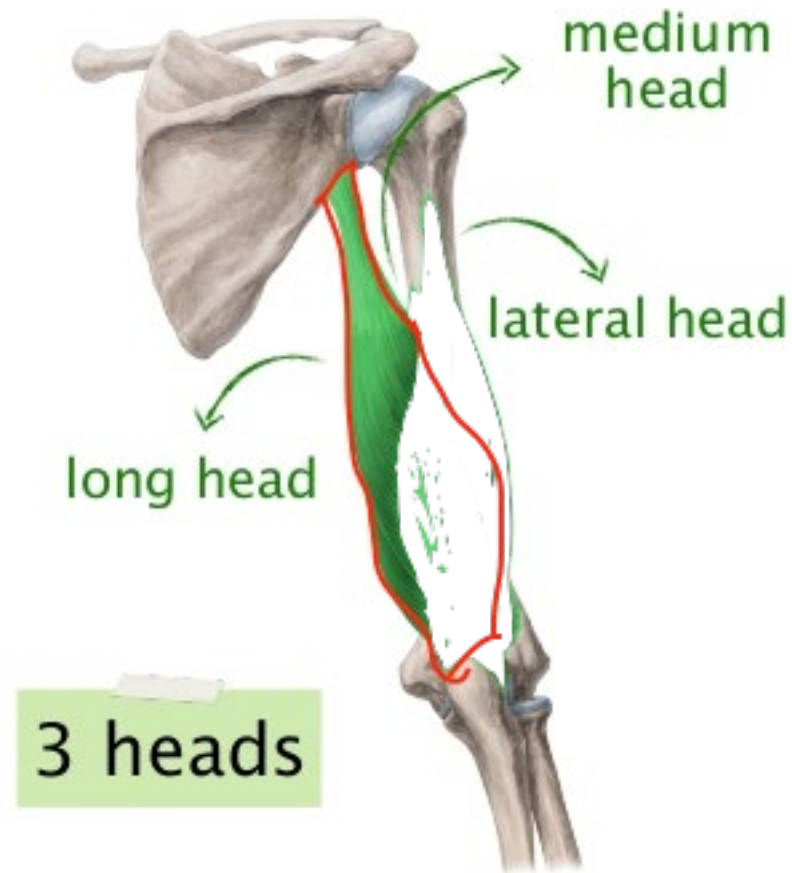
Long Head of Biceps

- O: supraglenoid tubercle of scapula over the humeral head, through the intertubercular (bicipital) groove
- I: conjoins with short head and attaches to radial tuberosity and bicipital aponeurosis to the deep fascia of forearm
- A: flexion of shoulder, flexor and supinator of elbow (also anterior stabiliser in shoulder dysfunction)



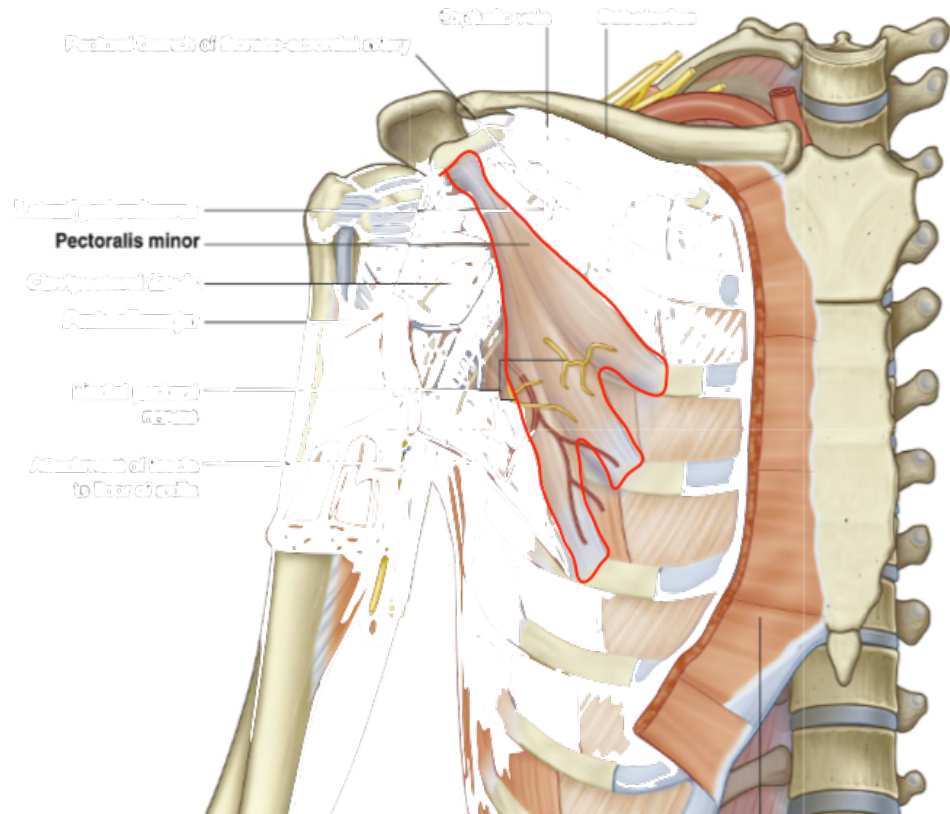
Long Head of Triceps

- O: infraglenoid tubercle of scapula and adjacent glenoid labrum
- I: conjoined tendon of long, lateral and medial head to olecranon and adjacent deep fascia of forearm.
- A: shoulder extension, elbow extension



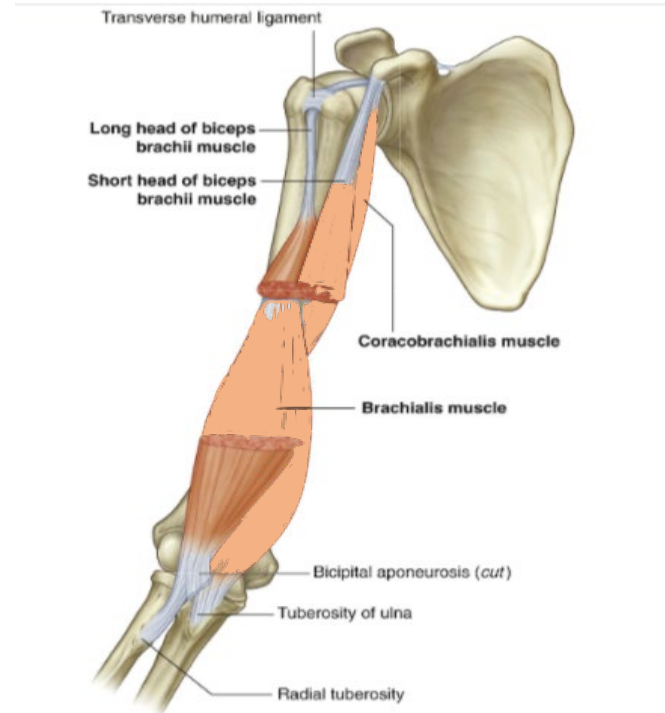
Other muscle to be aware of

- Pectoralis Minor
- O: coracoid process of scapula
- I: outer surface of 3,4th rib and intercostal fascia
- A: protractor and medial rotator of scapula



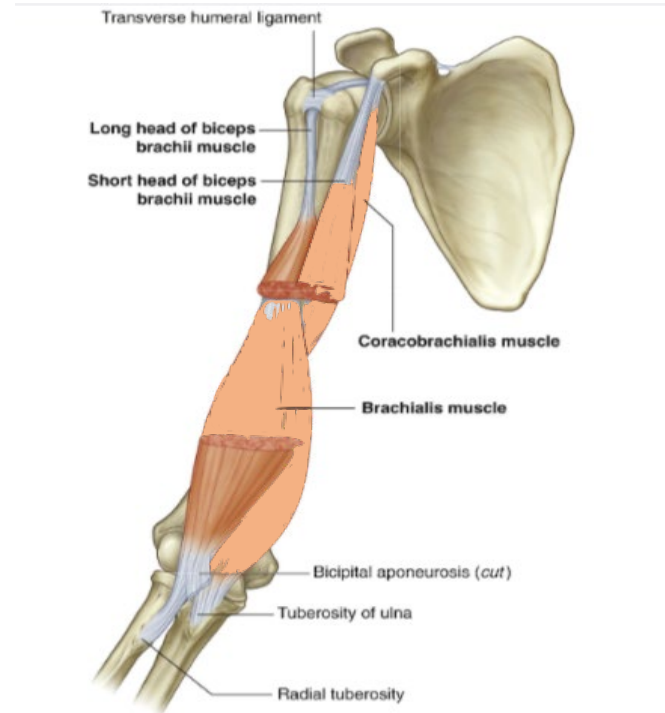
Biceps Brachii

- O:
 - long head – supraglenoid tubercle
 - Short head – apex of coracoid process of scapula
- I: two head fuse, insert on to radial tuberosity and bicipital aponeurosis (deep arm fascia)
- A: flexes elbow and supinates forearm



Brachialis

- O: distal 2/3rds anterior surface of humerus
- I: coronoid process and tuberosity of ulna
- A: Main flexor of the elbow



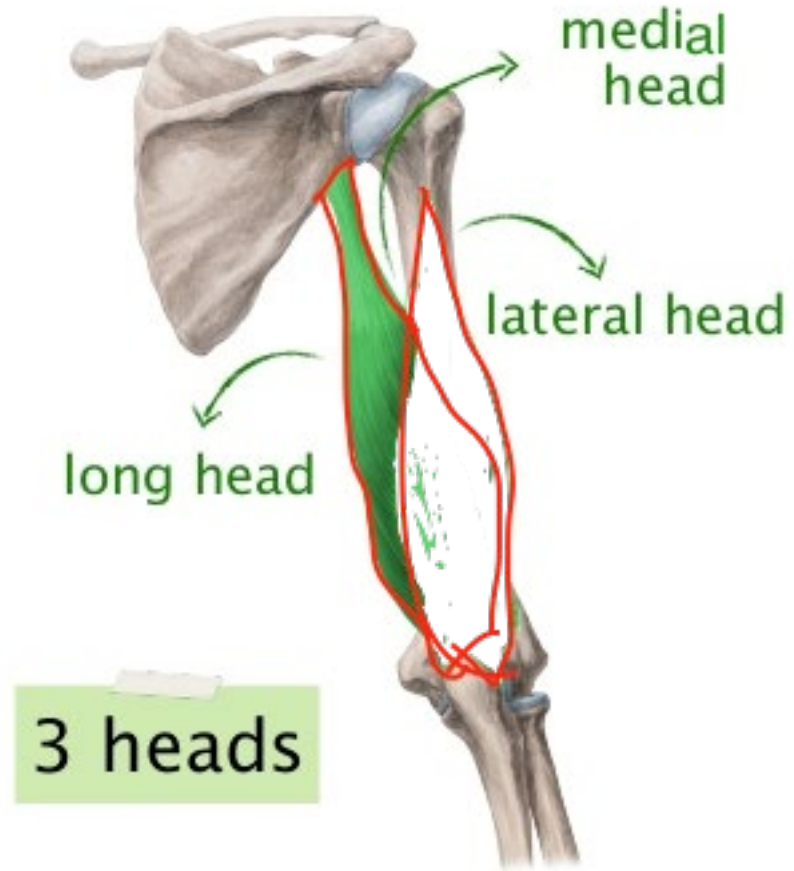
Brachoradialis

- O: upper 2/3rds anterior supracondylar ridge of humerus
- I: Lateral surface of radius
- A: flexor in mid- prone



Triceps Brachii

- O: long head – infraglenoid tubercle of scapula (and labrum)
- Lateral head – posterior surface of humerus (above and lateral to spiral groove)
- Medial head – posterior surface of humerus (below and medial to spiral groove)
- I: olecranon
- A: main elbow extensor



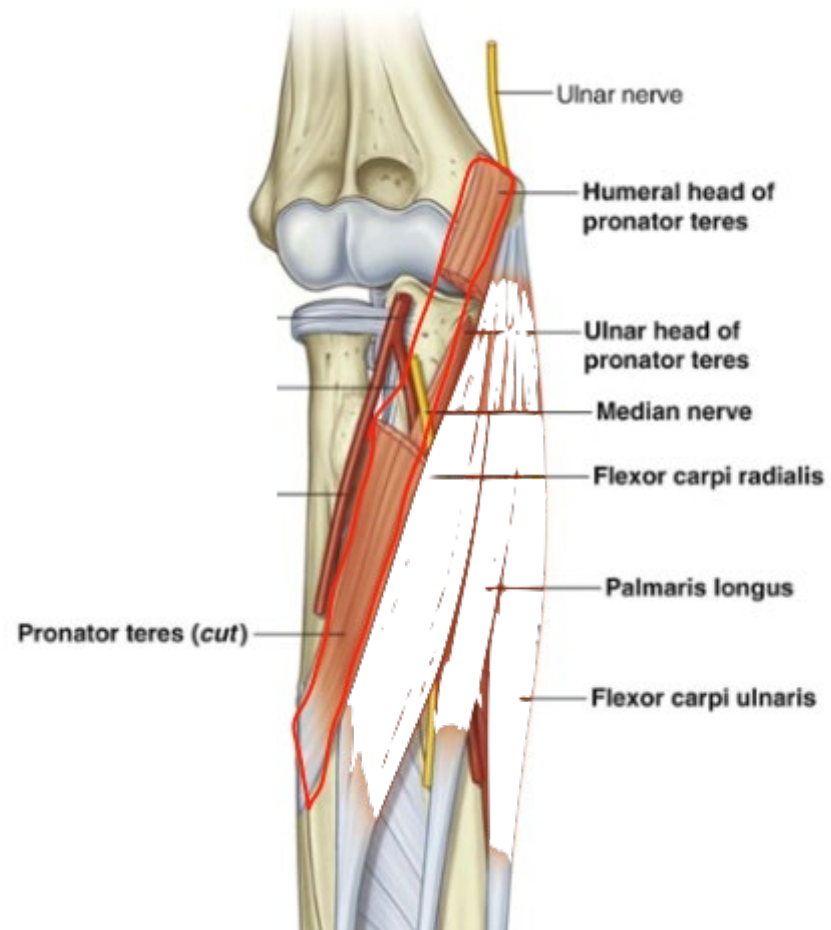
Anconeus

- O: posterior surface of lateral epicondyle of humerus
- I: lateral surface of olecranon and posterior surface of ulna
- A: assists elbow extension



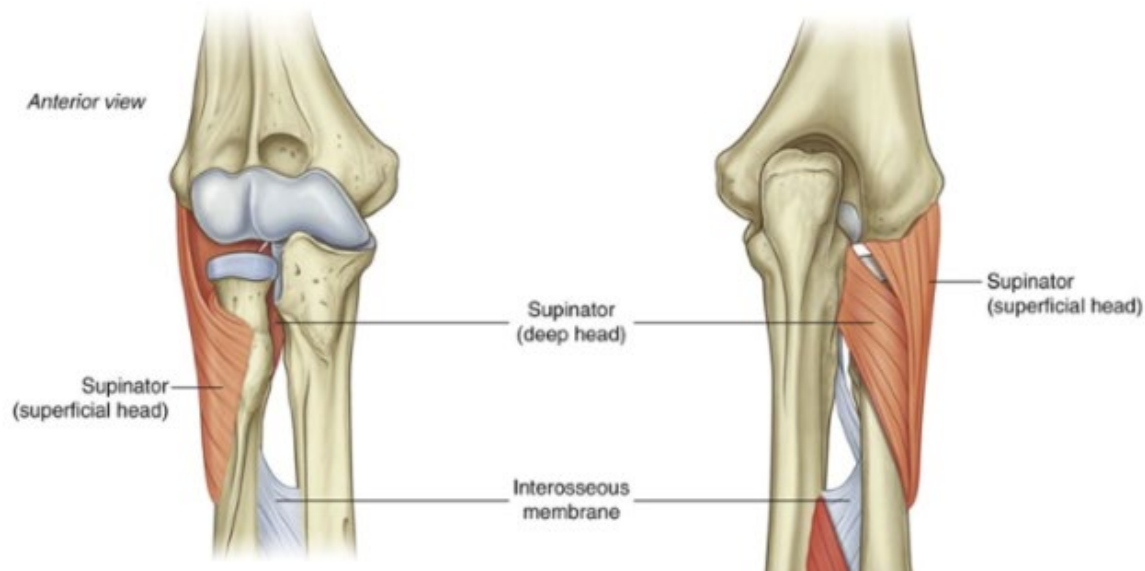
Pronator Teres

- O: common flexor origin (CFO)
medial epicondyle of humerus
AND pronator ridge of ulna
- I: Middle of lateral surface of
radius
- A: pronates forearm and weak
elbow flexor



Supinator

- O: lateral epicondyle of humerus (Common Extensor Origin CEO), radial collateral ligament, annular ligament, supinator crest of ulna
- I: posterior, lateral and anterior aspects of upper 1/3rd radius
- A: supinates forearm in all elbow positions



Other Muscles acting around Elbow

- Wrist mobilisers that attach at the elbow:
 - Extensor Carpi Radialis Brevis
 - Extensor Carpi Radialis Longus
 - Extensor Carpi Ulnaris
 - Flexor Carpi Ulnaris
 - Flexor Carpi Radialis

