

UPPER EXTREMITY MUSCLE TABLE

MUSCLE	PROXIMAL ATTACHMENT (ORIGIN)	DISTAL ATTACHMENT (INSERTION)	INNERVATION	MAIN ACTIONS	BLOOD SUPPLY	MUSCLE GROUP
Flexor carpi radialis	Medial epicondyle of humerus	Base of 2nd metacarpal	Median nerve	Flexes and abducts hand at wrist	Radial artery	Anterior forearm
Flexor carpi ulnaris	<i>Humeral head:</i> medial epicondyle of humerus <i>Ulnar head:</i> olecranon and posterior border of ulna	Pisiform bone, hook of hamate, base of 5th metacarpal	Ulnar nerve	Flexes and adducts hand at wrist	Posterior ulnar recurrent artery	Anterior forearm
Flexor digitorum profundus	Medial and anterior surface of proximal 3/4 of ulna and interosseous membrane	Palmar base of distal phalanges of medial four digits	<i>Medial part:</i> ulnar nerve <i>Lateral part:</i> median nerve	Flexes distal phalanges of medial four digits, assists with flexion of hand at wrist	Anterior interosseous artery, muscular branches of ulnar artery	Anterior forearm
Flexor digitorum superficialis	<i>Humero-ulnar head:</i> medial epicondyle of humerus and coronoid process of ulna <i>Radial head:</i> superior half of anterior radius	Bodies of middle phalanges of medial four digits	Median nerve	Flexes middle and proximal phalanges of medial four digits, flexes Ulnar and radial arteries hand at wrist	Ulnar and radial arteries	Anterior forearm
Flexor pollicis longus	Anterior surface of radius and interosseous membrane	Palmar base of distal phalanx of thumb	Median nerve (anterior interosseous)	Flexes phalanges of thumb	Anterior interosseous artery	Anterior forearm
Palmaris longus	Medial epicondyle of humerus	Distal half of flexor retinaculum and palmar aponeurosis	Median nerve	Flexes hand at wrist and tenses palmar aponeurosis	Posterior ulnar recurrent artery	Anterior forearm
Pronator quadratus	Distal fourth of anterior ulna	Distal fourth of anterior radius	Median nerve (anterior interosseous)	Pronates forearm	Anterior interosseous artery	Anterior forearm
Pronator teres	Two heads: medial epicondyle of humerus and coronoid process of ulna	Midway along lateral surface of radius	Median nerve	Pronates forearm and assists with elbow flexion	Anterior ulnar recurrent artery	Anterior forearm
Anconeus	Posterior surface of lateral epicondyle of humerus	Lateral surface of olecranon and posterior proximal ulna	Radial nerve (C5–T1)	Assists triceps in extending elbow, abducts ulna in pronation	Deep brachial artery	Arm
Biceps brachii	<i>Long head:</i> supraglenoid tubercle of scapula <i>Short head:</i> tip of coracoid process of scapula	Radial tuberosity, fascia of forearm via bicipital aponeurosis	Musculocutaneous nerve (C5,C6)	Flexes and supinates forearm at elbow	Muscular branches of brachial artery	Arm
Brachialis	Distal half of anterior surface of humerus	Coronoid process and tuberosity of ulna	Musculocutaneous nerve and radial nerve (C7)	Flexes forearm at elbow	Radial recurrent artery, muscular branches of brachial artery	Arm
Coracobrachialis	Tip of coracoid process of scapula	Middle third of medial surface of humerus	Musculocutaneous nerve	Flexes and adducts arm at shoulder	Muscular branches of brachial artery	Arm
Triceps brachii	<i>Long head:</i> infraglenoid tubercle of scapula <i>Lateral head:</i> upper half of posterior humerus <i>Medial head:</i> distal 2/3 of medial and posterior humerus	Posterior surface of olecranon process of ulna	Radial nerve	Extends forearm at elbow; long head stabilizes head of abducted humerus and extends and adducts arm at shoulder	Branch of profunda brachii artery	Arm
Abductor digiti minimi	Pisiform bone and tendon of flexor carpi ulnaris	Medial side of base of proximal phalanx of little finger (5th digit)	Ulnar nerve (deep branch)	Abducts little finger	Deep palmar branch of ulnar artery	Hand
Abductor pollicis brevis	Flexor retinaculum, tubercles of scaphoid and trapezium	Lateral side of base of proximal phalanx of thumb	Median nerve (recurrent branch)	Abducts thumb	Superficial palmar branch of radial artery	Hand
Adductor pollicis	<i>Oblique head:</i> bases of 2nd and 3rd metacarpals and capitate and adjacent bones <i>Transverse head:</i> anterior surface of 3rd metacarpal	Medial side of base of proximal phalanx of thumb	Ulnar nerve (deep branch)	Adducts thumb	Deep palmar arch	Hand
Dorsal interosseous muscles	Adjacent sides of two metacarpal bones	Base of proximal phalanges, extensor expansion of digits 2–4	Ulnar nerve (deep branch)	Abduct digits from axial line of hand (3rd digit); flex digits at metacarpophalangeal joint and extend interphalangeal joints	Deep palmar arch	Hand

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Flexor digiti minimi brevis	Flexor retinaculum and hook of hamate bone	Medial side of base of proximal phalanx of little finger	Ulnar nerve (deep branch)	Flexes proximal phalanx of little finger	Deep palmar branch of ulnar artery	Hand
Flexor pollicis brevis	Flexor retinaculum and tubercle of trapezium	Lateral side of base of proximal phalanx of thumb	Median nerve (recurrent branch)	Flexes proximal phalanx of thumb	Superficial palmar branch of radial artery	Hand
Lumbrical, first and second	Lateral two tendons of flexor digitorum profundus	Lateral sides of extensor expansion of digits 2 and 3	Median nerve (digital branches)	Extend digits at interphalangeal joints, flex metacarpophalangeal joints	Superficial and deep palmar arches	Hand
Lumbrical, third and fourth	Medial three tendons of flexor digitorum profundus	Lateral sides of extensor expansion of digits 4 and 5	Ulnar nerve (deep branch)	Extend digits at interphalangeal joints, flex metacarpophalangeal joints	Superficial and deep palmar arches	Hand
Opponens digiti minimi	Flexor retinaculum and hook of hamate bone	Palmar surface of 5th metacarpal	Ulnar nerve (deep branch)	Draws 5th metacarpal anteriorly and rotates it to face thumb	Deep palmar branch of ulnar artery	Hand
Opponens pollicis	Flexor retinaculum and tubercle of trapezium	Lateral side of 1st metacarpal	Median nerve (recurrent branch)	Draws 1st metacarpal forward and rotates it medially	Superficial palmar branch of radial artery	Hand
Palmar interosseous muscles	Sides of metacarpals 2, 4, and 5	Bases of proximal phalanx and extensor expansion of digits 2, 4, and 5	Ulnar nerve (deep branch)	Adducts digits toward axial line of hand (3rd digit); flexes digits at metacarpophalangeal joint and extends interphalangeal joints	Deep palmar arch	Hand
Palmaris brevis	Palmar aponeurosis and flexor retinaculum	Skin of medial border of palm	Superficial palmar branch of ulnar nerve	Deepens hollow of hand, assists grip	Superficial palmar arch	Hand
Pectoralis major	Sternal half of clavicle, sternum to 7th rib, cartilages of true ribs, aponeurosis of external oblique muscle	Lateral lip of intertubercular sulcus of humerus	Medial and lateral pectoral nerves	Flexes and adducts arm, rotates arm medially	Pectoral branch of thoraco-acromial artery, perforating branches of internal thoracic artery	Pectoral region/ axilla
Pectoralis minor	Outer surface of upper margin of ribs 3–5	Coracoid process of scapula	Medial pectoral nerve	Lowers lateral angle of scapula and protracts scapula	Pectoral branch of thoraco-acromial and intercostal lateral thoracic arteries	Pectoral region/axilla
Abductor pollicis longus	Posterior surface of ulna, radius, and interosseous membrane	Base of 1st metacarpal	Radial nerve (posterior interosseous)	Abducts and extends thumb at carpometacarpal joint	Posterior interosseous artery	Posterior forearm
Brachioradialis	Proximal 2/3 of lateral supracondylar ridge of humerus	Lateral side of distal end of radius	Radial nerve	Weak flexion of forearm when forearm is midpronated	Radial recurrent artery	Posterior forearm
Extensor carpi radialis brevis	Lateral epicondyle of humerus	Dorsal base of 3rd metacarpal and slip to 2nd metacarpal	Radial nerve (deep branch)	Extends and abducts hand at wrist	Radial artery, radial recurrent artery	Posterior forearm
Extensor carpi radialis longus	Distal third of lateral supracondylar ridge of humerus	Dorsal base of 2nd metacarpal and slip to 3rd metacarpal	Radial nerve	Extends and abducts hand at wrist	Radial artery, radial recurrent artery	Posterior forearm
Extensor carpi ulnaris	Lateral epicondyle of humerus and posterior border of ulna	Dorsal base of 5th metacarpal	Radial nerve (posterior interosseous)	Extends and adducts hand at wrist	Posterior interosseous artery	Posterior forearm
Extensor digiti minimi	Lateral epicondyle of humerus	Extensor expansion of 5th digit	Radial nerve (posterior interosseous)	Extends 5th digit	Posterior interosseous artery	Posterior forearm
Extensor digitorum	Lateral epicondyle of humerus	Extensor expansions of medial four digits	Radial nerve (posterior interosseous)	Extends medial four digits, assists in wrist extension	Posterior interosseous artery	Posterior forearm
Extensor indicis	Posterior surface of ulna and interosseous membrane	Extensor expansion of 2nd digit	Radial nerve (posterior interosseous)	Extends 2nd digit and helps extend hand at wrist	Posterior interosseous artery	Posterior forearm
Extensor pollicis brevis	Posterior surface of radius and interosseous membrane	Dorsal base of proximal phalanx of thumb	Radial nerve (posterior interosseous)	Extends proximal phalanx of thumb at carpometacarpal joint	Posterior interosseous artery	Posterior forearm
Extensor pollicis longus	Posterior surface of middle third of ulna, interosseous membrane	Dorsal base of distal phalanx of thumb	Radial nerve (posterior interosseous)	Extends distal phalanx of thumb at interphalangeal and metacarpophalangeal joints	Posterior interosseous artery	Posterior forearm
Supinator	Lateral epicondyle of humerus, supinator crest of ulna	Lateral, posterior, and anterior surfaces of proximal third of radius	Radial nerve (deep branch)	Supinates forearm	Radial recurrent artery, posterior interosseous arteries	Posterior forearm

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Deltoid	Lateral third of anterior clavicle, lateral acromion, inferior edge of spine of scapula	Deltoid tuberosity of humerus	Axillary nerve	<i>Clavicular part</i> : flexes and medially rotates arm <i>Acromial part</i> : abducts arm beyond initial 15 degrees done by supraspinatus <i>Spinal part</i> : extends and laterally rotates arm	Posterior circumflex humeral artery, deltoid branch of thoraco-acromial artery	Shoulder
Infraspinatus	Infraspinous fossa of scapula and deep fascia	Middle facet of greater tubercle of humerus	Suprascapular nerve	Lateral rotation of arm (with teres minor)	Suprascapular artery	Shoulder
Latissimus dorsi	Spinous processes of T7–L5 vertebrae, thoracolumbar fascia, iliac crest, last 3 ribs	Intertubercular sulcus of humerus	Thoracodorsal nerve	Extends, adducts, and medially rotates humerus at shoulder	Thoracodorsal artery, dorsal perforating branches of 9th, 10th, and 11th posterior intercostal, subcostal, and first three lumbar arteries	Shoulder
Serratus anterior	Lateral surfaces of upper 8–9 ribs	Costal surface of medial border of scapula	Long thoracic nerve	Protracts and rotates scapula and holds it against thoracic wall	Lateral thoracic artery	Shoulder
Subclavius	Upper border of 1st rib and its cartilage	Inferior surface of middle third of clavicle	Nerve to subclavius	Anchors and depresses clavicle	Clavicular branch of thoraco-acromial artery	Shoulder
Subscapularis	Subscapular fossa	Lesser tubercle of humerus	Upper and lower subscapular nerves	Medially rotates arm at shoulder and adducts it, helps hold humeral head in glenoid cavity	Subscapular artery, lateral thoracic artery	Shoulder
Supraspinatus	Supraspinous fossa of scapula and deep fascia	Superior facet of greater tubercle of humerus	Suprascapular nerve	Initiates arm abduction, acts with rotator cuff muscles	Suprascapular artery	Shoulder
Teres major	Posterior surface of inferior angle of scapula	Medial lip of intertubercular sulcus of humerus	Lower subscapular nerve	Adducts and medially rotates arm	Circumflex scapular artery	Shoulder
Teres minor	Upper 2/3 of posterior surface of lateral border of scapula	Inferior facet of greater tubercle of humerus	Axillary nerve	Laterally rotates arm	Circumflex scapular artery	Shoulder
Levator scapulae	Posterior tubercles of transverse processes of C1–C4	Medial border of scapula from superior angle to spine	Ventral rami of C3–C4 and dorsal scapular nerve	Elevates scapula medially, inferiorly rotates glenoid cavity	Dorsal scapular artery, transverse cervical artery, ascending cervical artery	Superficial back
Rhomboid major	Spinous processes of T2–T5 vertebrae	Medial border of scapula below base of spine of scapula	Dorsal scapular nerve	Fixes scapula to thoracic wall and retracts and rotates it to depress glenoid cavity	Dorsal scapular OR deep branch of transverse cervical artery, dorsal perforating branches of the upper five or six posterior intercostal arteries	Superficial back
Rhomboid minor	Ligamentum nuchae, spines of C7 and T1 vertebrae	Medial border of scapula at spine of scapula	Dorsal scapular nerve	Fixes scapula to thoracic wall and retracts and rotates it to depress glenoid cavity	Dorsal scapular artery OR deep branch of transverse cervical artery, dorsal perforating branches of the upper five or six posterior intercostal arteries	Superficial back
Trapezius	Superior nuchal line, external occipital protuberance, nuchal ligament, spinous processes of C7–T12	Lateral third of clavicle, acromion, and spine of scapula	Accessory nerve (cranial nerve XI)	Elevates, retracts, and rotates scapula; lower fibers depress scapula	Transverse cervical artery, dorsal perforating branches of posterior intercostal arteries	Superficial back