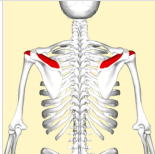
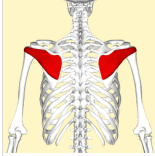







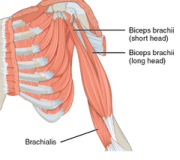

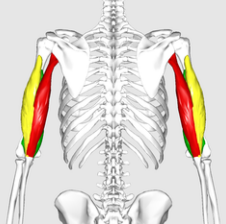



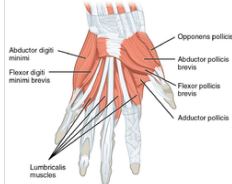
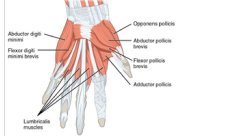
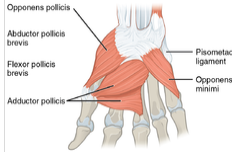




Sr No	Region	Muscle Name	Origin From	Insertion Into	Images
1	Scapular	Supraspinatus	Medial two-thirds of supraspinous fossa of scapula	Upper impression of the greater tubercle of the humerus	
2		Infraspinatus	Medial two-thirds of the infraspinous fossa of the scapula	Middle impression on the greater tubercle of the humerus	
3		Teres minor	Upper two-thirds of the dorsal surface of the lateral border of the scapula	Lowest impression on the greater tubercle of the humerus	
4		Subscapularis	Medial two-thirds of the subscapular fossa	Lesser tubercle of the humerus	
5		Teres major	Lower one-third of the dorsal surface of lateral border and inferior angle of the scapula	Medial lip of the bicipital groove of the humerus	
6					
7	Shoulder	Anterior Deltoid	Arises from most of the anterior border and upper surface of the lateral third of clavicle		
8		Lateral Deltoid	Arises from superior surface of the acromion process	On the deltoid tuberosity on the middle of the lateral aspect of shaft of humerus.	
9		Posterior Deltoid	Arises from the lower lip of the posterior border of spine of scapula		
10		Pectoralis Major	Clavicular head: anterior border of medial half of clavicle	Lateral lip of bicipital groove of humerus.	
11			Sternocostal head: anterior surface of sternum		

12	Forearm	Pronator Teres	Humeral head: medial supracondylar ridge of humerus	Middle of the lateral surface of the body of radius		
13			Ulnar head: coronoid process of ulna			
14		Brachioradialis	Lateral supracondylar ridge of the humerus	Distal radius (radial styloid process)		
15		Flexor Carpi Radialis	Medial epicondyle of humerus (common flexor tendon)	Bases of second and third metacarpal bones		
16		Flexor Carpi Ulnaris	Medial epicondyle and medial margin on olecranon of ulna	Pisiform, hook of hamate, base of fifth metacarpal bone.		
17		Extensor Carpi Ulnaris	Common extensor tendon (lateral epicondyle) ulna	5th metacarpal		
18		Extensor Digitorum	Lateral epicondyle (common extensor tendon)	Extensor expansion of middle and distal phalanges of 2nd, 3rd, 4th and 5th fingers		

19					
20	Arm	Coracobrachialis	The tip of the coracoid process with the short head of the biceps	The middle 5 cm of the medial border of the humerus	
21		Biceps	Short Head: coracoid process of scapula	Radial tuberosity and bicipital aponeurosis into deep fascia on medial part of forearm.	
22			Long Head: supraglenoid tubercle		
23		Brachialis	anterior surface of humerus (distal half of bone)	coronoid process and the tuberosity of the ulna	
24		Triceps	Long Head: infraglenoid tubercle of scapula	Olecranon process of ulna	
25			Lateral Head: above the radial sulcus		
26			Medial Head: below the radial sulcus		
27					
28	Forearm	Flexor Digitorum	i) Upper three-fourths of the anterior and medial surface of the shaft of ulna deep to flexor	i) The muscles the 4 tendons for the medial 4 digits which enter the palm by passing.	
29			ii) Upper three-fourths of the posterior border of ulna	ii) Opposite the proximal phalanx of the corresponding digit the tendon perforates	
30			iii) Medial surface of the olecranon and coronoid processes of ulna	iii) Each tendon is inserted on the palmar surface of the base of distal phalanx	
31			iv) Adjoining part of anterior surface of the interosseous membrane		
32		Flexor Pollicis Longus	i) Upper three-fourths of the anterior surface of the shaft of radius	ii) The tendon enters the palm by passing deep to the flexor retinaculum	
33			ii) Adjoining part of the anterior surface of the interosseous membrane	ii) It is inserted into the palmar surface of the distal phalanx of the thumb	

34	Pronator quadratus	Oblique ridge on the lower one-fourth of the anterior surface of the shaft of ulna, and the	i) Superficial fibres into the lower one-fourth of the anterior surface and the anterior border	
35	Hand	Thenar Muscle:-		
37	Abductor Pollicis brevis	Transverse carpal ligament, the scaphoid and trapezium	Radial base of proximal phalanx of thumb and the thumb extensors	
38	Flexor Pollicis Brevis	Trapezium, flexor retinaculum	Thumb, proximal phalanx	
39	Opponens Pollicis	Trapezium and transverse carpal ligament	metacarpal bone of the thumb on its radial side.	
40	Hypothenar Muscles:-			
41	Abductor digiti minimi	Pisiform bone, pisohamate ligament, and flexor retinaculum	base of the proximal phalanx of the 5th digit on ulnar or medial side	
42	Flexor digiti minimi brevis	Hamate bone	palmar side of the base of proximal phalanx of minimi	
43	Opponens digiti minimi	Hook of hamate and flexor retinaculum	Medial border of 5th metacarpal (in hand, 3rd digit is orientation of mid-line)	