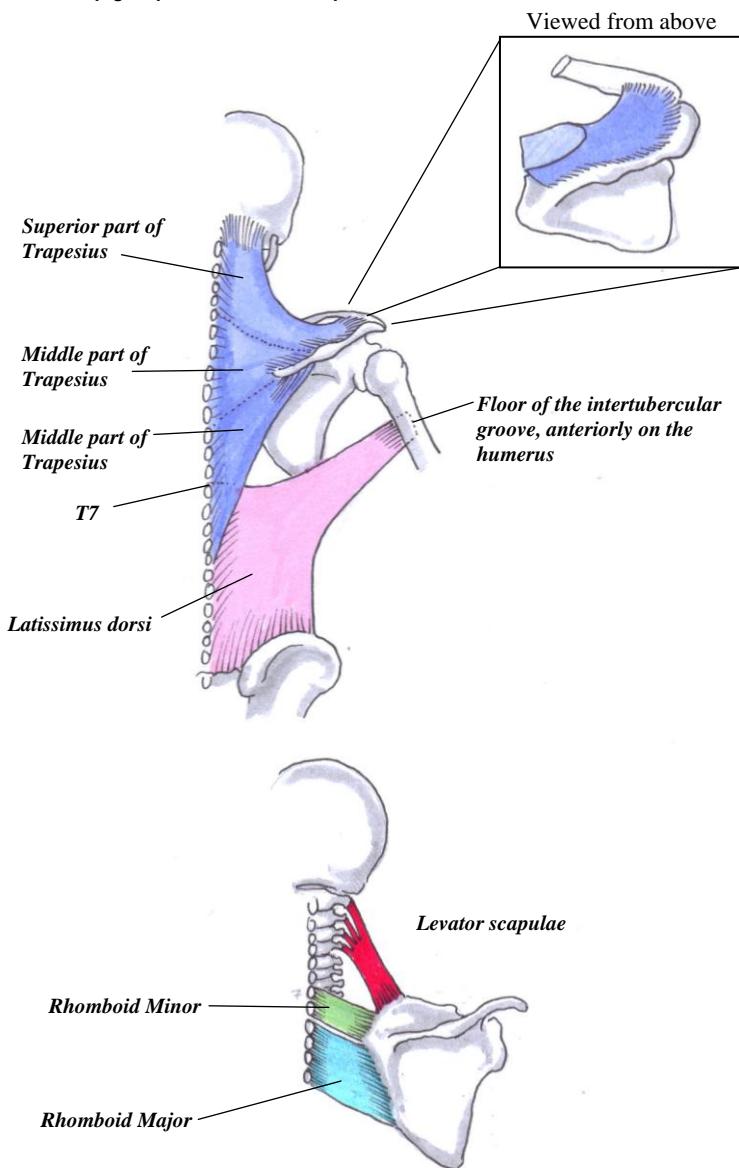


Posterior Axioappendicular Muscles of the Shoulder: the Extrinsic Group

There are 2 layers, the superficial and the deep.

The superficial group is trapezius and latissimus dorsi

The deep group is the levator scapulae and the rhomboids



Innervation

Dorsal scapular nerve:

Off the roots of C5

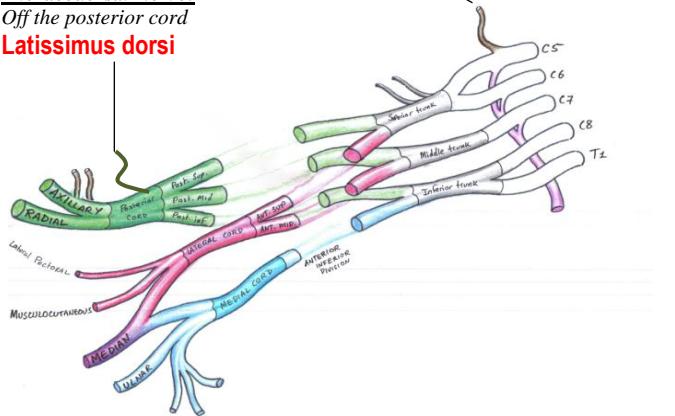
Rhomboid major and minor

Levator scapulae

Thoracodorsal Nerve:

Off the posterior cord

Latissimus dorsi



Posterior Axioappendicular Extrinsic Muscles

Also supplied by confusingly different nerves.

Trapezius ← spinal accessory nerve

- Originates from

- The external occipital protuberance
- Nuchal ligament
- Medial third of superior nuchal line
- Spinous processes of C spine and T-spine
- he medial half of the anterior clavicle

- Inserts into :

- Lateral third of the clavicle
- Acromion of scapula
- Spine of scapula

- Has 3 distinct parts:

- SUPERIOR (descending)part which elevates the scapula
- MIDDLE part which retracts the scapula
- INFERIOR (ascending) part which depresses the scapula

All the parts together act to rotate the scapula superiorly, so the glenoid fossa faces up.

Latissimus dorsi ← Thoracodorsal nerve

- Originates from

- Inferior 6 thoracic vertebrae
- Thoracolumbar fascia
- Iliac crest
- Inferior 3 or 4 ribs

- Inserts into the ANTERIOR surface of the humerus, at the floor of the intertubercular groove

- Extends, adducts, medially rotates the humerus

- Lifts the body up too the arms when climbing

Levator scapulae ← dorsal scapular and cervical nerves

- Originates at the posterior tubercles of the spinous processes of the C1, 2, 3 and 4 vertebrae

- Inserts into the medial border of scapula, superior to the spine

- Elevates that corner of the scapula, rotating it so the glenoid cavity faces down

- Extends the neck (when acting bilaterally) or flexes it laterally (when acting unilaterally)

Rhomboid Minor ← dorsal scapular nerve

- Originates from the nuchal ligament and the spinous processes of C7 and T1

- Inserts into the medial border of the scapula, at the root of the scapular spine

- Retracts the scapula

- Rotates the scapula so the glenoid cavity faces down

- Fixes the scapula to the thoracic wall

Rhomboid Major ← dorsal scapular nerve

- Originates from the spinous processes of T2,3 4and 5

- Inserts into the medial border of the scapula, from the root of spine down.

- Retracts the scapula

- Rotates the scapula so the glenoid cavity faces down

- Fixes the scapula to the thoracic wall