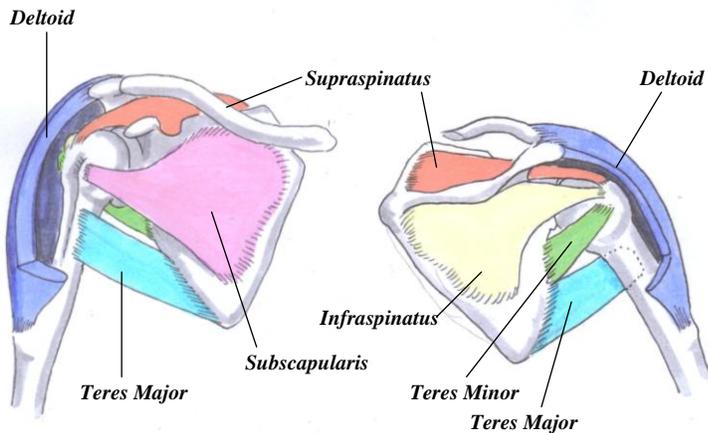
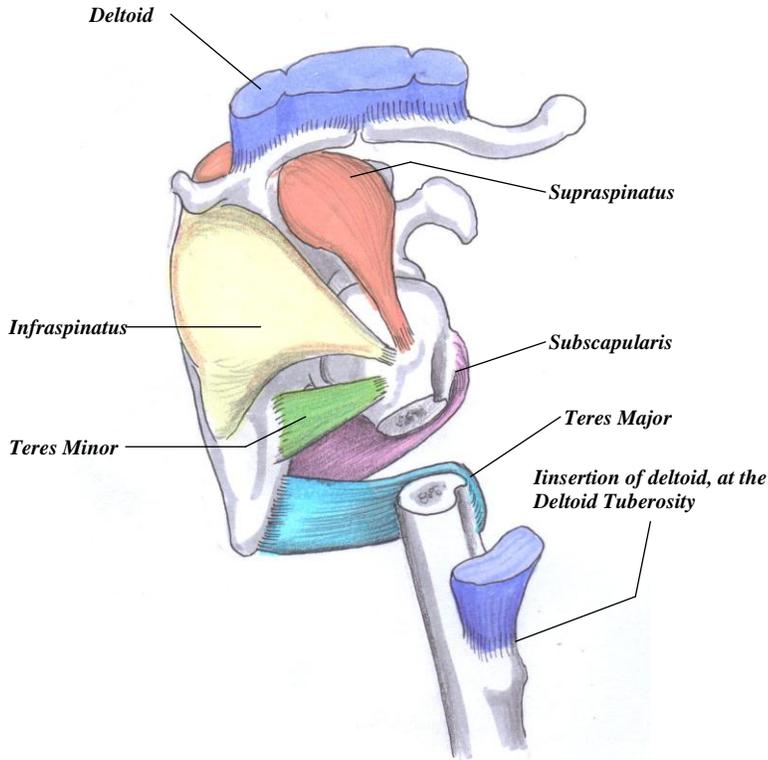


Posterior Axioappendicular Muscles of the Shoulder: the Intrinsic Group with Rotator Cuff muscles

These are the deltoid and teres major; and the 4 rotator cuff muscles (teres minor, supraspinatus, infraspinatus and subscapularis)



Posterior Axioappendicular Intrinsic muscles

Again, supplied by totally different nerves.

Deltoid ← axillary nerve

- Originates from the lateral third of the clavicle, the acromion, and the lateral spine of scapula.
- Inserts into the deltoid tuberosity of humerus
- THREE PARTS:
 - o Anterior part flexes and medially rotates the humerus
 - o Middle part abducts the humerus
 - o Posterior part extends and laterally rotates the arm
 - o The middle part is multipennate; the others are unipennate
- It cannot initiate abduction on its own when the arm is fully adducted- thus it needs supraspinatus to initiate the movement. It becomes effective after about 15 degrees of abduction.
- The deltoid's anterior and posterior parts swing your arms while walking. It also helps to keep the humeral head in the glenoid fossa.

Teres major ← lower subscapular nerve

- Originates from the posterior surface of the inferior angle of scapula
- Inserts into the medial lip of the intertubercular groove of humerus
- Adducts and medially rotates the arm
- Also keeps the head of humerus in the socket

Rotator Cuff Muscles

Whatever other actions they may have, they all help hold the humeral head in the glenoid fossa

Supraspinatus ← suprascapular nerve

- Originates in the suprascapular fossa of the scapula
- Inserts into the superior facet of the greater tubercle of humerus
- Initiates abduction, and assists the deltoid with abduction of the arm; it's the only one that doesn't rotate the arm.

Infraspinatus ← suprascapular nerve

- Originates in the infraspinous fossa of the scapula
- Inserts into the middle facet of the greater tubercle of humerus
- Laterally rotates the arm

Teres Minor ← axillary nerve

- Originates from the middle of the lateral border of scapula
- Inserts into the inferior facet of the greater tubercle of humerus
- Laterally rotates the arm

Subscapularis ← upper and lower subscapular nerves

- Originates in the subscapular fossa
- Inserts into the lesser tubercle of humerus
- Medially rotates and abducts the arm

