

Shoulder region

	origin	insertion	nerve supply	actions
Deltoid muscle	<p>anterior fibers: anterior border of lateral 1/3 of clavicle</p> <p>middle fibers: lateral border of the acromion</p> <p>posterior fibers: lower lip of the spine of the scapula</p>	into the deltoid tuberosity of the humerus	axillary nerve (C5,6)	<p>anterior fibers: flexion and medial rotation</p> <p>posterior fibers: extension and lateral rotation</p> <p>middle fibers: abduction (15-90) degree</p>
Subscapularis muscle	medial 3/4 of subscapular fossa	lesser tuberosity	double upper and lower subscapular nerves (C5,6)	<p>1-adduction and medial rotation</p> <p>2-fixation of the shoulder joint (in front)</p>
Supraspinatus muscle	medial 3/4 of supraspinatus fossa	top of the greater tuberosity	suprascapular nerve (C5,6)	<p>1-abduction (0-15) degree</p> <p>2-fixation of the shoulder joint (above)</p>
Infraspinatus muscle	medial 3/4 of infraspinatus fossa	middle impression of the greater tuberosity	suprascapular nerve (C5,6)	<p>1-adduction and lateral rotation</p> <p>2-fixation of the shoulder joint (behind)</p>
teres minor muscle	upper 2/3 of the dorsal aspect of the lateral border of the scapula	lower impression of the greater tuberosity	axillary nerve (C5,6)	<p>1-adduction and lateral rotation</p> <p>2-fixation of the shoulder joint (behind)</p>
teres major muscle	lower 1/3 of the dorsal aspect of the lateral border of the scapula (large oval area)	medial lip of the bicipital groove	lower subscapular nerve (C5,6)	adduction and medial rotation

lesser tuberosity = lesser tubercle

greater tuberosity = greater tubercle