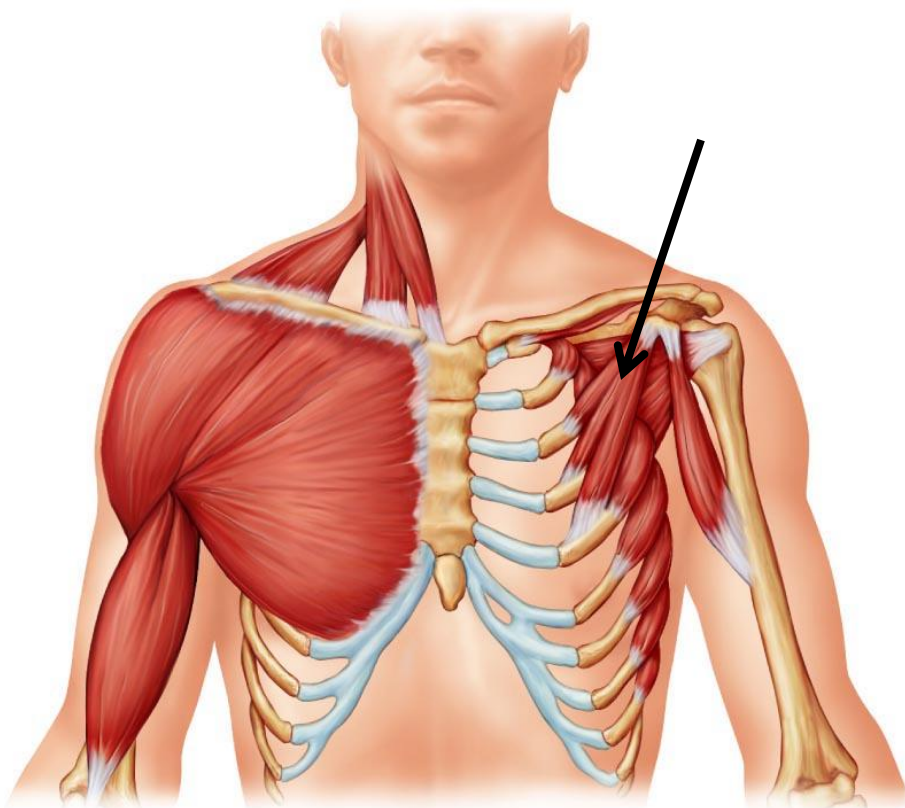


Muscles of the Human Body!

Muscles That Move Scapula and Arm

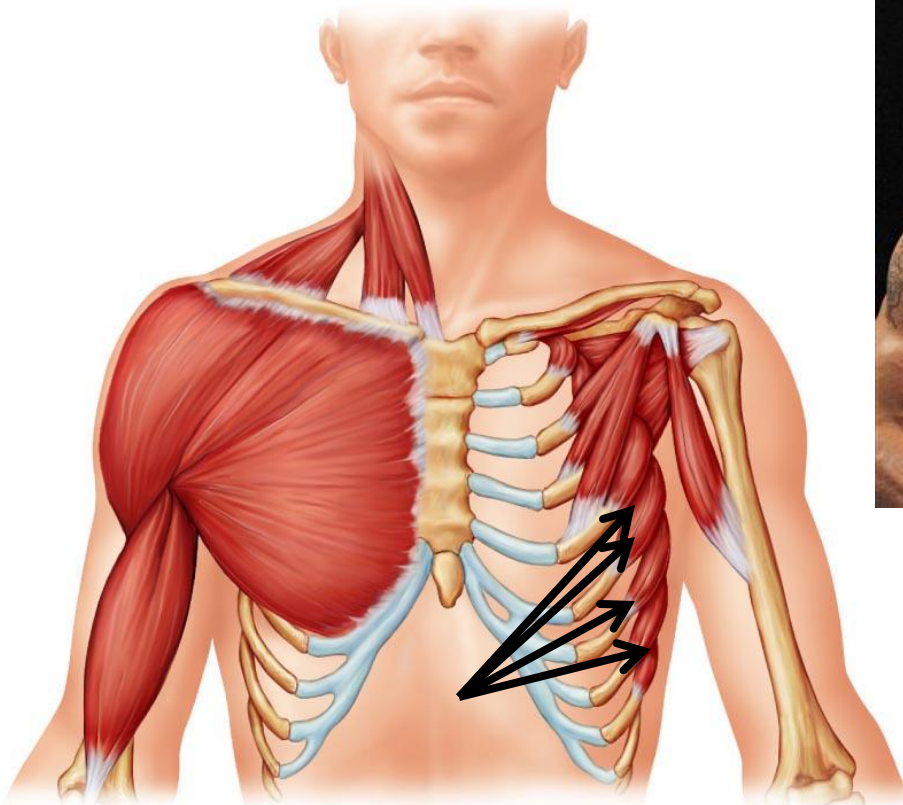
Pectoralis Minor

Draws scapula forward and down



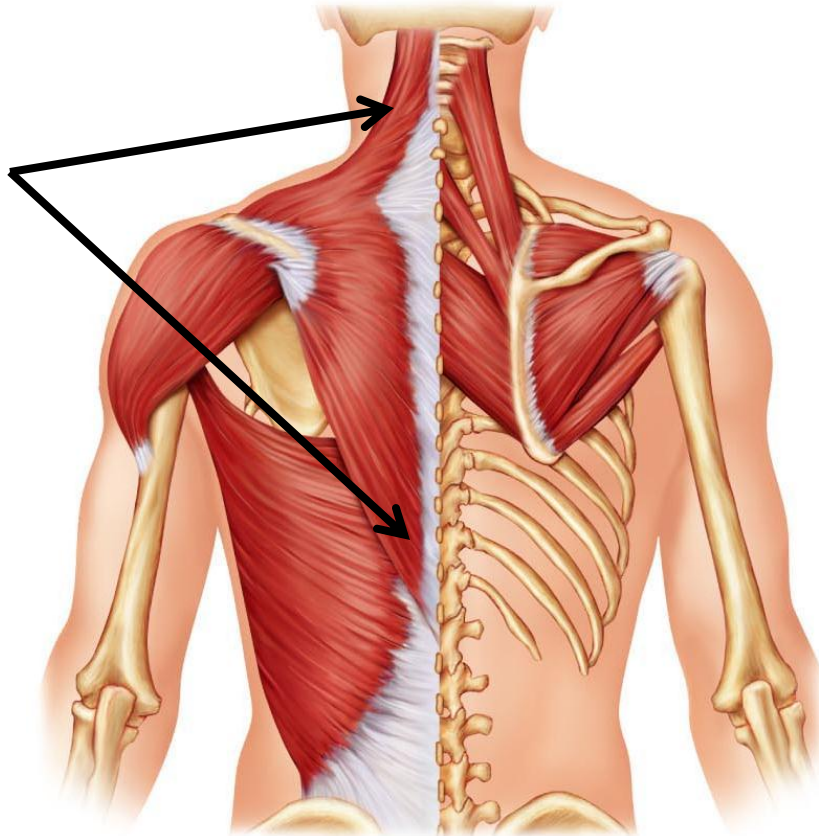
Serratus Anterior

- Moves scapula upwards, out (abduction) and forward.
- “boxers muscle”



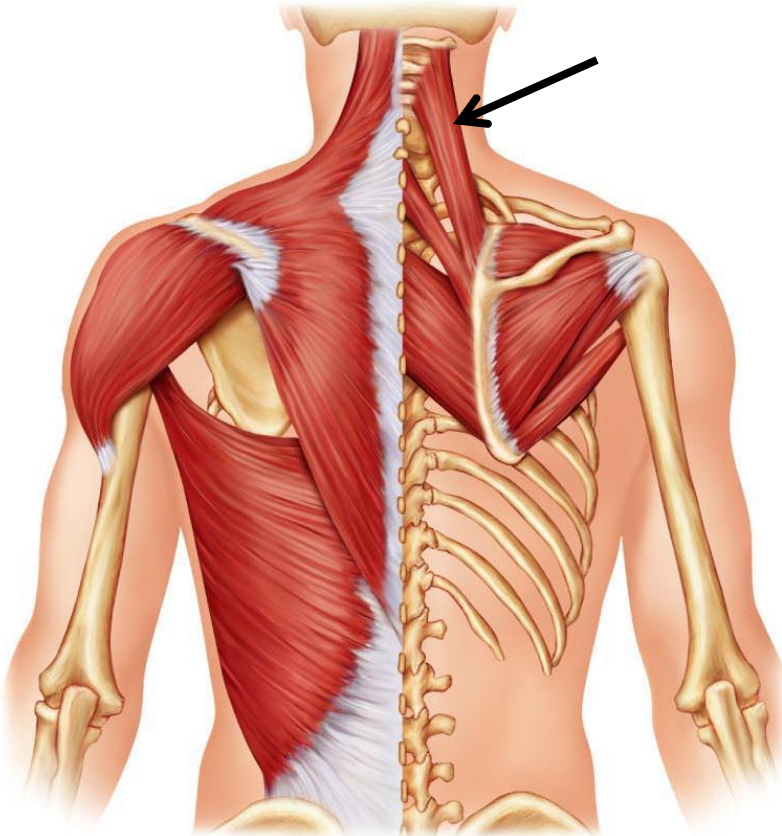
Trapezius

Stabilizes, raises (shrug shoulder), retracts (adduct), rotates scapula. Also extend head and neck



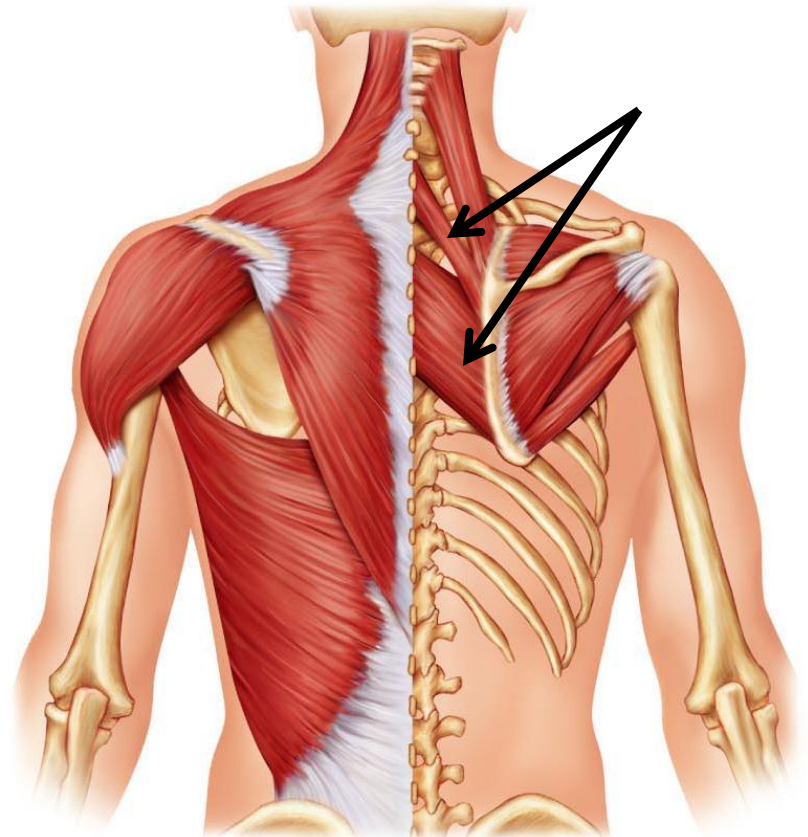
Levator Scapulae

Elevates/adducts the scapula



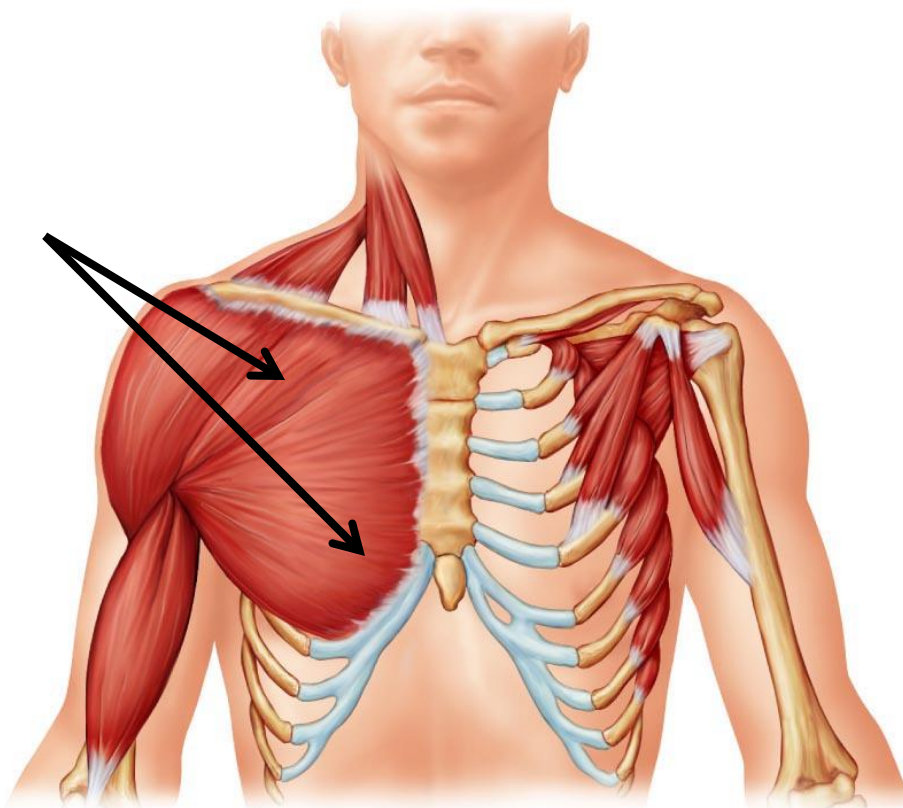
Rhomboids (Major & Minor)

- **Retracts/Adducts** (moves together) and depresses scapula;
- **“squaring shoulders”** (like downward motion of paddling a canoe)



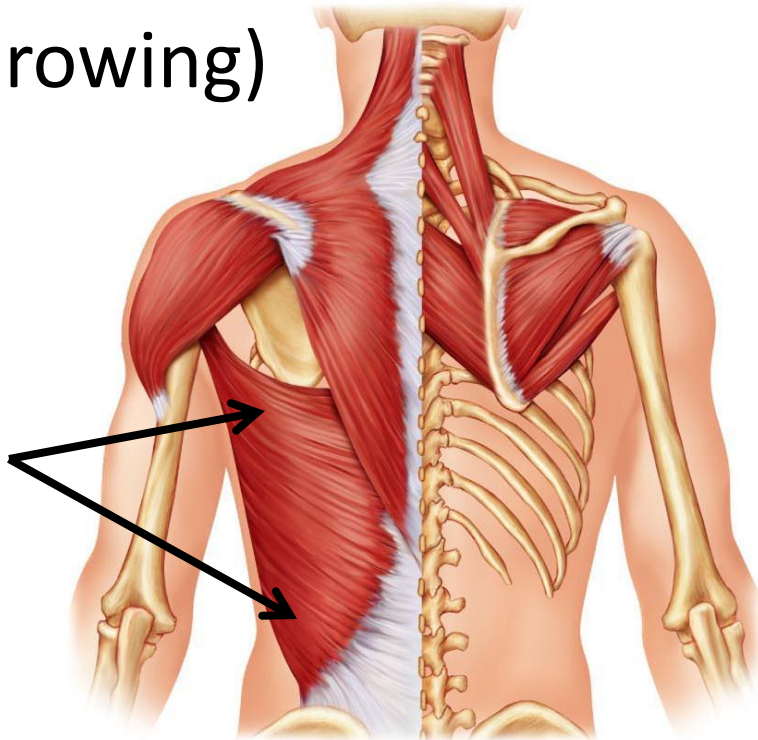
Pectoralis Major

- **Prime mover of arm flexion and adduction; rotates arm medially;**
- Can help in climbing, throwing, and pushing



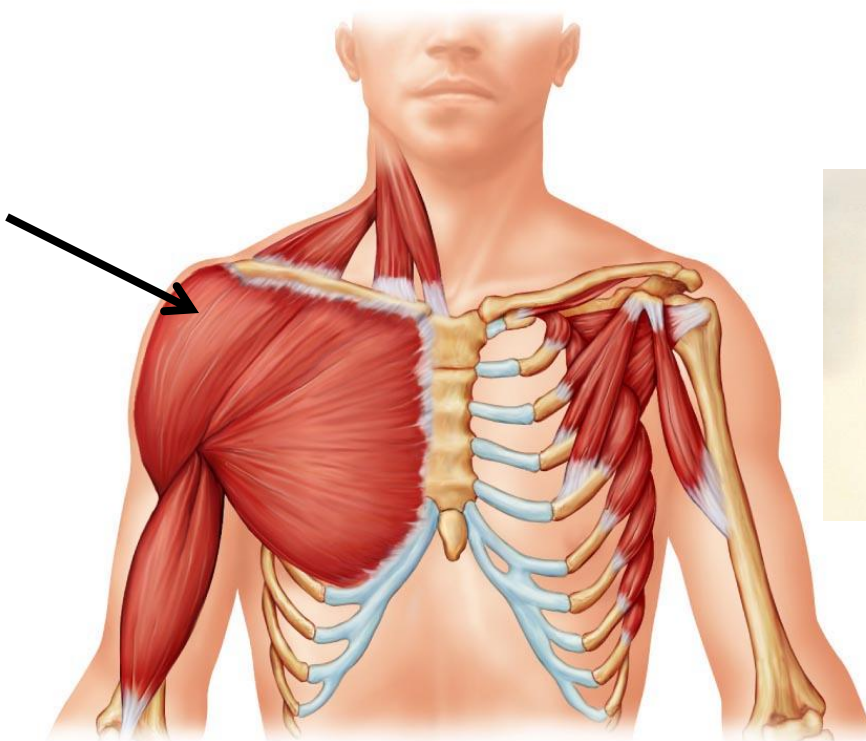
Latissimus Dorsi

- **Prime mover of arm extension and adductor;**
- **medially rotates arm at shoulder.**
- Bringing the arm **down** in a power stroke (striking a blow, hammering, swimming, and rowing)



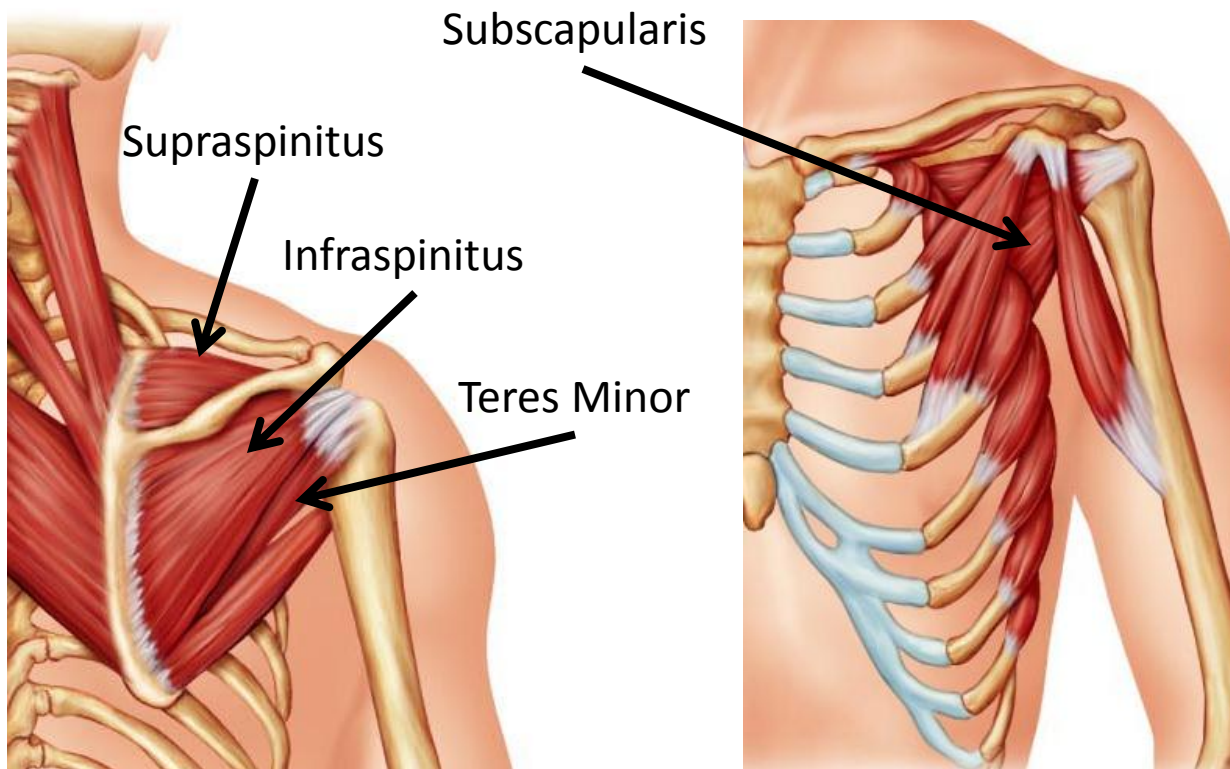
Deltoid

- **Prime mover of arm abduction when all fibers active**
- Front fibers: arm flexion. Back fibers: arm extension. (arms during walking)



Rotator Cuff Muscles

Main function is to Reinforce the capsule of the shoulder joint to prevent dislocation of the humerus.



Teres Major

Extends, medially rotates, and adducts humerus; synergist of latissimus dorsi

