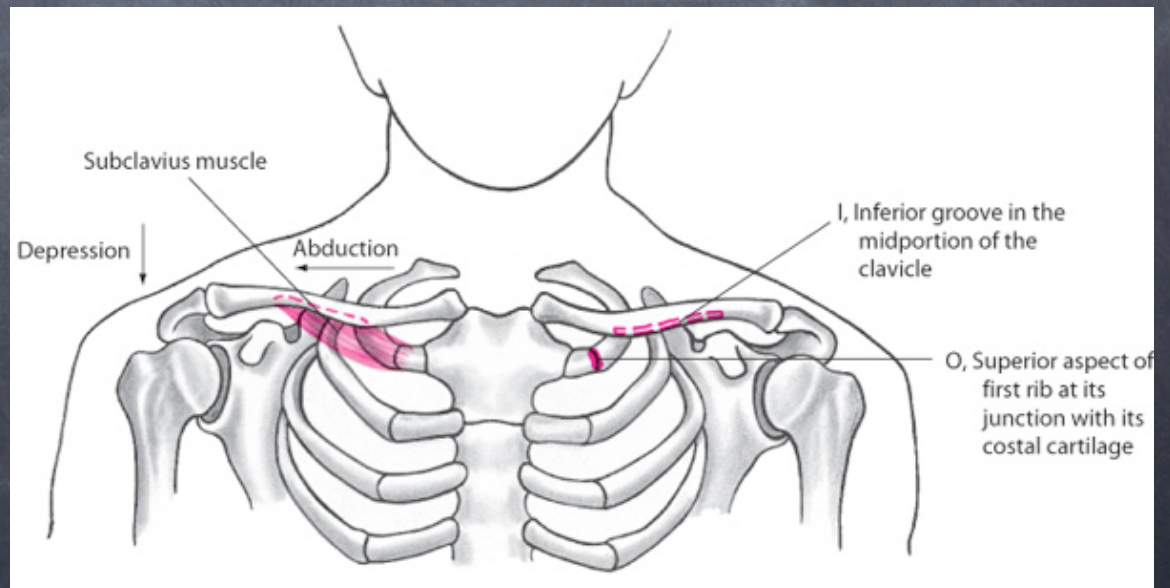
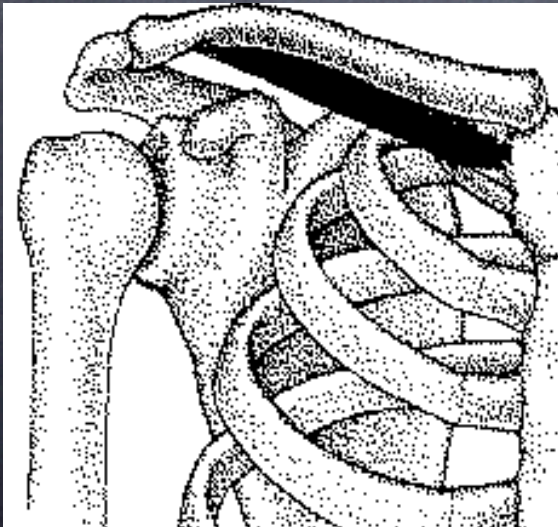


Muscles of the Shoulder Girdle

Chapter 3

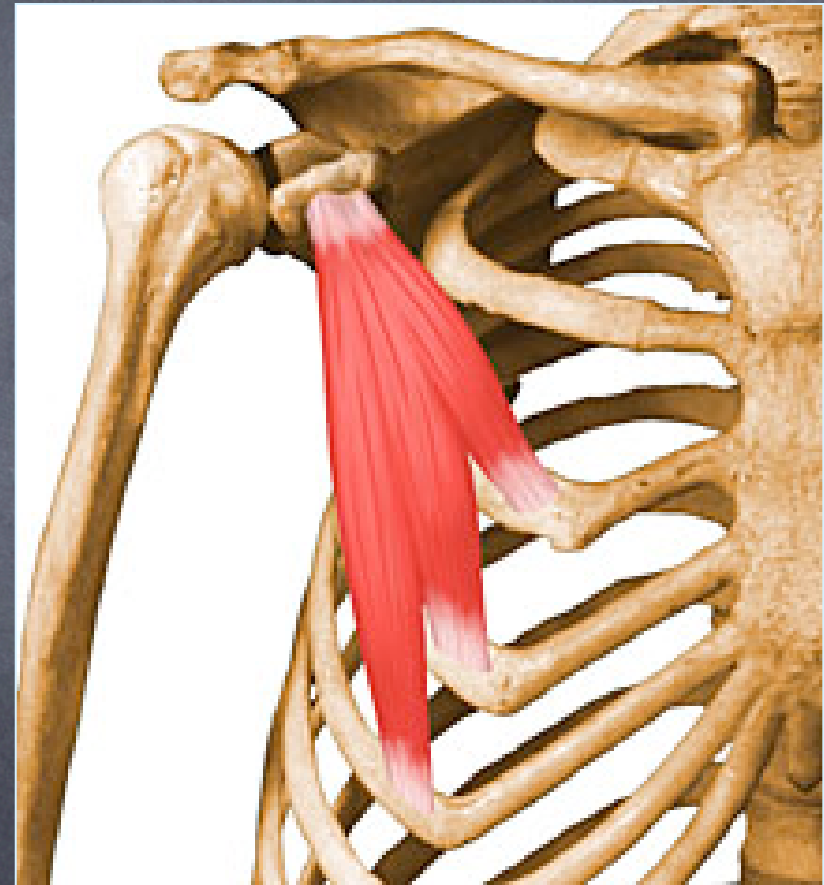
Subclavius

- Origin: Superior aspect of the first rib
- Insertion: Inferior surface of distal clavicle
- Action: Depression and stabilization of the clavicle

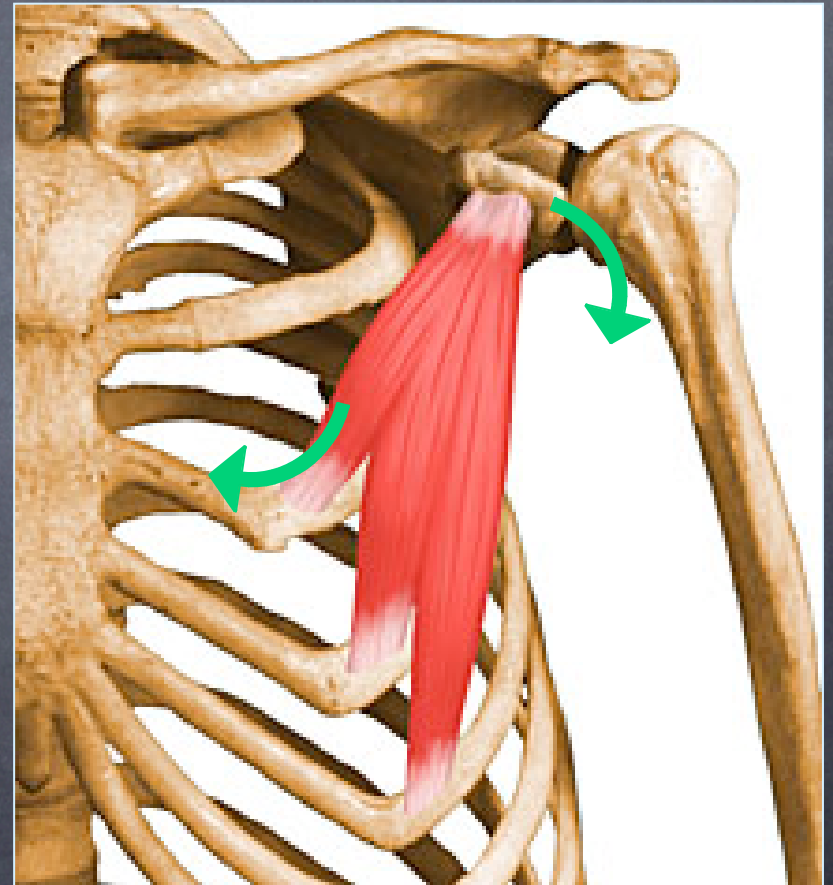
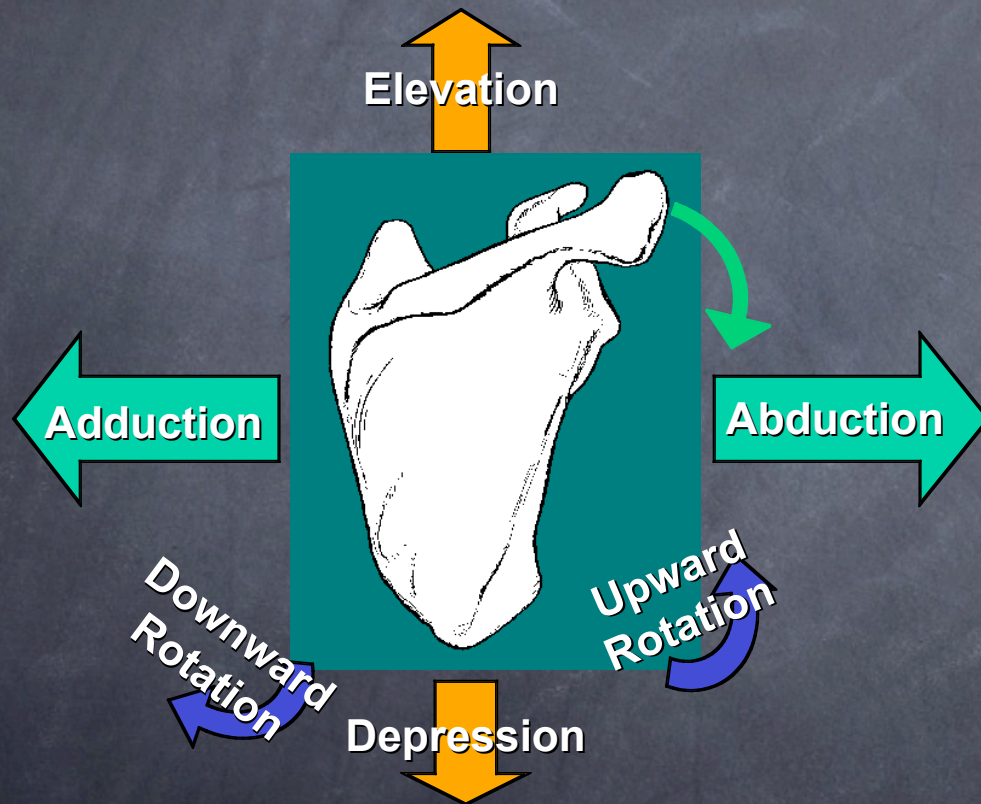


Pectoralis Minor

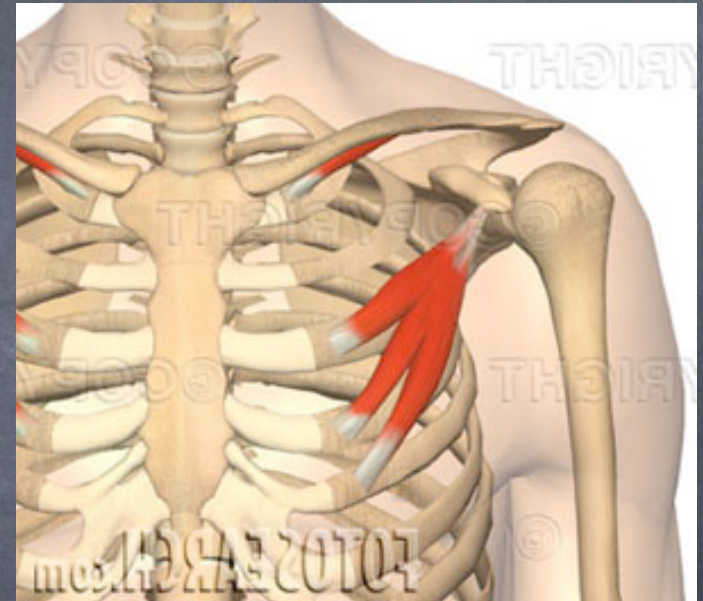
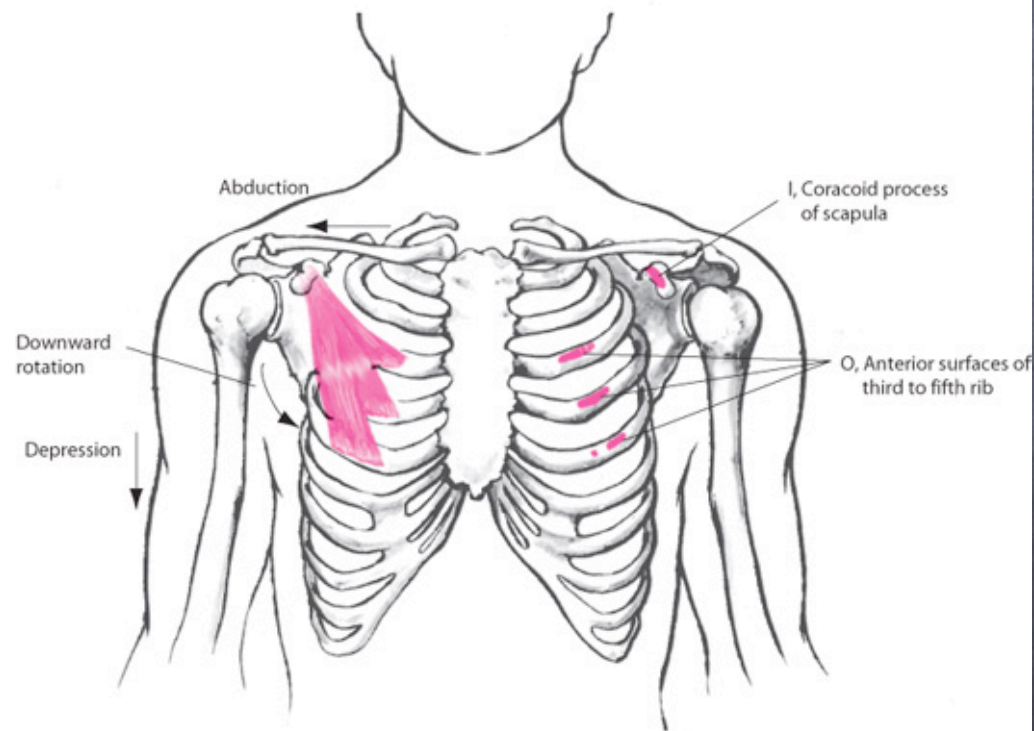
- Location: Anterior
- Origin: 3–5 ribs
- Insertion: coracoid process
- Actions:
 - abduction (retraction) of the scapula
 - downward rotation of the scapula
 - depression of the scapula



Downward Rotation

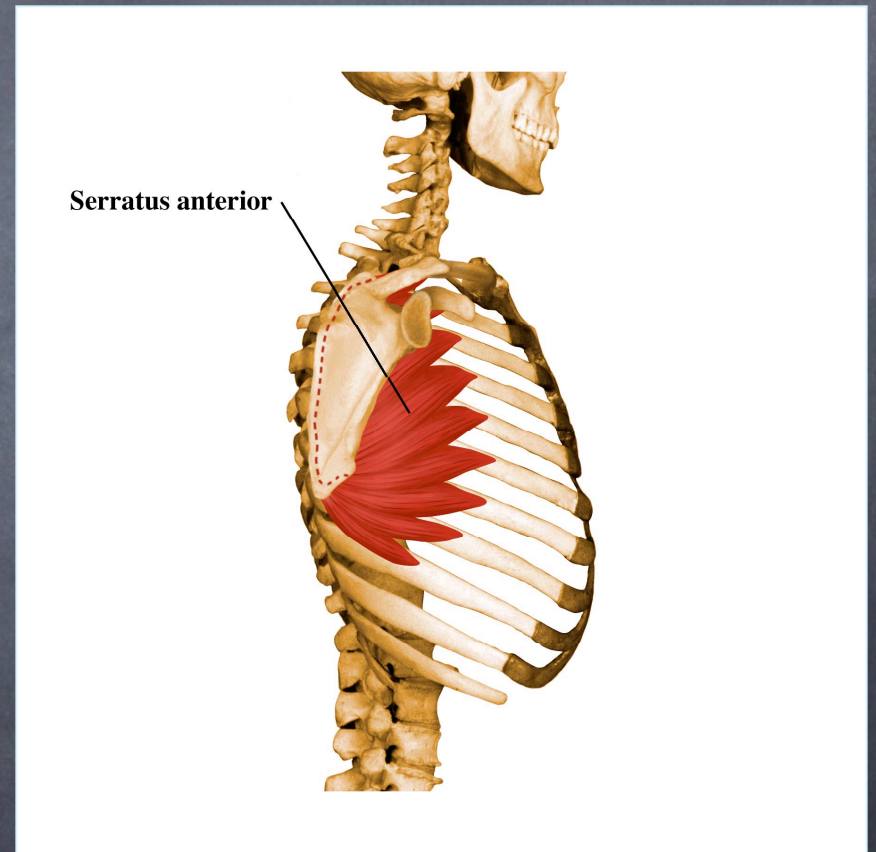


Pectoralis Minor

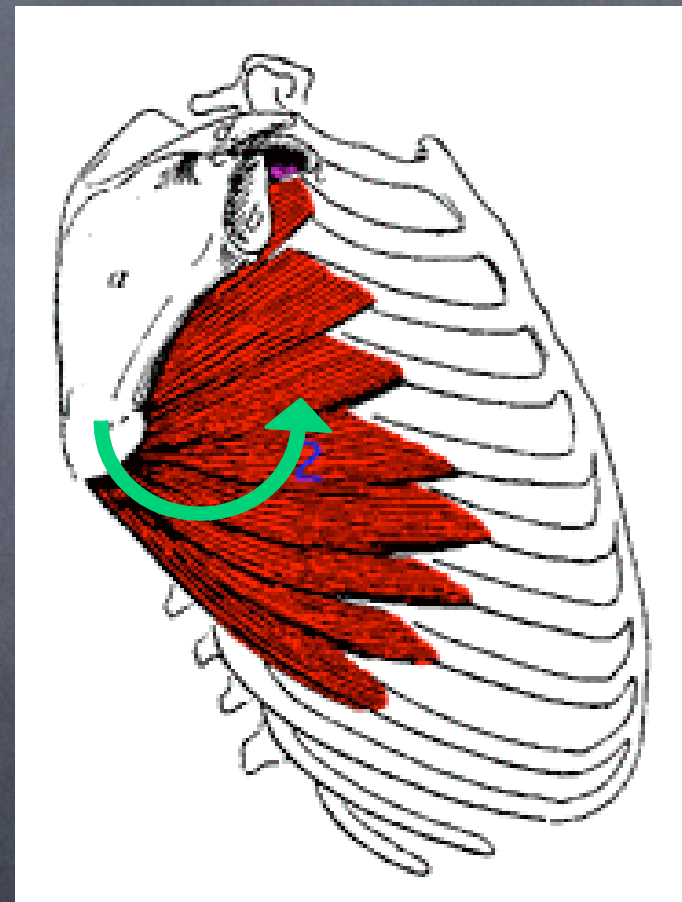
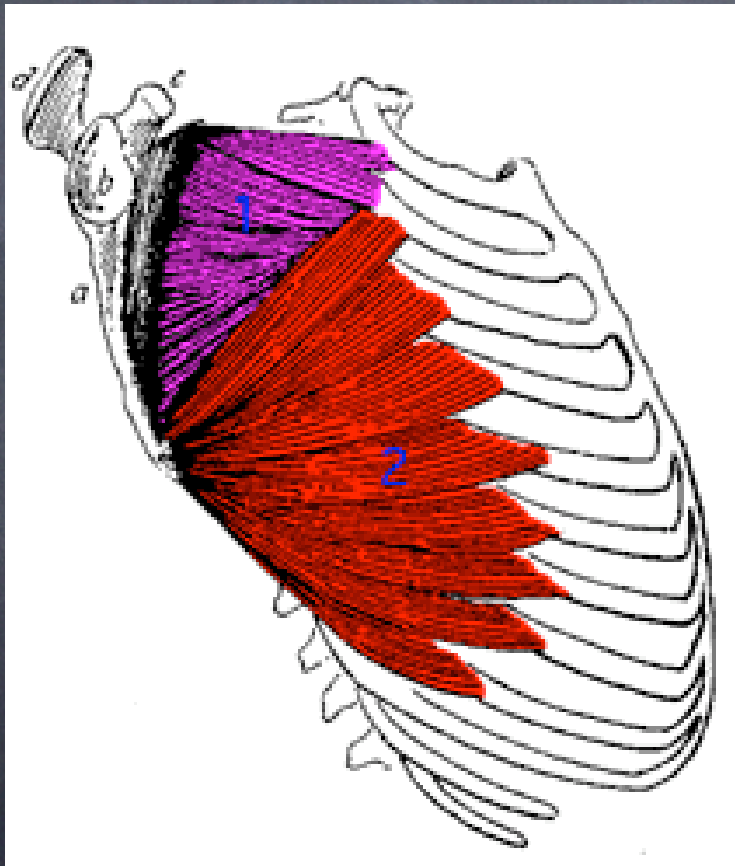


Serratus Anterior

- Location: Lateral
- Origin: Upper 9 ribs
- Insertion: anterior surface of medial border
- Actions:
 - Abduction
 - Upward rotation

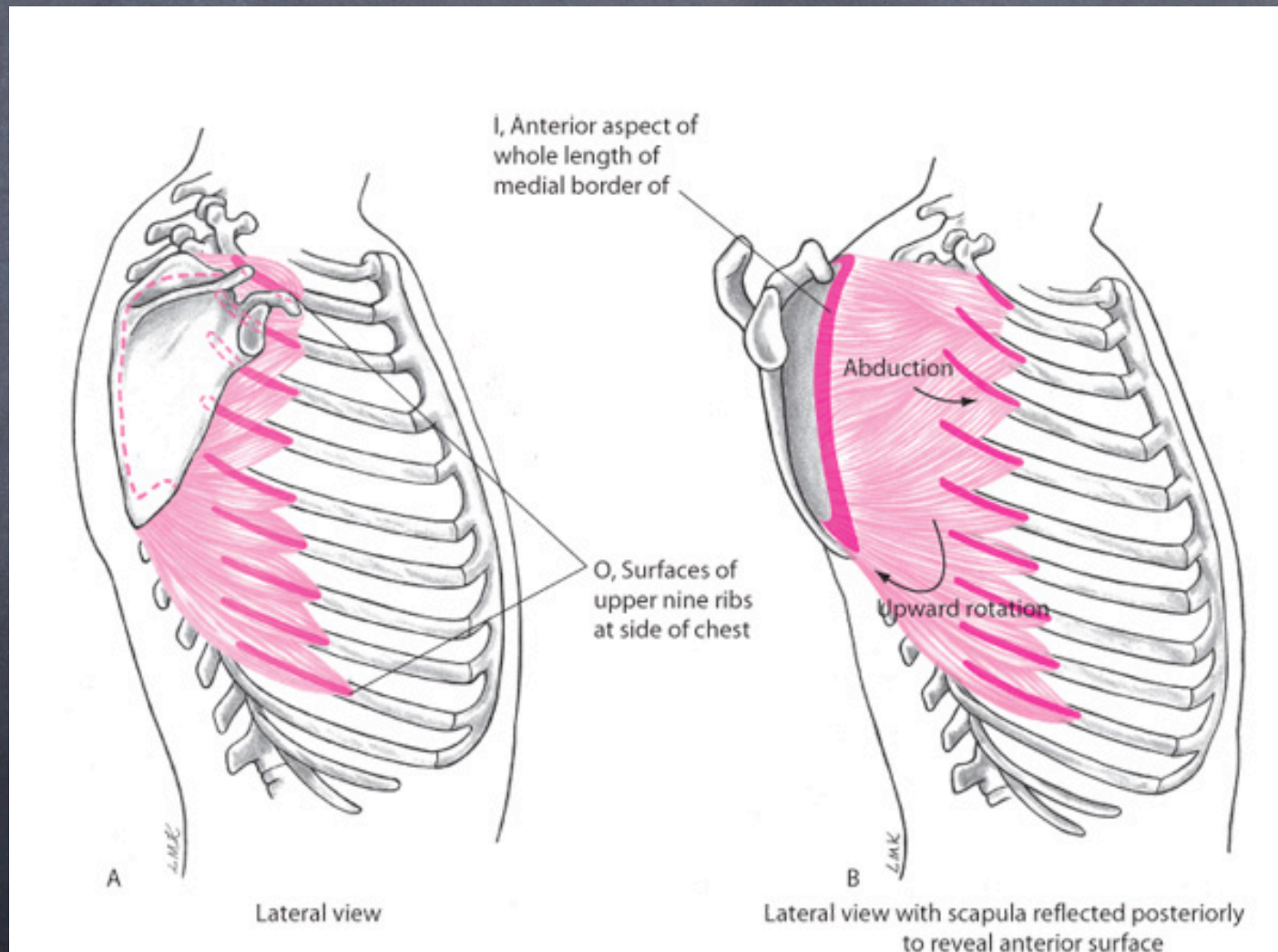


Serratus Anterior



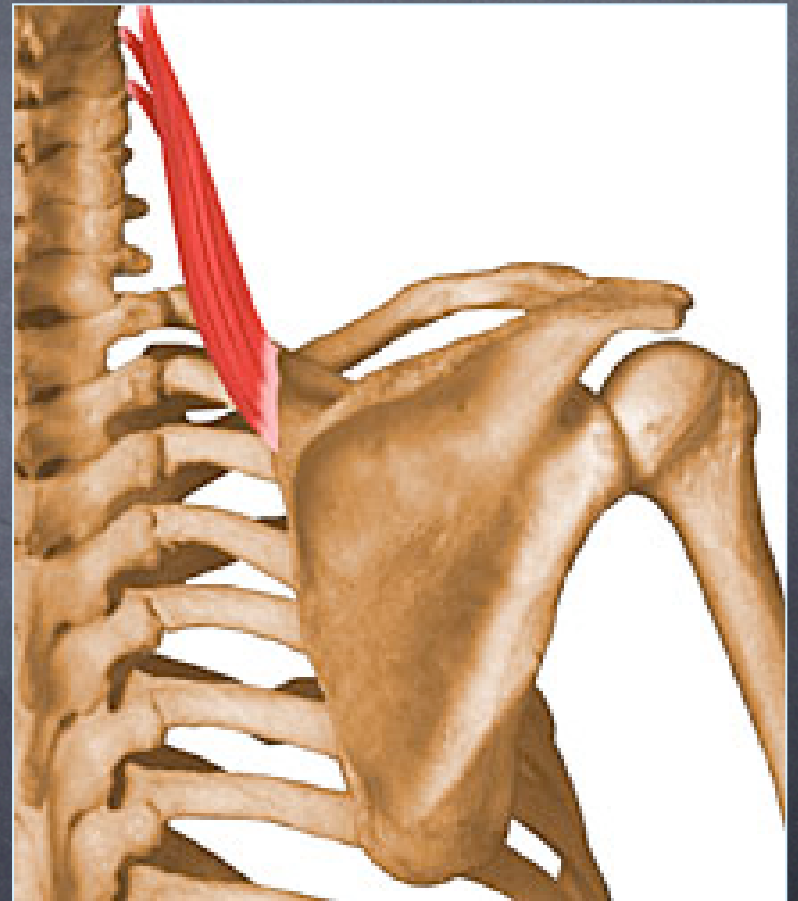
Upward Rotation

Serratus Anterior

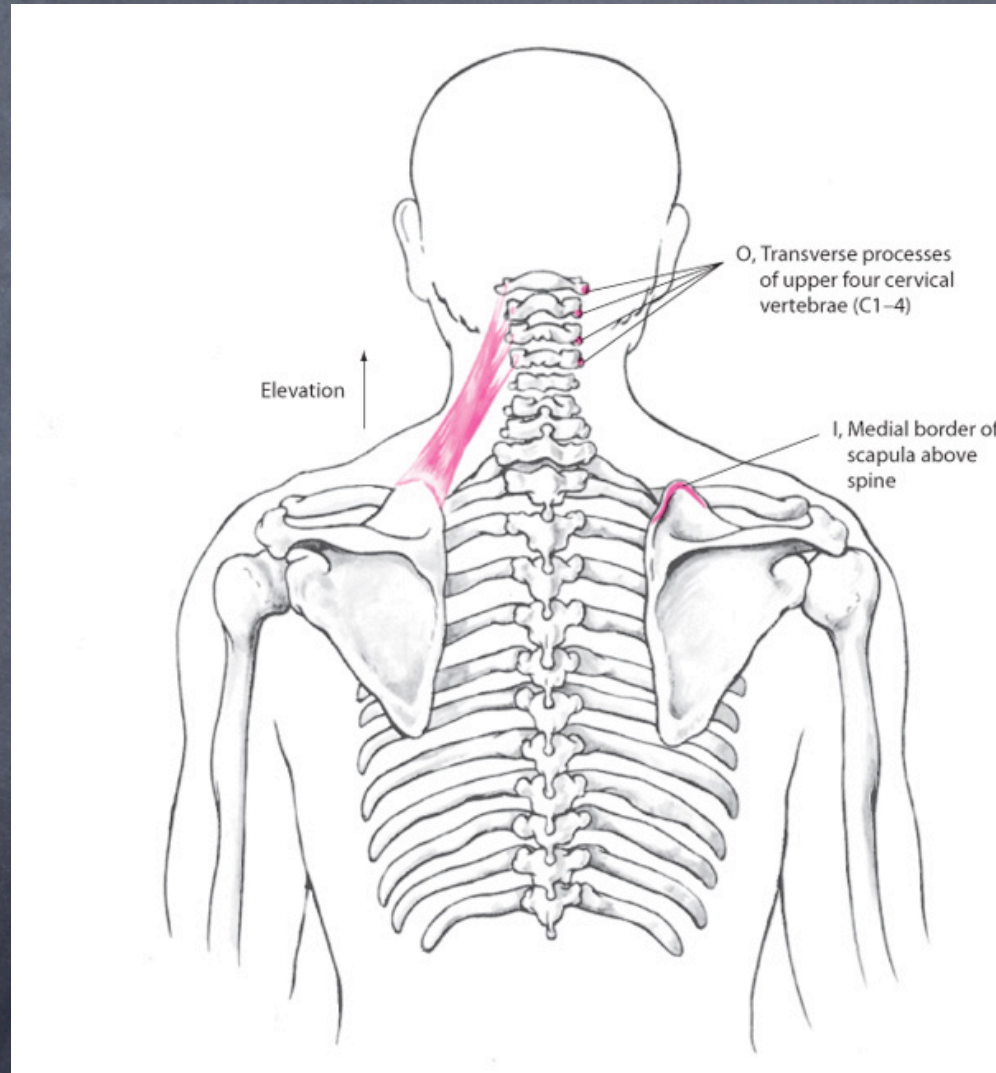


Levator Scapulae

- Origin: cervical vertebrae
- Insertion: Superior angle
- Action: Elevation of the scapula

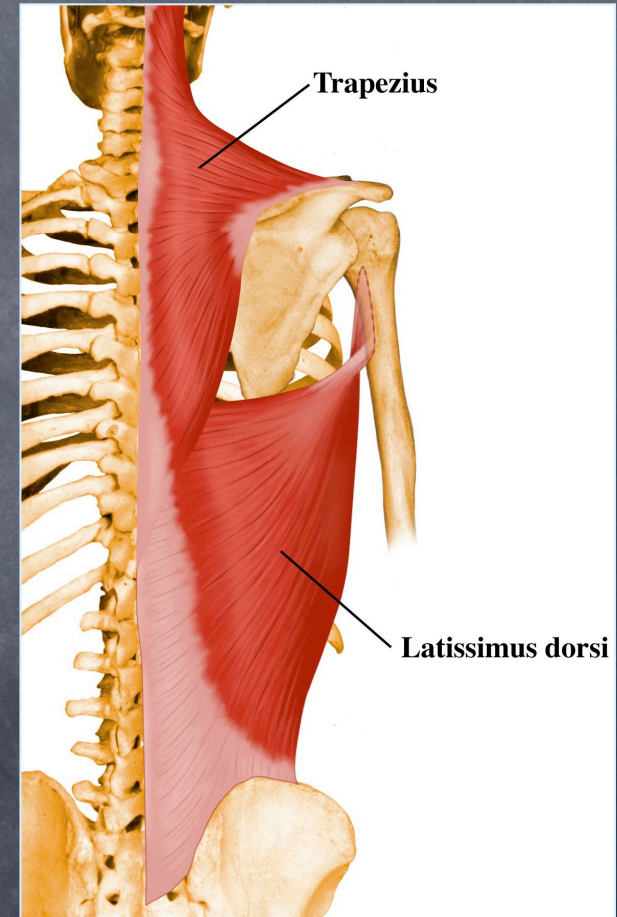


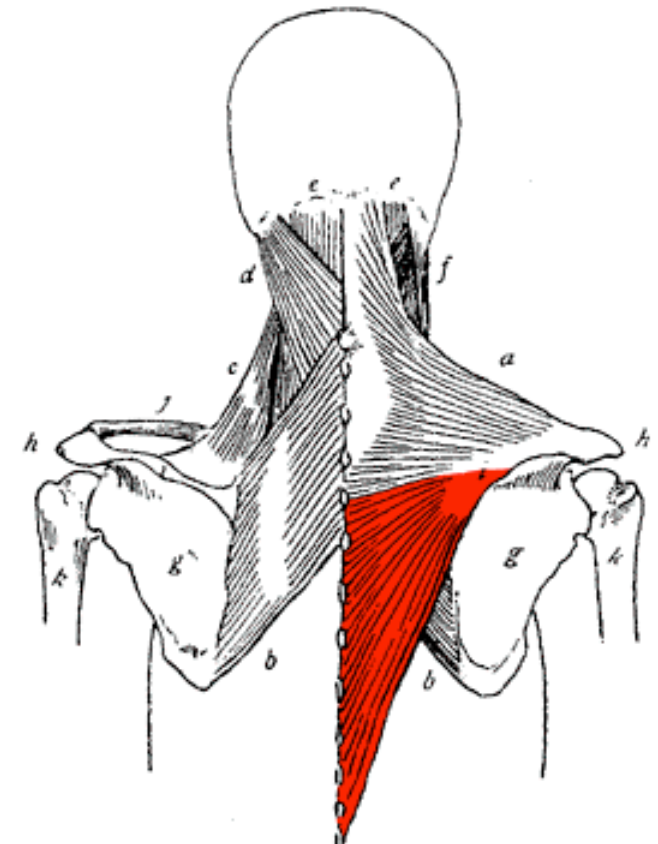
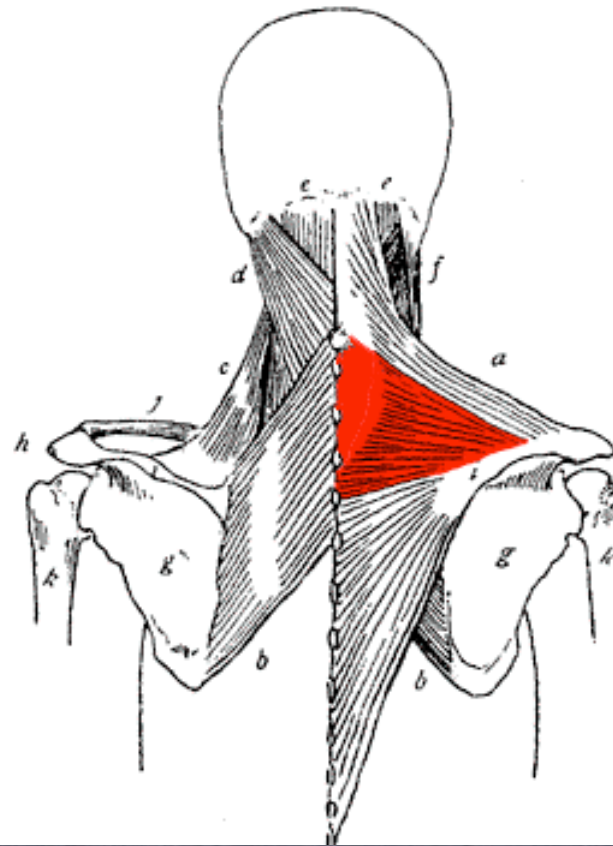
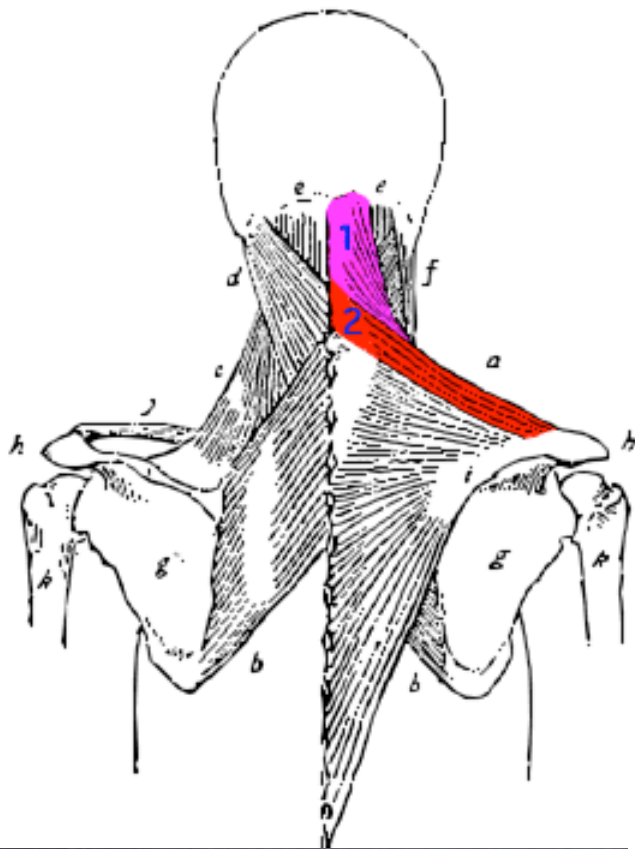
Levator Scapulae



Trapezius

- Origin: [Occipital bone, ligamentum nuchae, spinous process of the C7 and all Thoracic vertebrae]
- Insertion:
 - Lateral 1/3 of clavicle.
 - Top of acromion process.
 - Spine of the scapula

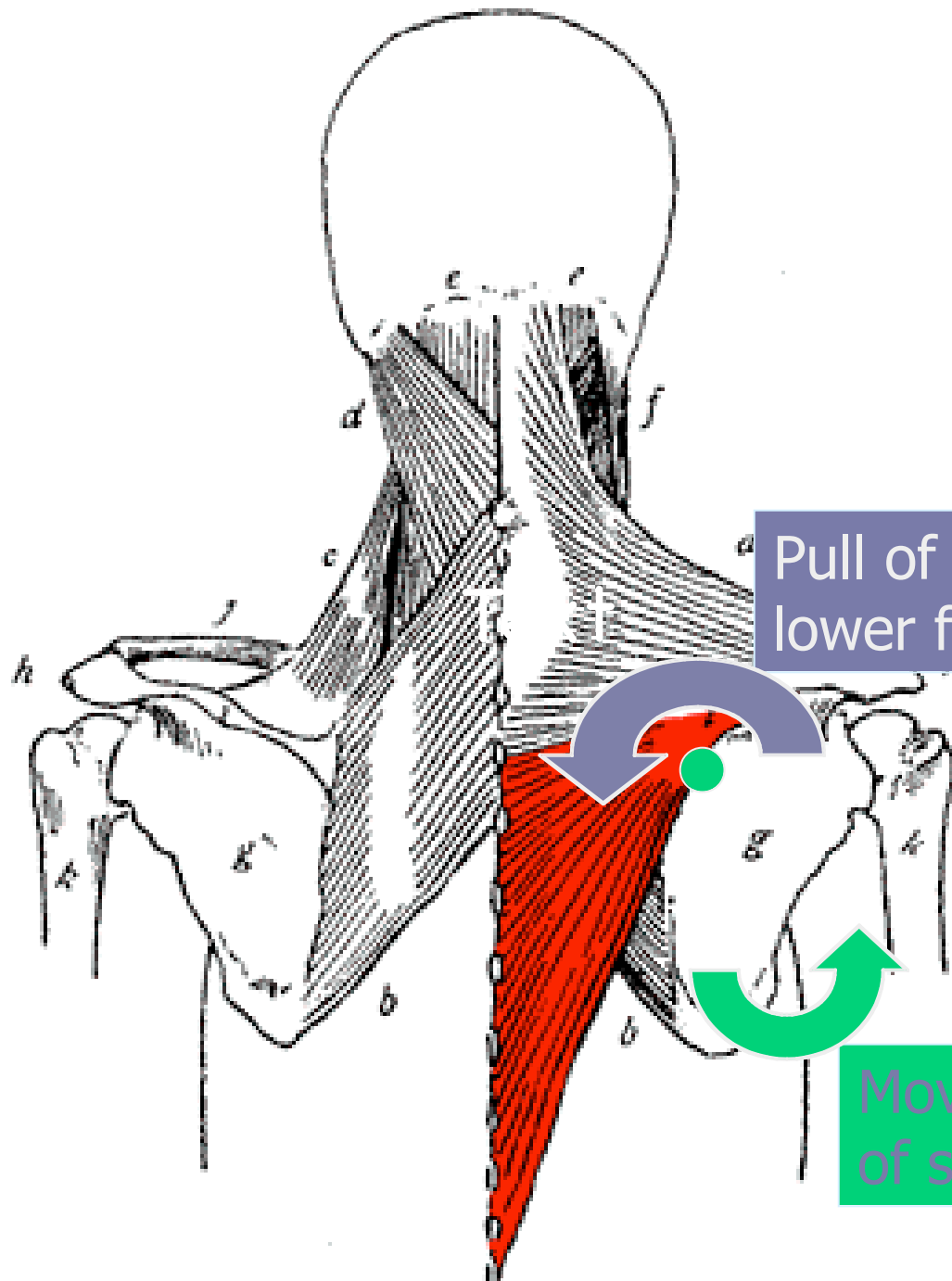




● Actions:

- Upper – elevation of the scapula
- Middle – elevation, adduction & upward rotation of the scapula
- Lower – depression, adduction and upward rotation of the scapula

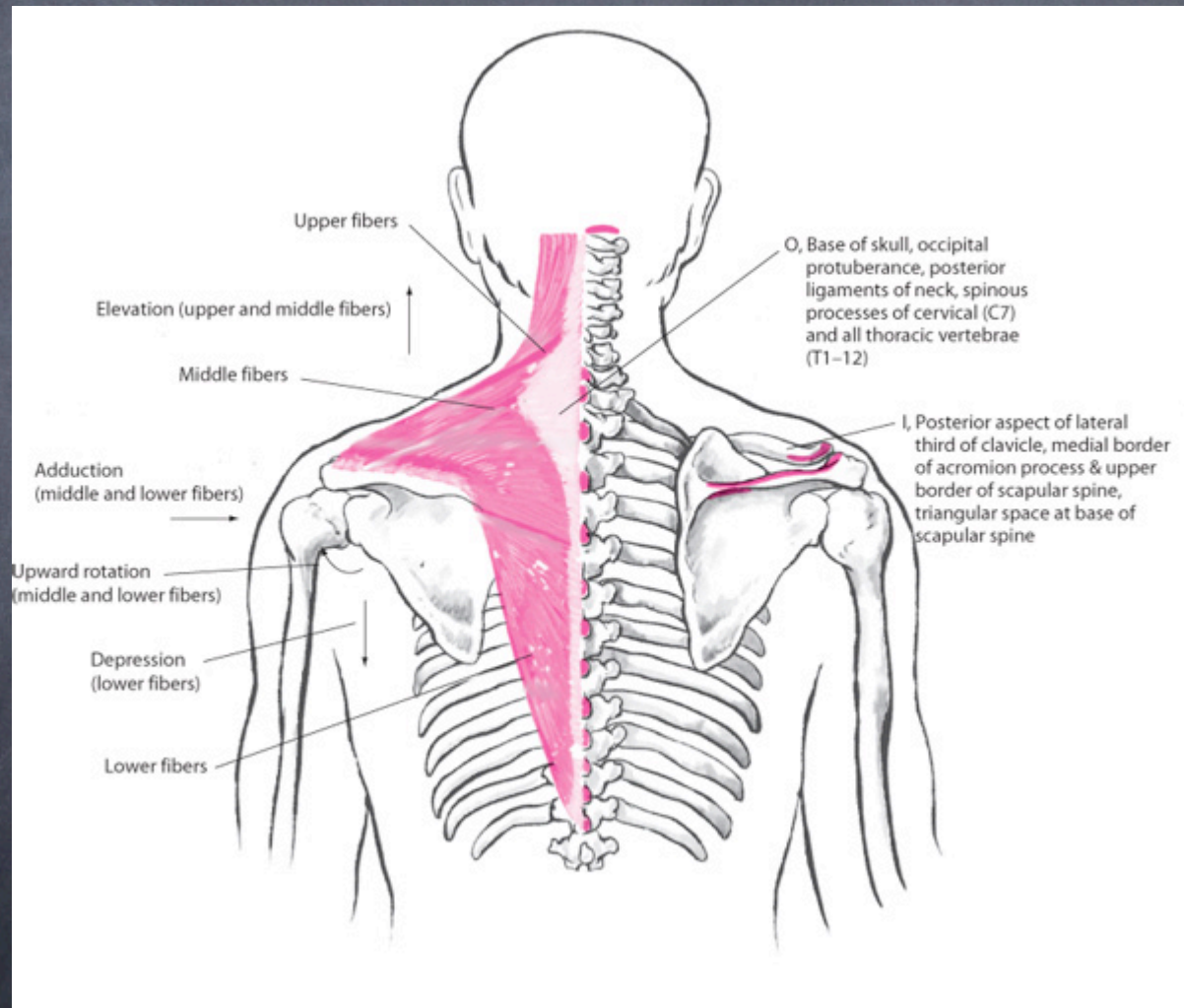
Upward Rotation



Pull of the
lower fibers

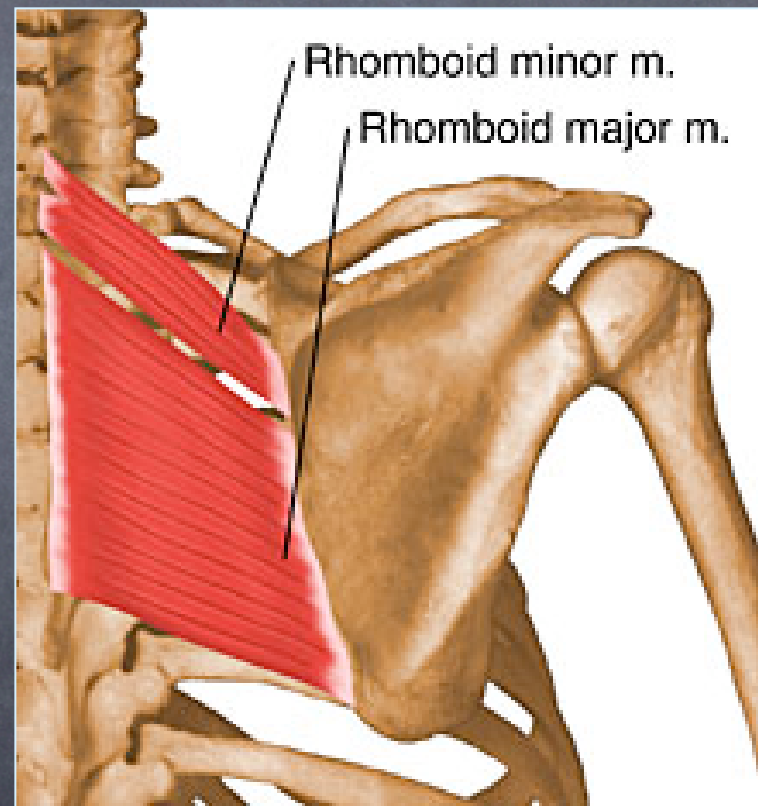
Movement
of scapula

Trapezius

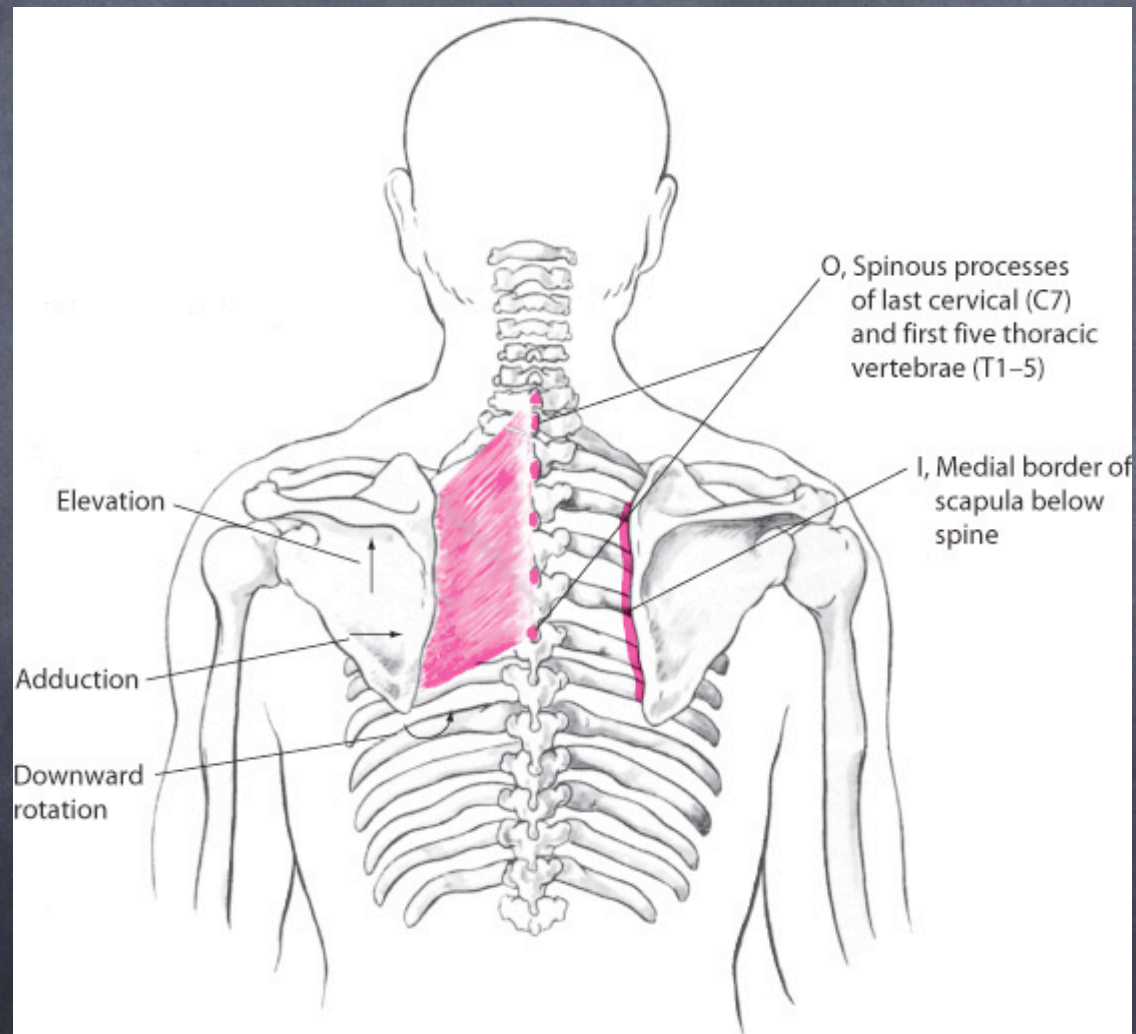


Rhomboids

- Origin: Ligamentum nuchae and spinous process of C1–7 and 2–5 T
- Insertion: Medial border of the scapula
- Actions:
 - Adduction of the scapula
 - Downward rotation of the scapula
 - Elevation of the scapula

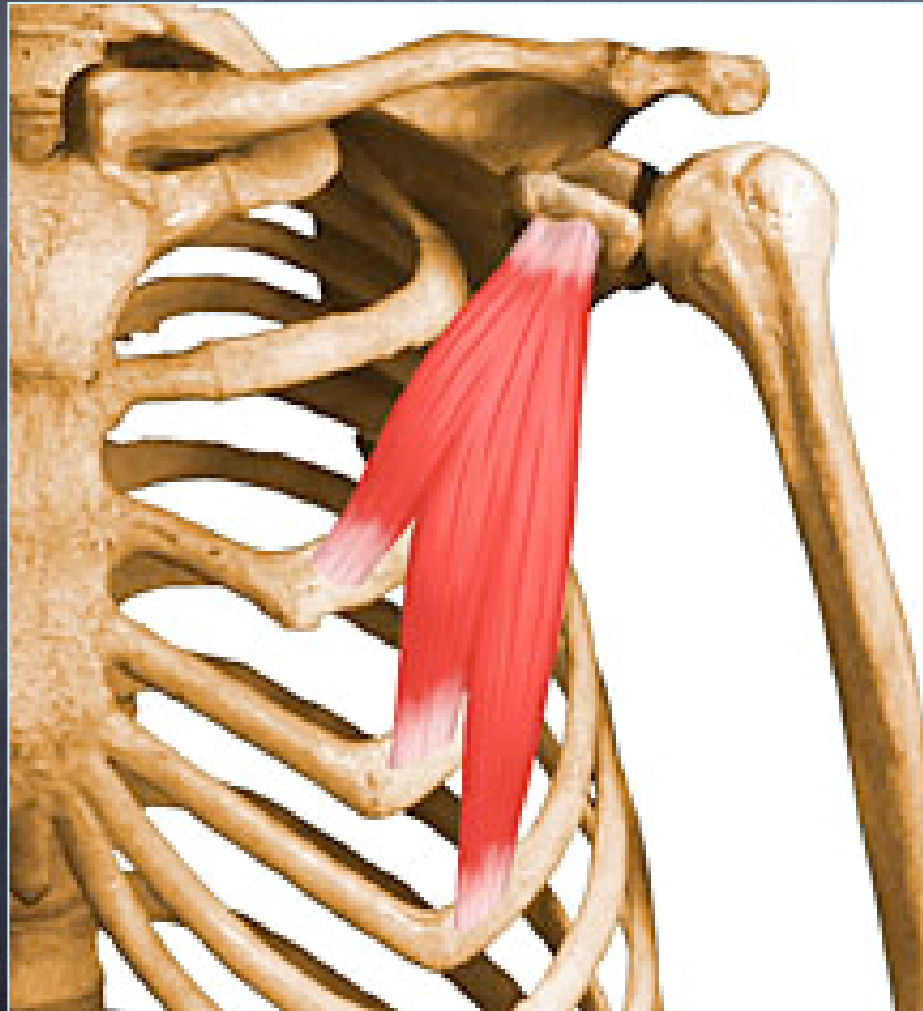


Rhomboids



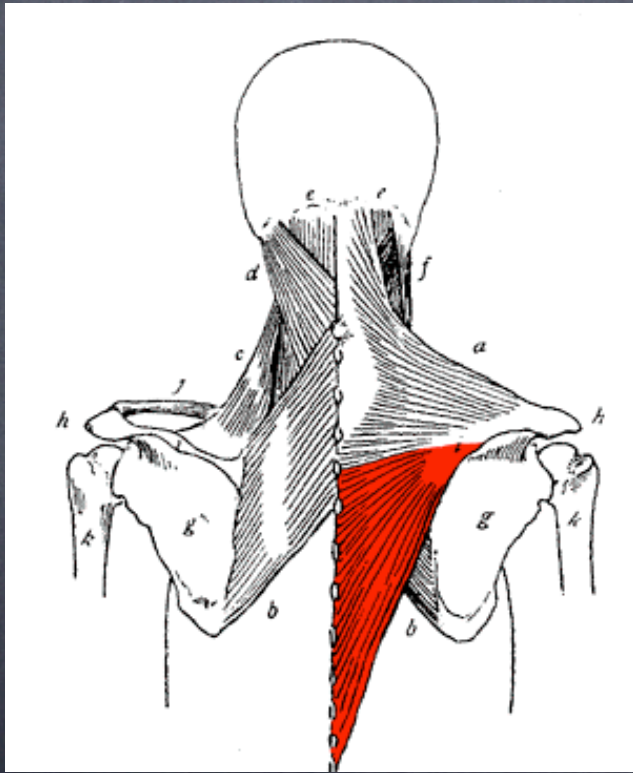
Review

Name the muscle and its actions



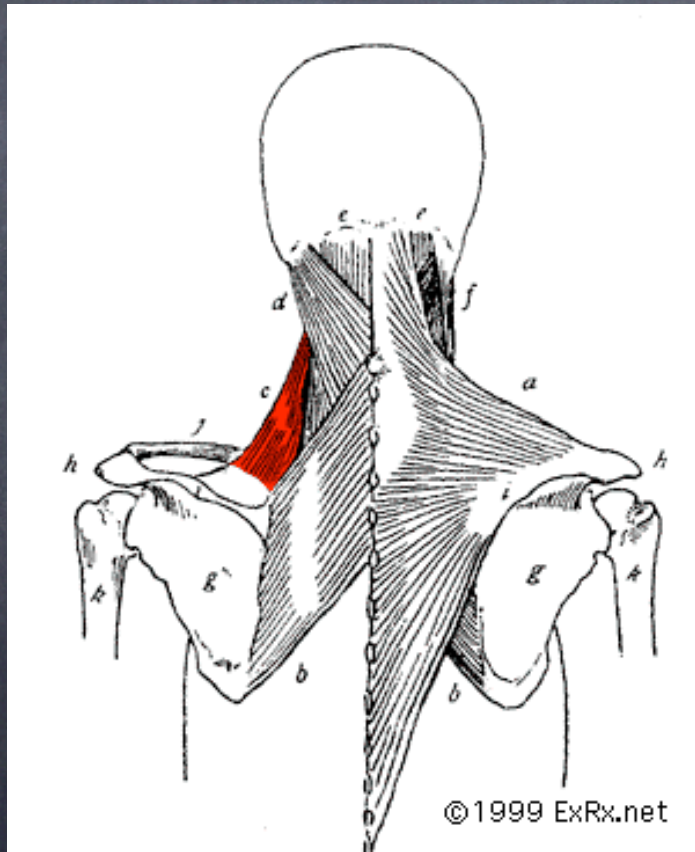
Pectoralis minor
Abduction
Downward rotation
Depression

Name the muscle and its actions



Lower fibers of the
trapezius
Adduction
Upward rotation
Depression

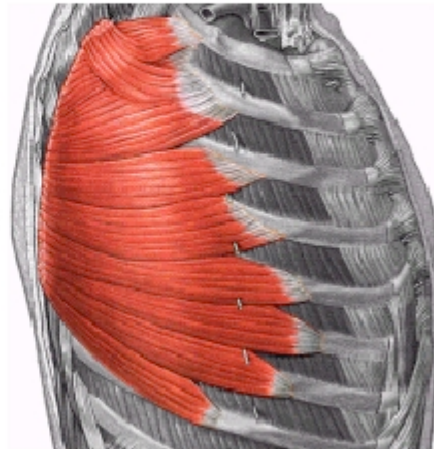
Name the muscle and its action(s)



Levator scapulae
Elevation of the scapula

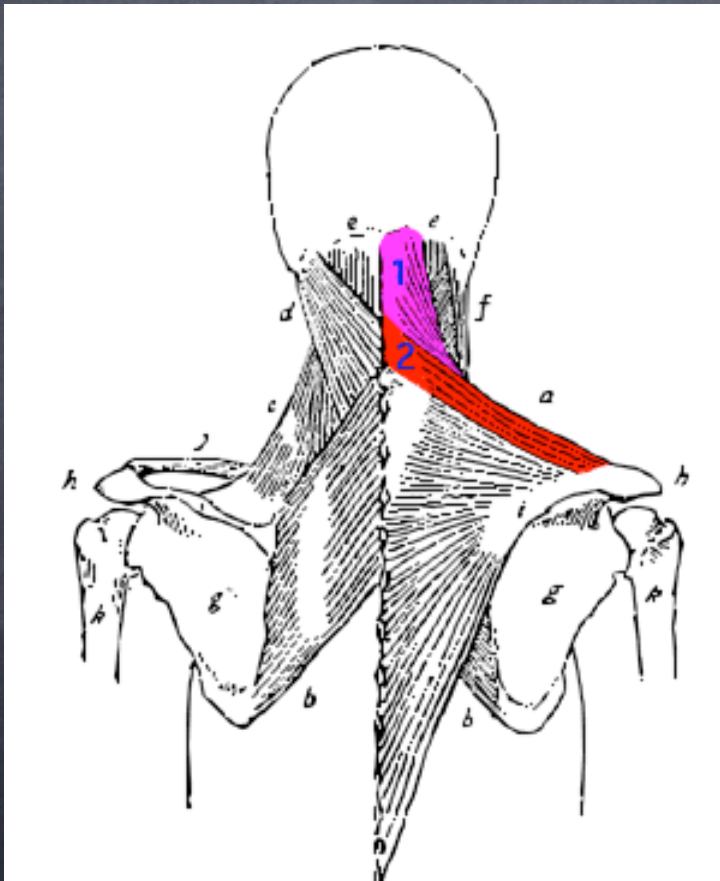
Name the muscle and its action(s)

This muscle is found beneath and posterior to the pectoral muscles on the lateral rib cage. They extend from the sides of the first to the ninth ribs (origins) to the scapulae. Its produces forward movement and rotation of the scapulae.



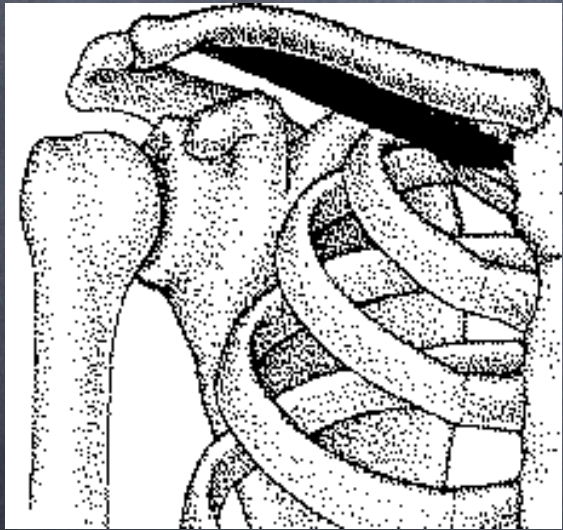
Serratus anterior
Abduction
Upward rotation

Name the muscle and its action(s)



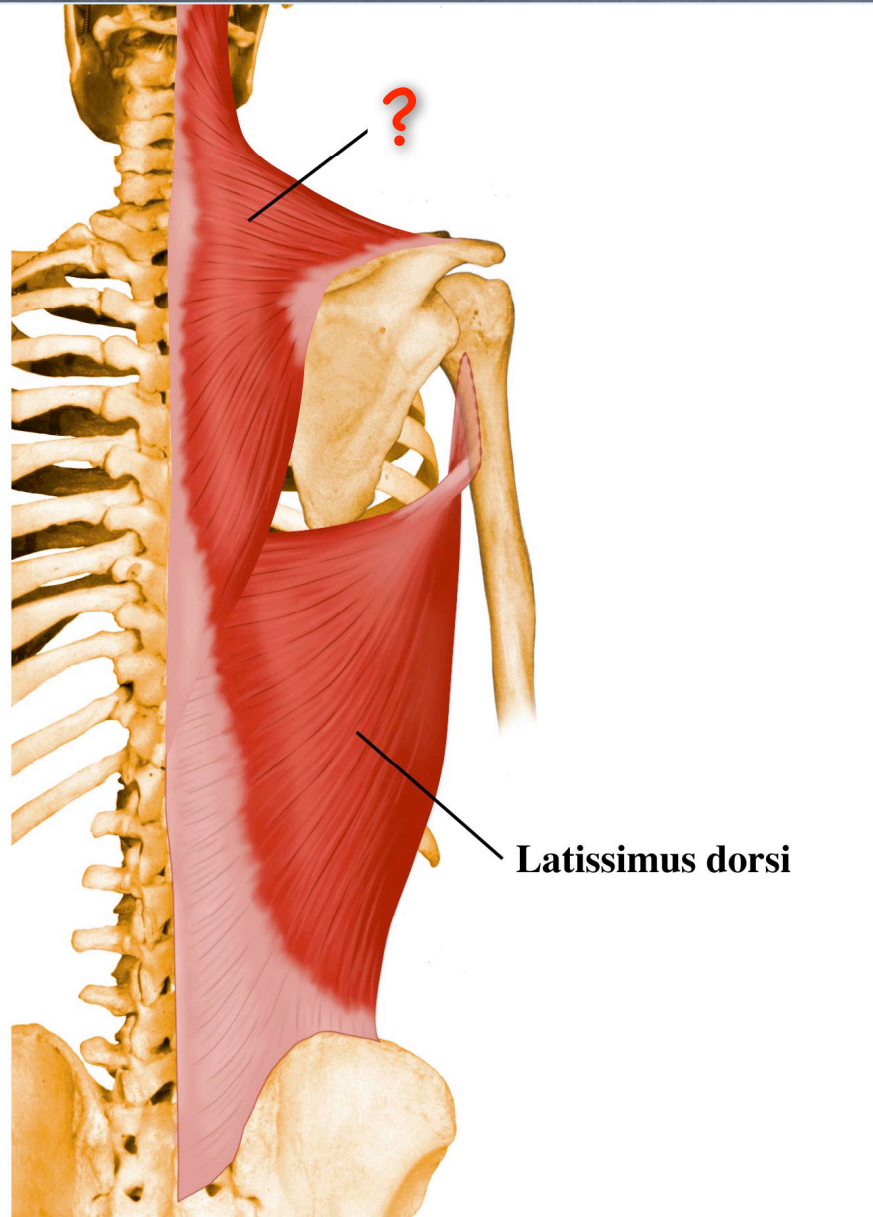
Upper fibers of trapezius
Elevation of the scapula

Name the muscle and its action(s)

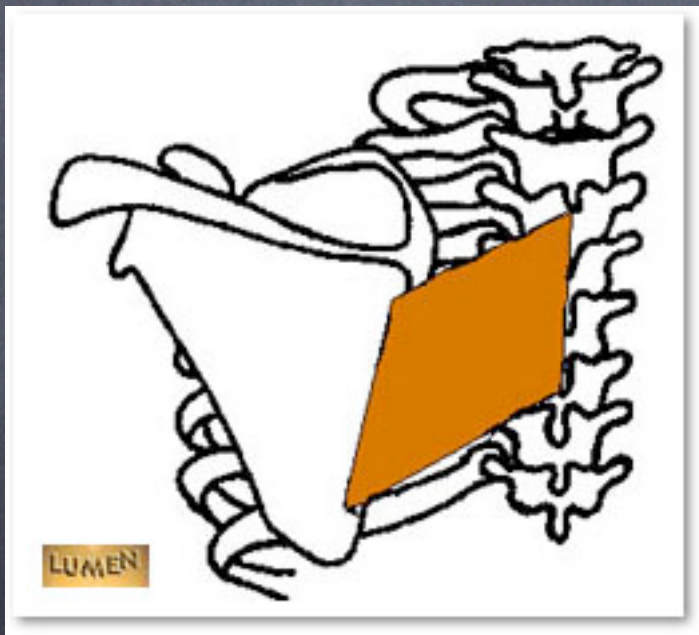


Subclavius
Depression of the clavicle

Name the muscle

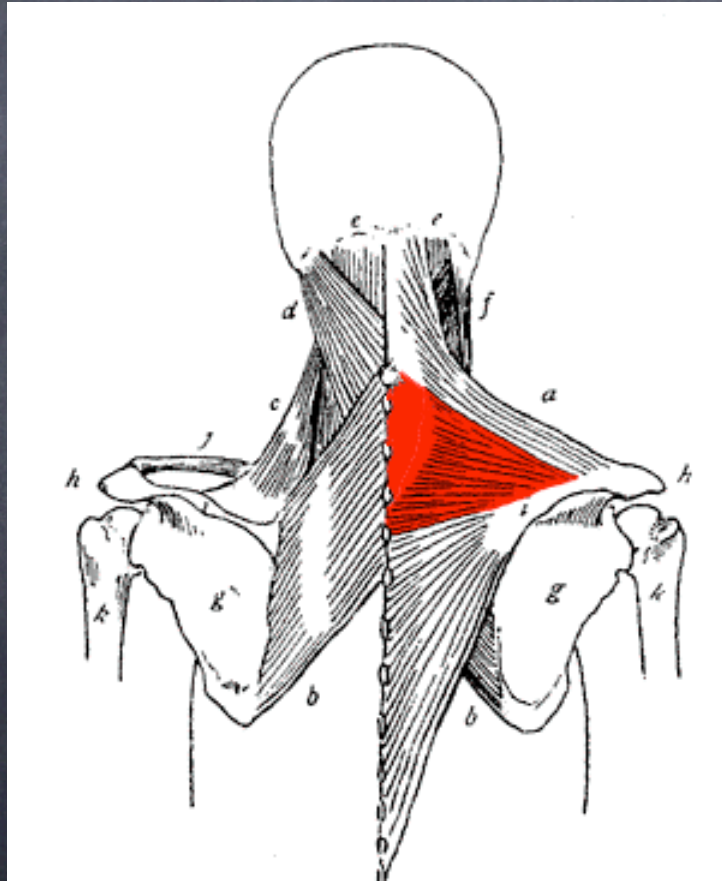


Name the muscle and its action(s)



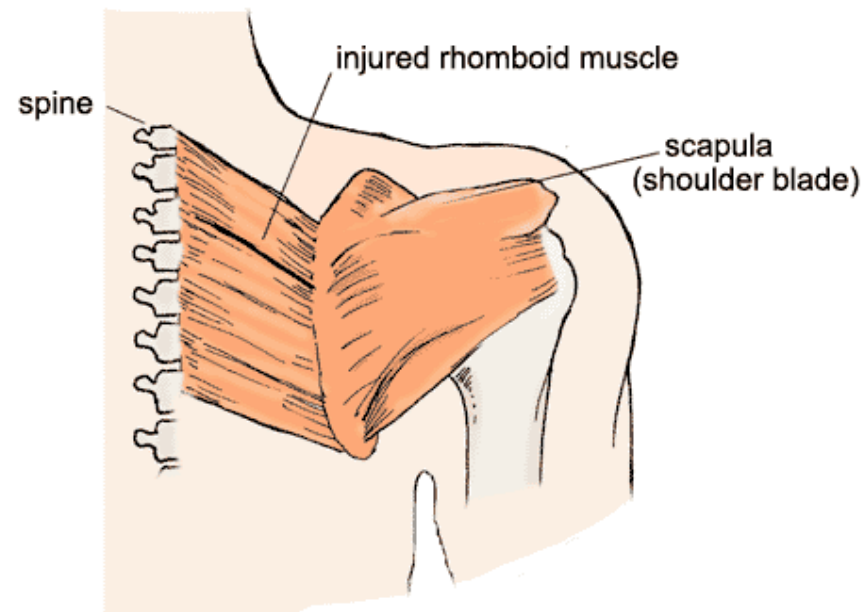
Rhomboids
Adduction of the scapula
Downward rotation
Elevation

Name the muscle and its action(s)



Middle fibers of trapezius
Elevation of the scapula
Upward rotation
Adduction

Rhomboid Muscle Strain/Spasm



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