Main Muscles of Arm

Muscle	# of heads	Innervation	Action	
Biceps Brachii B	2 (long, short) (lateral, medial)	Musculocutaneous	Flexion of Arm & Elbow, Supinator of Semi-flexed forearm	Flexors (Anterior)
Brachialis B	N/A	Musculocutaneous (Lateral fibres supplied by Radial Nerve)	Main flexor of forearm	Flexors (Anterior)
Coracobrachialis C	N/A	Musculocutaneous	Flexion of forearm	Flexors (Anterior)
Triceps Brachii	3 (Long, Medial, Short)	Radial Nerve	Main Extensor of forearm	Extensor (Posterior)

Remember: Insertion toward origin to know Action.

When you see	think
Radialis Muscle	⇒ Abduction of hand
Ulnaris Muscle	⇒ Adduction
Carpi	⇒ Connected to Carpal / Metacarpal (wrist bone)

Digitorum : Medial 4 fingers

Policis : Thumb

e.g. Flexor Carpi Radialis
flexes wrist — Abduction of hand

Muscles of Upper Limb

Key:
- Pectoralis region
- Back region
- Shoulder region

Muscle	Origin	Insertion	Action	Innervation
Pectoralis Major	* Sternal Head: 1st → 6th Coastal Cartilage * Clavicular Head: Medial 2/3 of clavicle	Lateral Lip of Bicipital groove	* Flexion of Arm * Adduction & Medial Rotation of arm ← All muscles connected to bicipital groove do this	Med. and Lat. Pectoral Nerve
Pectoralis Minor	3rd, 4th, 5th Ribs, Close to Coastal cartilage	Coracoid process of Scapula	* Protraction of Scapula * Depresses (lowers) shoulder	Medial Pectoral Nerve
Serratus Anterior	N/A	N/A	* Protraction of Scapula * Rotation of Scapula above 90° (e.g. placing hand above head)	Nerve for Serratus Anterior (Long Thoracic Nerve)
Deltoid	N/A	N/A	Abduction of Shoulder from 15° → 90°	Axillary Nerve
Supraspinatus	N/A	N/A	Initiates Abduction (0° → 15°)	Suprascapular Nerve
Subscapularis	N/A	N/A	Adduction and Medial Rotation	Upper and Lower Subscap.
Trapezius	N/A	N/A	Elevates Shoulder	Spinal Accessory

Anterior

Superficial

- * Pronator Teres
- * Flexor Carpi Radialis
- * Palmaris Longus

Supplied by Median Nerve

- Flexor Carpi Ulnaris

Supplied by Ulnar Nerve

Intermediate

- * Flexor Digitorum Superficialis

Lateral (Supplied by Radial Nerve)

- Brachioradialis ⇒ flexes elbow when forearm is midprone
- Extensor Carpi Radialis Longus (ECRL) ⇒ wrist Extension, Abduction of hand

Posterior

Superficial (Supplied by Deep Branch of Radial Nerve)

- Extensor Carpi Radialis Brevis — wrist Extension, Abduction hand
- Extensor Digitorum — Wrist Extension, Extends medial 4 fingers
- Extensor Digiti Minimi
- Extensor Carpi Ulnaris — Wrist extension, hand Adduction

Deep

- Supinator
- Abductor Policis Longus
- Extensor Policis Longus
- Extensor Policis Brevis
- Extensor Indicis

} REED ONLY

Imp. Note: Pronator Quadratus is main Pronator of forearm (not pronator teres)