**DPT 2nd Semester (section A)**

**Course Title:** Biomechanics-I **Instructor: Dr. Ahmed Hayat**

**MID Term Assignment Marks: 30**

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Draw a table including all the muscles and their actions of the following joints.

Q1: Shoulder joint.

Q2: Elbow joint.

Q3: Wrist joint.

**Shoulder Joint**

**Muscles: Actions:**

|  |  |
| --- | --- |
| Deltoid | Abducts arm, flexion, extension of shoulder joint. |
| Supraspinatus | Abducts arm, and stabilize the shoulder joint. |
| Teres Major | Medially rotates and abducts arm, stabilize shoulder joint. |
| Teres Minor | Laterally rotates arm and stabilize shoulder joint. |
| Infraspinatus | Laterally rotates arm and stabilize shoulder joint. |
| Subscapularise | Medially rotates arm and stabilize shoulder joint. |
| Pectorallis Major | Adducts arm and rotates medially. |
| Latissimus Dorsi | Extends, adducts and medially rotates the arm. |

**Elbow Joint**

**Muscles:** **Actions:**

|  |  |
| --- | --- |
| Brachialus | Flexion of the elbow joint. |
| Biceps Brachii | Flexion of the elbow joint. |
| Brachiorabialis | Flexion of the elbow joint. |
| Pronator Teres | Flexion of the elbow joint. |
| Triceps | Extention of the elbow joint. |
| Anconeus | Extention of the elbow joint. |
| Supinator | Supination of the forearm. |
| Pronator Quaderatus | Pronation of the forearm. |

**Wrist joint**

**Muscles:** **Actions:**

|  |  |
| --- | --- |
| Flexor pollicis longus | Flexion of the thumb and flexion of the wrist. |
| Flexor digitorum superficialis | Flexion of wrist and fingers. |
| Flexor carpi alnaris | Flexion of wrist. |
| Flexor carpi radialis | Flexion of wrist. |
| Extensor policis longus | Flexion of wrist. |
| Extensor digitarum comunis | Extension of wrist and fingers. |
| Extensor carpi alnaris | Extension of wrist. |
| Extensor carpi radialis longus | Extension of wrist. |