

SUBJECT: BIO MECHANIC & ERGONOMICS

MID TERM ASSIGNMENTS.

SEMESTER: DPT 2ND.



Name Arshad ali

ID 16013

Semester 2nd

Department DPT

Submit to Ahmad hayat

Q1.shoulder joint

Answer

muscle	Action of shoulder
Latissimus dorsi	Adduct and extend medial rotation of Arm.
trapezius	Elevation upward and lower rotation Scapular suppression
Supraspinatus	Adduction of the Arm weak lateral rotation
infraspinatus	Rotates arm laterally
subscapular	Rotates arm medially
Terse miner	Rotates arm laterally
Rotator cuff	Support of the shoulder joint all around except inferiorly
Serrates anterior	Protect scapula upward rotates scapula
Pectorals minor	Protect of scapula downwardly rotates elevates rib cage during breathing
Pectorals manor	Protect of scapula down warding rotates elevates rib cage during breathing
Pectorals majos	Shoulder horizontal flexion shoulder adduction shoulder medial rotation
Terse major	medial rotation adduction and extension of the shoulder joint
Entire muscle	Adduction the arm
Anterior deltoid	Flexes Medial rotate, horizontal flexes
Posterior deltoid	Extend ,laterally , extends

Q2.elbow joint:

Answer

Muscle	action
--------	--------

brachialis	Flexion of elbow joint
Biceps brachia	Flexion and supination of elbow joint
Brachioradialis	Flexion of the elbow
triceps	Extension and adduction of elbow joint
Ancones	Tightens of elbow joint
Pronator	Pronation of forearm and weak flexor of elbow joint
Pronator quadrates	Pronation
Supinator	supination
Triceps brachia muscle	All head extension of elbow joint
Agonists	Radio ulnar pronation and supination
Coaraco brachialis	Flexor and weak adductor of arm

Q3.wrist joint

Answer

Muscle	action
--------	--------

Flexor carpi ulnar is	Flexor of wrist
Flexor digitorum superficialis	Adduction of wrist flexor of finger
Flexor carpi radialis	Flexor of wrist adduction of the hand and wrist
Flexor digitorum profundus	Flexor
Flexor pollicis longus	Flexor of thumb
Extensor carpi radialis brevis	Extensor and adductor of the hand and wrist joint
Extensor digitorum	Extensor of hand and wrist joint
Extensor digitorum minimus	Extensor the wrist and little finger
Extensor carpi ulnaris	Extend and adduct
Flexor carpi radialis	abductor
Flexor carpi radialis longus	abductor
Abductor pollicis longus	Abductor and extend of the wrist
Flexor palm anterior	adductor

