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ANSWERS

(1)

SHOULDER JOINT

Shoulder joint Muscles:

Shoulder joint many muscles which stabilize the joint and make it moveable and also help the scapula in movement.

It has following MUSCLES:

- *Subscapularis*
- *Latismis dorsi*
- *Infraspinatus*
- *Superspinatus*
- *Teres minor*
- *Teres major*
- *Pectoral major*

Muscle	*origin*	*insertion*	*Action*	*Innervation*	*Stretching*
(1)Suscapularis	*Entire under surface of scapula*	*Lesser tubercle oh Humerus*	*Internal rotation, adduction, extension, Stabilizing of GH joint*	*Upper and lower scapula nerve.*	*Externally rotate the shoulder and rise the arm up at the slide.*
(2) Latismus dorsi	*Posterior crest of illium or posterior sacrum.*	*Inter tubercular groove of the humerus.*	*Shoulder extension, Internal rotation and adduction*	*Thoracodorsal nerve*	*Latismus dorsi strctch I and latismus dorsi stretch II*
(3) Infraspinatus	*Posterior Surface of scapula*	*Grater tuberosity on the humerus*	*Rotation, Extension Horizontal abduction*	*Suprascapular nerve*	*Internal rotation stretch and posterior shoulder stetch*
(4) Teres minor	*Midsection of the lateral boerder of the scapula*	*Greater tuberosity on the Humerus*	*External Rotation and shoulder adduction*	*Axillary nerve*	*Internal rotation stretch*
(5) Teres major	*Lower lateral border of scapula*	*Intertubercular groove of humerus*	*Shoulder adduction and shoulder extension*	*Lower scapular nerve.*	*External rotation stretch*
(6) Superspinaus	*Superaspinus fossa*	*Greater tuberosity of humerus*	*Shoulder abduction and shoulder stabilization*	*Superascapular nerve*	*Superaspinatus stretch*
(7) Deltoid	*Spine of scapula*	*Tuberosity on Humerus*	*Shoulder abduction Shoulder extension And external rot,*	*Axillary nerve*	*Posterior shoulder stretch*
(8) Pectoralis major	*Sternum*	*Intertubercular Groove of Humerus*	*Flexion Adductio and interna rotation*	*Lateral and medial pectoral nerve*	*Chest stretch with a partner*

(2)

ELBOW JOINT

Answer

Muscle of Elbow Joint:

_Elbow joint have many muscles such as :

- Triceps brachia
- Brachioradialis
- Brachialis
- Bicep brachia
- Pronator teres
- Pronator quaderatus
- Anconeus
- Supinator

Muscles	Origin	Insertion	Action	innervation	Stretching
Pronator Teres	*Medial supracondylar ridge of the humerus and medial side of*	*Middle of the outer surface of the radius*	Pronation and elbow flexion	Median nerve	Extension stretch of elbow

	the coronoid process of the ulna				
Tricep brachii	*Long head glenoid cavity of scapula*	*Olicrenon process of ulna*	*Elbow extension*	*Radial Nerve*	*Tricep strtch*
Brachioradialis	*Lower and lateral superacondilor ridge of humerus*	*Styloid process of the radius*	*Elbow flexion Probation and supination*	*Radial nerve*	*Bicep curls using a resistance band*
Brachialis	*Lower half of the anterior humerus*	*Coronoid process of the ulna*	*Ulnar flexion*	*Musculocutaneo us nerve*	*Bicep curls using a resistance band*
Bicep Brachii	*Glenoid fossa and coracoid process*	*Bicepital tuberosity of the radius*	*Elbow flexion and supination*	*Musculocutaneo us nerve*	*Bicep curl*
Anconeus	*Posterior surface of the lateral condyle of the humerus*	*Posterior surface of the upper ulna*	*Elbow extension*	*Radial nerve*	*Triceps stretch*
Supinator	*Lateral epicondyle of the humerus*	*Lateral surface of the radius*	*Supination of the forearm*	*Radial nerve*	*Maximal pronation of the forearm*
Pronator quaderatus	*Distal quaderator of anterior side of the ulna*	*Distal quarter of the anterior side of ulna*	*Pronation of the forearm*	*Median nerve*	*Maximum supination of the forearm*

(3)

WRIST JOINT

Answer

Muscles of the Wrist joint:

Muscles of wrist include the

- Flexor polices longus
- Flexor digitorum superficialis
- Flexor carpialnaris
- Flexor carpidigitaris
- Extensor digitarum comunis
- Extensor carpialnaris
- Extensor carpiradialis muscles

Muscles	Origin	Insertion	Actions	Innervation	stretching
Flexor policies longus	*Middle anterior surface of the radius*	*Base of the distal phalanx of the thumb*	*Flexion of the thumb and flexion of the wrist*	*Antinteroceus nerve*	*Wrist flexor stretch*
Flexor digitarum superficialis	*Medial epicondyle of the humerus*	*Splits into four tendons that insert*	*Flexion of the wrist and figures*	*Median nerve*	*Wrist flexor stretch*

		into middle figure			
Flexor carpialnaris	*Medial epicondyle of the humerus*	*Base of fifth metacarpals*	*Flexion of the wrist*	*Ulnar nerve*	*Wrist flexion stretch*
Flexor carpiradialis	*Medial epicondyle of the humerus*	*Base of 2nd and 3rd metacarpals*	*Flexion of the wrist*	*Median nerve*	*Wrist flexion stretch*
Extensor polices longus	*Upper posterior surface of the ulna*	*Base of distal phalanx of thumb*	*Flexion of the wrist*	*Posterior introceus nerve*	*Wrist extensor stretch*
Extensor digitarum comunis	*Lateral epicondyle of humerus*	*Splits into four tendons and insert into 2nd and 3rd phalanx of the forefinger*	*Extension of wrist and figure*	*Posterior introceus nerve*	*Wrist extensor stretch*
Extensor Carpianlaris	*Lateral epicondyle of humerus*	*Base of 5th metacarpal*	*Extension of wrist*	*Radial nerve*	*Wrist extensor stretch*
Extensor carpiradialis longus	*Lateral supracondilor ridge of humerus*	*Base of 2nd metacarpal*	*Extension of wrist*	*Radial nerve*	*Wrist extensor stretch*