**Draw a table including all the muscle and their actions their following joints;**

**Question:1**

**Shoulder Joint:**

.The joint between scapula and humerus.

.It connects the upper limb to trunk.

**Muscles of Shoulder joint:**

|  |  |
| --- | --- |
| **Superficial extrinsic;** | **Actions** |
| Trapezius | Upper;elevation of scapula.  Middle;depression of scapula.  Lower;rotation in upward direction. |
| Latissimus | Extension,transverse extension. |
| Deep extrinsic; |  |
| Levator scapulae | Elevation of scapula. |
| rhomboids | Retraction of scapula. |
| **Intrinsic Muscles;** |  |
| deltoid | Anterior;flexion of arm.  Middle;abduction of arm.  Posterior;lateral rotation of arm. |
| Teres major | Roation of arm medially. |
| supraspinatus | Abduction. |
| Teres minor | Rotation of arm laterally. |
| Subscapularis | Rotation of humerus. |
| Infraspinatus | Lateral rotation of upper arm. |
| Pectoralis major | Adduction of shoulder. |
| Pectoralis minor | Protaction of scapula. |

Question;2

**Elbow joint;**

.It is present between distal end of humerus and proximal end of radius or ulna.

|  |  |
| --- | --- |
| **Muscles** | **Actions** |
| Bicep brachii | Supinate forearm |
| Tricep brachii | Extension of elbow |
| anconeous | Extension of elbow |
| Pronator teres | Flexion of elbow |
| brachialis | Flexion of elbow |
| supinator | Supinate forearm |
| Pronator quadratus | Pronate forearm |
| brachioradialis | Flexion of elbow |

Question;3

**Wrist joint;**

.It is present between distal end of radius and articular disc.

|  |  |
| --- | --- |
| **Muscles** | **Action** |
| Flexor pollics longus | Allow to bend the tip of thumb. |
| Flexor digitorum profundus | Bending of index,middle fingers. |
| Flexor digitorum superficialis | Bending of middle joint of fingers except thumb. |
| Flexor carpi ulnaris | Flexion of forearm. |
| brochioradialis | Twisting of forearm. |
| Flexor carpi radialis | Radial deviation . |
| Palmaris longus | Bends wrist. |
| Flexor pollicis brevis | Flexion of thumb . |
| Extensor pollicis brevis | Extension and radial deviation. |