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

**Q1) Shoulder joint?**

**Answer; Shoulder joint;.** It consist of shoulder muscles and as well as shoulder girdle muscles. Movement of this joint has a high range of movement as compared to another joints. Its have the following movements or actions…

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| --- | --- | --- |
| **Muscles** | **Origin** | **actions** |
| Subscapularis is the rotator cuff muscle. Its hidden behind the rib cage on scapula or shoulder. | Entire used surface of scapula. | Internal rotation and also adduction. |
|  |  |  |
| **Latissimus dorsi** is the muscle which is one largest in body. | Posterior crest of ilium posterior sacrum. | Shoulder extension, internal rotation, adduction. |
|  |  |  |
| **Infraspinatus** is one of four rotator muscle crossing shoulder joint and commonly injured. | Posterior surface of scapula. | Shoulder horizantal abduction. |
|  |  |  |
| **Teres minor** rotator cuff muscle surrounding the shoulder | Mid section of internal boarder of scapula. | External rotation and shoulder adduction. |
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| **Teres major** is only functional when rhomboid fix scapula then this muscle help latissimus dorsi. | Lower of the lateral boarder of scapula. | Shoulder adduction. External rotation and shoulder extension. |
|  |  |  |
| **Supraspinatus** the muscles is one of four rotator which make up rotator cuff . | Supraspinatus fossa. | Shoulder abduction stabilizing of the humerus. |
|  |  |  |
| **Deltoid** is used in all side lifting movement and any movement of hummers on scapula . | Outer of the clavicle acromion process spine of scapula. | Anterior portion shoulder flexion and internal rotattion. |
|  |  |  |
| **Pectoralis major** is largest and most superficial of chest muscles. | Medial of clavicle costal cartilage o first 6 ribs . | Shoulder flexion , internal rotation and adduction. |
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**Q2) Elbow joint?**

**Answer;. Elbow joint;** It include the triceps brachii, brachioradialis brachialis, biceps brachii, pronator teres and anconius.

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| **Muscles** | **Origin** | **Action** |
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| **Pronator teres** is middle of the outer surface of radius. | Medial supracondylar ridge of the humreus and medial side of coronoid process of ulna. | Pronation and elbow flextion. |
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| **Triceps brachii** | Long head \_ lower part of glenoid cavity of scapula lateral head upper half of **p** surface of humerus. | Elbow extension. |
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| **Brachioradialis** | Lower of the lateral supracondylar ridge of humreus. | Elbow flexion, pronation and supination. |
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| **Brachialis** insertion occurs in coronoid process of ulna. | Lower half of anterior humreus. | Elbow flexion. |
|  |  |  |
| **Biceps brachii** | Long head and top of glenoid fossa, short head and coracoid process. | Elbow flexion and supination of forearm. |
|  |  |  |
| **Anconeus** | Posterior surface of lateral condyle of humerus. | Elbow extention. |
|  |  |  |
| **Supinator** insertion occurs on lateral surface of radius. | Lateral epicondyle of humreus and posterior part of ulna. | Supination of forearm. |
|  |  |  |
| **Pronator quadrates** | Distal quarter of anterior side of ulna. | Pronation of forearm. |

**Q3) Wrist joint?**

**Answer; Wrist joint;.** At the wrist joint flexion, extension, adduction, and abduction can all occurs at the wrist joint. All movement of wrist are performed by muscle of forearm.

**Movements of Wrist joint;**  the wrist is condyloid type synovial joint , allowing for movement along two axex which means flexions, extension, adduction and abduction all occurs at wrist joint.

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| **Movements/action** | **Muscles** |
|  |  |
| **Flexion** | produced mainly by flexor carpi ulnaris, flexor carpi radialis, the flexor digitorium superficial |
|  |  |
| **Extension** | Produced by the extensor carpi, radialis longus and brevis, and extensor carpi ulnaris. |
|  |  |
| **Adduction** | Produced by extensor carpi ulnaris and flexor carpi ulnaris. |
|  |  |
| **Abduction** | Produced by the abductor pollicis longus, flexor carpi radialis, extensor carpi radialis and longus brevis. |

**The end…**