

BIOMECHANICS PAPER ASSIGNMENT

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DPT 2Nd (SECTION A)

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15854

QUESTION 1

Shoulder joint muscle and their action

ANSWER:

<u>EXTRINSIC MUSCLE</u>			
<u>SUPERFICIAL</u>		<u>DEEP</u>	
<u>MUSCLES</u>	<u>FUNCTIONS</u>	<u>MUSCLES</u>	<u>FUNCTIONS</u>
TRAPEZIUS		LEVATOR SCAPULAE	Elevation of scapula
Upper Fibers	Elevation of scapula Upward rotation		
Middle Fibers	Retraction of scapula	RHOMBOID MAJOR	Retraction of scapula
Lower Fibers	Depression of scapula Upward rotation		
LATISSIMUS DORSI	Adduction Extension Internal rotation Drepression of scapula	RHOMBOID MINOR	Retraction of scapula

<u>INTRINSIC MUSCLES</u>	
<u>ROTATOR CUFF MUSCLES</u>	<u>FUNCTIONS</u>
Supraspinatus	Abduction
Infraspinatus	External rotation
Subscapularis	Internal rotation
Teres Minor	Internal rotation
<u>TERES MAJOR</u>	<u>External Rotation</u>

<u>DELTOID</u>	Abduction External rotation extension
Anterior	
Middle	
Posterior	

<u>Other Shoulder muscles</u>	<u>Functions</u>
Serratus Anterior	protraction
Pectoralis Major	Horizontal adduction Horizontal flexion Medial rotation.
Pectoralis Minor	Protraction of scapula Elevation of ribs during breathing

QUESTION: 2

THE ELBOW JOINT MUSCLES AND THEIR ACTION

ANSWER:

<u>MUSCLES</u>	<u>ACTIONS</u>
Bicep brachii Brachialis Brachoradialis	Flexion
Tricep Brachii Anconeus	Extension
Pronator teres Pronator quadratus	Pronation
Supinator Biceps brachii	Supination

QUESTION: 3

WRIST JOINT MUSCLE AND THEIR ACTION

ANSWER:

<u>MUSCLES</u>	<u>ACTIONS</u>
Flexor Carpi ulnaris Flexor carpi radialis Flexor digitorum superficialis	flexion
Extensor carpi radialis longus Brevis extensor carpi ulnaris	extension
Extensor carpi ulnaris Flexor carpi ulnaris	adduction
Abductor pollicis longus Flexor carpi radialis Extensor carpi radialis longus brevis	abduction