Muscles of the Shoulder Girdle

Chapter 3
Subclavius

- **Origin**: Superior aspect of the first rib
- **Insertion**: Inferior surface of distal clavicle
- **Action**: Depression and stabilization of the clavicle
Pectoralis Minor

- **Location:** Anterior
- **Origin:** 3–5 ribs
- **Insertion:** coracoid process
- **Actions:**
  - abduction (retraction) of the scapula
  - downward rotation of the scapula
  - depression of the scapula
Downward Rotation
Pectoralis Minor

- Abduction
- Downward rotation
- Depression
- Coracoid process of scapula
- Anterior surfaces of third to fifth rib
Serratus Anterior

- **Location:** Lateral
- **Origin:** Upper 9 ribs
- **Insertion:** anterior surface of medial border
- **Actions:**
  - Abduction
  - Upward rotation
Serratus Anterior

Upward Rotation
Serratus Anterior

A. Lateral view

B. Lateral view with scapula reflected posteriorly to reveal anterior surface

I. Anterior aspect of whole length of medial border of

O. Surfaces of upper nine ribs at side of chest

Abduction

Upward rotation
Levator Scapulae

- **Origin:** cervical vertebrae
- **Insertion:** Superior angle
- **Action:** Elevation of the scapula
Levator Scapulae

O. Transverse processes of upper four cervical vertebrae (C1–4)

I. Medial border of scapula above spine

Elevation
Trapezius

- **Origin**: [Occipital bone, ligamentum nuchae, spinous process of the C7 and all Thorasic vertebrae]

- **Insertion**:
  - Lateral 1/3 of clavicle.
  - Top of acromion process.
  - Spine of the scapula
Actions:

- Upper – elevation of the scapula
- Middle – elevation, adduction & upward rotation of the scapula
- Lower – depression, adduction and upward rotation of the scapula
Pull of the lower fibers

Upward Rotation

Movement of scapula
Trapezius

- Upper fibers
- Middle fibers
- Lower fibers
- Elevation (upper and middle fibers)
- Adduction (middle and lower fibers)
- Upward rotation (middle and lower fibers)
- Depression (lower fibers)

O: Base of skull, occipital protuberance, posterior ligaments of neck, spinous processes of cervical (C7) and all thoracic vertebrae (T1-12)

I: Posterior aspect of lateral third of clavicle, medial border of acromion process & upper border of scapular spine, triangular space at base of scapular spine
Rhomboids

- **Origin:** Ligamentum nuchae and spinous process of C1-7 and 2-5 T
- **Insertion:** Medial border of the scapula
- **Actions:**
  - Adduction of the scapula
  - Downward rotation of the scapula
  - Elevation of the scapula
Rhomboids

- O, Spinous processes of last cervical (C7) and first five thoracic vertebrae (T1–5)
- I, Medial border of scapula below spine

- Elevation
- Adduction
- Downward rotation
Review
Name the muscle and its actions

Pectoralis minor
Abduction
Downward rotation
Depression
Name the muscle and its actions

Lower fibers of the trapezius
Adduction
Upward rotation
Depression
Name the muscle and its action(s)

Levator scapulae
Elevation of the scapula
Name the muscle and its action(s)

Serratus anterior
Abduction
Upward rotation

This muscle is found beneath and posterior to the pectoral muscles on the lateral rib cage. They extend from the sides of the first to the ninth ribs (origins) to the scapulae. Its produces forward movement and rotation of the scapulae.
Name the muscle and its action(s)

Upper fibers of trapezius
Elevation of the scapula
Name the muscle and its action(s)

Subclavius
Depression of the clavicle
Name the muscle

Latissimus dorsi
Name the muscle and its action(s)

- Rhomboids
- Adduction of the scapula
- Downward rotation
- Elevation
Name the muscle and its action(s)

Middle fibers of trapezius
Elevation of the scapula
Upward rotation
Adduction
Rhomboid Muscle Strain/Spasm

spine

injured rhomboid muscle

scapula (shoulder blade)