

Name: _____ Date: _____

Upper Extremity Anatomy

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| 1. It is part of the deltoid muscle that originates on the clavicle. | A. Teres Major Muscle |
| 2. What is the action of middle deltoid muscle? | B. Elbow extension |
| 3. What nerve innervates anterior, middle, and posterior deltoid muscles? | C. Elbow flexion |
| 4. What is the name of the muscle referred to as "little helper" of the latissimus dorsi muscle. | D. Radial nerve |
| 5. Which muscles work together as a team, and has the same actions? It is part of the rotator cuff muscles. | E. Long head |
| 6. What is the action of the muscle levator scapula? | F. Shoulder abduction |
| 7. Give me ONE of the actions of the rhomboid muscle? | G. Median nerve |
| 8. What portion of pectoralis major muscle has an action of shoulder flexion-first 60 degrees? | H. Axillary nerve |
| 9. What type of muscle passes underneath the acromion process, crossing the superior aspect of the shoulder? It is part of the SITS muscles. | I. Pronator Teres Muscle |
| 10. What nerve innervates supraspinatus and infraspinatus? | J. Downward Rotation |
| 11. What is the action of the brachialis muscle? | K. Infraspinatus and Teres Minor |
| 12. What is the name of the muscle that assists in elbow flexion. Its origin is at the lateral epicondyle of humerus and insert at the olecranon process of the ulna. | L. Supinator muscle |
| 13. Where does the long head biceps muscle inserts if it originates from the supraglenoid tubercle of scapula? | M. Subscapular nerve |
| 14. What nerve innervates brachioradialis, triceps, and anconeus muscle? This nerve also known as the BEAST. | N. Scapular elevation and DR |
| 15. What type of muscle does forearm supinator? | O. Anconeus muscle |
| 16. What is the action of the muscle brachioradialis? | P. Anterior Deltoid |
| 17. What nerve innervates pronator teres muscle? | Q. Supraspinatus |
| 18. What is the action of triceps brachii? | R. Clavicular portion |

19. Which part of the triceps muscle originate from the infraglenoid tubercle of scapula?

S. Elbow flexion

20. What is the name of the muscle that assist in forearm pronation?

T. Radial tuberosity radius