

## Summary of Muscles Moving the Upper Limbs

Muscles used for movement of the hands at the wrists	
Term of movement	Active muscles or Agonists
<b>Flexion of hands @ wrist joint</b> <i>'Radius articulates with the carpal bones'</i>	"Wrist flexors"
<b>(Hyper) Extension of hands @ wrist Joint</b> <i>'Radius articulates with the carpal bones'</i>	"Wrist extensors"
Muscles used for movement at the lower arm	
Term of Movement	Active muscles or Agonists
<b>Flexion of lower arm @ elbow</b> <i>'Humerus articulates with the ulna'</i>	Biceps brachii (brachialis, brachioradialis, pronator teres)
<b>Extension of lower arm @ elbow</b> <i>'Humerus articulates with the ulna'</i>	Triceps brachii (anconeus)
<b>Supination of lower arm @ elbow</b> <i>'Radius articulates with the ulna'</i>	"Supinators" (Biceps brachii)
<b>Pronation of lower arm @ elbow</b> <i>'Radius articulates with the ulna'</i>	Pronator teres Pronator quadratus "Pronators"
Muscles used for movement of the scapulae	
Term of Movement	Active muscles or Agonists
<b>Retraction of Scapula</b> (adduction)	Trapezius (mid) Rhomboid Major & Minor Levator Scapulae
<b>Protraction of scapula</b> (abduction)	Serratus Anterior Pectorialis Minor
<b>Elevation of scapula</b>	Trapezius (upper) Levator scapulae Rhomboid Minor
<b>Depression of scapula</b>	Trapezius (lower) (also helps to stabilize the mid back region) Serratus Anterior
<b>Upward rotation of scapula</b>	Trapezius (upper & lower) Serratus Anterior
<b>Downward rotation of scapula</b>	Rhomboid Major & Minor Levator Scapulae
<b>Stabilising scapula</b>	Rhomboid Major Rhomboid Minor Serratus Anterior

## Summary of Muscles Moving the Upper Limbs

Muscles used for movement of the arm at the shoulder	
Term of Movement	Active muscles or Agonists
<b>Stability of humerus in glenohumeral joint</b> Also working in conjunction with the agonists below	Supraspinatus Infraspinatus Teres Minor Subscapularis <b>Aka "SITS" or "Rotator Cuff Muscles"</b>
<b>Flexion of arm @ shoulder</b> <i>'humerus articulates with the glenoid cavity of the scapula'</i>	Anterior Deltoid Pectoralis Major (clavicular) (Coracobrachialis weakly) (Biceps Brachii weakly)
<b>(Hyper) Extension of arm @ shoulder</b> <i>'humerus articulates with the glenoid cavity of the scapula'</i>	Posterior Deltoid Latissimus Dorsi Teres Major (lower pectoralis major also extends flexed arm)
<b>Adduction of arm @ shoulder</b> <i>'humerus articulates with the glenoid cavity of the scapula'</i>	Latissimus Dorsi Pectoralis Major Teres Major (Coracobrachialis weakly) (Long Head Triceps Brachii weakly)
<b>Abduction of arm @ shoulder</b> <i>'humerus articulates with the glenoid cavity of the scapula'</i>	Mid Deltoid (helped by the trapezius & rhomboids which rotate the scapula) Supraspinatus Teres Minor
<b>External rotation of arm @ shoulder</b> <i>'humerus articulates with the glenoid cavity of the scapula'</i>	Posterior Deltoid Infraspinatus Teres Minor
<b>Internal rotation of arm @ shoulder</b> <i>'humerus articulates with the glenoid cavity of the scapula'</i>	Latissimus Dorsi Anterior Deltoid Pectoralis Major Teres major Subscapularis