

Muscles creating movement with the body

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

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Muscles used for movement of the scapulae

Term of Movement	Active muscles or Agonists
Retraction of Scapula (adduction)	Trapezius (mid) Rhomboid Major Rhomboid Minor Levator Scapulae
Protraction of scapula (abduction)	Serratus Anterior Pectorialis Minor
Elevation of scapula	Trapezius (upper) Levator scapulae Rhomboid Minor
Depression of scapula	Trapezius (lower) (also helps to stabilize the mid back region) Serratus Anterior
Upward rotation of scapula	Trapezius (upper) Serratus Anterior Levator scapulae
Stabilising scapula	Rhomboid Major Rhomboid Minor Serratus Anterior

Muscles used for movement at the lower arm

Term of Movement	Active muscles or Agonists
Flexion of lower arm @ elbow <i>'Humerus articulates with the ulna'</i>	Biceps brachii (brachialis, brachioradialis, pronator teres)
Extension of lower @ elbow <i>'Humerus articulates with the ulna'</i>	Triceps brachii (anconeus)
Supination of lower arm @ elbow <i>'Radius articulates with the ulna'</i>	Biceps brachii Supinators.
Pronation of lower arm @ elbow <i>'Radius articulates with the ulna'</i>	Pronator teres Pronator quadratus

Muscles used for movement of the hands at the wrists

Term of movement	Active muscles or Agonists
Flexion of hands @ wrist joint <i>'Radius articulates with the carpal bones'</i>	Wrist flexors
Extension of hands & wrist joint (hyper) <i>'Radius articulates with the carpal bones'</i>	Wrist extensors

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