



# YMCA Awards

Level 3 Applied anatomy and  
physiology

2018

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## **Muscles of the shoulder joint rotator cuff**

# Supraspinatus



## **Origin**

Superior to spine of scapula

## **Insertion**

Superiorly on the head of the humerus

## **Joint crossed**

Shoulder

## **Joint action**

Assists deltoid in abduction of the arm

Stabilises the shoulder joint: helps prevent downward dislocation

# Subscapularis



## **Origin**

Anterior surface of scapula

## **Insertion**

Anteriorly on the head of the humerus

## **Joint crossed**

Shoulder

## **Joint action**

Rotates the arm medially

Stabilises the joint

# Infraspinatus



## **Origin**

Inferior to spine of scapula

## **Insertion**

Laterally on the head of the humerus

## **Joint crossed**

Shoulder

## **Joint action**

Rotates arm laterally

Stabilises the joint

## Teres minor



### **Origin**

Lateral border of scapula near the inferior angle

### **Insertion**

Laterally on the head of the humerus

### **Joint crossed**

Shoulder

### **Joint action**

Rotates arm laterally

Stabilises the joint

