

Muscle	Origin	Insertion	Rotator Cuff	Flexion	Extension	Abduction	Adduction	Internal Rotation	External Rotation	Elevation	Retraction		
Anterior Deltoid	Lateral 1/3 of clavicle, acromion & scapular spine	Deltoid tuberosity of humerus		Primary		Assistant		Assistant					
Medial Deltoid				Primary									
Posterior Deltoid			Assistant	Assistant									
Supraspinatus	Supraspinous fossa of scapula	Greater tubercle of humerus	☺	Primary		Primary							
Pectoralis Major	Medial ½ of clavicle, sternum & ribs 1 through 6	Crest of greater tubercle of humerus				Primary						Primary	Assistant
Subscapularis	Subscapular fossa of scapula	Lesser tubercle of humerus	☺									Assistant	Primary
Latissimus Dorsi	Inferior angle scapula, spin proc T-6 to T-12, last 3 ribs, posterior iliac crest	Intertubercular groove of humerus			Primary		Primary						
Teres Major	Inferior angle & lower 1/3 lateral border of scapula				Primary		Primary						
Coracobrachialis	Coracoid process	Medial surface of humeral shaft		Assistant				Assistant					
Infraspinatus	Infraspinous fossa of scapula	Greater tubercle of humerus	☺										Primary
Teres Minor	Upper 2/3 lateral border of scapula		☺										Primary
Triceps (long head)	Infraglenoid tubercle of scapula	Olecranon			Assistant		Assistant						
Levator Scapulae	Transverse process C- 1 through C-4	Superior medial border of scapula											
Rhomboideus (both)	Medial border scapula	Spinous process C-7 to T-5											Primary