

Muscles of the Arm

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Anterior (Flexor) Compartment

1. Biceps Brachii

Origin

- *Long head* ? Supraglenoid tubercle of scapula.
- *Short head* ? Tip of coracoid process of scapula.

Insertion

- Posterior part of **radial tuberosity** and **bicipital aponeurosis** blending with deep fascia of forearm.

Function

- Flexes elbow joint.
- Supinates forearm (especially when flexed).
- Weak flexor of shoulder joint.

Clinical Importance

- **Biceps reflex** ? tests C5–C6 segments.
- **Tendon rupture** ? “Popeye deformity.”
- **Tenosynovitis** of long head ? anterior shoulder pain.

2. Coracobrachialis

Origin

- Tip of coracoid process of scapula.

Insertion

- Medial surface, mid-shaft of humerus.

Function

- Flexes and adducts arm at shoulder joint.

Clinical Importance

- **Musculocutaneous nerve** pierces it ? anatomical landmark.
- Hypertrophy/fibrosis may compress the nerve.

3. Brachialis

Origin

- Distal half of anterior surface of humerus and intermuscular septa.

Insertion

- Coronoid process and tuberosity of ulna.

Function

- **Chief flexor of elbow** in all positions of forearm.

Clinical Importance

- Supplied mainly by **musculocutaneous nerve**, partly by **radial nerve**.
- Injured in fractures of lower humerus ? pain and restricted elbow flexion.

Posterior (Extensor) Compartment

4. Triceps Brachii

Origin

- *Long head* ? Infraglenoid tubercle of scapula.
- *Lateral head* ? Posterior surface of humerus above radial groove.
- *Medial head* ? Posterior surface of humerus below radial groove.

Insertion

- Upper surface of olecranon process of ulna.

Function

- **Chief extensor of elbow.**

- Long head also extends and adducts arm at shoulder.

Clinical Importance

- **Triceps reflex** ? tests C7–C8.
- Paralysis ? loss of elbow extension.
- **Radial nerve** injury ? triceps weakness and wrist drop.

5. Anconeus

Origin

- Posterior surface of lateral epicondyle of humerus.

Insertion

- Lateral surface of olecranon and upper part of ulna.

Function

- Assists triceps in elbow extension; stabilizes elbow joint.

Clinical Importance

- Supplied by **radial nerve**.
- Acts as protective muscle for posterior elbow capsule.