

UPPER LIMB COURSE

MUSCLE CHART

Muscle / Innervation
SHOULDER & ROTATOR CUFF
Infraspinatus (Suprascapular C5, C6)
Deltoid (Axillary C5)
Supraspinatus (Suprascapular N C4,5,6)
Subscapularis C5,6,7 Upper and lower subscapular N's
THE HAND
First Dorsal Interosseous Deep BR, Ulnar Nerve, C8/T1
2-4 Dorsal Interosseous C8 / T1
Adductor Pollicis C8 /T1
Abductor Pollicis Brevis C8 /T1 Median N
Flexor Pollicis Brevis C8 /T1 Median N
Opponens Pollicis C8 / T1 Median N
Abductor Digiti Minimi C8/T1 D Br Ulna N
Flexor Digiti Minimi C8/T1 D Br Ulna N
Opponens Digiti Minimi C8/T1 D Br Ulna N
Flexor Pollicis Longus C7/8 Median N
Extensor Pollicis Longus C7/8 Post. int. N
Extensor Pollicis Brevis C7/8 Post. int. N
Abductor Pollicis Longus C6/7 Post. int. N

Muscle / Innervation
UPPER EXTREMITY
Biceps short and long heads (C5,C6 musculocutaneous)
Triceps (Rad, C6,C7,C8,T1)
Brachioradialis (rad, C5,C6)
ECRL (Radial, C6,C7)
ECRB (Rad/post int C6,C7)
Epicondylar part of the common extensor tendon (Rad, C5,C6,C7,C8)
Extensor carpi ulnaris (Rad/PI,C6,C7,C8)
Extensor digitorum (Rad/PI,C6,C7,C8)
Supinator (Rad/PI, C5,C6,C7))
Pronator Teres (Median C6)
Flexor carpi radialis (Median C6,C7,C8)
Flexor digitorum superficialis (Median C7,C8,T1)
Flexor carpi ulnaris (Ulnar C6,C7)