

# Download File PDF Manual Muscle Testing Shoulder

#Jenny



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Cool! I'am really happy

#Markus Jensen



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#Diego Butler



so many fake sites. this is the first one which worked! Many thanks

Muscles about the Shoulder: Their Actions, Nerve Supply, and Nerve Root Derivation

Action	Muscle Acting	Nerve Supply	Nerve Root Derivation Retraction
Forward flexion	1. Deltoid (anterior fibers)	Axillary (circumflex)	C5-C6 (posterior cord)
	2. Pectoralis major (clavicular fibers)	Lateral pectoral	C5-C6 (lateral cord)
	3. Coracobrachialis	Musculocutaneous	C5-C7 (lateral cord)
	4. Biceps (when strong contraction required)	Musculocutaneous	C5-C7 (lateral cord)
Extension	1. Deltoid (posterior fibers)	Axillary (circumflex)	C5-C6 (posterior cord)
	2. Teres major	Subscapular	C5-C6 (posterior cord)
	3. Teres minor	Axillary (circumflex)	C5-C6 (posterior cord)
	4. Latissimus dorsi	Thoracodorsal	C6-C8 (posterior cord)
	5. Pectoralis major (sternocostal fibers)	Lateral pectoral	C5-C6 (lateral cord)
Horizontal adduction	6. Triceps (long head)	Medial pectoral	C8, T1 (medial cord)
	1. Pectoralis major	Radial	C5-C8, T1 (posterior cord)
Horizontal abduction	2. Deltoid (anterior fibers)	Lateral pectoral	C5-C6 (lateral cord)
	1. Deltoid (anterior fibers)	Axillary (circumflex)	C5-C6 (posterior cord)
Abduction	1. Deltoid (posterior fibers)	Axillary (circumflex)	C5-C6 (posterior cord)
	2. Teres major	Subscapular	C5-C6 (posterior cord)
	3. Teres minor	Axillary (circumflex)	C5-C6 (brachial plexus tr)
	4. Infraspinatus	Suprascapular	C5-C6 (brachial plexus tr)
...	1. Deltoid	Axillary (circumflex)	C5-C6 (posterior cord)
	2. Suprascapular	Suprascapular	C5-C6 (brachial plexus tr)
	3. Infraspinatus	Suprascapular	C5-C6 (brachial plexus tr)
	4. Subscapularis	Subscapular	C5-C6 (posterior cord)
	5. Teres minor	Axillary (circumflex)	C5-C6 (posterior cord)
	6. Long head of biceps (if arm laterally rotated first, trick movement)	Musculocutaneous	C5-C7 (lateral cord)

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