Upper Limb - Arm Muscles

The arm muscles are divided into anterior and posterior muscles as well as superficial and deep muscles. The biceps brachii and triceps brachii (long and lateral heads) are superficial while the brachialis, coracobrachialis, and medial head of the triceps are deep muscles. The arm muscles work to flex and extend the elbow as well as adduct the shoulder.

PLAY PICMONIC

Anterior Superficial Muscles

Biceps Brachii
Bicycle Branch
The biceps brachii has two heads, a long head which originates from the glenohumeral joint and scapula and a short head which originates from the scapula. Both long and short heads of the biceps brachii insert onto the radius. The biceps brachii muscle functions to flex the elbow and supinate the forearm. It is innervated by the C5-C6 musculocutaneous nerve.

Anterior Deep Muscles

Coracobrachialis
Crow-branch-Alice
The coracobrachialis originates from the coracoid process on the scapula and inserts into the humerus. This muscle functions to flex the arm and adduct the shoulder. It is innervated by the C5-C7 musculocutaneous nerve.

Brachialis
Branch-Alice
The brachialis muscle originates at the distal humerus and inserts into the ulnar tuberosity. The brachialis muscle functions to flex the elbow with the forearm supinated or pronated. It is innervated by the C5-C6 musculocutaneous nerve and C7 radial nerve.

Posterior Superficial Muscles

Long Head of Triceps Brachii
Long Head and Tricycle Branch
The long head of the triceps brachii originates from the scapula and inserts to the ulna at the olecranon process. The long head functions in elbow extension and assists in adduction of the shoulder. It is innervated by the C6-C8 radial nerve.

Lateral Head of Triceps Brachii
Ladder Head and Tricycle Branch
The lateral head of the triceps brachii originates from the humerus and inserts to the ulna at the olecranon process. The lateral and long heads help extend the elbow. It is innervated by the C6-C8 radial nerve.

Posterior Deep Muscles

Medial Head of Triceps Brachii
Metal Head of Tricycle Branch
The medial head of the triceps brachii originates from the humerus and inserts to the ulna at the olecranon process. The medial head functions to assist with all forms of forearm extension. It is innervated by C6-C8 radial nerve.