

Scapula

1. Elevators of the Scapula

1. Upper Trapezius
2. Levator Scapula

2. Depressors of the Scapula

1. Pectoralis Minor
2. Lower Trapezius

3. Protractors of the Scapula

1. Pectoralis Minor
2. Serratus Anterior

4. Retractors of the Scapula

1. Middle Trapezius
2. Rhomboids

5. Upward Rotators of the Scapula

1. Upper Trapezius
2. Lower Trapezius
3. Serratus Anterior

6. Downward Rotators of the Scapula

1. Levator Scapula
2. Rhomboids
3. Pectoralis Minor

Humerus

1. Medial (Internal) Rotators of the Humerus

1. Anterior Deltoid
2. Pectoralis Major
3. Subscapularis
4. Teres Major
5. Latissimus Dorsi

2. Lateral (External) Rotators of the Humerus

1. Infraspinatus
2. Teres Minor
3. Posterior Deltoid

3. Flexors of the Humerus

1. Anterior Deltoid
2. Pectoralis major (clavical head)
3. Coracobrachialis
4. Biceps Brachii (short head)

4. Extensors of the Humerus

1. Latissimus Dorsi
2. Teres Major
3. Posterior Deltoid
4. Infraspinatus
5. Teres Minor
6. Triceps Brachii (long head)
7. Pectoralis Major (sternal head)

5. Abductors of the Humerus

1. Supraspinatus
2. Middle Deltoid

6. Adductors of the Humerus

1. Pectoralis Major
2. Coracobrachialis
3. Latissimus Dorsi
4. Teres Major
5. Subscapularis

7. Horizontal Abductors of the Humerus

1. Posterior Deltoid

8. Horizontal Adductors of the Humerus

1. Anterior Deltoid
2. Pectoralis Major

Elbow

1. Flexors of the Elbow

1. Biceps Brachii
2. Brachialis
3. Brachioradialis
4. Pronator Teres

2. Extensors of the Elbow

1. Triceps Brachii
2. Anconeus

Forearm

1. Supinators of the Forearm

1. Biceps Brachii
2. Supinator

2. Pronators of the Forearm

1. Pronator Teres
2. Pronator Quadratus

Wrist

1. Flexors of the Wrist

1. Flexor Carpi Radialis
2. Flexor Carpi Ulnaris
3. Palmaris Longus
4. Flexor Digitorum Superficialis
5. Flexor Profundus

2. Extensors of the Wrist

1. Extensor Carpi Radialis Longus
2. Extensor Carpi Radialis Brevis
3. Extensor Carpi Ulnaris
4. Extensor Digitorum
5. Extensor Indices
6. Extensor Digiti Minimi

3. Adductors of the Wrist

1. Extensor Carpi Ulnaris
2. Flexor Carpi Ulnaris

4. Abductors of the Wrist

1. Flexi Carpi Radialis
2. Extensor Carpi Radialis Longus
3. Abductor Pollicis Longus
4. Extensor Pollicis Longus
5. Extensor Pollicis Brevis