

Anatomy & Physiology: Muscles—Deltoid.

STRUCTURE.

- Origin: lateral 1/3 (acromial extremity) of clavicle.
- Insertion: deltoid tuberosity of humerus.

FUNCTION.

- Concentric action: abduction at the glenohumeral (GH) joint. Arm flexion at GH joint (anterior deltoid). Medial rotation of the arm at GH (anterior deltoid). Horizontal flexion at the GH joint (anterior deltoid). Arm extension (posterior deltoid). Lateral rotation (posterior deltoid). Horizontal extension at GH (posterior deltoid).
- Reverse mover actions: downward rotation of scapula at glenohumeral and scapulocostal joints; ipsilateral rotation of the trunk; contralateral rotation of the trunk.
- Eccentric action: controls/restrains/slows arm adduction, extension, horizontal extension, flexion, horizontal flexion, lateral rotation, and medial rotation. Upward tilt of scapula such that inferior angle lifts off the thoracic wall.
- Isometric action: stabilization of the shoulder girdle. Stabilize clavicle.
- Innervation: axillary nerve.
- Arterial supply: anterior and posterior circumflex humeral arteries (branches of axillary artery). Pectoral and deltoid branches of thoracoacromial trunk (branch of axillary artery).

CLINICAL SIGNIFICANCE.

References

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