

Anatomy & Physiology: Muscles—Triceps Brachii.

STRUCTURE.

- Origin: long head—infraglenoid tubercle of scapula, a projection inferior to glenoid cavity; lateral head—lateral and posterior surfaces of humerus superior to radial groove; medial head—posterior surface of humerus inferior to groove for radial nerve.
- Insertion: olecranon process of ulna.

FUNCTION.

- Concentric action: elbow extension; shoulder extension. Adduction of shoulder (long head); shoulder extension (glenohumeral joint).
- Reverse mover action: arm extension at elbow; scapular downward rotation; protraction and lateral tilt of scapula.
- Eccentric action: controls/restrains/slows elbow flexion, shoulder flexion, shoulder abduction, horizontal flexion, scapular upward rotation, scapular retraction, scapular medial tilt.
- Isometric action: stabilization of the elbow and shoulder girdle.
- Innervation: radial nerve.
- Arterial supply: deep brachial artery; circumflex scapular artery.

CLINICAL SIGNIFICANCE.

References

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