



Rotator Cuff (S.I.T.S. Muscles):

Quick Reference Study Guide

	<p>Supraspinatus</p>	<p>Origin: Supraspinous fossa</p> <p>Insertion: Greater tubercle of humerus</p>	<p>Abduction</p>
	<p>Infraspinatus</p>	<p>Origin: Infraspinous fossa</p> <p>Insertion: Greater tubercle of humerus</p>	<p>External Rotation</p>
	<p>Teres Minor</p> <p>Note: Don't confuse this muscle with Teres Major!</p>	<p>Origin: Lateral border of scapula</p> <p>Insertion: Greater tubercle of humerus</p>	<p>External Rotation</p> <p>Study Tips: I.T. = Externally Rotates</p>
	<p>Subscapularis</p>	<p>Origin: Subscapular fossa</p> <p>Insertion: Lesser tubercle of humerus</p>	<p>Internal Rotation</p>