Quick Reference: Study Guide

**Pectoralis Major**

**Origin:** Medial half of clavicle, sternum and costal cartilages or ribs 1 or 2 through ribs 6 or 7.

**Insertion:** Bicipital groove of Humerus

**Joint crossed:** Shoulder

**Actions:**
- Internal Rotation and Horizontal Adduction
  - **Sternal Head:** Will assist with Adduction
  - **Clavicular Head:** Will assist with Flexion

**Latissimus Dorsi**

**Origin:** Lower 4 ribs, crest of ilium, thoracolumbar fascia, spinous processes of T7-L5, thoracolumbar fascia, and inferior angle of scapula

**Insertion:** Bicipital groove of Humerus

**Joint crossed:** Shoulder

**Actions:**
Adduction, Extension and Internal Rotation
**Teres Major**

**Origin:** Inferior angle of scapula  
(below Teres Minor)

**Insertion:** Bicipital groove of Humerus

**Joint crossed:** Shoulder

**Actions:**  
Adduction, extension and internal rotation