

UPPER ARM ANATOMY CHART

Anatomical Reference for Brachial Musculature

Biceps Brachii

ANTERIOR VIEW DIAGRAM

- **Long Head** Origin: Supraglenoid tubercle of scapula. Lateral position.
- **Short Head** Origin: Coracoid process of scapula. Medial position.
- **Brachialis** Lies deep to the biceps; primary elbow flexor.
- **Coracobrachialis** Deep muscle assisting in flexion and adduction.

Triceps Brachii

POSTERIOR VIEW DIAGRAM

- **Long Head** Origin: Infraglenoid tubercle. Involved in shoulder stability.
- **Lateral Head** Origin: Posterior humerus. Strongest head for extension.
- **Medial Head** Origin: Distal posterior humerus. Mostly covered by other heads.
- **Anconeus** Small muscle at the elbow joint; assists extension.

Primary Functions: Biceps (Flexion/Supination) | Triceps (Extension) | Clinical Reference Only