

ANATOMY REFERENCE: UPPER ARM

Subject: Musculoskeletal System
Region: Glenohumeral & Brachium

[Anterior / Posterior View Diagram Area]

STRUCTURE NAME	ORIGIN / ATTACHMENT	PRIMARY FUNCTION
Major Tendons		
Biceps Brachii (Long Head)	Supraglenoid tubercle of scapula	Forearm supination, elbow flexion
Biceps Brachii (Short Head)	Coracoid process of scapula	Elbow flexion, shoulder stabilization
Triceps Brachii Tendon	Olecranon process of ulna	Elbow extension
Brachialis Tendon	Ulnar tuberosity	Primary elbow flexor
Key Ligaments		
Glenohumeral Ligaments	Glenoid cavity to humerus	Prevents shoulder dislocation
Coracohumeral Ligament	Coracoid process to greater tubercle	Strengthens upper joint capsule
Ulnar Collateral (MCL)	Medial epicondyle to ulna	Resists valgus stress at elbow

STRUCTURE NAME	ORIGIN / ATTACHMENT	PRIMARY FUNCTION
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Radial Collateral (LCL)	Lateral epicondyle to radius	Resists varus stress at elbow
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Educational Reference Template Æ Clinical Anatomy Series Æ Upper Limb Index