

MUSCULAR INSERTION POINTS

Upper Arm (Brachium) Reference Chart

MUSCLE GROUP	MUSCLE NAME	INSERTION POINT (DISTAL)
Anterior	Biceps Brachii	Radial tuberosity & bicipital aponeurosis
Anterior	Brachialis	Coronoid process & tuberosity of ulna
Anterior	Coracobrachialis	Medial surface of mid-humeral shaft
Posterior	Triceps Brachii	Olecranon process of ulna
Lateral/Shoulder	Deltoid	Deltoid tuberosity of humerus
Posterior	Anconeus	Lateral surface of olecranon