

POSTERIOR COMPARTMENT: UPPER ARM

MUSCLE	ORIGIN	INSERTION	PRIMARY ACTION
Triceps Brachii (Long Head)	Infraglenoid tubercle of scapula	Olecranon process of ulna	Extension of forearm; Extension/Adduction of arm
Triceps Brachii (Lateral Head)	Posterior surface of humerus (above radial groove)	Olecranon process of ulna	Extension of forearm
Triceps Brachii (Medial Head)	Posterior surface of humerus (below radial groove)	Olecranon process of ulna	Extension of forearm
Anconeus	Lateral epicondyle of humerus	Lateral side of olecranon; posterior ulna	Assists extension; stabilizes elbow joint

Anatomical Reference Template – Posterior Brachium – Innervation: Radial Nerve (C5-T1)