

# THE ROTATORY CUFF

D. HAMMOUDI,MD

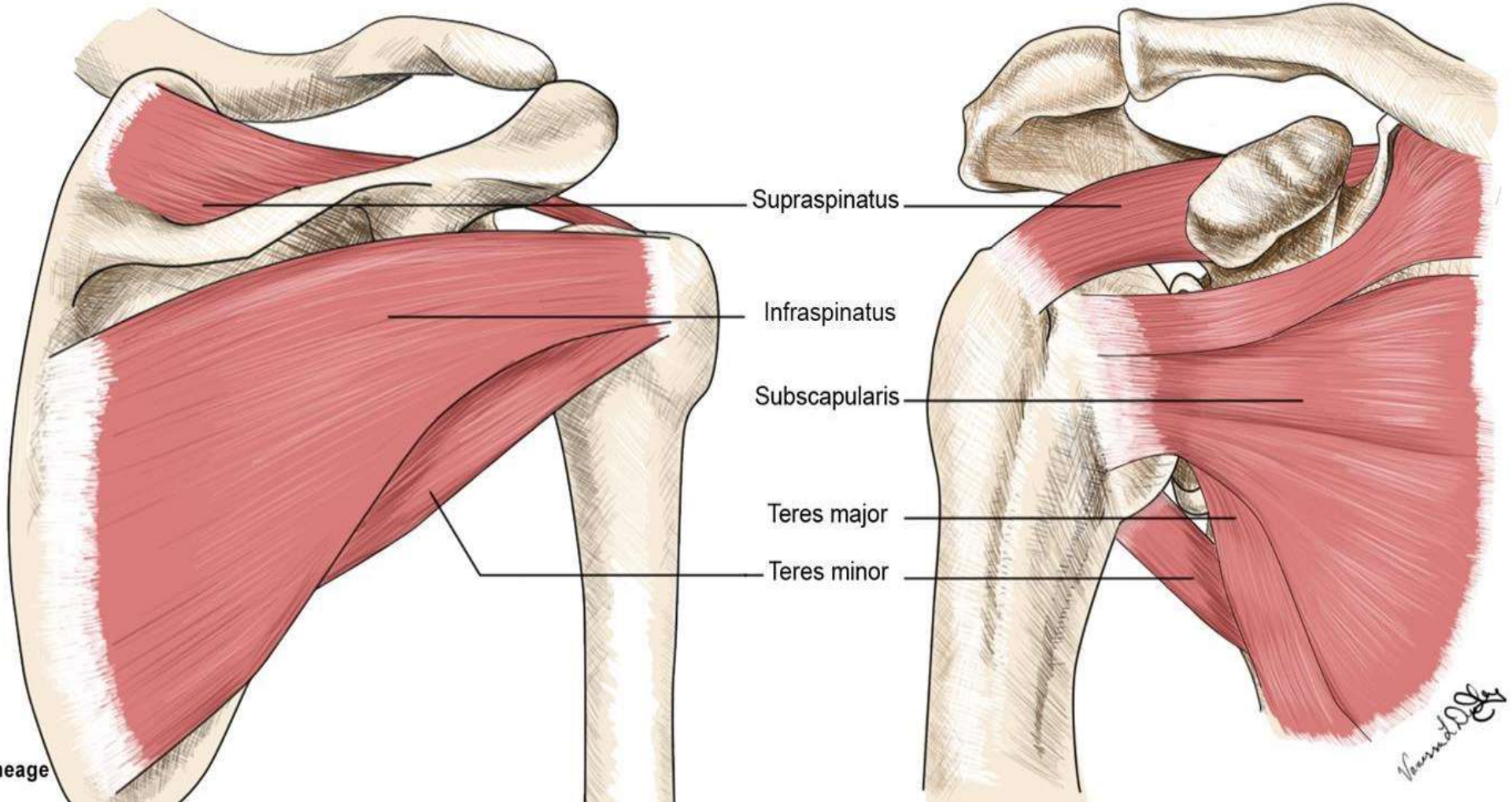
MUSCLE NAME		ORIGIN	INSERTION	ACTION	NERVE SUPPLY/ NOTES
<i>Muscles of the Thorax, Shoulder, and Abdominal Wall:</i>					
Rotator Cuff	Supraspinatus (rotator cuff)	Scapula (supraspinous fossa)	Greater tubercle of humerus	Stabilizes shoulder (helps prevent downward dislocation); assists in abduction	Suprascapular
	Infraspinatus (rotator cuff)	Scapula (infraspinous foss)	Greater tubercle	Holds head of humerus in glenoid cavity; stabilizes shoulder; rotates humerus laterally	Suprascapular
	Subscapularis (rotator cuff)	Subscapular fossa	Lesser tubercle	Medially rotates humerus; helps hold humerus in glenoid cavity	Subscapular nerve
	Teres minor (rotator cuff)	Lateral dorsal scapula	Greater tubercle	Holds head of humerus in glenoid cavity; stabilizes shoulder; rotates humerus laterally; adducts arm at shoulder	Axillary
Teres major		Posterior inferior scapula	Intertubercular groove	Extends, medially rotates, adducts humerus (synergist of latissimus dorsi)	Lower subscapular

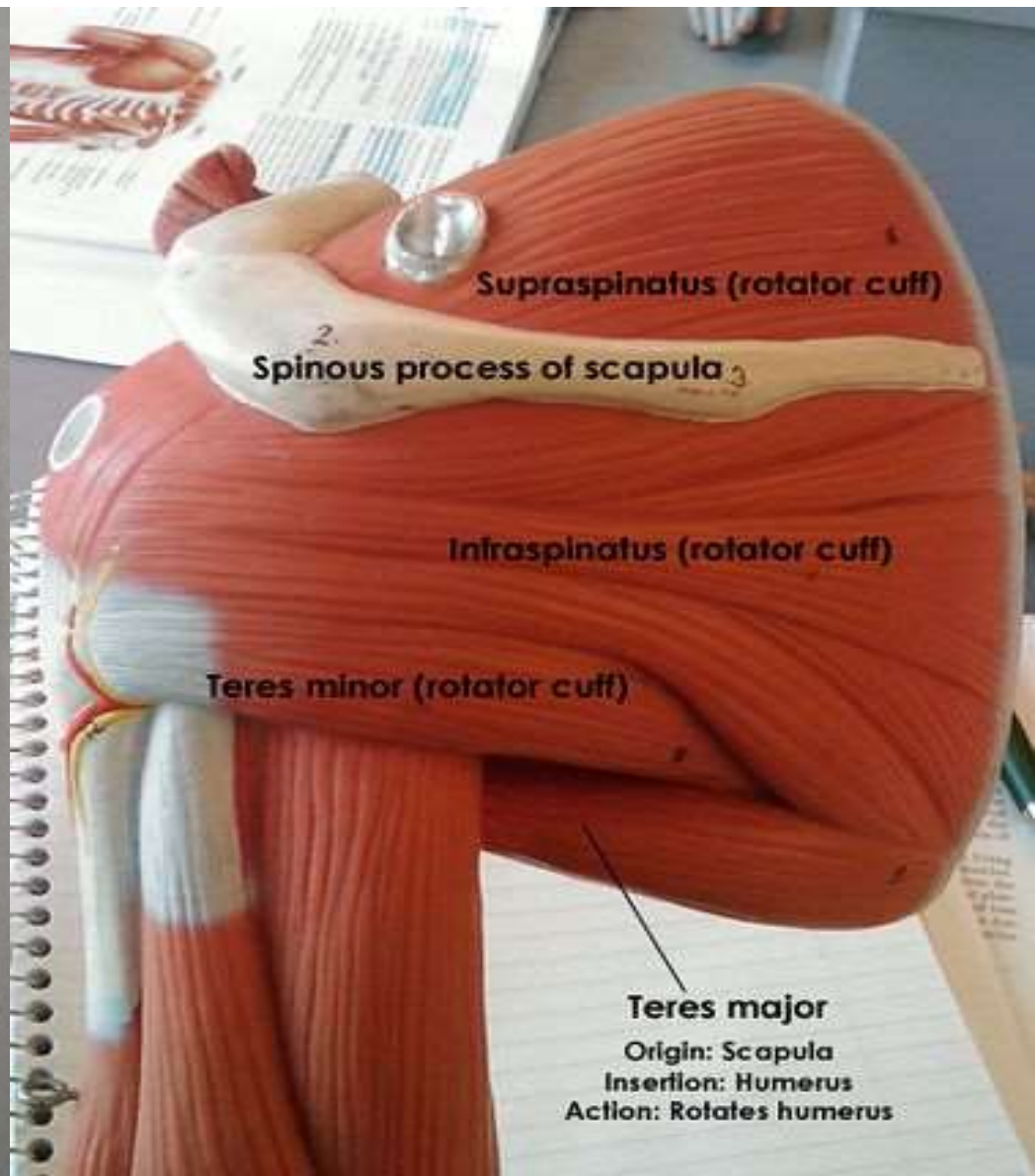


Posterior View

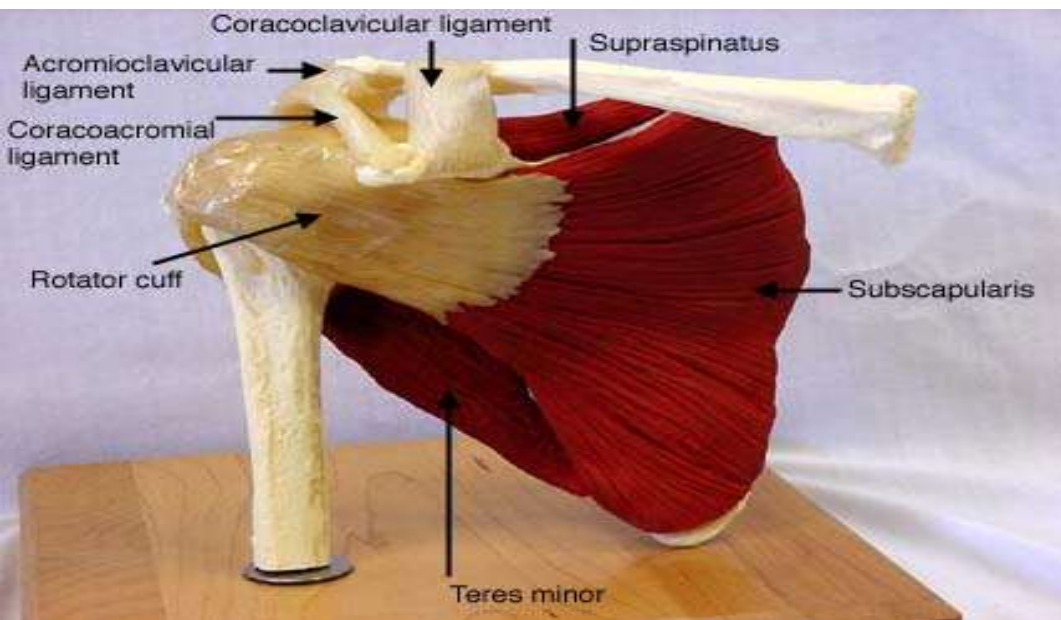
## Rotator Cuff

Anterior View

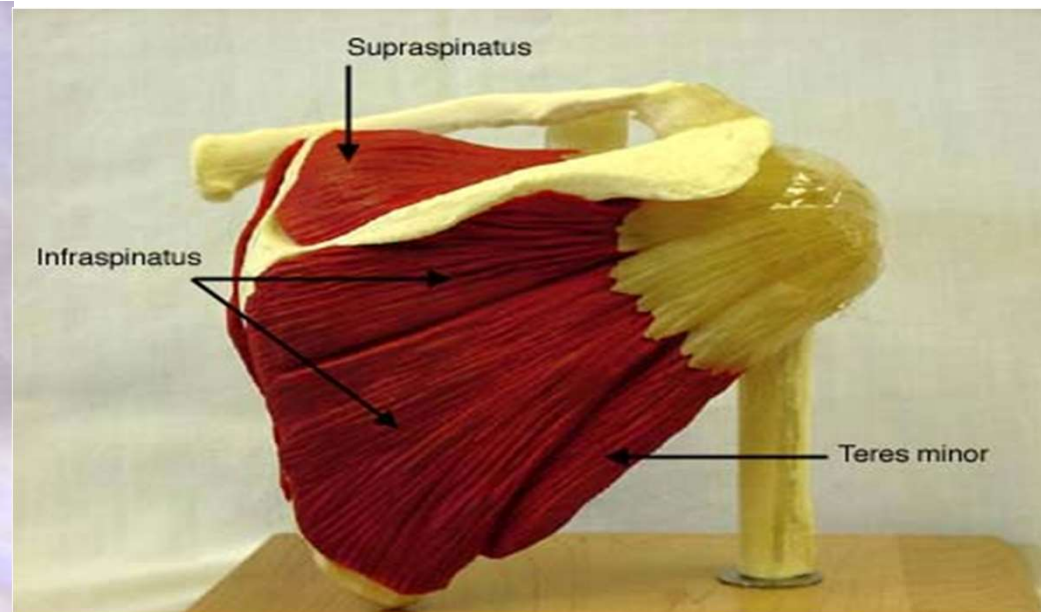




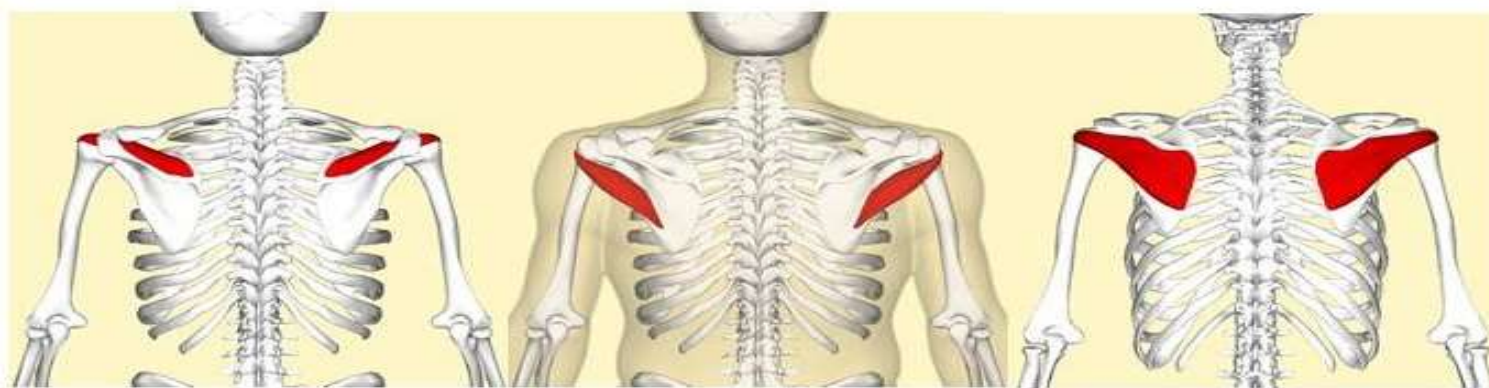




Back view

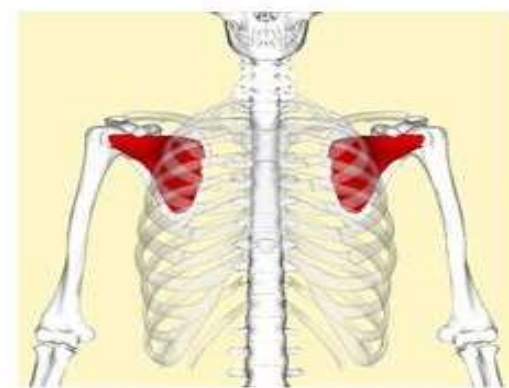


Front view



*supraspinatus*

*teres minor*



*infraspinatus*

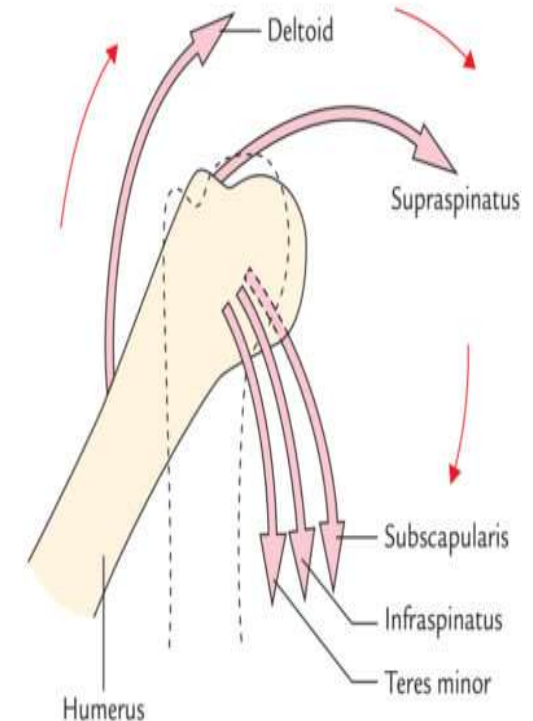
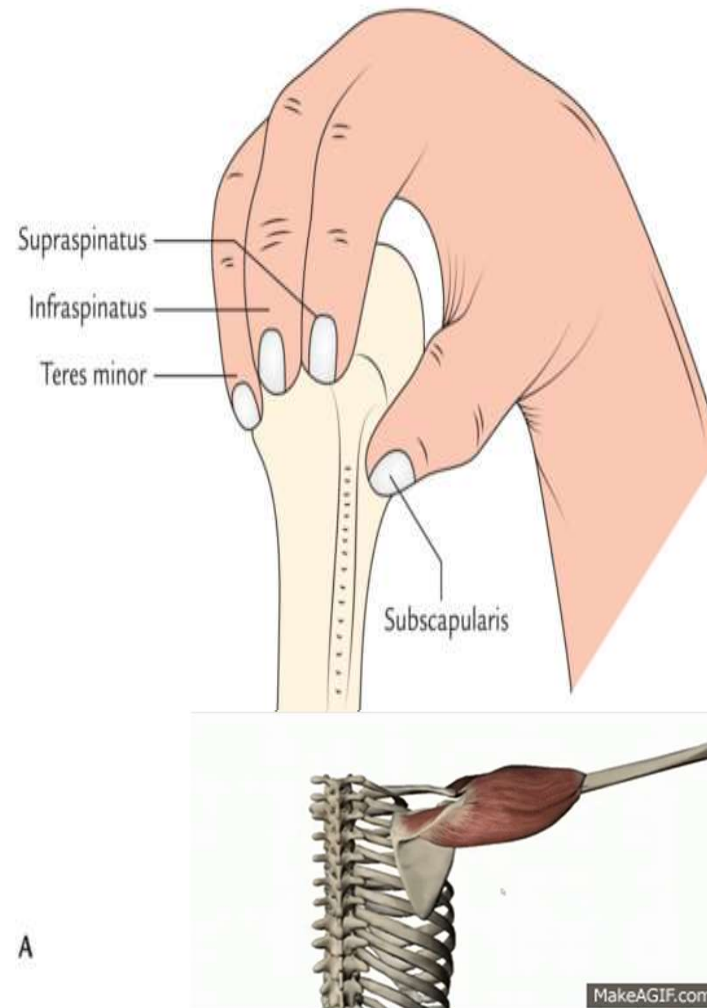
*subscapularis*

**Supraspinatus:** The main function of the supraspinatus muscle is to hold the humerus in its place and maintain the stability of the upper arm which ultimately helps to lift the arm.

**Infraspinatus:** Rotation and extension of the shoulder is the major function carried out by infraspinatus muscle.

**Teres Minor:** This is the smallest of all rotator cuff muscle. Its major function is to help in the rotation of the arm away from the body.

**Subscapularis:** This muscle keeps the upper arm intact to your shoulder blade and assists in rotation of the arm, hold it straight out and lower it.



Action of the rotator cuff muscles: A, they grasp and pull the relatively large head of the humerus medially to hold it against the smaller and shallow glenoid cavity; B, combined function of the rotator cuff muscles and deltoid.





Anterolateral View

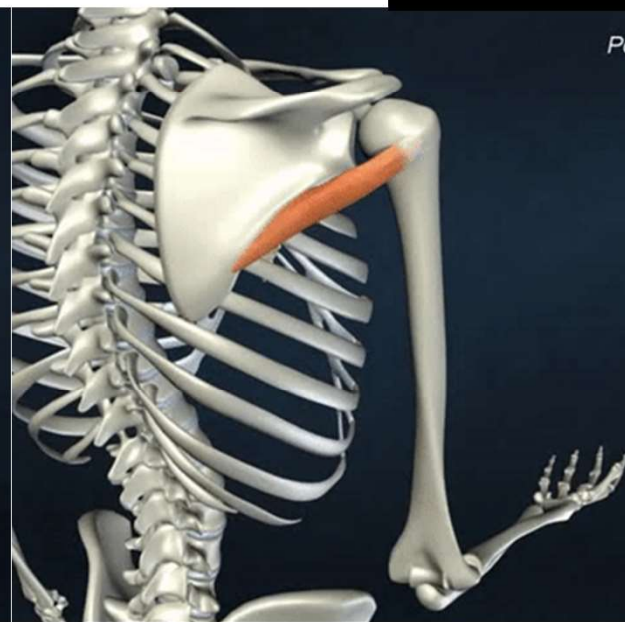
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Posterolateral View



of the shoulder joint. Infraspinatus laterally rotates the arm by turning

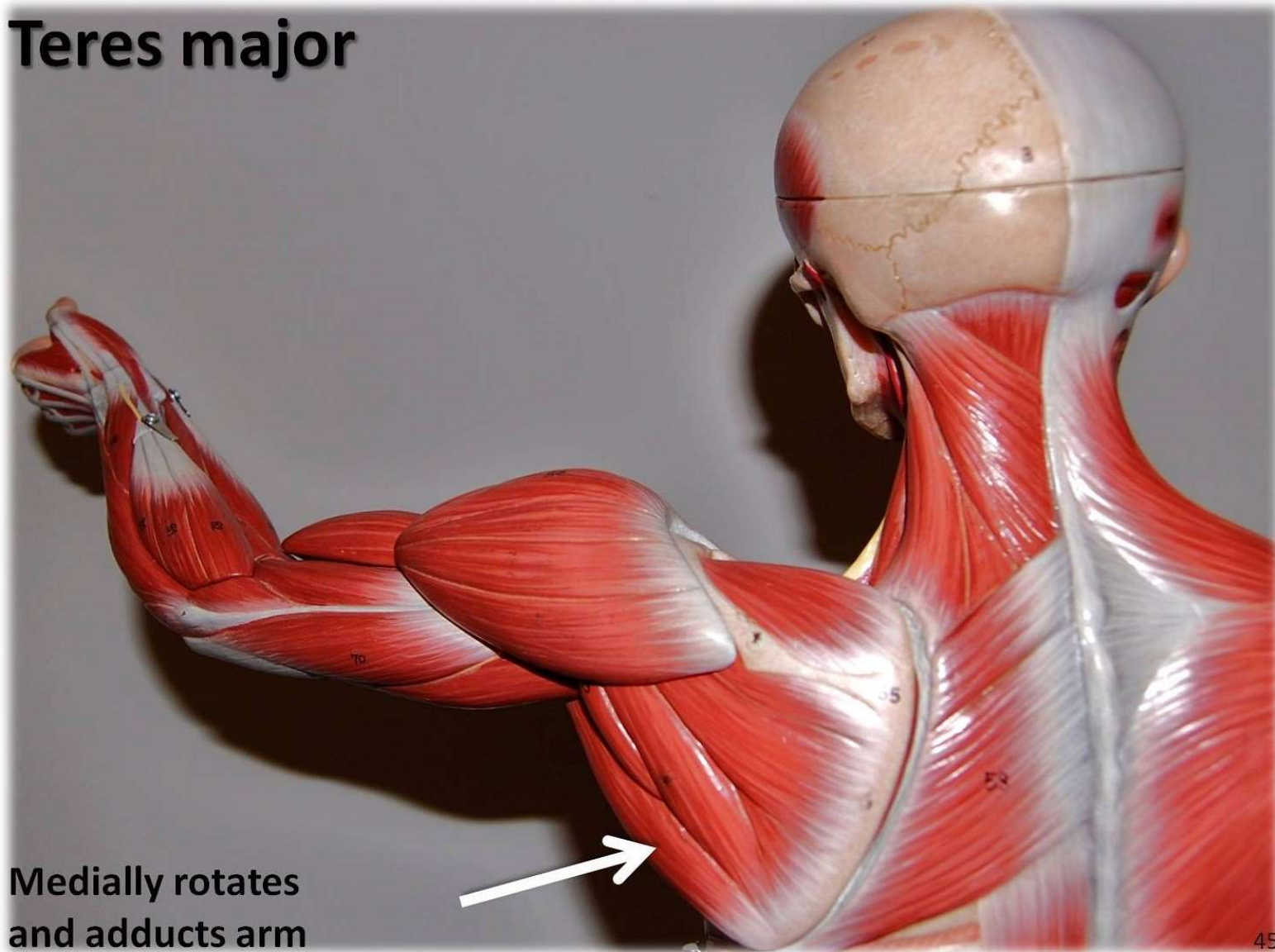
Posterolateral View



humerus. Teres minor adducts and laterally rotates the arm. Along with

# Teres major

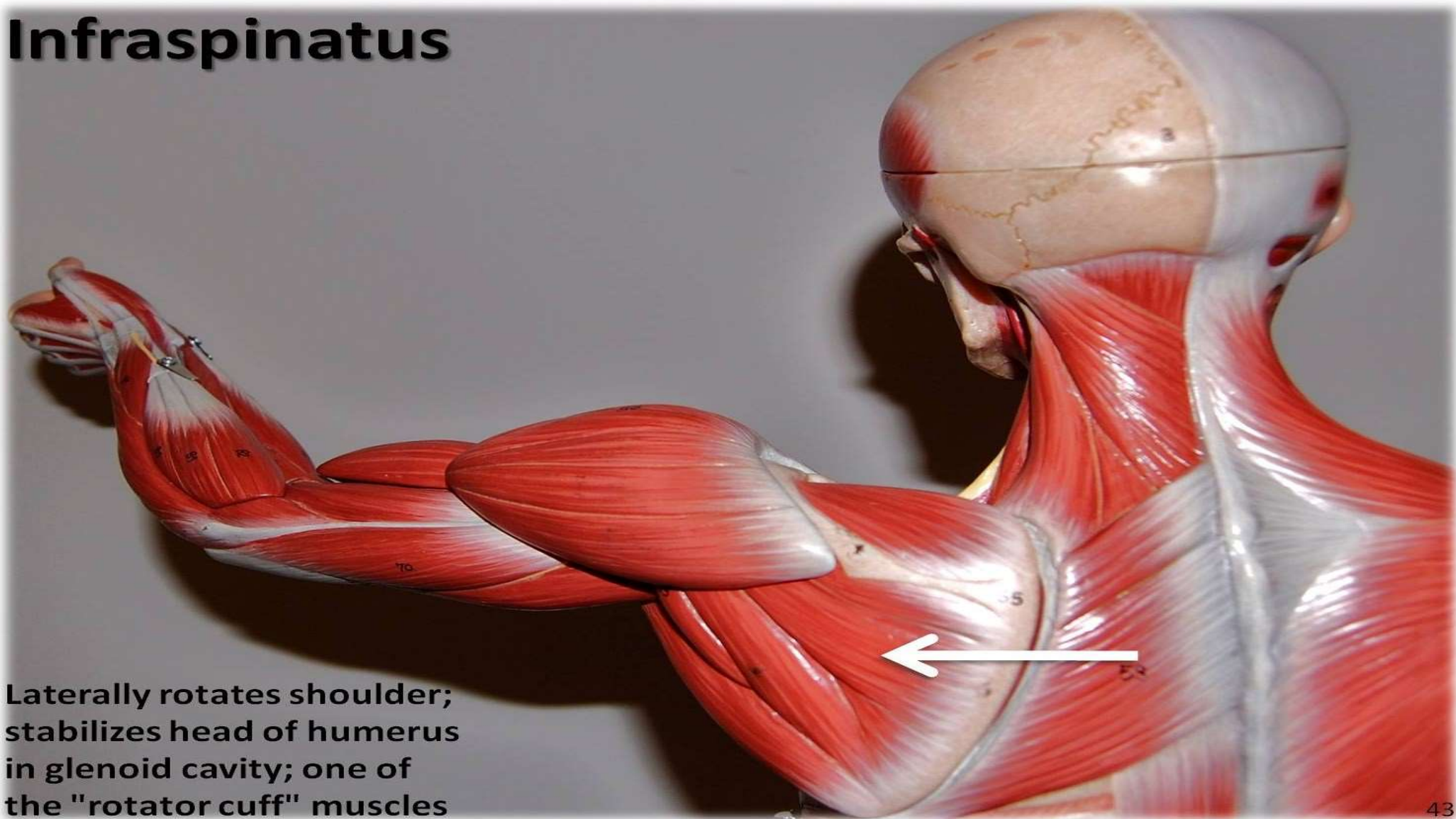
Not part of  
the rotatory  
cuff



Medially rotates  
and adducts arm

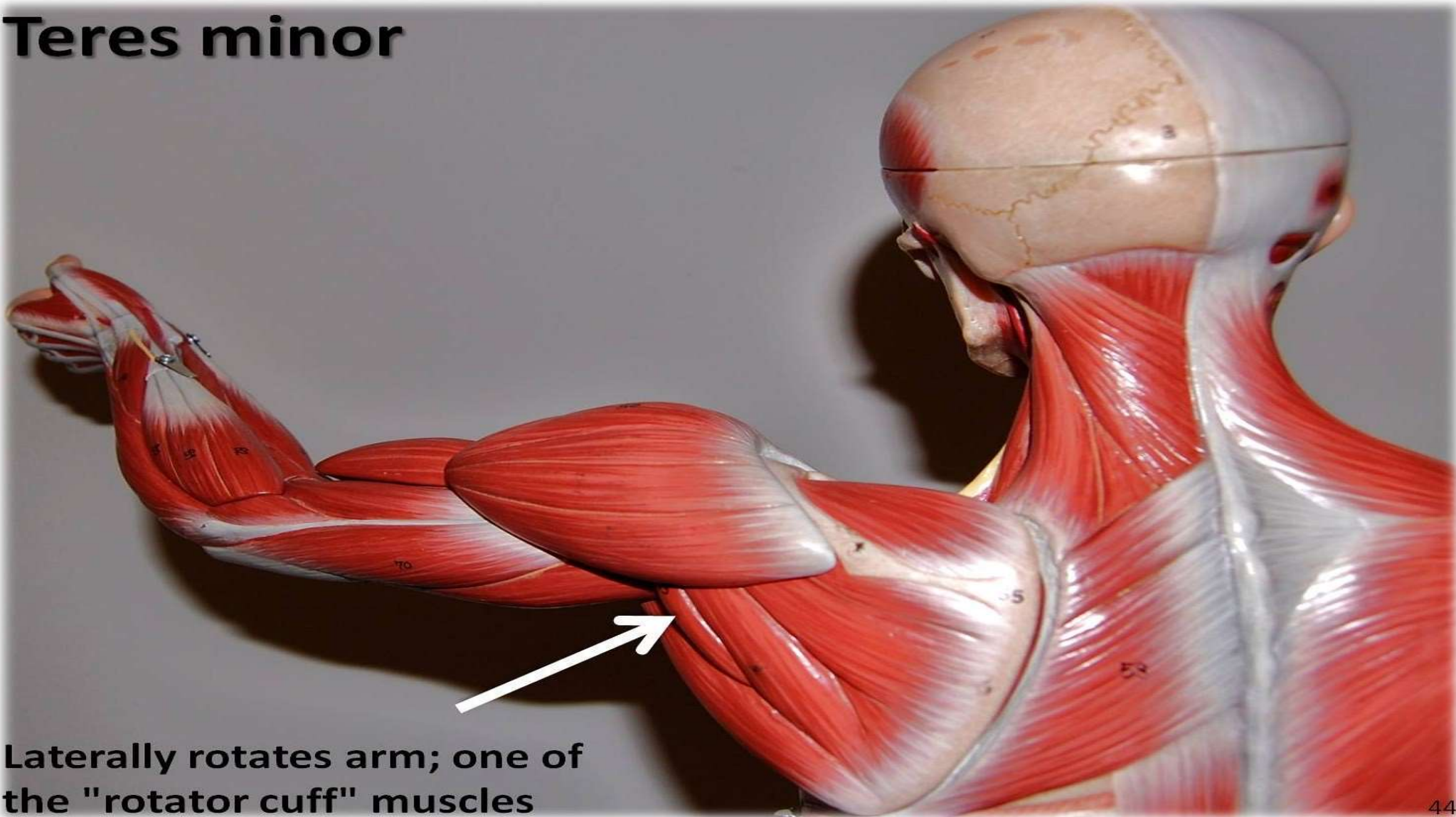


# Infraspinatus



Laterally rotates shoulder;  
stabilizes head of humerus  
in glenoid cavity; one of  
the "rotator cuff" muscles

# Teres minor



Laterally rotates arm; one of the "rotator cuff" muscles



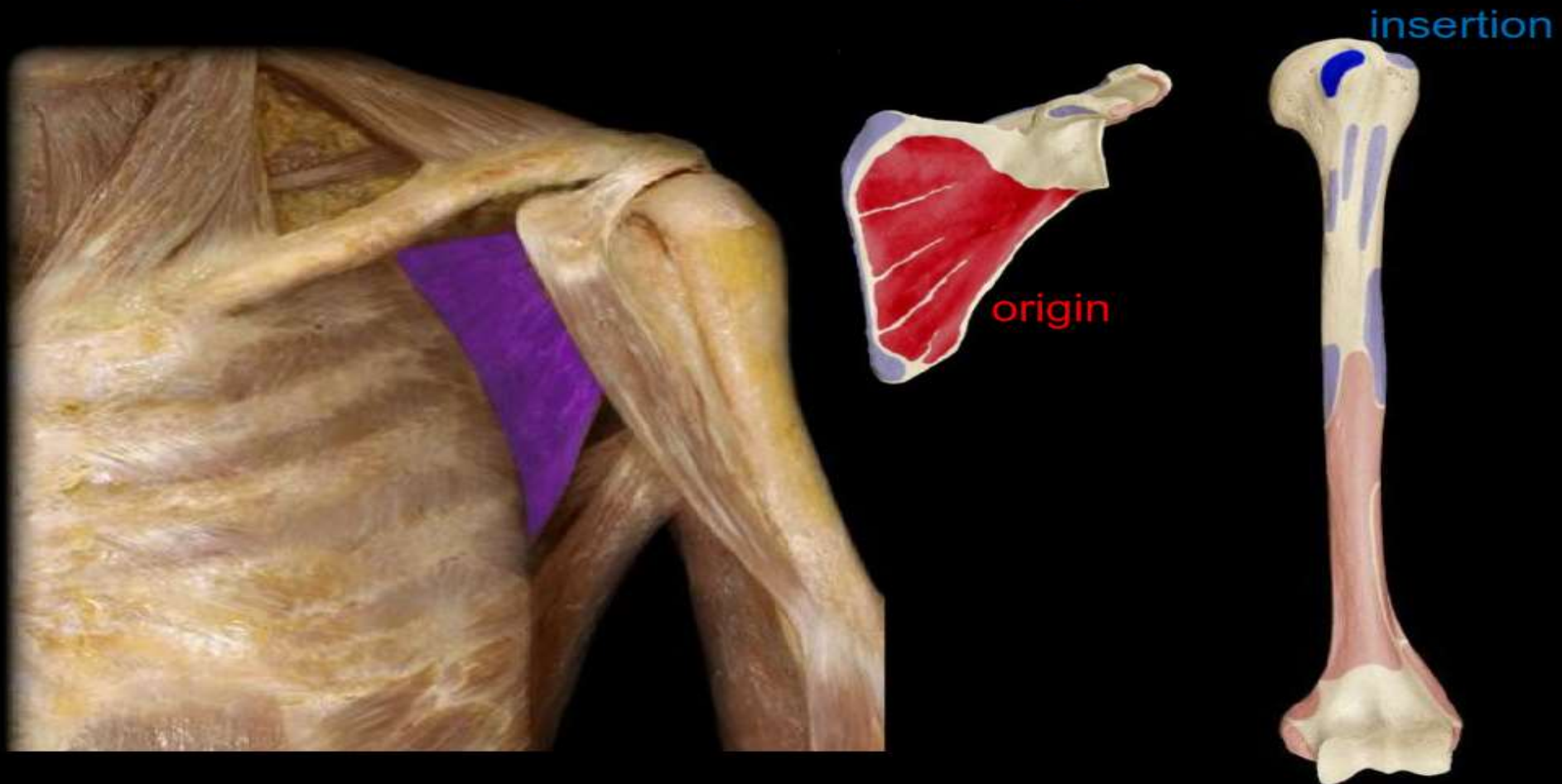
# Muscles Acting on Humerus

## Teres major



# Muscles Acting on Humerus

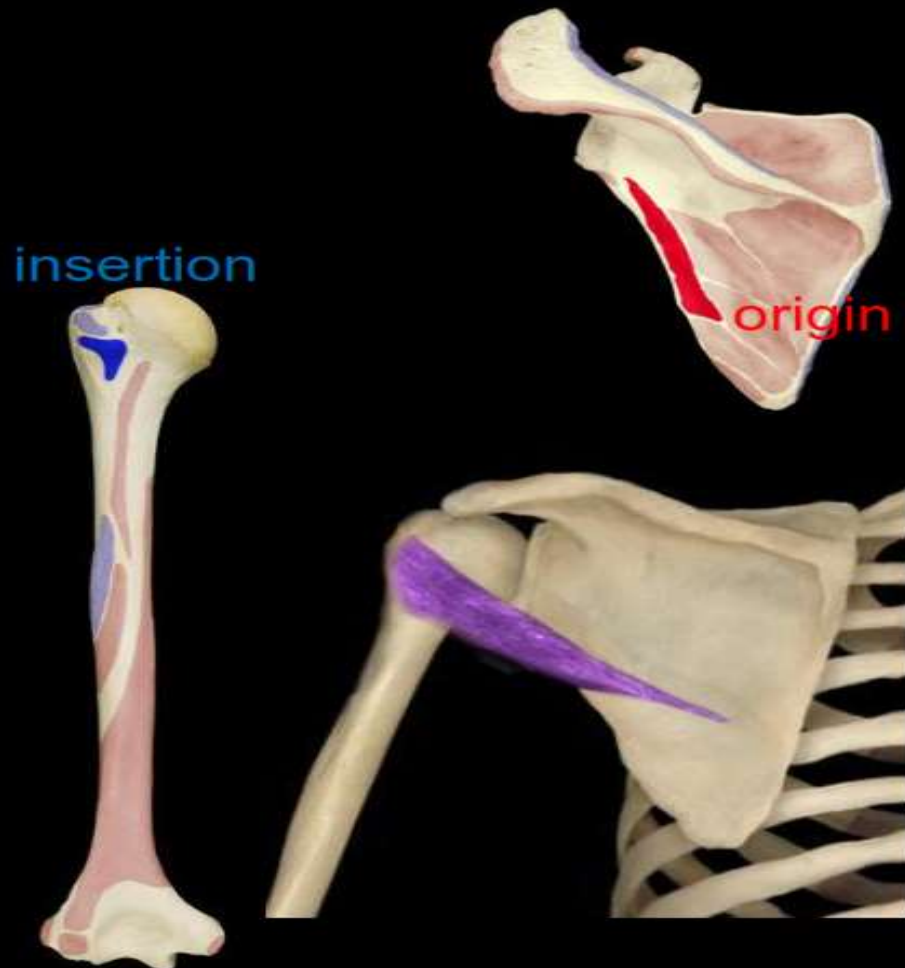
## Rotator Cuff - Subscapularis



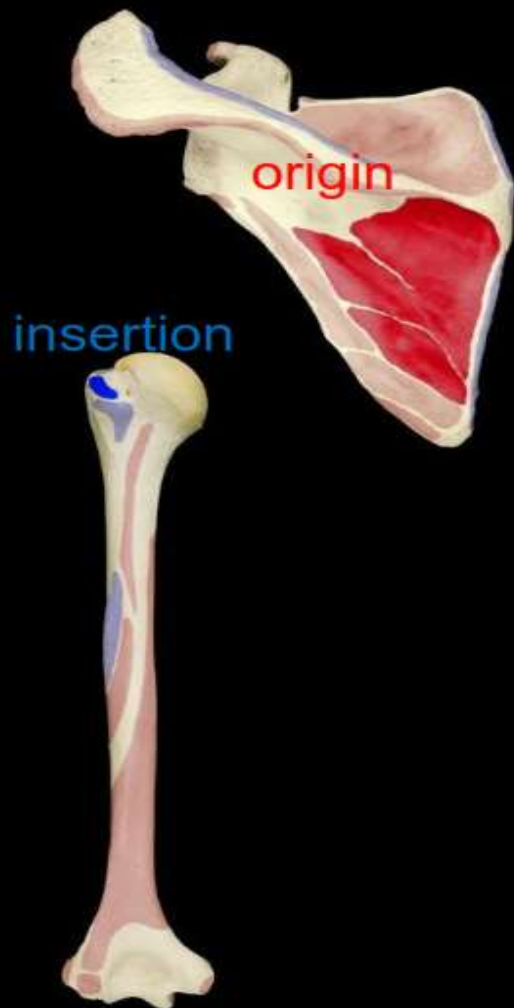


# Muscles Acting on Humerus

## Rotator Cuff – Teres minor



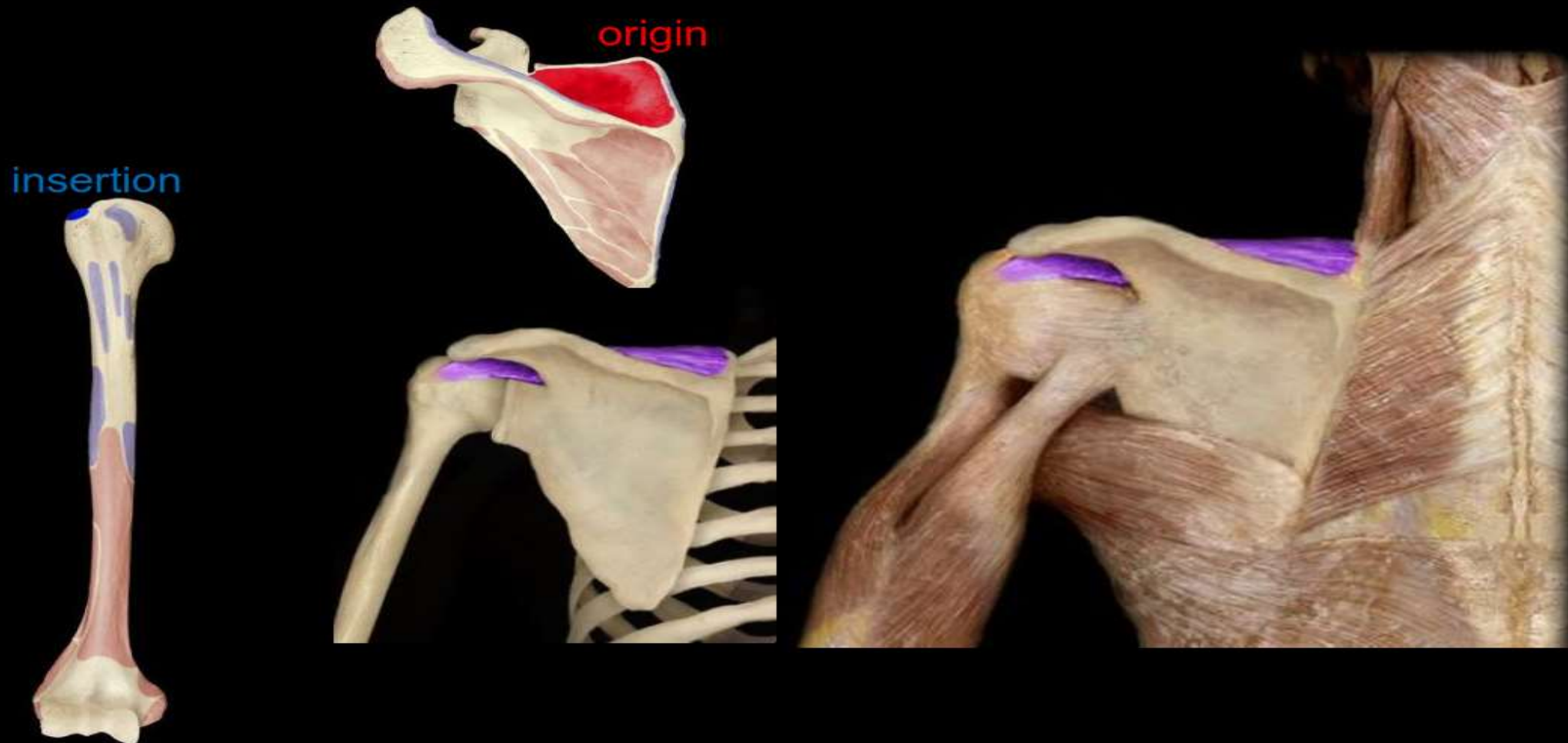
# Rotator Cuff - Infraspinatus





# Muscles Acting on Humerus

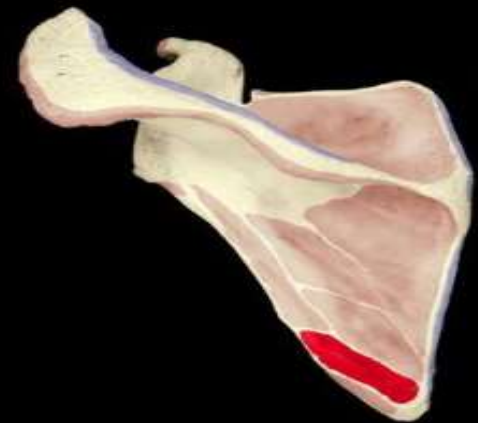
## Rotator Cuff - Supraspinatus



# Muscles Acting on Humerus

## Teres major

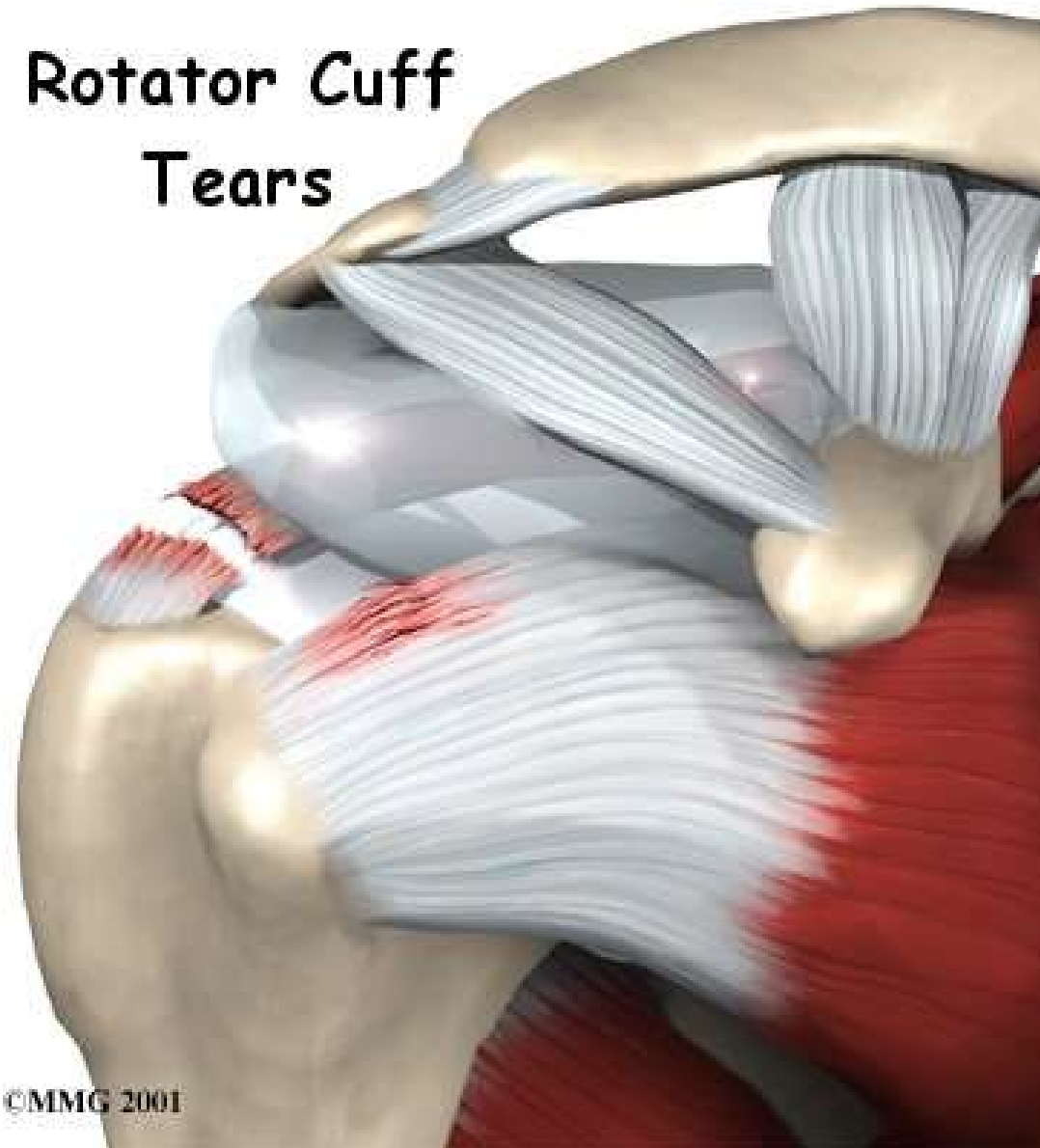
insertion



origin



# Rotator Cuff Tears



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<https://www.youtube.com/watch?v=D3GVKjeY1FM>

