Anatomy of the muscles of the upper back, chest, shoulders, arms and hands

Take a medium sized ball and a tennis ball. Lie on your side and bring the tennis ball into the space at the top or your shoulder. Roll the tennis ball down toward your elbow. You are feeling the **deltoid muscle.** It's a bulky absorber to protect the joint from impact injuries. It originates from the spine and the acromion of the scapula and a third of the clavicle. It inserts about halfway down toward the elbow. Its main action is abduction of the arm.

Take a big ball into the space above your armpit in your arm. This is the attachment of the **latissimus dorsi.** Roll into your armpit and push back into the scapula this is the **serratus anterior muscle** roll down to the wing tip feeling the serratus anterior. Come back up to mid-scapula and place the ball on the outer back side of the scapula. Roll toward you back and toward your armpit. You will feel **teres major.** This is the arm swinger.

Take a noodle below your armpit and rock toward your back. You feel **latissimus dorsi** which means widest back muscle.

Place the big ball in the space between the neck and the shoulder joint. Lift your bottom a bit. You are in the **trapezius.** The trapezius moves the scapula.

Bring a tennis ball in the space between the scapula and the spine. Roll up along and back and forth in this space. You are feeling the **rhomboids.** They adduct the scapula. As your roll up go around the upper inner edge of the scapula. You are in a muscle called **levator scapulae.**
It elevates the scapula toward the neck and rotates it down.

Roll onto your belly and place the ball in the space between the shoulder joint and the chest. This is the **pectoralis muscle.** This muscle pulls the shoulders down and forward as well as draws the arm into the body.

Come to standing, rotate your arm strongly inward. Feel the muscles pulling in your upper back. This is one of the rotator muscles, called the **subcapularis.**

Abduct the arm away from your side, keep your arm very heavy. Careful to not use the deltoid and feel the muscles that create this movement the **supraspinatus.**

Bend your elbow as if showing us your muscles. This bulge between the elbow and shoulder is the **biceps brachii.** Feel this muscle with your fingers and walk down toward the elbow. Off to the sides of the biceps you'll feel the **brachialis.** Keep walking down on the thumb side of the forearm, on top of the radius and feel the **brachioradialis.** Massage right below the elbow in the forearm on the little finger side and you'll feel **pronator teres.** These four muscles are the flexors of the elbow joint.

Allow your elbow joint to open out as you feel the back of the upper arm. This is the **triceps brachii.** The other assistant in extension is the **anconeus.**

Take your arm and turn it with the palm facing up. This is called supination. The muscles involved are biceps brachii and the **supinator.** Turn the arm so the back of the hand is facing up this is called pronation, the muscles involved are pronator trees and **pronator quadratus.**

Sit in virasana and bring your bottom up and the back of the hands to the floor in front of the knees with the fingers pointing toward the knees. Feel the muscles in the forearms working. These are the flexors of the wrist and hand. They are **profundus** and **flexor pollicis longus.** The intermediate layer finds the **flexor digitorum superficialis.** The superficial later includes **flexor carpi ulnaris, palmaris longus** and the **flexor carpi radialis.**

Come into a downward facing dog. Feel the muscles working in the forearms and into the hand. These are the extensors. They are divided into two layers the deep layer includes **extensor pollicis brevis.** The superficial layer includes the **extensor carpi ulnaris, extensor digiti minimi, extensor digitorum, extensor carpi radialis longus, extensor carpi radialis brevis** and the **abductor pollicis longus.**

On all fours, take a tennis ball into the palm of the hand with a slight amount of pressure. Move the ball to the muscle at the base of the thumb. This is the **thenar eminence.** The three muscles that move the thumb are **opponent pollicis, abductor pollicis brevis** and **flexor pollicis brevis.**

Place the tennis ball at the base of the little finger. This is the **hypothenar eminence.** The muscles that move the little finger are **opponuns digiti minimi, abductor digiti minimi** and **flexor digiti minimi brevis.**

Bring your fingers together and apart. The muscles that move the fingers are **abductor policis, palmar interosseus, dorsal interosseus** and the **lumbrical.**