Muscles

- Deltoid (AGoodName)
- Bicep (AGoodName)
- Brachialis (AGoodName)

Deltoid (AGoodName)

Preview:

If yall have baby art brains don't be ashamed embrace it! We all start somewhere! What you'll find in this page is my best simplification of the deltoid. If your just starting your anatomy journey I wish you the best of luck! (:

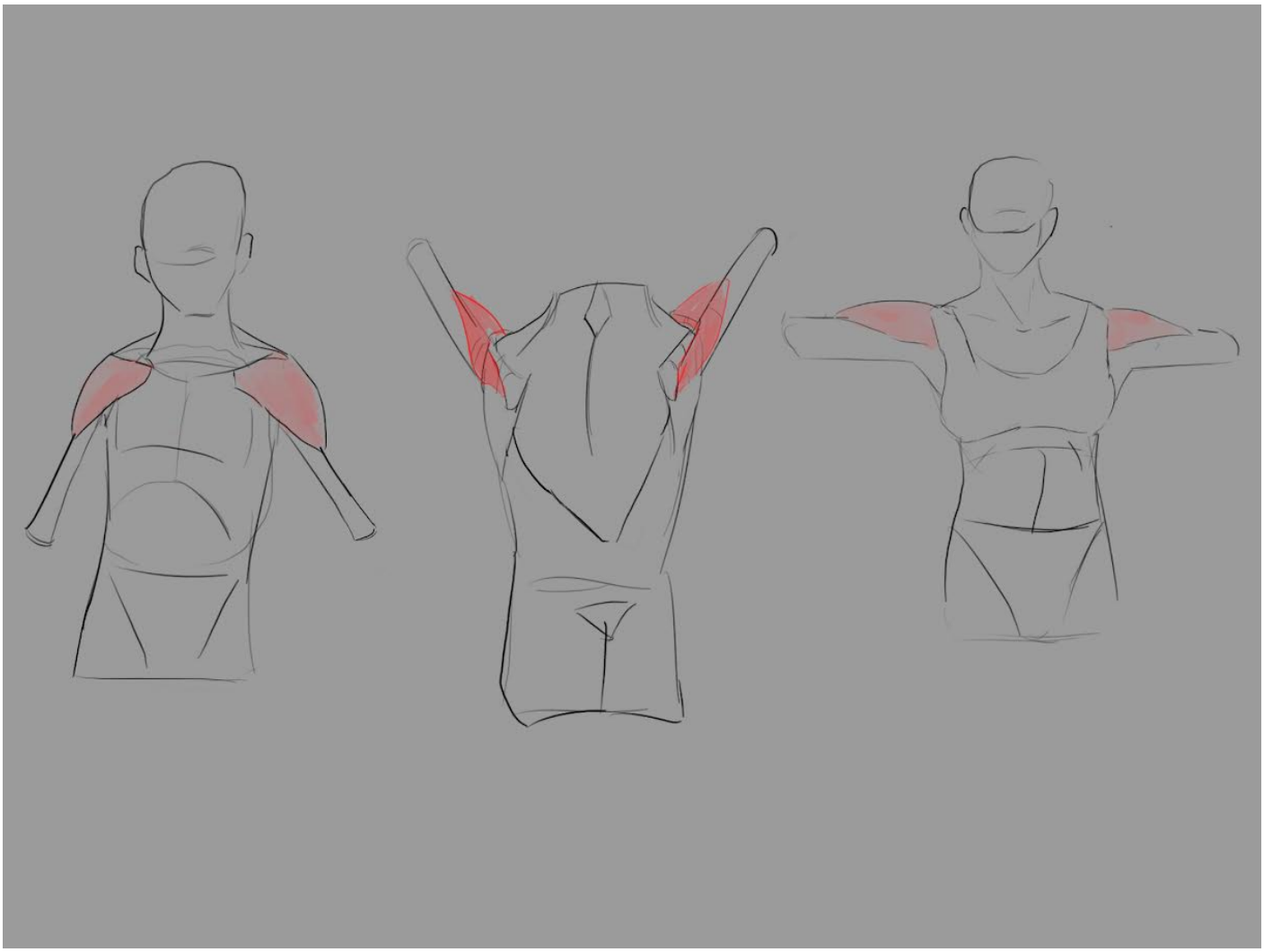
Synonyms: Musculus deltoideus; Deltoid muscle; Shoulder; Shoulder muscle; Arm; Triangular muscle

---

Summary

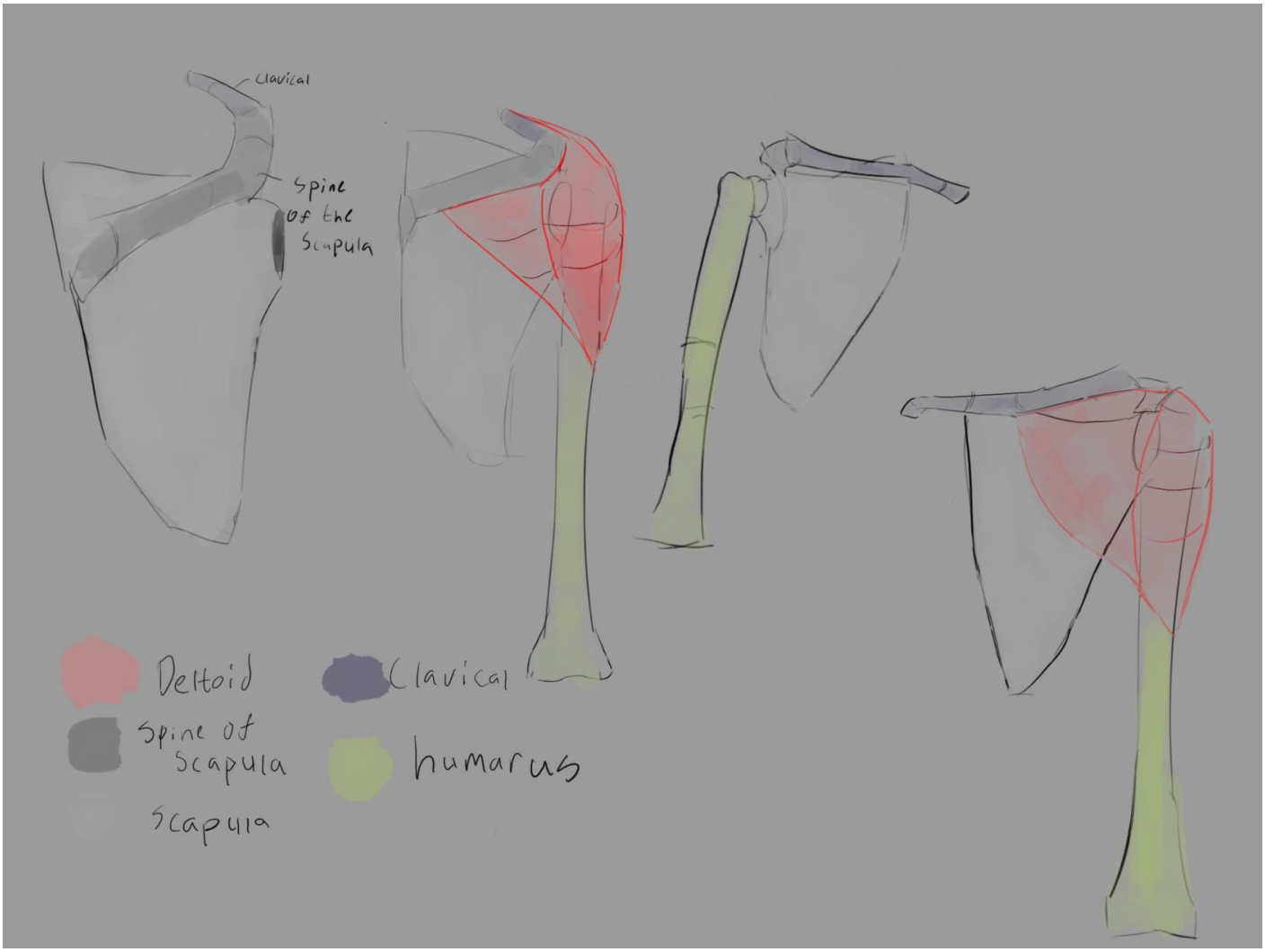
The deltoid is a **triangular muscle that wraps around the shoulder** giving the shoulder a rounded shape. It main use is moving the arm in various directions and it also adds stability to the shoulder joint. it is a very useful landmark when studying the arm. The deltoid comes from the Greek word delta. I want you to take a wild guess of what delta means, if you guessed triangle you are correct!

Basics



Origin and Insertion

The deltoid starts at the spine of the scapula and it wraps around to the clavicle. Its three heads all intersect and attach to the middle of the humerus

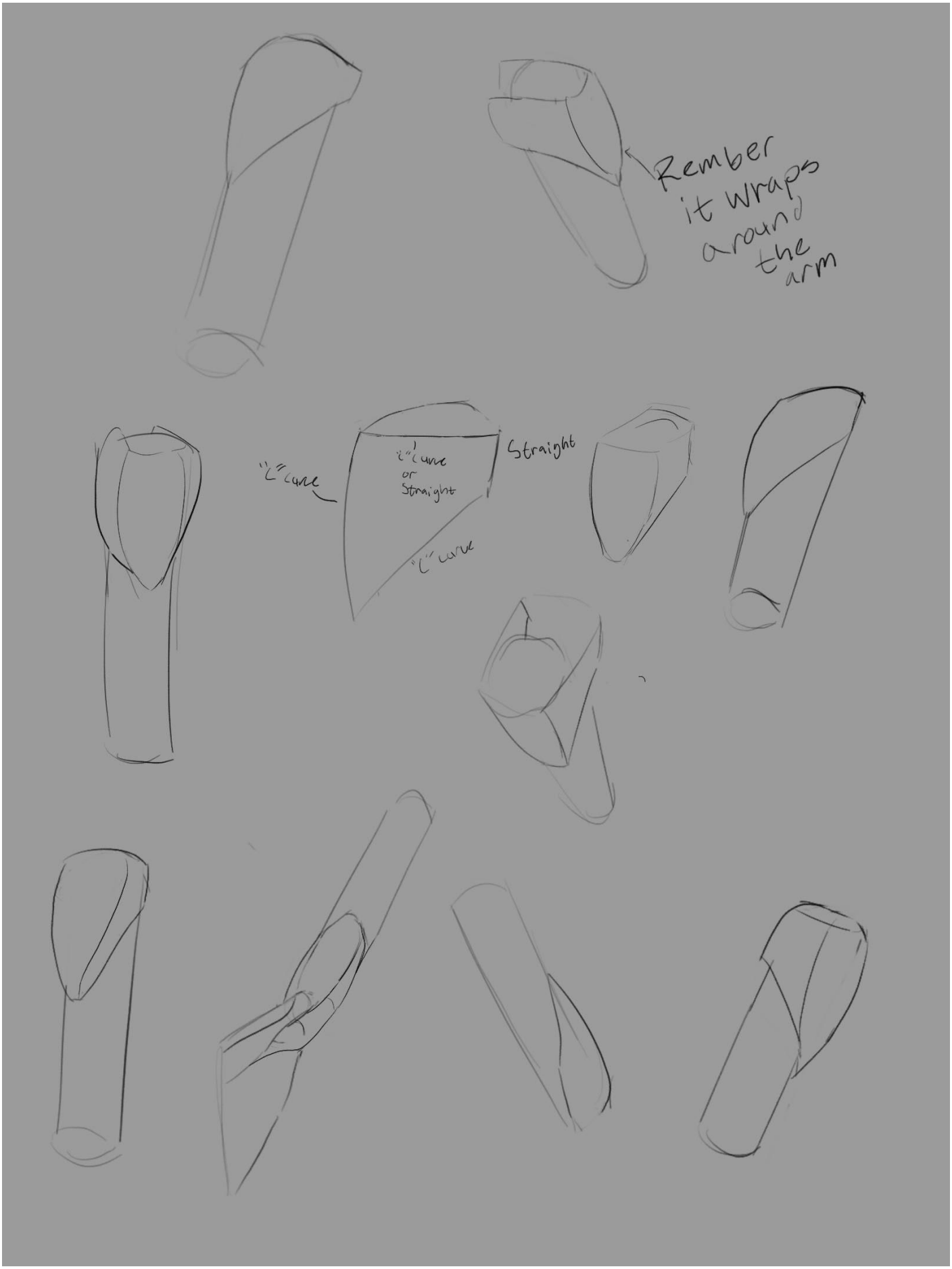


Functions

The middle head of the deltoid helps the arm move to the side. The front and back heads of the deltoid help move the arm back and forward. It also adds stabilization to the shoulder joint so you can lift heavier weights.

How to draw the muscle

There are infinite ways to draw anatomy this is one way to break it down. You can think the deltoid is like a box and you have to cut the box in triangular shape in order to get a more defined deltoid. Another way to think about the deltoid is thinking about in **gestural curves**. You can use a straight line or a C curve for the top of the deltoid, and for the sides can be broken down into a S curve or a straight and C curve. **Important thing to remember is the deltoid wraps around the the shoulder**

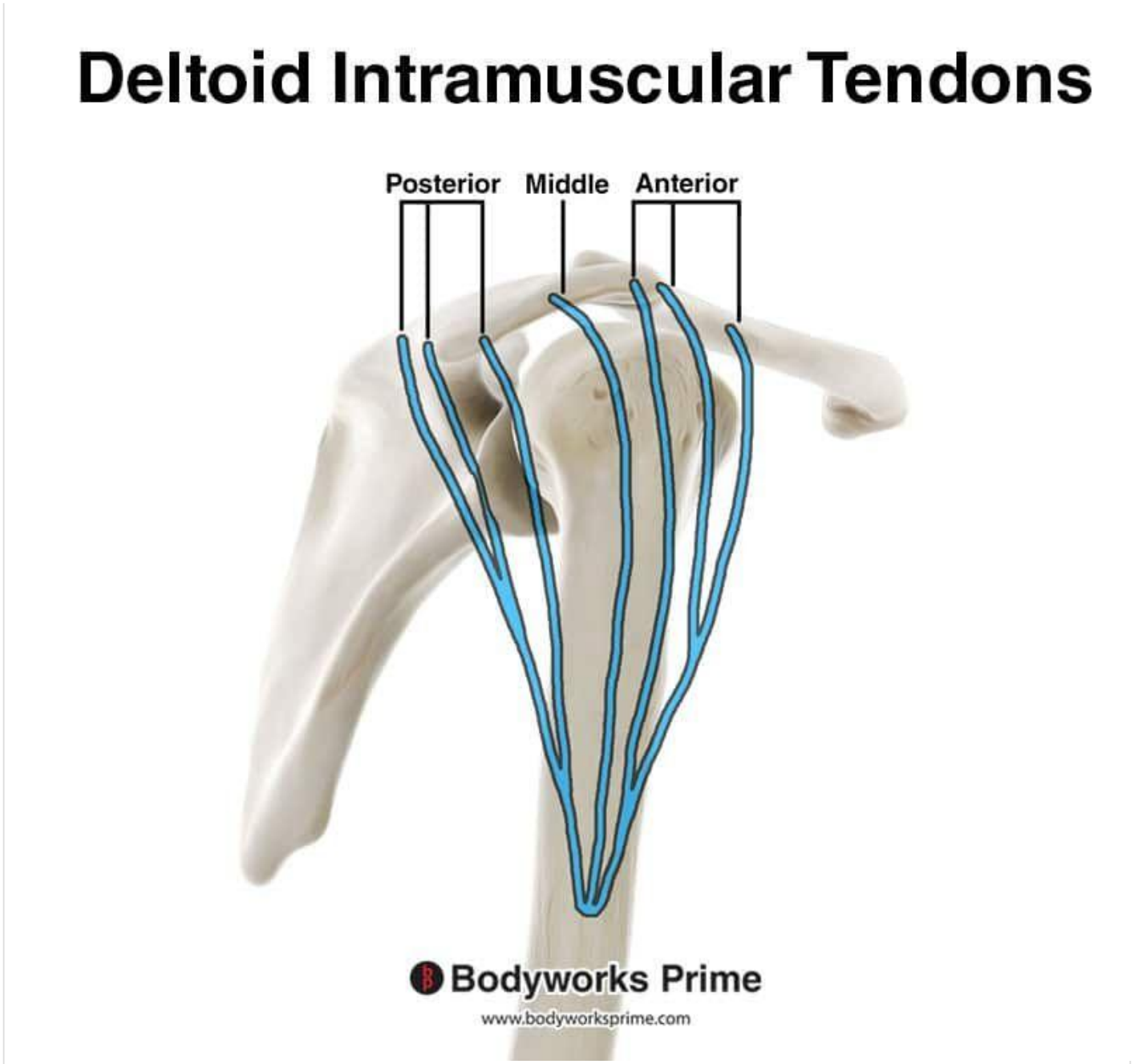

Rember it wraps around the arm
"C" curve
"C" curve or Straight
Straight
"C" curve

Advanced

Everything beyond the basics

If you want to learn more about the deltoid, you should research the muscle fibers of the deltoid. The muscle fibers of the deltoid can be broken down into three separate parts. The anterior which originates from the clavicle, the middle originates from acromion process, and the posterior originates from the spine of the scapula. Each of the fibers have there own movements. The anterior fibers help you raise your arm forward rotating the arm. The middle fibers help move the arm away from the body. The posterior help move the arm backward. And together they work like a happy functional family! Next time your mom ask you to get the milk from the car you can thank your deltoid for helping you stabilize your shoulder blade and also help you lift the heavy milk into the fridge!

Another thing to research are the tendons. The tendons are super glue of the body, they stick the muscle fibers to the bones and help stabilize our creaky joints. When you see a person with small percentage of body fat you can see the separation of the three heads. Optional, but I want you search up muscular arms and I want you to try to look for the separation of the three heads.



Reference Pictures (for study only)

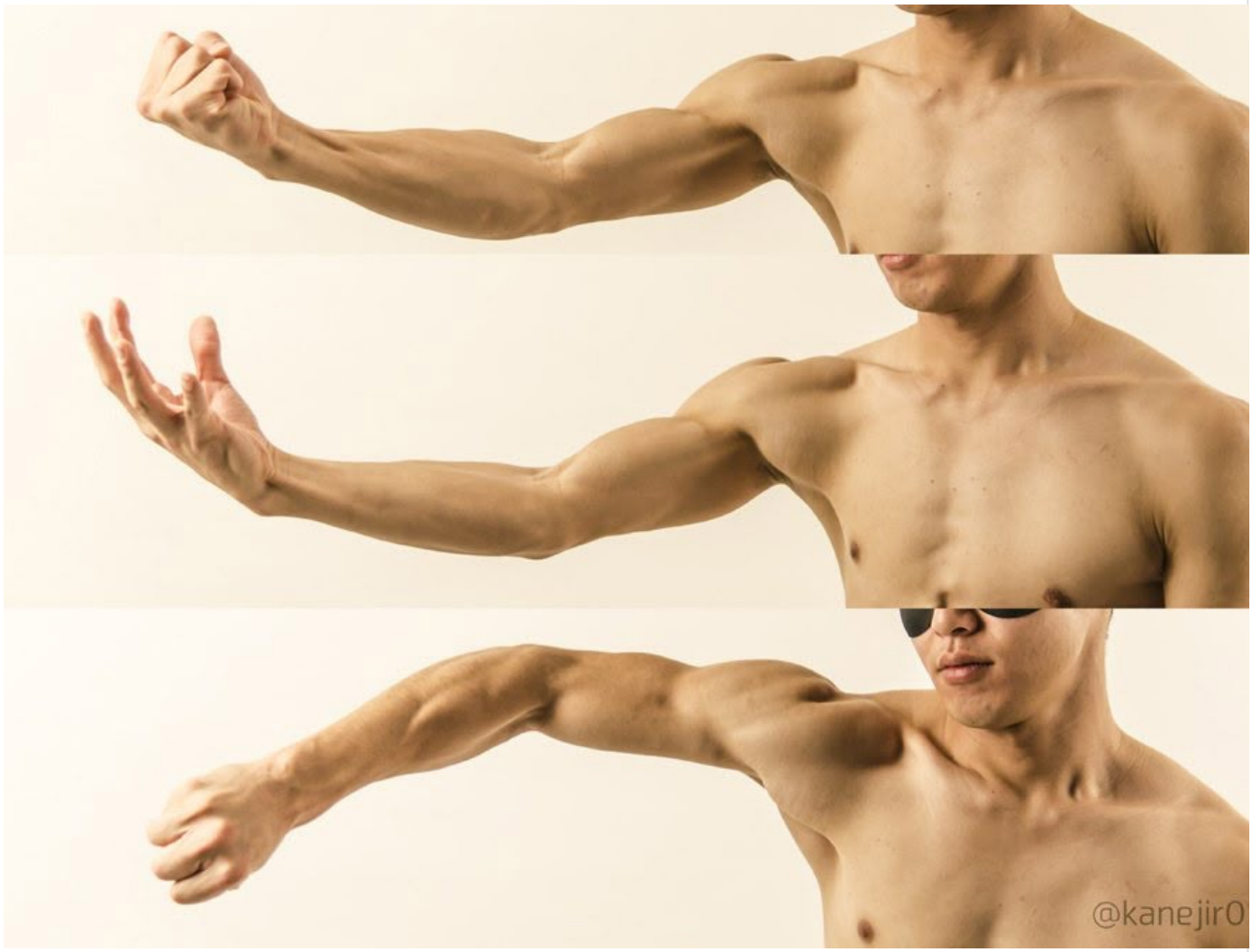
From Grafit Studio, Pixabay





credit to: Reference.Pictures




@kanejir0







credit to: Grafit Studio



credit to: Grafit Studio



credit to: Grafit Studio



credit to: Grafit Studio



credit to: Grafit Studio

Bicep (AGoodName)

Preview:

The bicep imo is the best landmark for finding were to place the surrounding upper arm muscles and the lower ones too!

Synonyms: Biceps muscle; Musculus biceps brachii, Arm, Upper arm muscle

---

Summary

The Bicep or **the Bicep Brachii is a staple for all the gym bros across the globe**. The bicep can be broken into **a long head and a short head**. Both the heads **originate for different parts of the scapula**. If you want to be all fancy the long head starts from the supraglenoid tubercle and the short head starts at the coracoid process. They converge and attach to the radius. All though gym bros think biceps are making them look all ripped they have much more significate use. Have you wondered how you can move your arm forward to twist door nob. Well you can say thank you to your bicep for that one!

Side note Idk who decided to make the most unpronounceable names ever but **here is how you pronounce them**:
*(**coracoid**: Kaw-ruh-coyd) (**supraglenoid**: soo-pruh-glee-noyd; **tubercle**: too-bur-khul)*

Basics



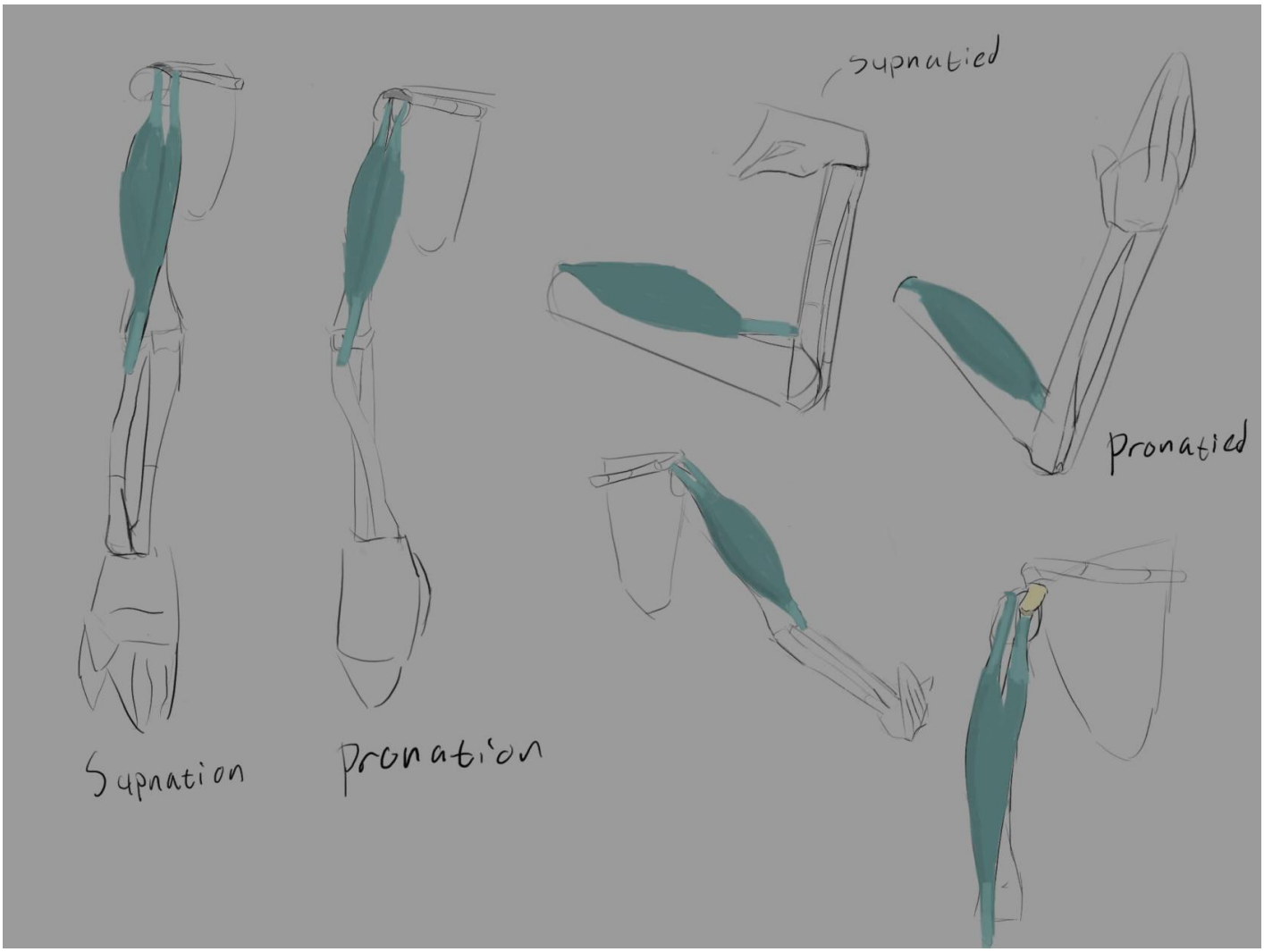
Origin

The long head of the bicep originates from the supraglenoid tubercle and it verges with the short head to the radius. The short head orgonites from coracoid process.

*Pronunciation above^*

Insertion

The insertion of the bicep is the radius or if you want to get all fancy the radial tuberosity. When the arm is supinated the bicep is flexed when its pronated the bicep is stretchered.

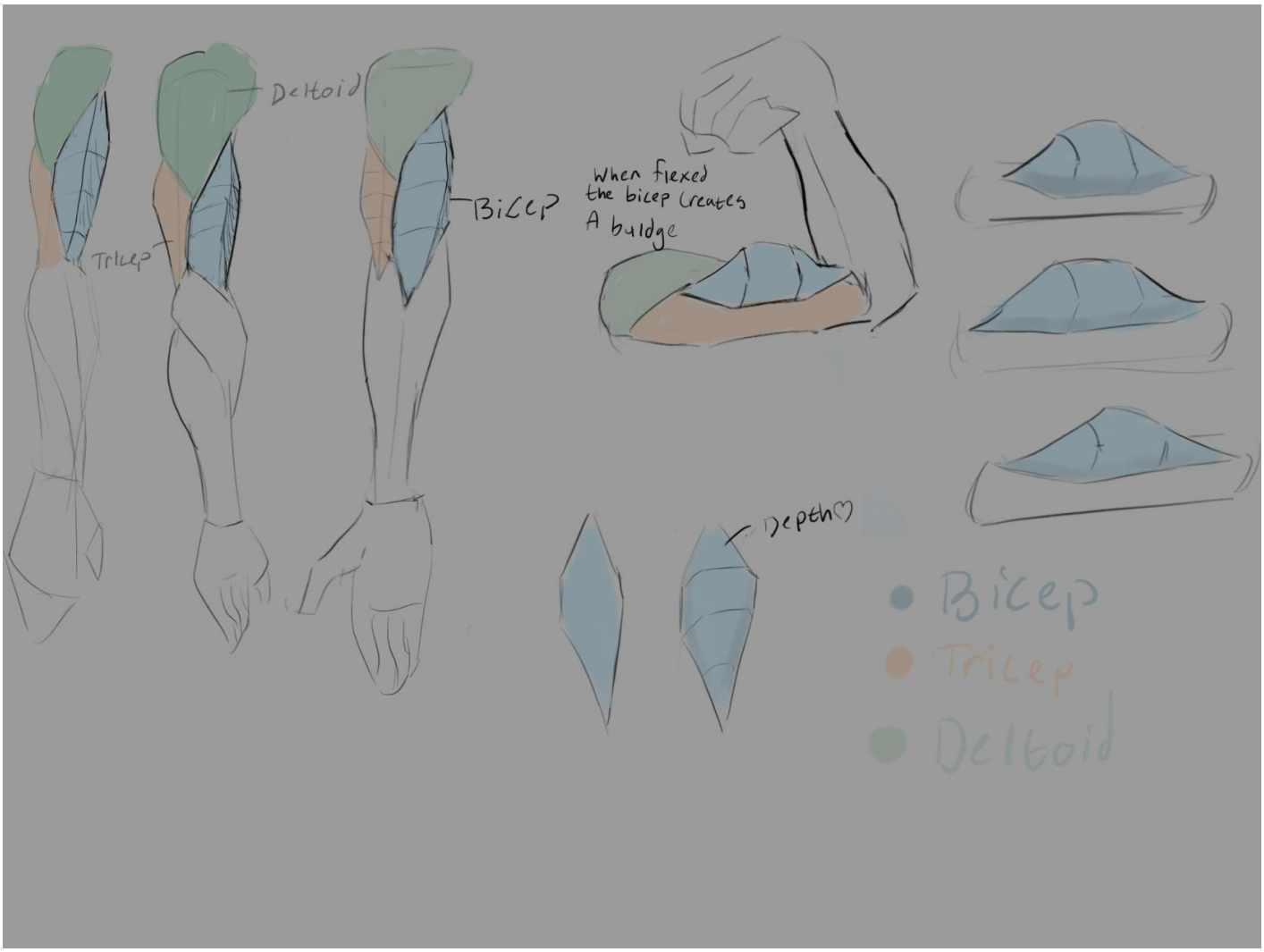


Functions

One of the main functions of the bicep is bending your elbow joint, bringing your wrist and upper arm closer together. Since the two heads originates from the shoulder blade another use is stabilizing the shoulder joint. A great example of your bicep at work is when your mom asks you to bring the groceries from the car. Or for all the gym bros when you curl a dumbbell the main muscle your working is your bicep.

How to draw the muscle

When the bicep is flexed the muscle fibers bunch up and create a bulge. Keep in mind when designing the muscle that there are a lot of different ways the bicep bulge can look. For example people sometimes have shorter bicep heads so when the flex their bicep bulge will look shorter and more bunched together.



Advanced

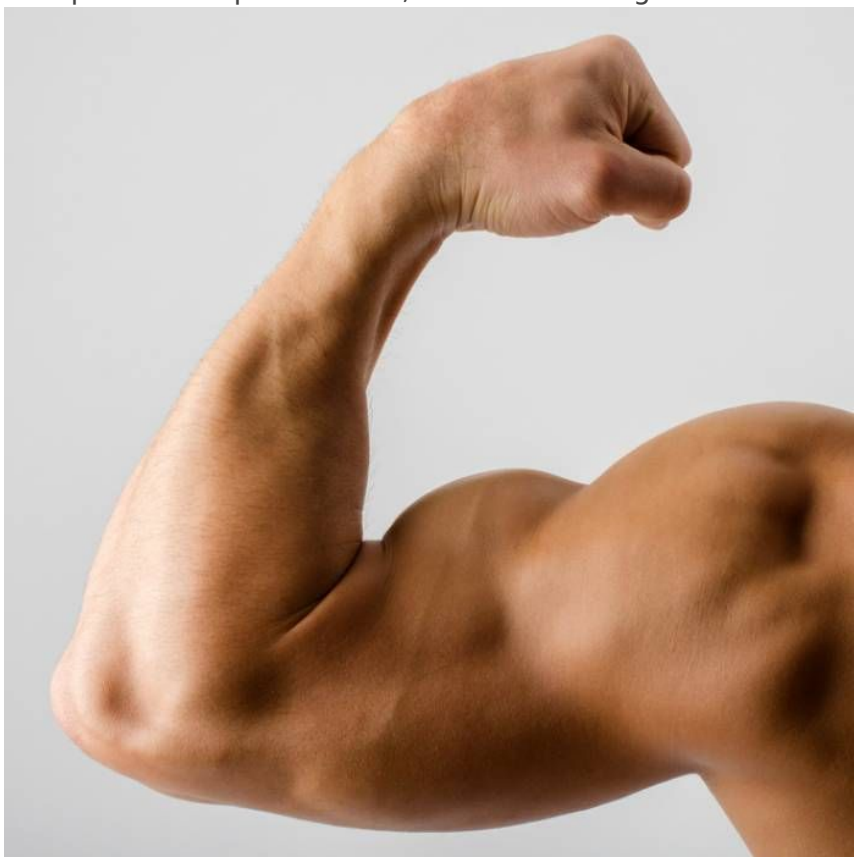
Everything beyond the basics

After researching about the bicep I learned something new, on top of there other jobs they also help help by pulling your shoulder blade inward and down. Witch helps the shoulder blade from just slumping forward. Another thing to note is that when you flex your bicep another muscle the brachialis is boosting your bicep making it look bigger!

Reference Pictures (for study only)

got these from Google search and Pinterest

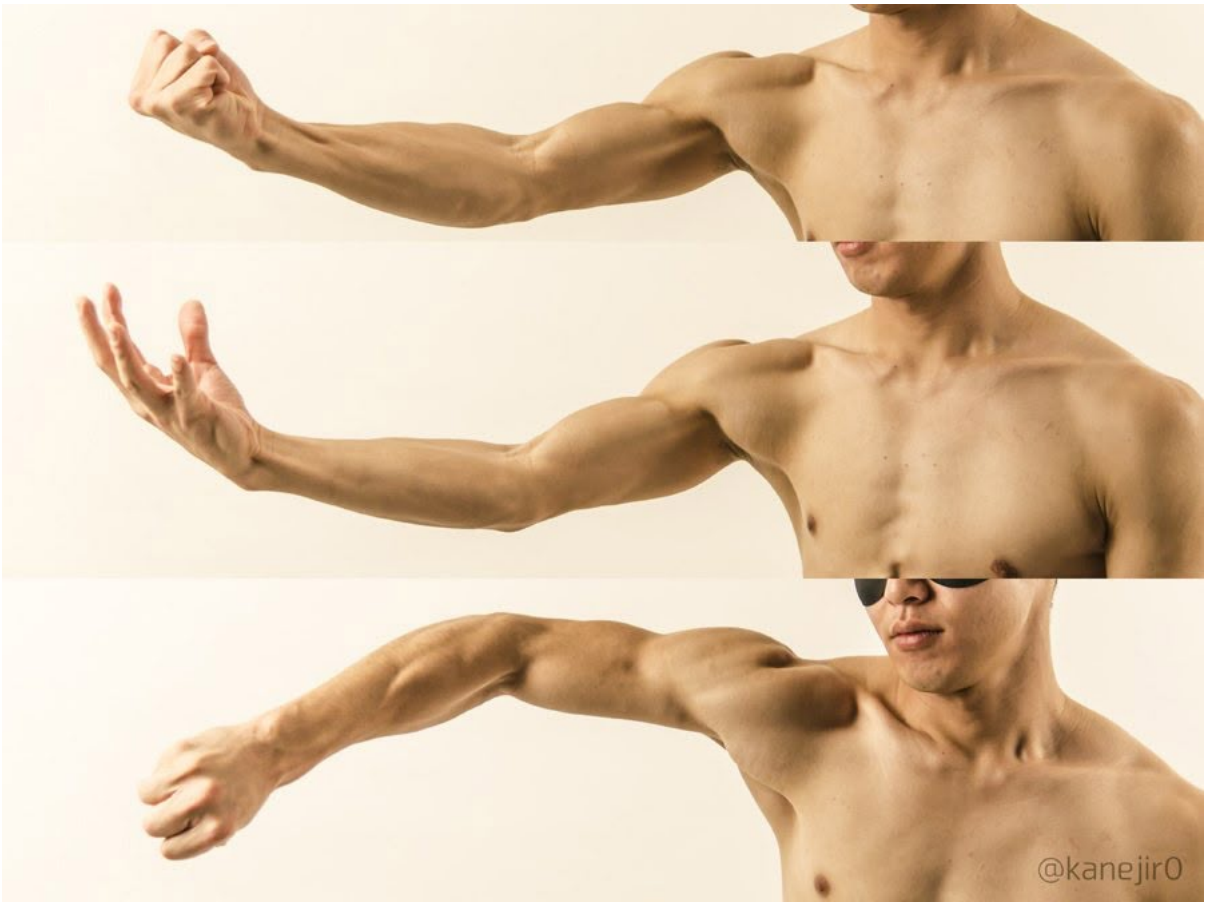
This part is collapsed at first, so that the images won't load when opening the article.








dreamstime.com


@kanejir0

Brachialis (AGoodName)

Preview:

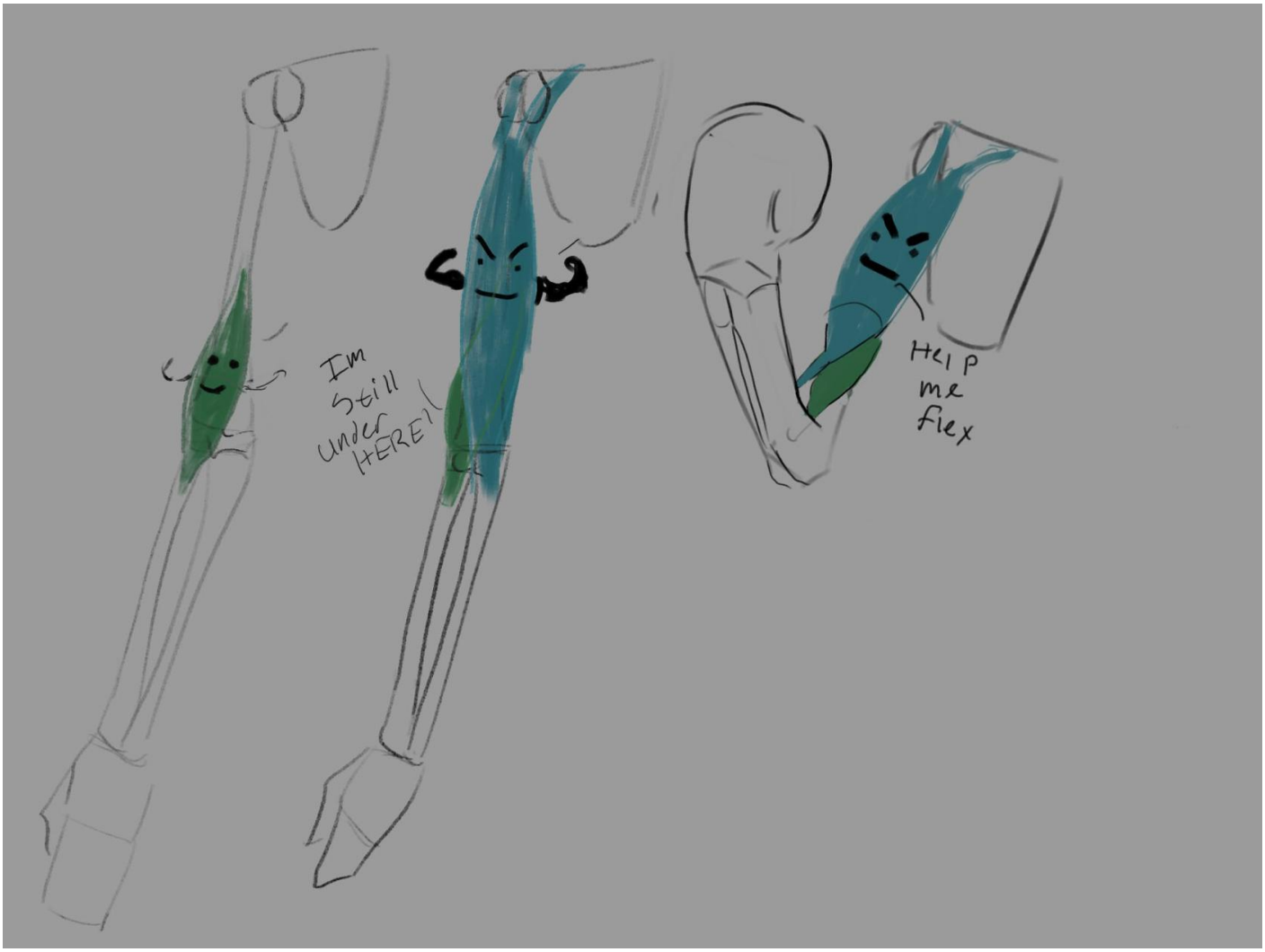
The brachialis is one of the most overlooked muscles of the arm, just because its mostly covered by the bicep. The brachialis has one of the most important jobs, it flexes the arm!

Synonyms: Brachialis muscle; Humerus flexors; Musculus brachialis

---

Summary

The **Brachialis** is like the **middle sibling of the arm** its covered up and forgotten. The brachialis is located below the bicep. One of its main functions is **flexing the elbow**. For example when ever you itch your neck that's your Brachialis at work!

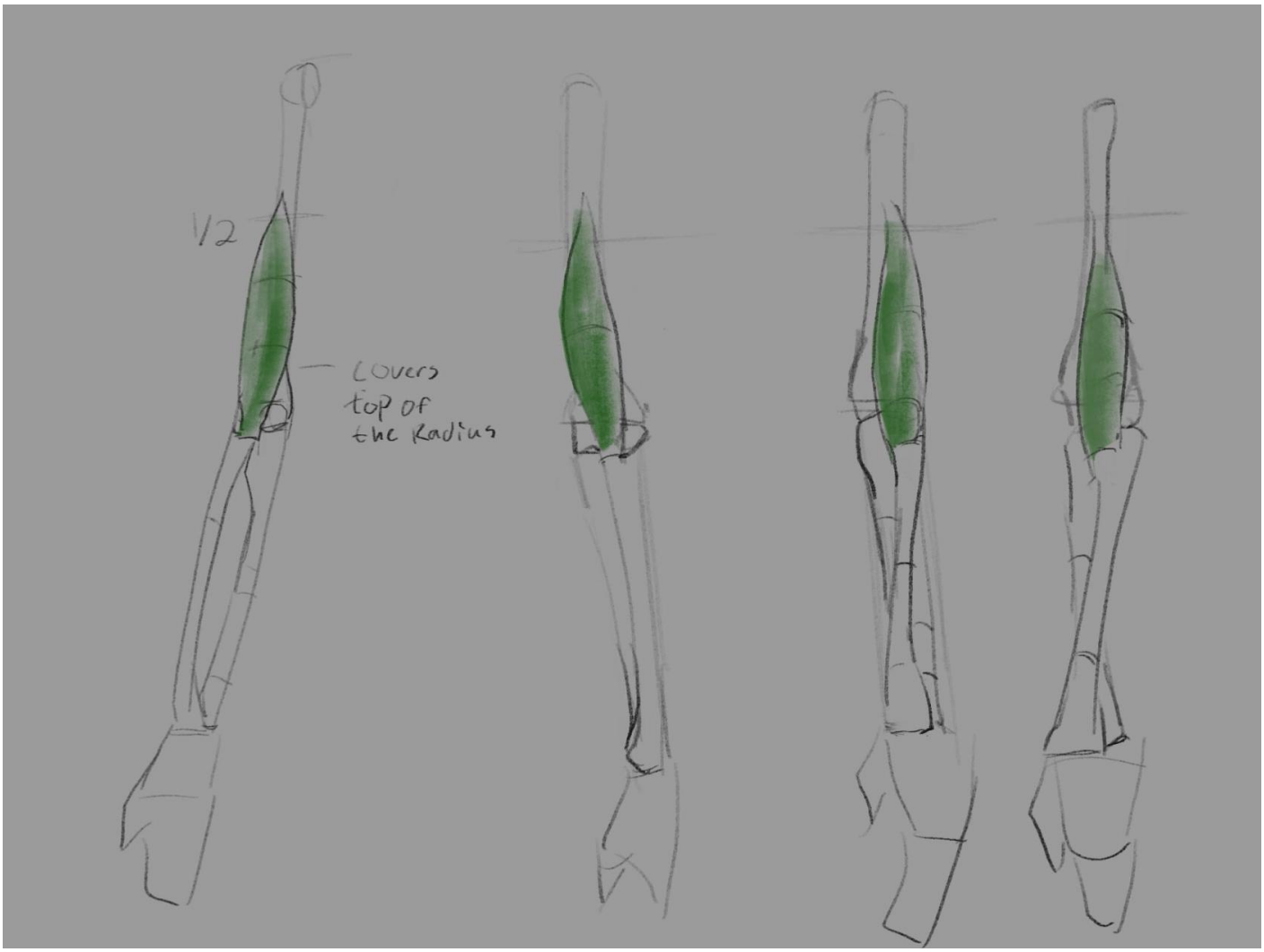


Origin

The brachialis **originates** from the **anterior surface of the humerus** or in other words just above the half way point of the humerus.

Insertion

The brachialis **inserts** on the **tuberosity of the ulna**. A way to remember the brachialis starts a little more above the half way point of the humerus.



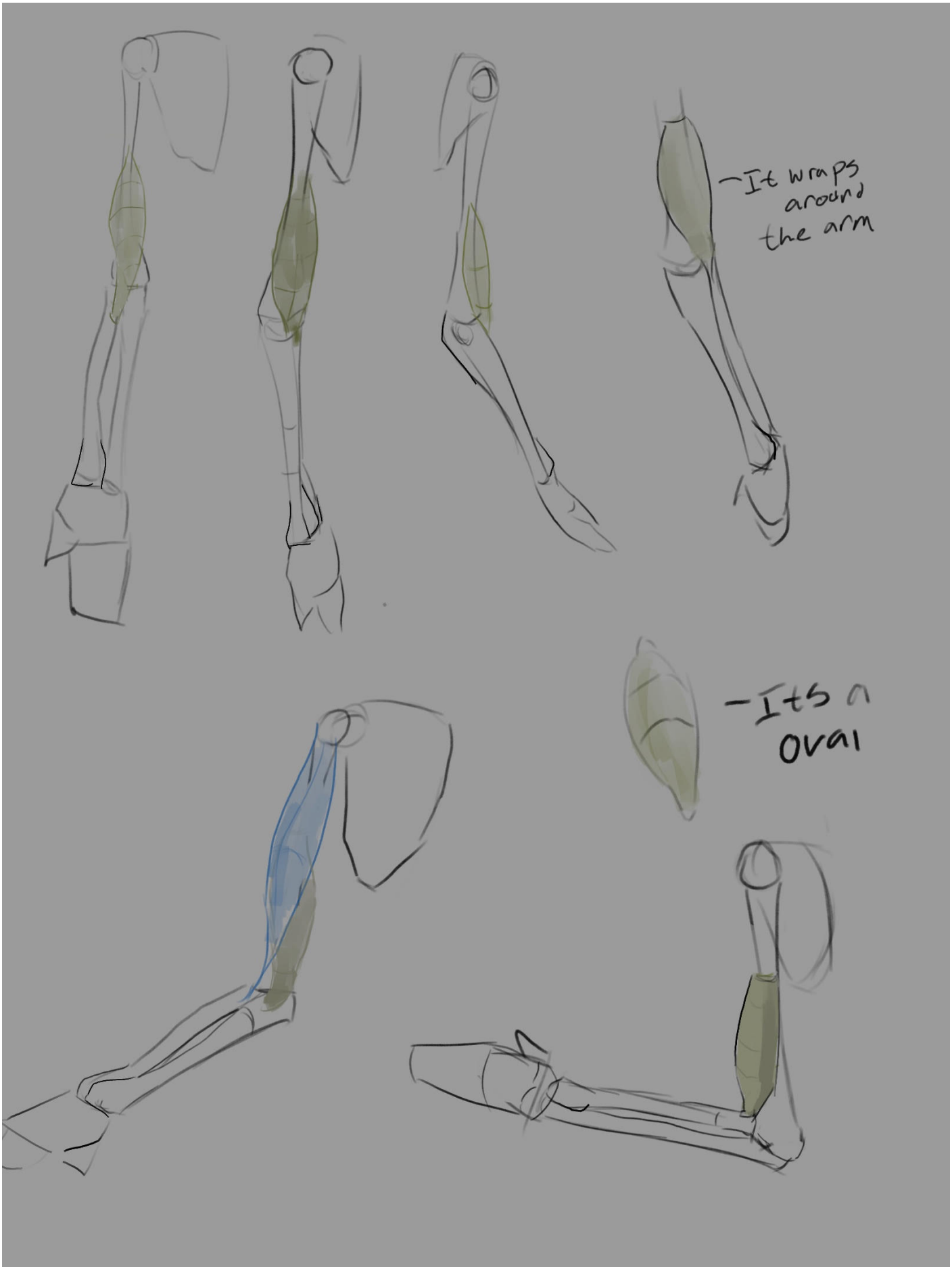
Functions

Its main purpose is **flexing the elbow when your arm is in a pronated** position.

Pronated arm: Inward rotation of the arm -> the thumb points inwards, and the back of the hand faces forward

How to draw the muscle

The bicep **covers the brachialis** so you can only see it from the side.


-It wraps around the arm
-Its an oval

Advanced

Everything beyond the basics

Something to note, the brachialis works regardless if the arm is supinated or pronated, making it a super flexor. Because the bicep is the star, when ever the arm is pronated the bicep will force the brachialis to do most of flexing.

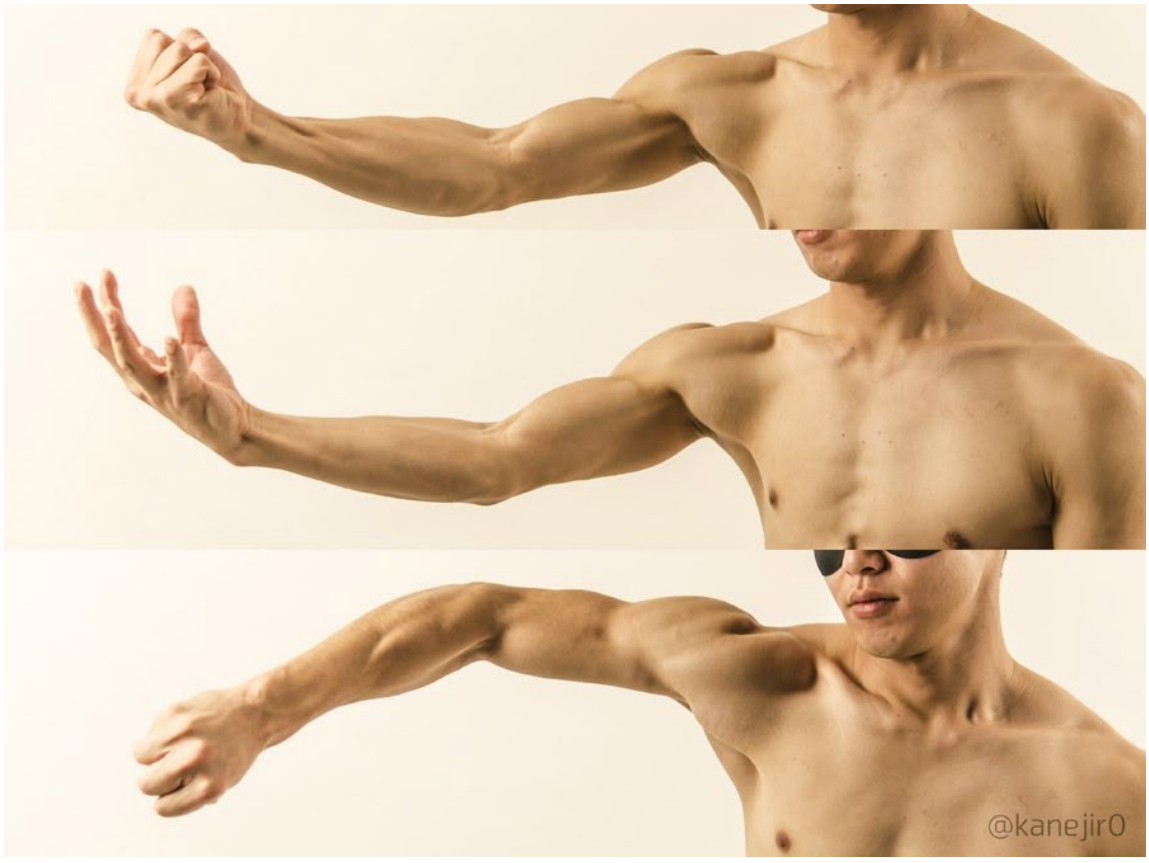
Reference Pictures (for study only)








Adobe Stock | #70043598


@kanejir0