Brachialis (AGoodName)

Preview:

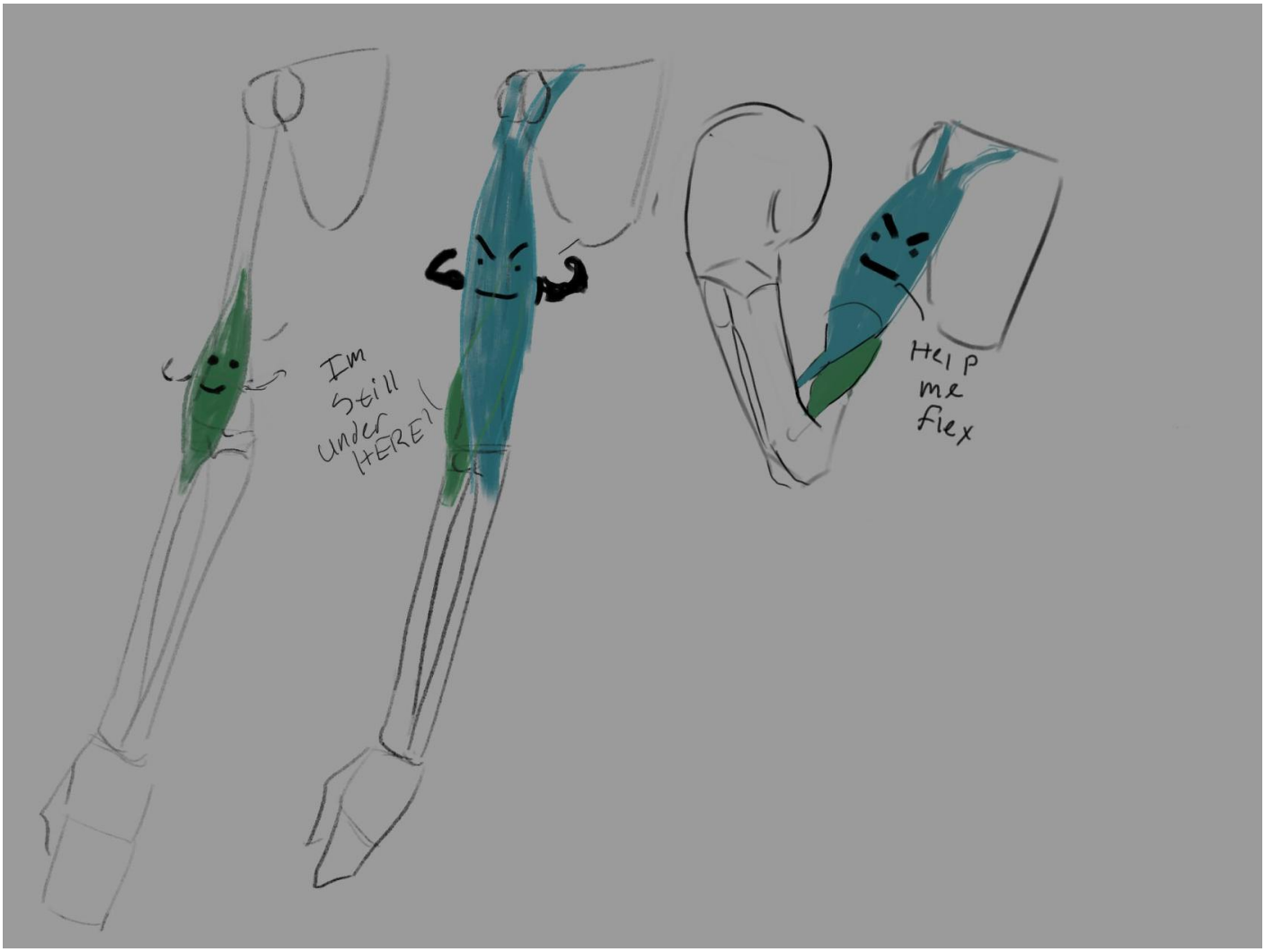
The brachialis is one of the most overlooked muscles of the arm, just because its mostly covered by the bicep. The brachialis has one of the most important jobs, it flexes the arm!

Synonyms: Brachialis muscle; Humerus flexors; Musculus brachialis

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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!

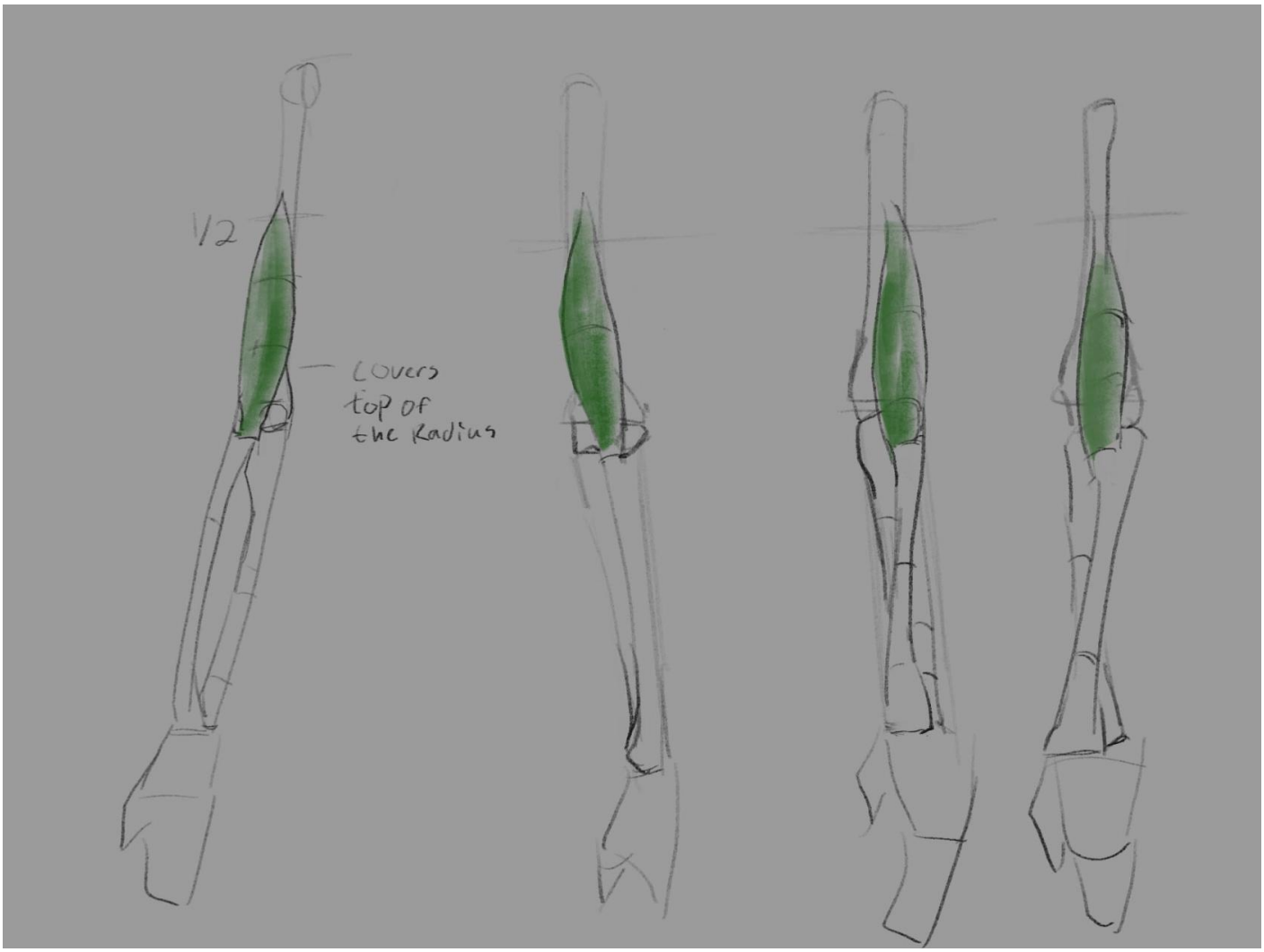


Origin

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.



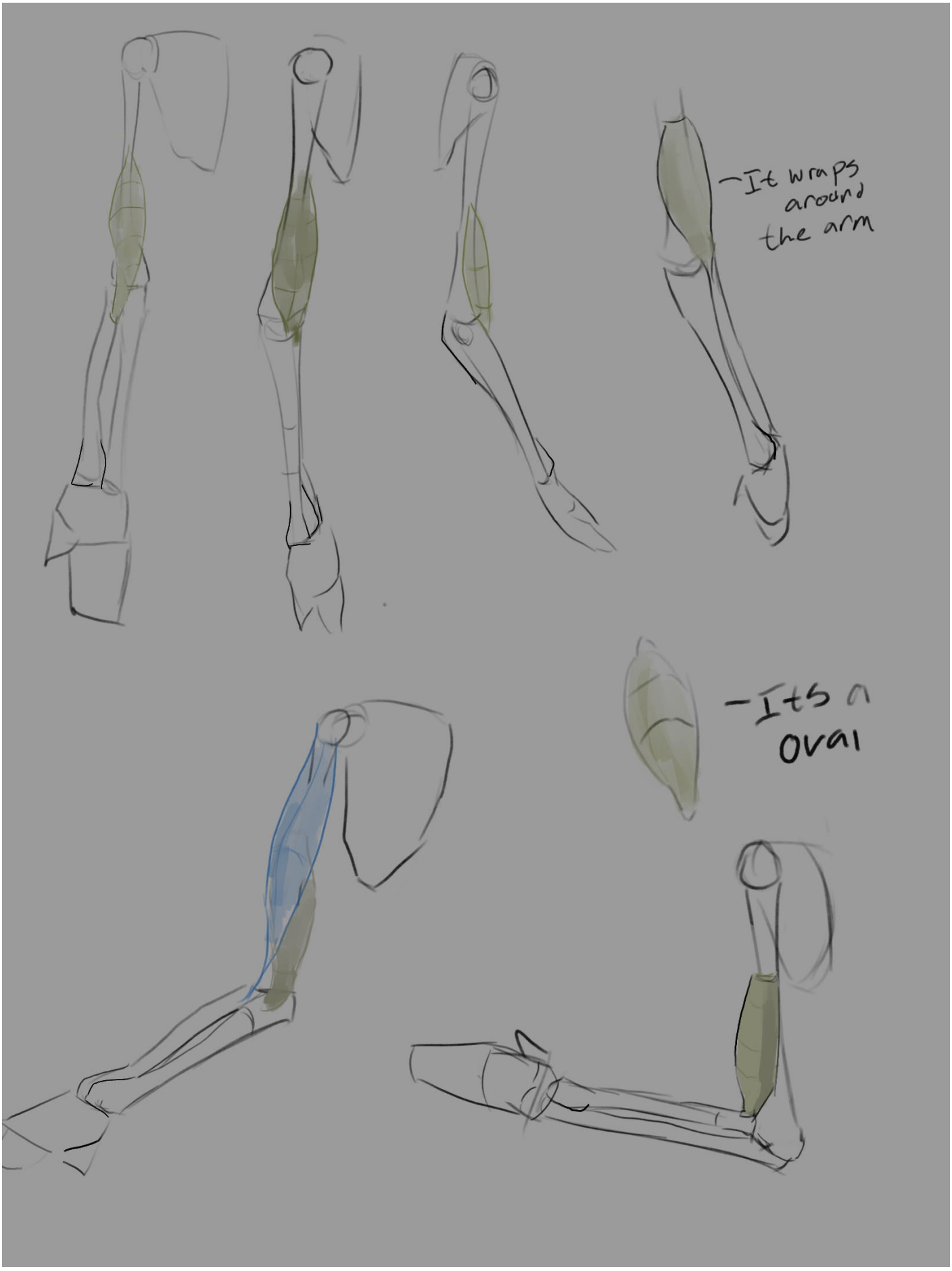
Functions

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.

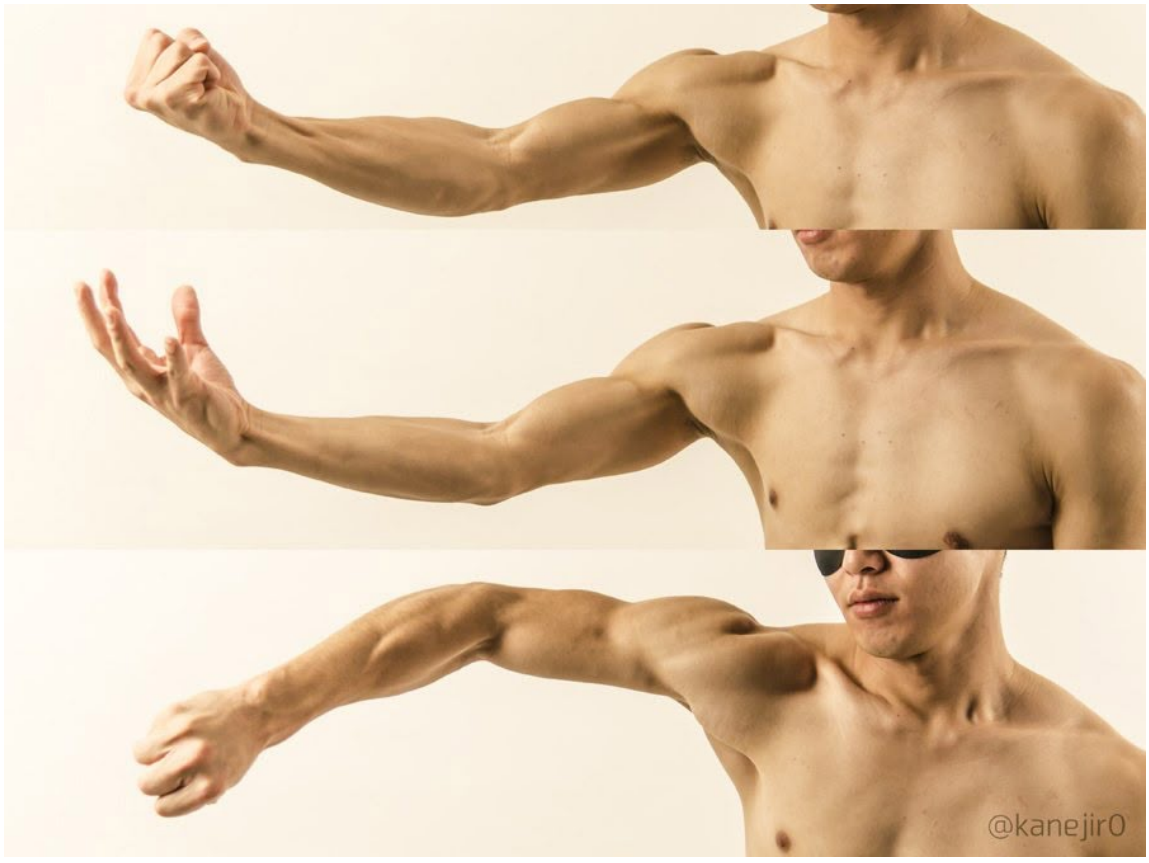
Reference Pictures (for study only)











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