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! (:

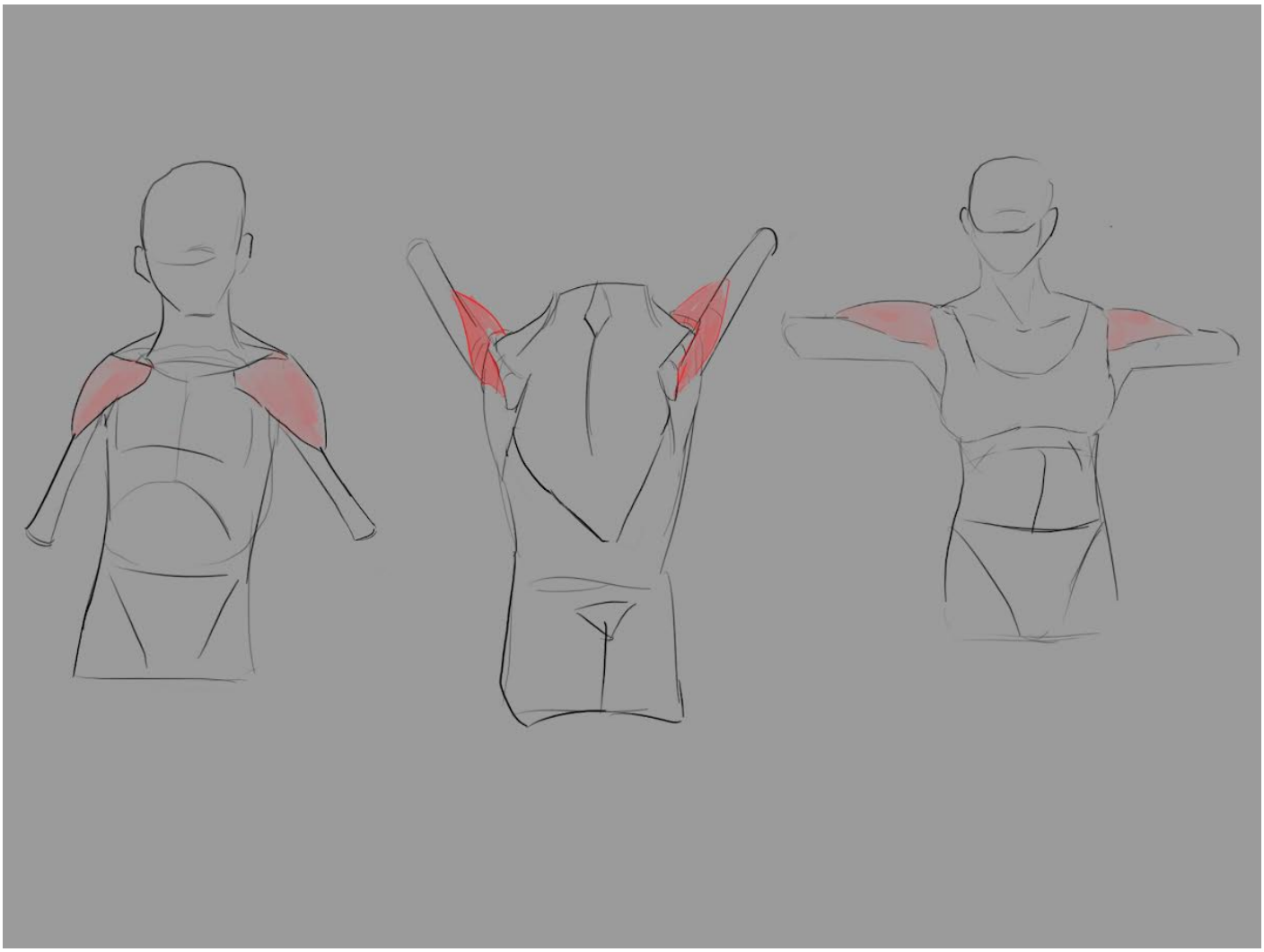
Synonyms: Musculus deltoideus; Deltoid muscle; Shoulder; Shoulder muscle; Arm; Triangular muscle

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Summary

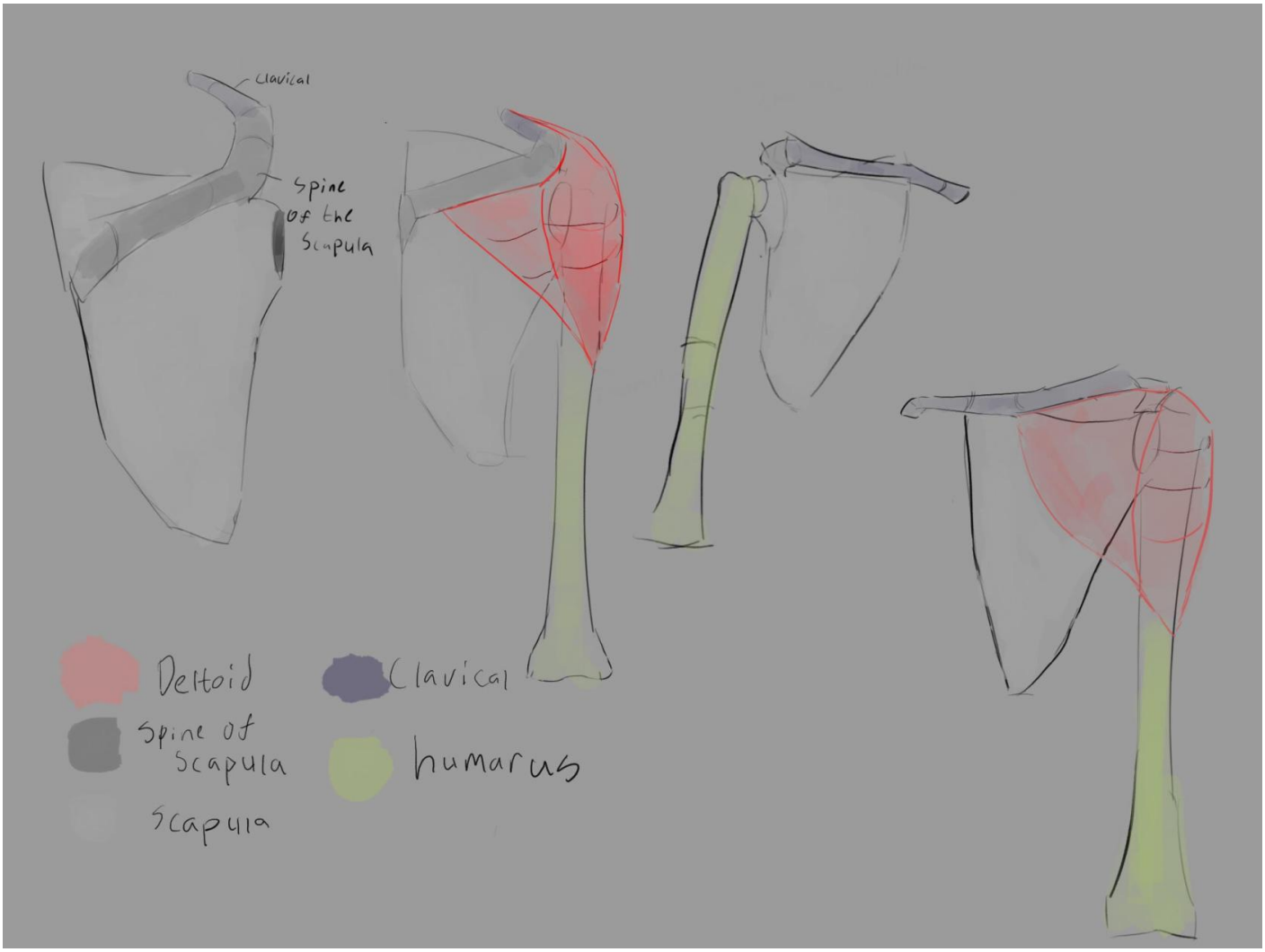
The deltoid is a **triangular muscle that wraps around the shoulder** giving the shoulder a rounded shape. It main use is moving the arm in various directions and it also adds stability to the shoulder joint. it is a very useful landmark when studying the arm. The deltoid comes from the Greek word delta. 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

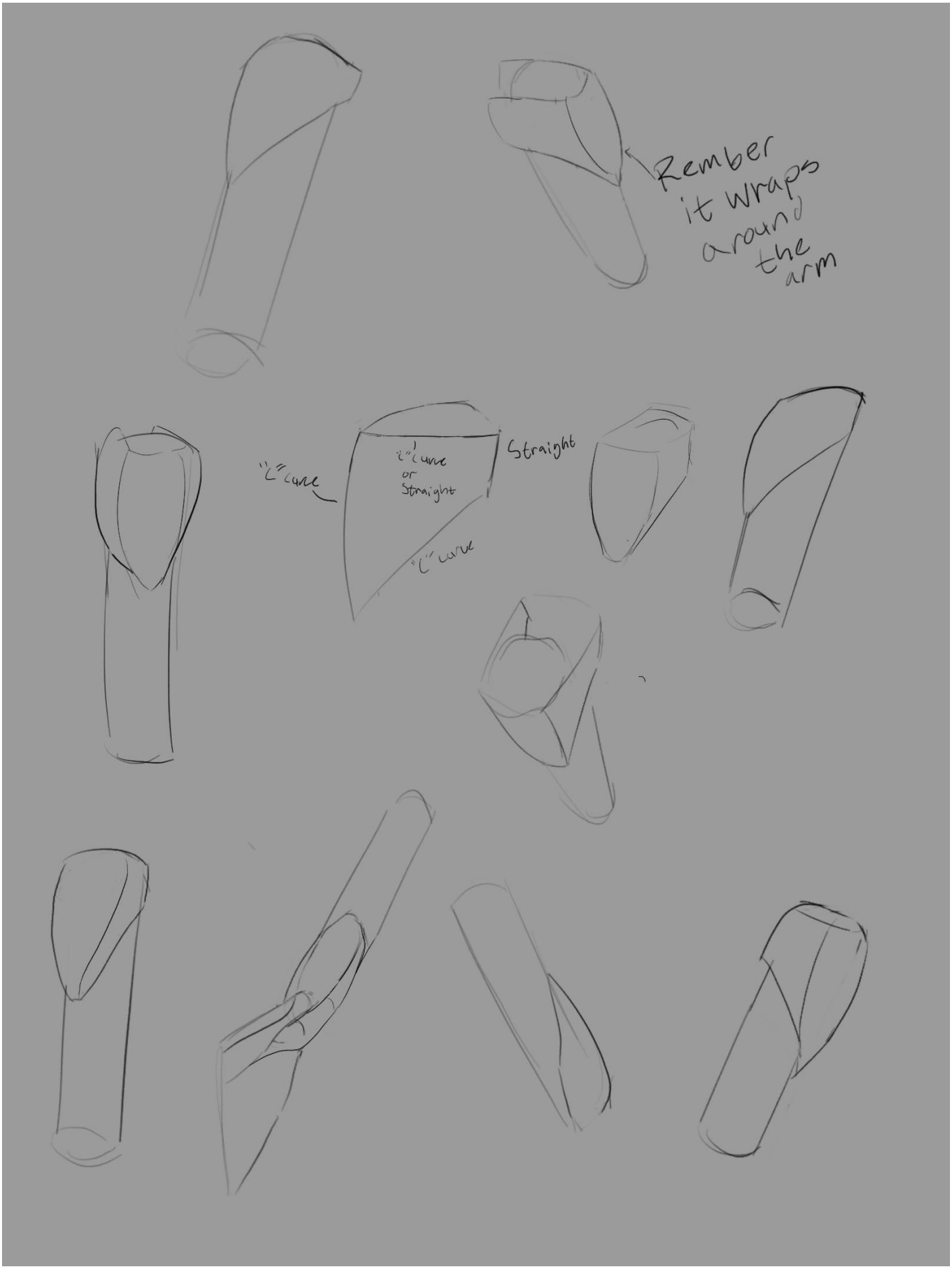


Functions

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**

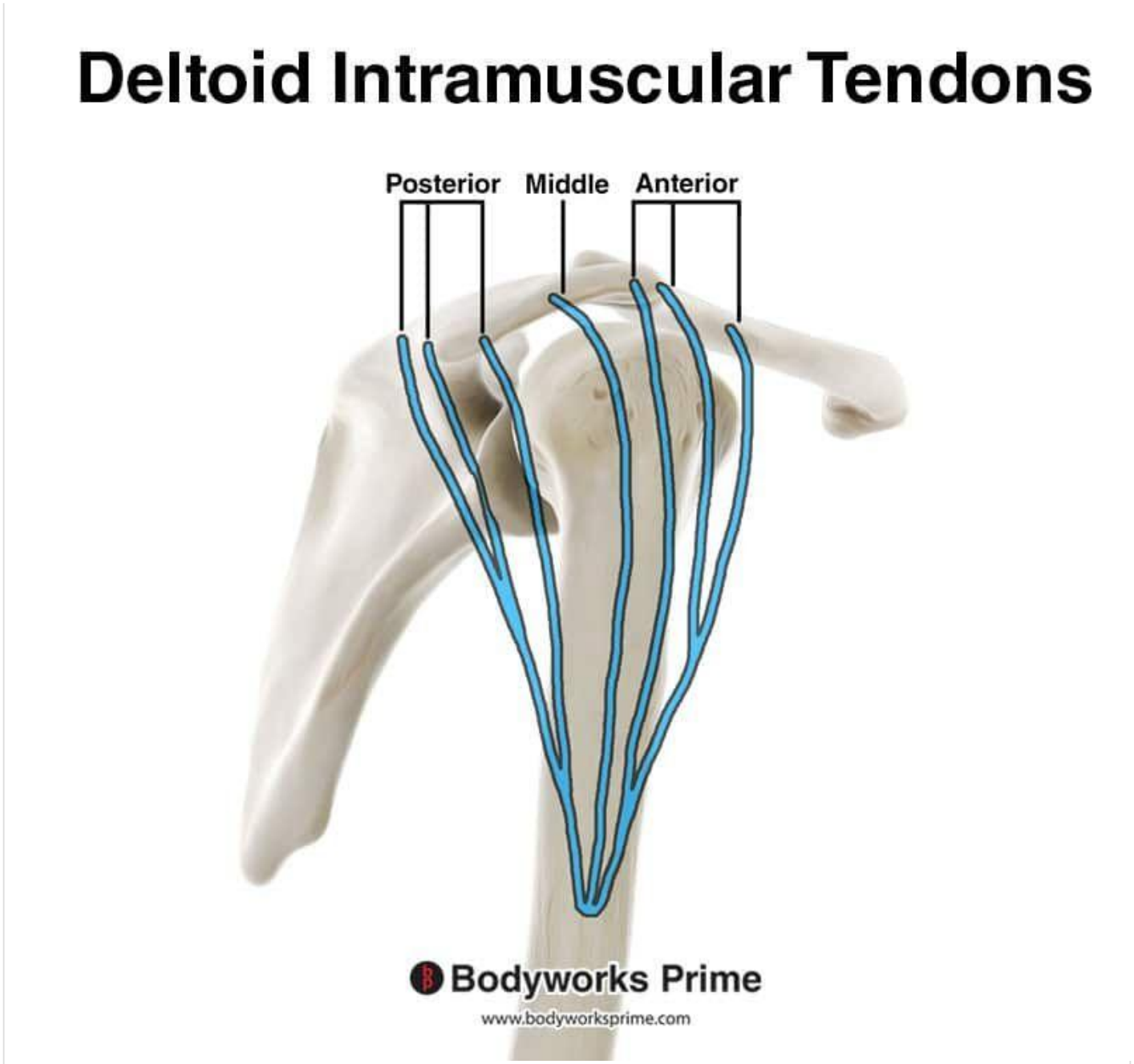

Rember it wraps around the arm
"C" curve
"C" curve or Straight
Straight
"C" curve

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)

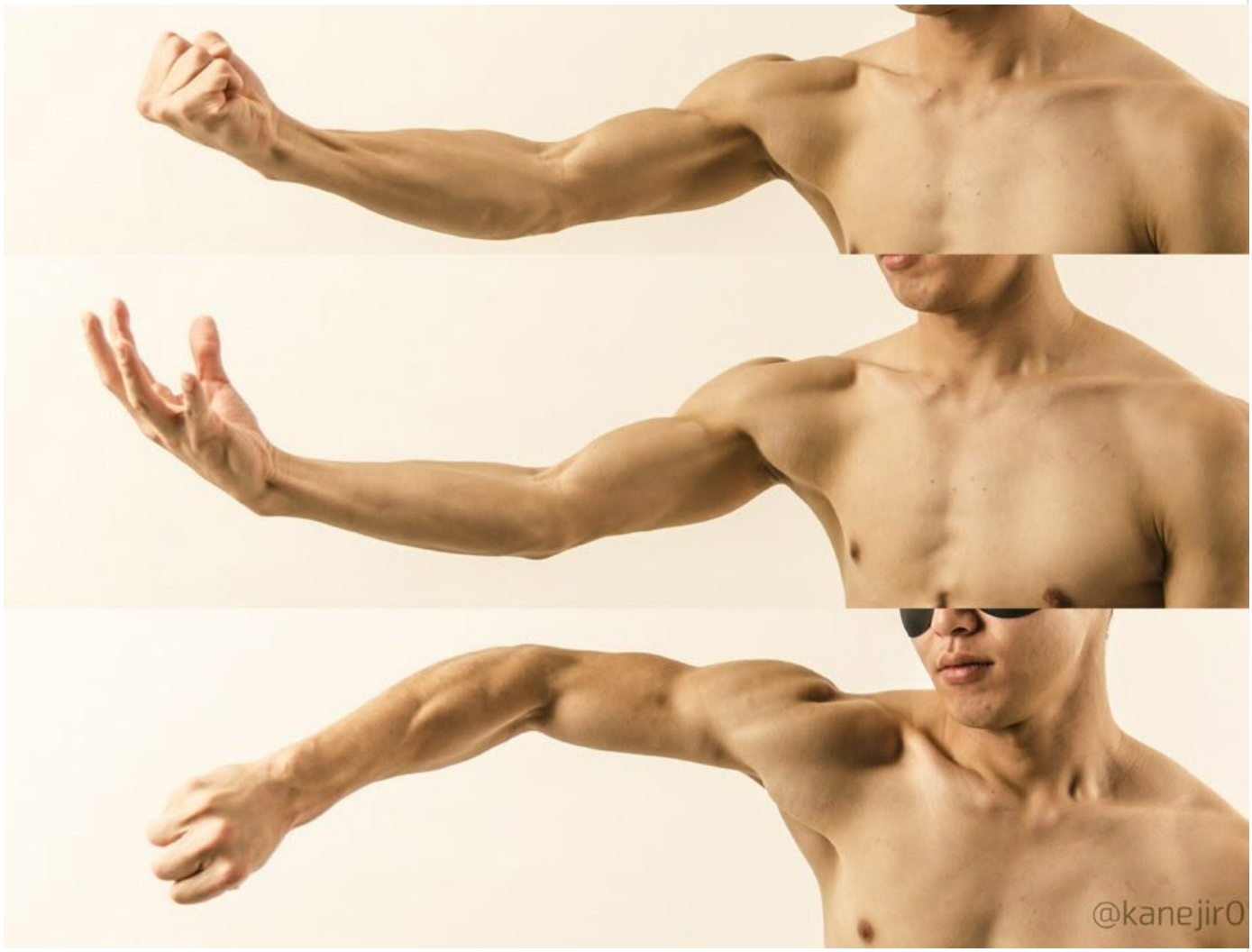
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