

## Supraspinatus muscle

Function- Contraction of the supraspinatus muscle leads to abduction of the arm at the shoulder joint. It is the main agonist muscle for this movement during the first 10-15 degrees of its arc. Beyond 30 degrees the deltoid muscle

The supraspinatus also helps to stabilize the shoulder joint by keeping the head of the humerus firmly pressed medially against the glenoid fossa

Innervations - The supraspinatus muscle is supplied by the suprascapular nerve (C5 and C6)  
The supraspinatus muscle is one of the musculotendinous support structures called the rotator cuff that surround and enclose the shoulder. It helps to resist the inferior gravitational forces placed across the shoulder joint due to the downward pull from the weight of the upper limb

the **rotator cuff** (sometimes incorrectly called a "rotator cup", "rotor cuff", or "rotary cup"<sup>[1]</sup>) is a group of muscles and their tendons that act to stabilize the shoulder. The four muscles of the rotator cuff are over half of the seven scapulohumeral muscles. The four muscles are the supraspinatus muscle, the infraspinatus muscle, teres minor muscle, and the subscapularis muscle

### Muscles composing rotator cuff

Muscle	Origin in scapula	Attachment on humerus	Function	Innervation
<u><b>Supraspinatus muscle</b></u>	<u>supraspinous fossa</u>	superior and middle facet of the <u>greater tubercle</u>	<u>abducts</u> the <u>humerus</u>	Suprascapular nerve (C5)
<u><b>Infraspinatus muscle</b></u>	<u>infraspinous fossa</u>	posterior facet of the <u>greater tubercle</u>	<u>externally</u> <u>rotates</u> the humerus	Suprascapular nerve (C5-C6)
<u><b>Teres minor muscle</b></u>	middle half of <u>lateral border</u>	inferior facet of the <u>greater tubercle</u>	<u>externally</u> <u>rotates</u> the humerus	Axillary nerve (C5)
<u><b>Subscapularis muscle</b></u>	<u>subscapular fossa</u>	<u>lesser tubercle</u> (60%) or <u>humeral neck</u> (40%)	<u>internally</u> <u>rotates</u> the <u>humerus</u>	Upper and Lower subscapular nerve (C5-C6)

face, and neck (such as blepharospasm). The term *Meige syndrome* is sometimes applied to cranio-facial dystonia accompanied by blepharospasm.

*Task-specific dystonias* are focal dystonias that tend to occur only when undertaking a particular repetitive activity. Examples include *writer's cramp* that affects the muscles of the hand and sometimes the forearm, and only occurs during handwriting.

Women are more prone to it than men

**Orthostatic hypotension** also known as **postural hypotension**

It is defined as a fall in **systolic** blood pressure of at least **20** mm Hg or **diastolic** blood pressure of at least **10** mm Hg when a person assumes a standing position.

17. What are the actions of the cruciate ligaments?

They stabilize the knee joint by preventing the movement of the tibia forward or backward, with the **anterior cruciate ligament preventing anterior displacement** and the **posterior cruciate ligament preventing posterior displacement**

The terrible triad

is a tearing of the medial collateral ligament, the medial meniscus, and the anterior cruciate ligament all at the same time

MCL ACL medial meniscus

What does the transverse tibiofibular ligament do?

This ligament helps to hold tibia and fibula together. It also forms a portion of the articulation with talus.

20. What are the actions of the subtalar articulation?

This joint is pretty stiff, though it allows some inversion and eversion.

21. What is the tarsal sinus?

It is a cavity lying between the talus and the calcaneus.

23. What is the function of the patella?

The patella is a large sesamoid bone that developed in the tendon of the quadriceps femoris muscle. It pushes against the anterior articular surface of the femur's inferior surface, and, by holding the tendon off the lower end of the femur, improves the angle of approach of the tendon to the tibial tuberosity.

24. What are the specific techniques of chest physiotherapy in neonates and children?

Usual active physiotherapy includes gentle active vibrations and suctioning.

-----

415- Which ms of body **flex** hip and **abducting** it and (**Laterally**) rotate it?

a- **sartorius** ✓

b- Tensor fascia lata

c- iliopsoas

d- Rectus femurs

416- Which ms of body **flex** hip and **abducting** it and (**Medially**) rotates it?

a- sartorius

b- **tensor fascia lata** ✓

c- iliopsoas

d- rectus femoris

27- Which muscle make shoulder ;**flexion ;medial rotation**?

a- subscapularis

b- teres major

c- teres minor

d- **pectoralis major**

41- which muscle act in Medial rotation,adduction and extension of shoulder joint:

a- pectoralis minor

b- serratus anterior

c- teres minor

**d- latissimus dorsi**

27-Burgers disease pt complain of pain afterwalking in calf m.s in ttt your goal is to

A- Decrese m.s spasm

B- Strength hamstring

**C- Increase venous return\*\*\***

221- PNF initially voulantny relaxation then passive or active assisted

contration and lastly resistive mov it's

**a- Rhythmic intiation** ✓

b- Rhythmic stabilization

c- Contract-relax

Preview from Notesale.co.uk  
Page 14 of 20