

## < 上腕筋の機能解剖 >

[起始] 上腕骨掌側面遠位 1/2

[停止] 尺骨粗面、肘関節前方関節包

[支配神経] 筋皮神経(C5・C6) / 橈骨神経

[特徴] 腱成分が非常に少なく、筋全体が筋腹といった形態→肘関節屈曲拘縮：上腕筋の線維化  
上腕骨と尺骨を結ぶ→肘関節屈曲（前腕・肩関節の肢位に関係なく）

### Leonello(2007)

brachialis had two head in all 11 specimens

⇒superficial head : inserted onto the ulnar tuberosity

⇒deep head : inserted onto an aponeurosis (joint capsule)

### ◎Articularis Cubitus（関節筋）

preventing capsular impingement during elbow flexion

⇒deep head : more important for initiation of flexion from extension

⇒superficial head : provide greater power once elbow is flexed

### ◎橈骨神経支配

sending a small branch to obliquely oriented inferolateral fiber of deep head

### ◎Muscular Sling

inferolateral fiber of deep head and anconeus run more obliquely

- provide rotatory torque on proximal part of ulna
- dynamically stabilize forearm against rotation
- activity lock elbow when threatened with rotatory instability

⇒stabilize ulnohumeral joint

⇒indirectly stabilize radiocapitellar joint