

## Anatomy & Physiology: Muscles—Rhomboid Major.

### STRUCTURE.

- Origin: spinous process of T2-T5.
- Insertion: vertebral border of scapula inferior to spine.

### FUNCTION.

- Concentric action: scapular retraction at scapulocostal joint (ScC), elevates scapula at ScC, and downward rotation.
- Reverse mover action: contralateral rotation of the trunk at spinal joints; extends trunk at spinal joints.
- Eccentric action: controls/restrains/slows scapular protraction depression, upward rotation, and lateral tilt; controls/restrains/slows flexion and ipsilateral rotation of the trunk.
- Isometric action: stabilization of the scapula; stabilization of C7-T5 vertebrae.
- Innervation: dorsal scapular nerve, C4, C5.
- Arterial supply: dorsal scapular artery (branch of subclavian artery).

### CLINICAL SIGNIFICANCE.

## References

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