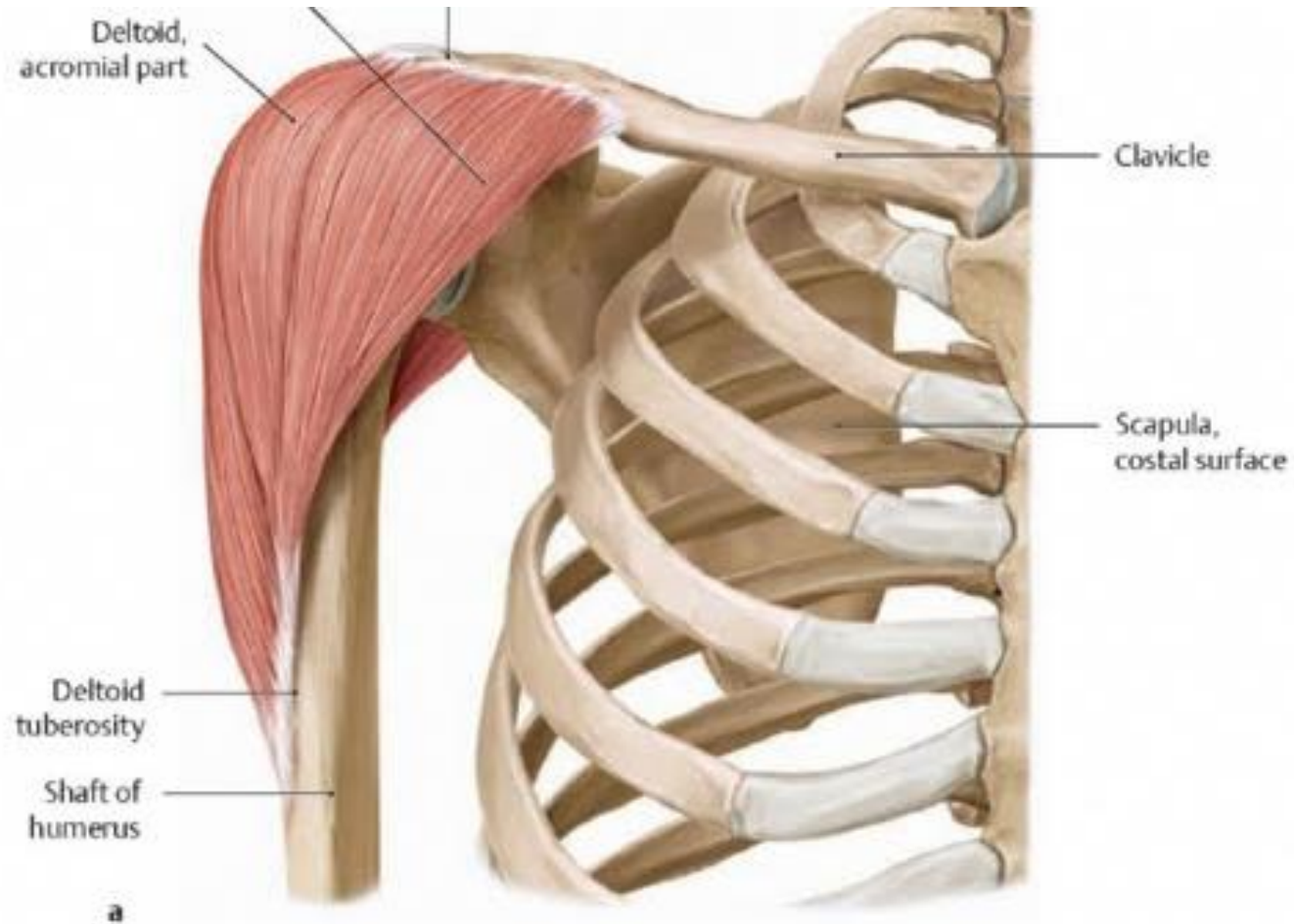


An anatomical illustration of the human torso from the neck to the waist, showing the skeletal structure. The deltoid muscles on both shoulders are highlighted in a vibrant red color, contrasting with the greyish-tan tones of the rest of the body. The spine, ribs, and shoulder blades are clearly visible.

# The Deltoid

By: Emily Veilleux

# Deltoid



- The deltoid is a triangular shaped muscle on the anterior side of the shoulder. (Barclay, 2019)

## Type of Muscle

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- It is a skeletal muscle

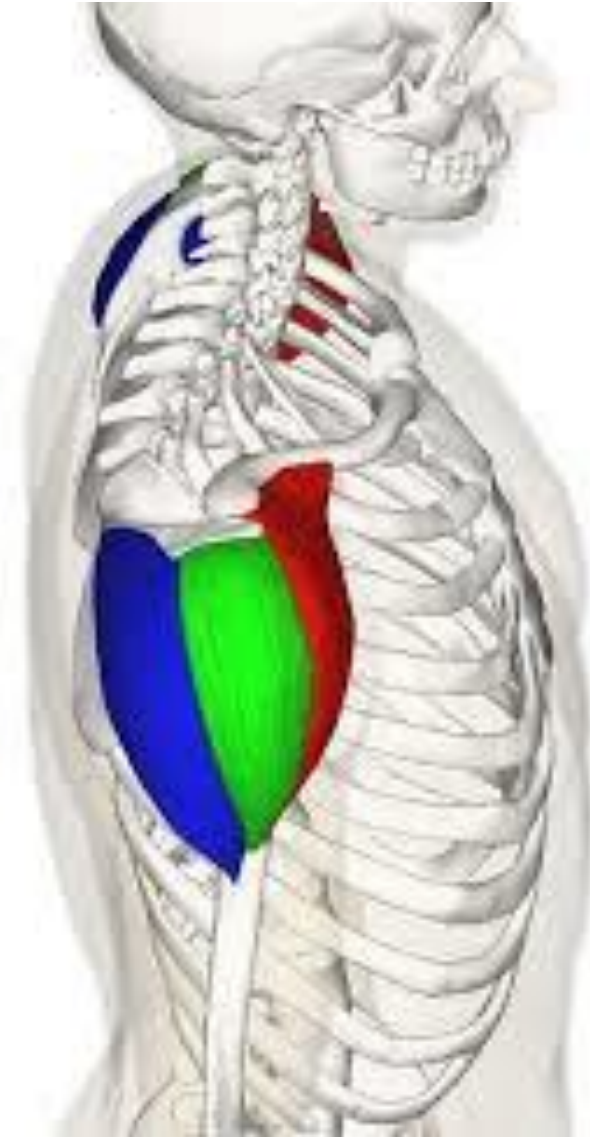
## Function

- There are 3 parts of the deltoid muscle.
- The clavicular (anterior) deltoid
- The acromial (middle) deltoid
- The spinal (posterior) deltoid (KenHub, 2020)

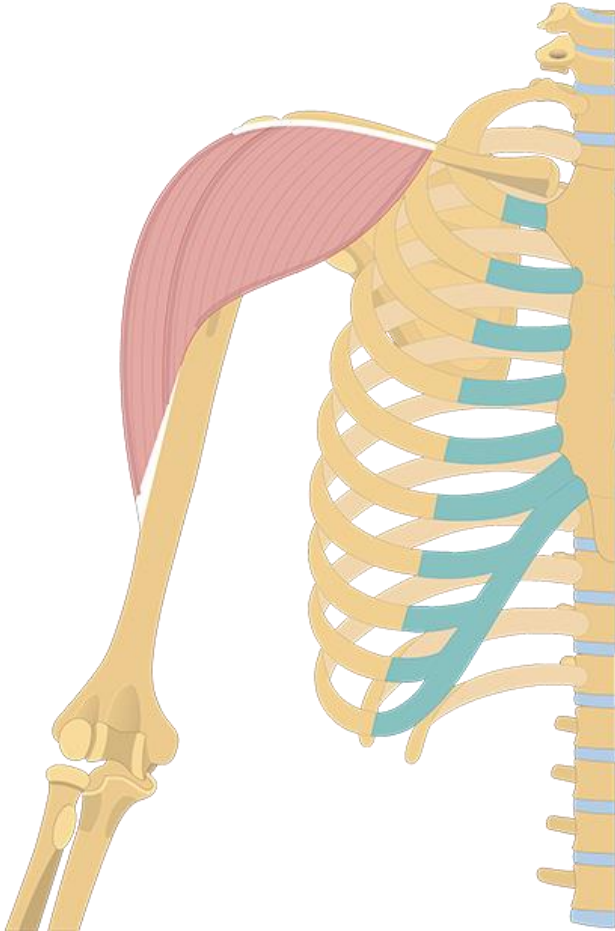
Anterior  
Deltoid

Lateral  
Deltoid

Posterior  
Deltoid

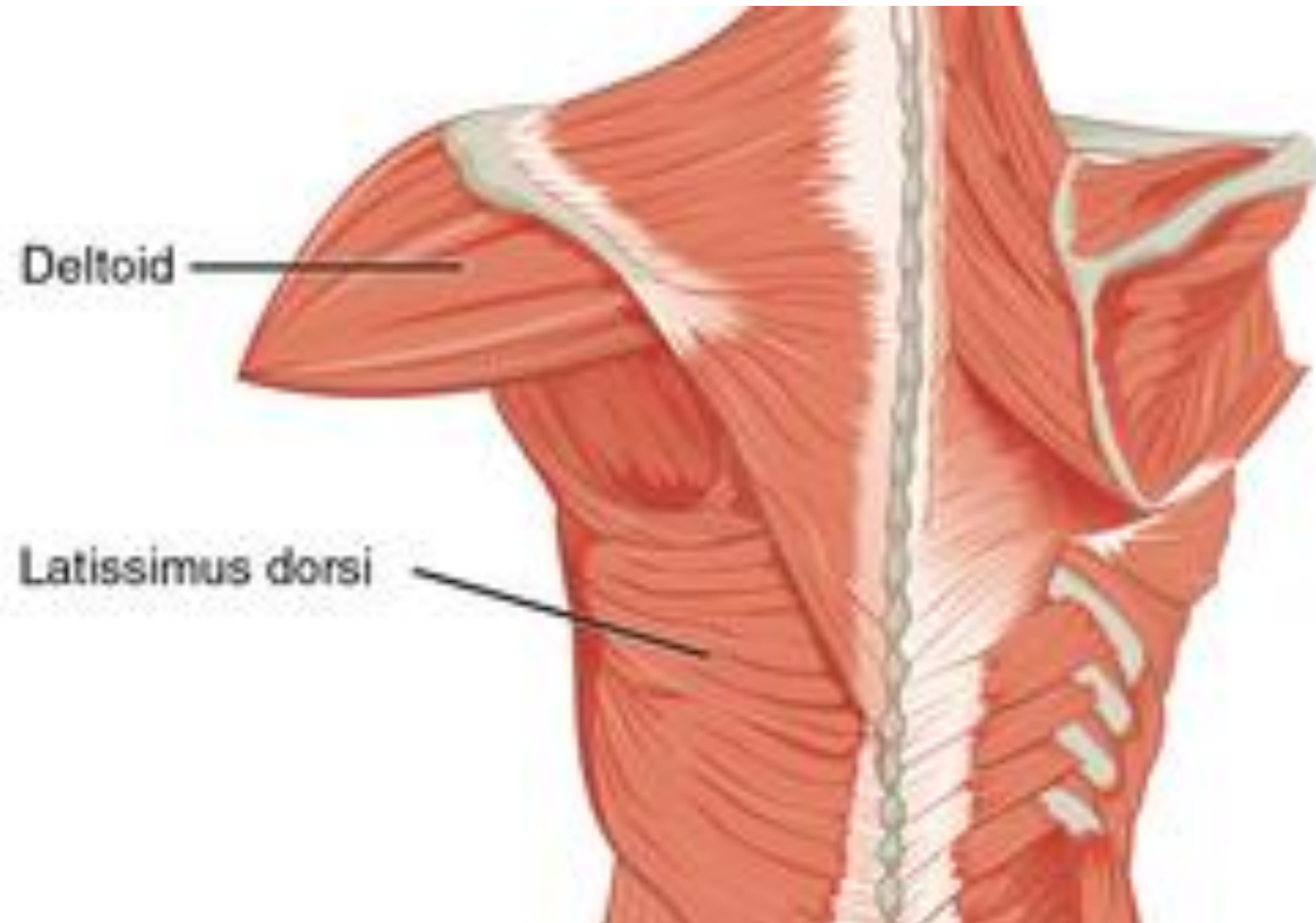


# Fast or Slow Twitch?

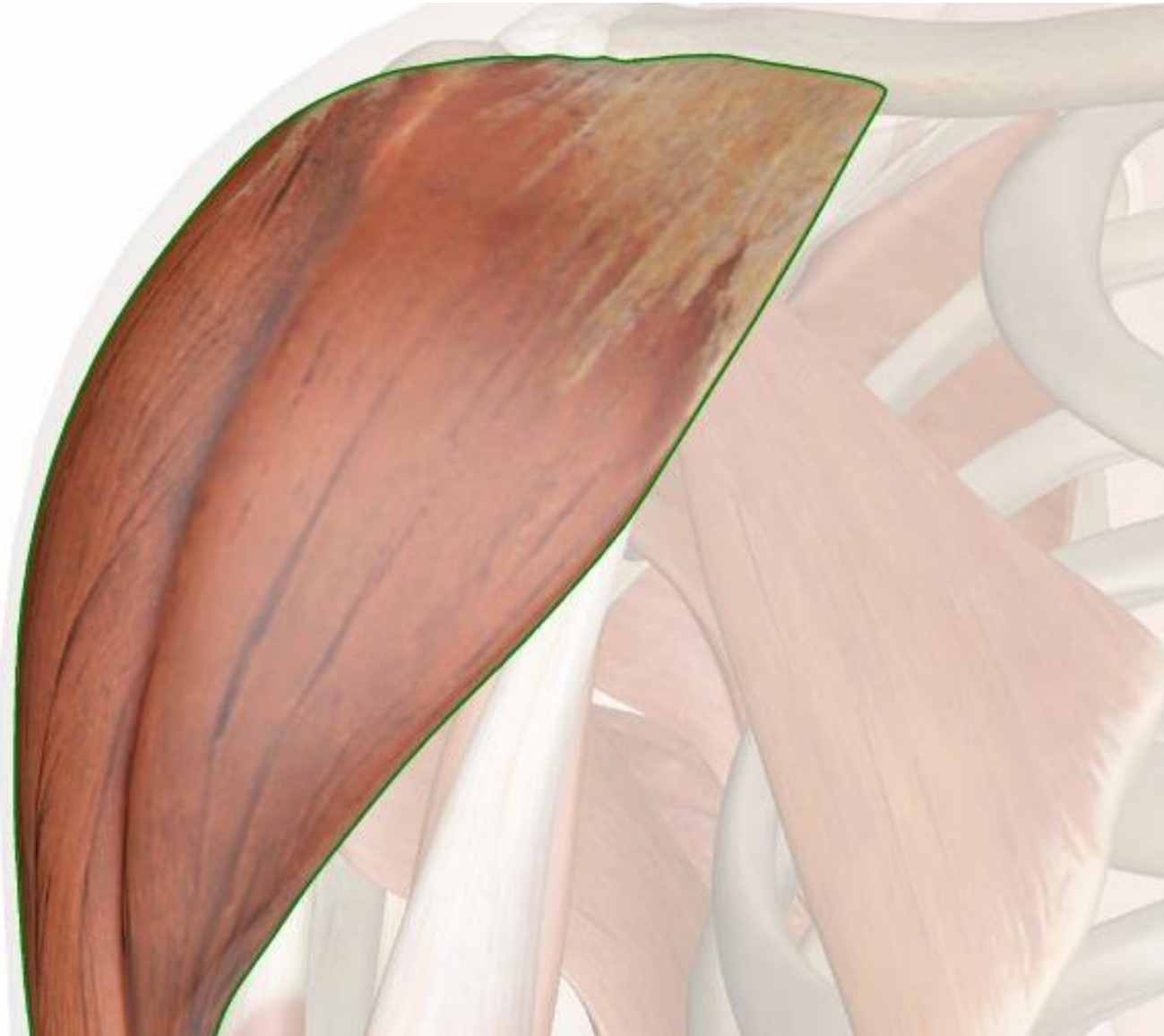


- The deltoid is thought to have a fast twitch but it actually has a slow twitch. (Beardsley, 2019)

# Antagonist



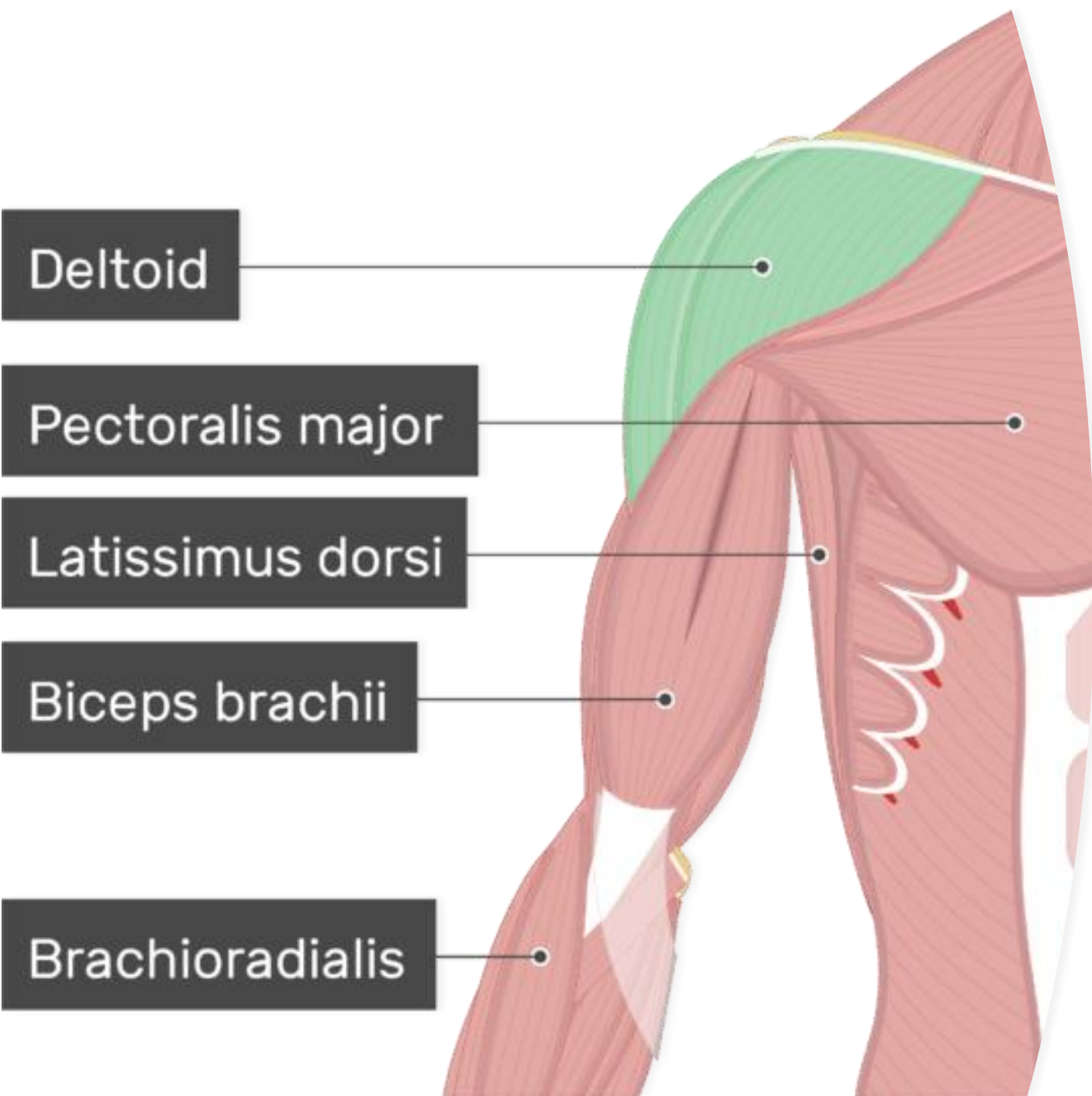
- The antagonist muscle of the deltoid is the latissimus dorsi.



## Agonist

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- The agonist muscle is the deltoid



Deltoid

Pectoralis major

Latissimus dorsi

Biceps brachii

Brachioradialis

—  
Synergist

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- The synergist of the deltoid is the supraspinatus.



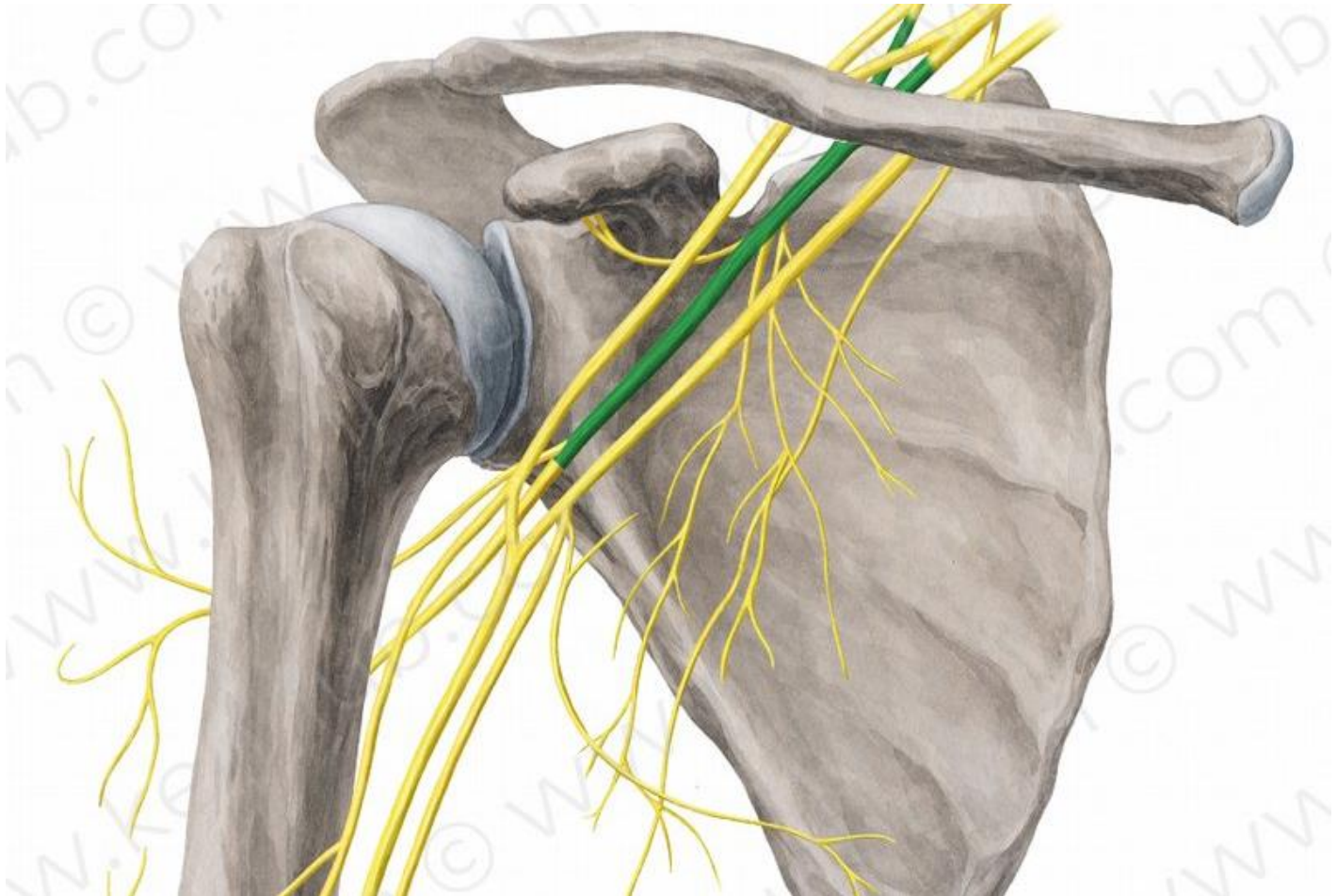
A woman with extensive tattoos on her arms and torso is working out in a gym. She is wearing a black sports bra and shorts, and is holding a thick, black and red battle rope. She is in a dynamic, athletic pose, leaning forward with her legs spread wide. The background is dark with some studio lighting equipment visible.

# Exercise of the Deltoid

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Here are a few exercises to keep your deltoids strong.  
(Abbate, 2019)

# Nerves



- Something that also helps the deltoid function is the axillary nerve. (Jones, 2018)

# Citations

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