The Deltoid

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

- 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)
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.
• The agonist muscle is the deltoid
The synergist of the deltoid is the supraspinatus.
Exercise of the Deltoid

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


• Beardsley, Chris. “How Should We Train the Deltoids?” Medium, Medium, 7 July 2019, medium.com/@SandCResearch/how-should-we-train-the-deltoids-f00d9c5388e2.

• Getting Started with the Muscle SpikerBox Pro: Agonist/Antagonist Muscle Pairs, backyardbrains.com/experiments/musclespikerboxpro.


• “The Axillary Nerve.” TeachMeAnatomy, teachmeanatomy.info/upper-limb/nerves/axillary-nerve/.