



What is the weakest part of the clavicle?

How does the scapula move during: Depression

Identify the medial and lateral ends. Which structures does either end of the clavicle articulate with?

How does the scapula move during: Elevation

What structures help to stabilize this joint? Glenohumeral joint.

How does the scapula move during: Retraction (adduction)

What is the scapulothoracic joint?

How does the scapula move during: Protraction (abduction)



Moves down (pulling down a rope attached to a pulley)

Clavicular mid region; near bend

Moves up (shrugging shoulders or lifting weight overhead)

Medial end: Menubrium Lateral end: Acromion process

Closer together (pulling the oars in a rowing boat)

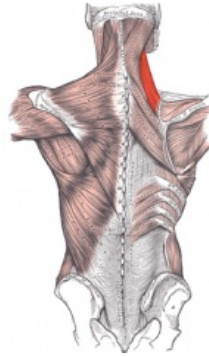
Muscles & tendons, articular capsule of joint, and synovial fluid

Move apart (doing a "push-up" or punching)

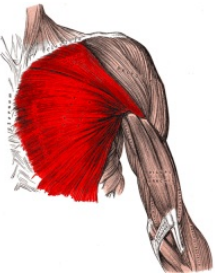
Not a true joint; space between scapula & thorax; helps to increase the range of shoulder motion



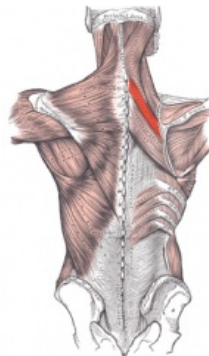
Latissimus dorsi



Levator scapulae



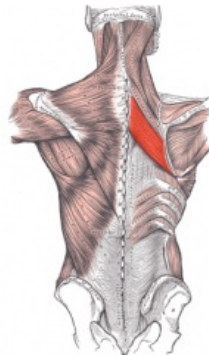
Pectoralis major



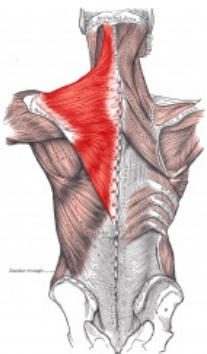
Rhomboid minor



Serratus anterior



Rhomboid major



Trapezius



Supraspinatus



Origin: Transverse processes of C1-C4 Intersection: Superior vertebral border of scapula Action: Elevates scapula & rotates it downwards

Origin: Spines of T7-L5, lumbar vertebrae, crests of sacrum & ilium, inferior four ribs via thoracolumbar fascia Intersection: Intertubercular sulcus of humerus Action: Extends, adducts, & medially rotates arm & shoulder joint; draws arm inferiorly and posteriorly

Origin: Spines of C7-T1 Intersection: Vertebral border of scapula superior to spine Action: Elevates & adducts scapula & rotates it downward; stabilizes scapula

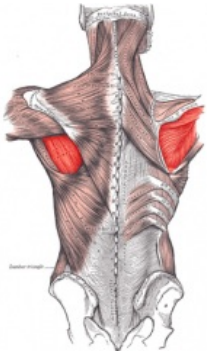
Origin: Clavicle, sternum, & costal cartilages of second to sixth ribs & sometimes first to seventh ribs Intersection: Greater tubercle & lateral lip of intertubercular sulcus of humerus Action: Adducts & medially rotates arm at shoulder joint; clavicular head flexes arm; & sternocostal head extends flexed arm to side of trunk

Origin: Spines of T2-T5 Intersection: Vertebral border of scapula inferior to spine Action: Elevates & adducts scapula & rotates it downward; stabilizes scapula

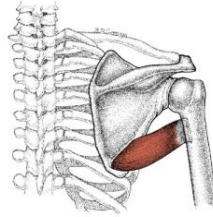
Origin: Superior eight or nine ribs Intersection: Vertebral border & inferior angle of scapula Action: Abducts scapula & rotates it upward

Origin: Supraspinous fossa of scapula Intersection: Greater tubercle of humerus Action: Assists deltoid muscle in abducting arm at shoulder joint

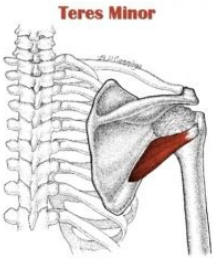
Origin: Superior nuchal line of occipital bone, ligamentum nuchae, & spine of C7-T12 Intersection: Clavicle & acromion & spine of scapula Action: Upper part: Upper rotate scapula; Middle part: Retract scapula; Lower part: Depress & upward rotate scapula



Infraspinatus

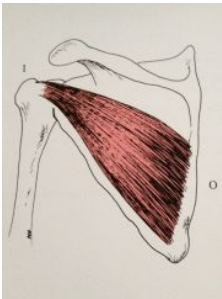


Teres major



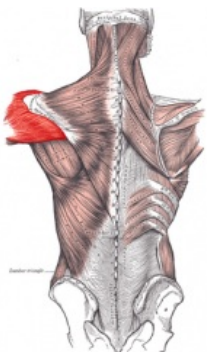
Teres minor

Name the four muscles that belong to the rotator cuff.



Subscapularis

Explain why the latissimus dorsi could be called the "swimming muscle."



Deltoids



Origin: Inferior angle of scapula Intersection: Medial lip of intertubercular sulcus of humerus Action: Extends arm at shoulder joint & assists in adduction & medial rotation of the arm at the shoulder joint

Origin: Infraspinatus fossa of scapula Intersection: Greater tubercle of humerus Action: Laterally rotates arm at shoulder joint

Supraspinatus, infraspinatus, teres minor, & subscapularis

Origin: Inferior lateral border of scapula Intersection: Greater tubercle of humerus Action: Laterally rotates & extends arm at shoulder joint

Because its many actions are used while swimming; the arm is being drawn inferiorly & posteriorly while one is swimming

Origin: Subscapularis fossa of scapula Intersection: Lesser tubercle of humerus Action: Medially rotates arm at shoulder joint

Origin: Acromial extremity of clavicle, acromion of scapula & spine of scapula Intersection: Deltoid tuberosity of humerus Action: Lateral fibers abduct arm at shoulder joint; anterior fibers flex & medially rotate arm at shoulder joint; posterior fibers extend arm & laterally rotate arm at shoulder joint