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The Shoulder Girdle

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Bones

Scapula and Clavicle

Move as a unit

Clavicle’s articulation with sternum is only bony link to axial skeleton

Boney Landmarks

Manubrium

Clavicle

Coracoid process

Acromion process

Glenoid fossa

Lateral border

Inferior angle

Medial border

Acromion process

Glenoid fossa

Lateral border

Inferior angle

Medial border

Superior angle

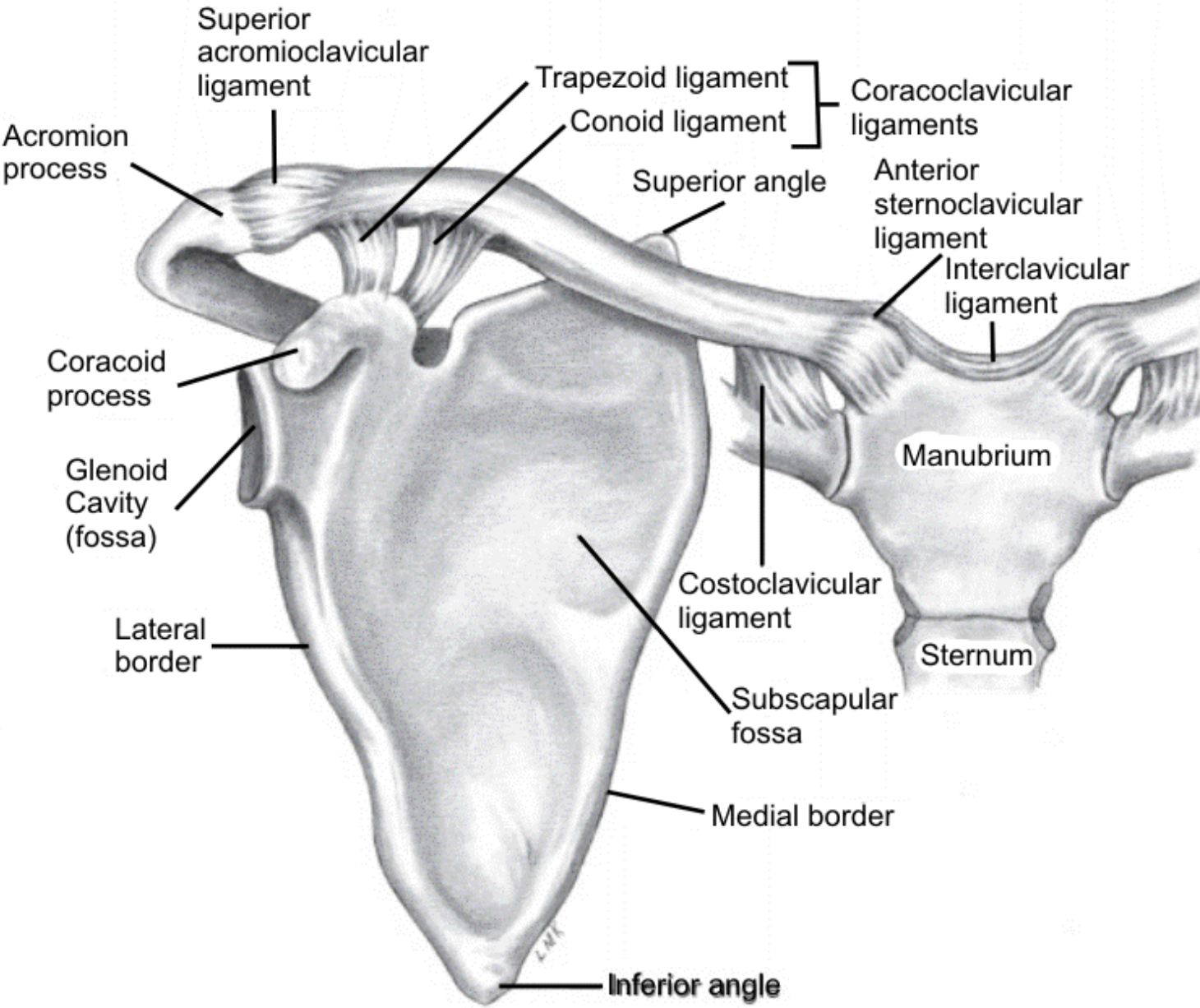
Spine of the scapula

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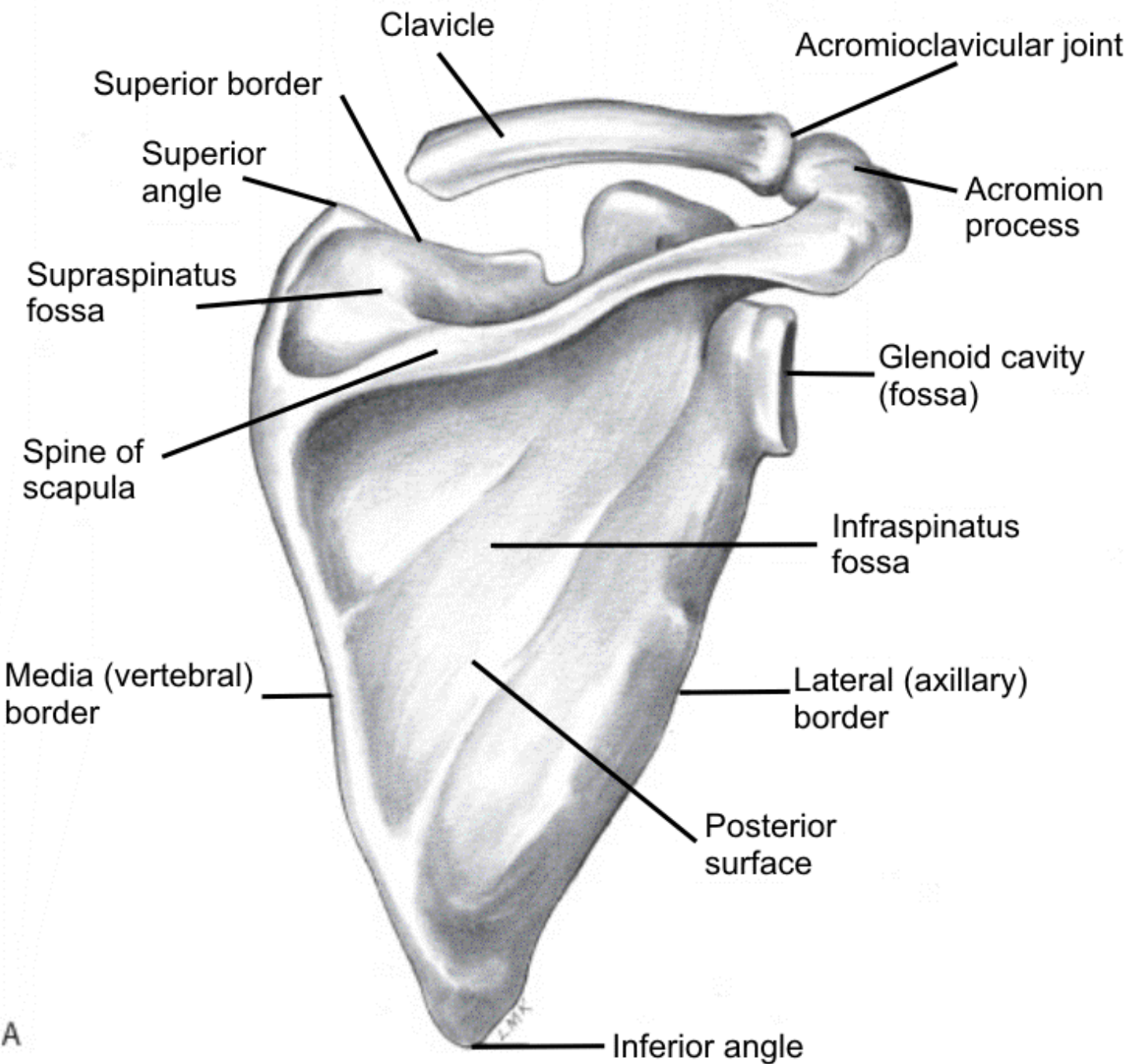
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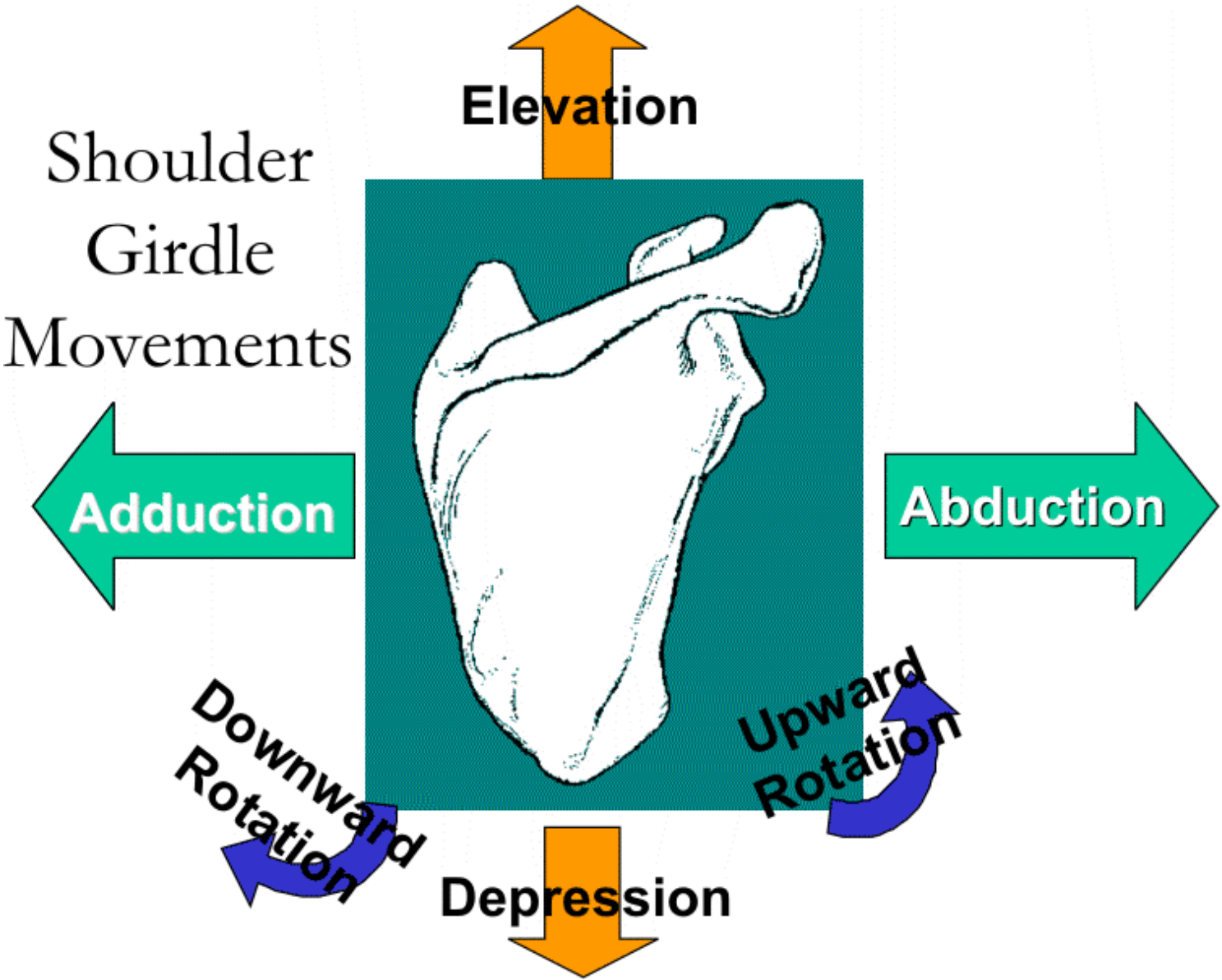
Joints	
Shoulder girdle (scapulothoracic)	scapula moves on the rib cage joint motion occurs at sternoclavicular joint & to a lesser amount at the acromioclavicular joint
Sternoclavicular (SC)	(multiaxial) arthrodial classification Sternoclavicular (SC) Ligamentous support
Acromioclavicular (AC)	arthrodial classification supported by Coracoclavicular ligaments Superior acromioclavicular ligament Inferior acromioclavicular ligament often injured
Scapulothoracic	not a true synovial joint does not have regular synovial features movement depends on SC & AC joints which allows the scapula to move supported dynamically by its muscles no ligamentous support

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Shoulder Girdle Movements = Scapula Movements



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Abduction (protraction)

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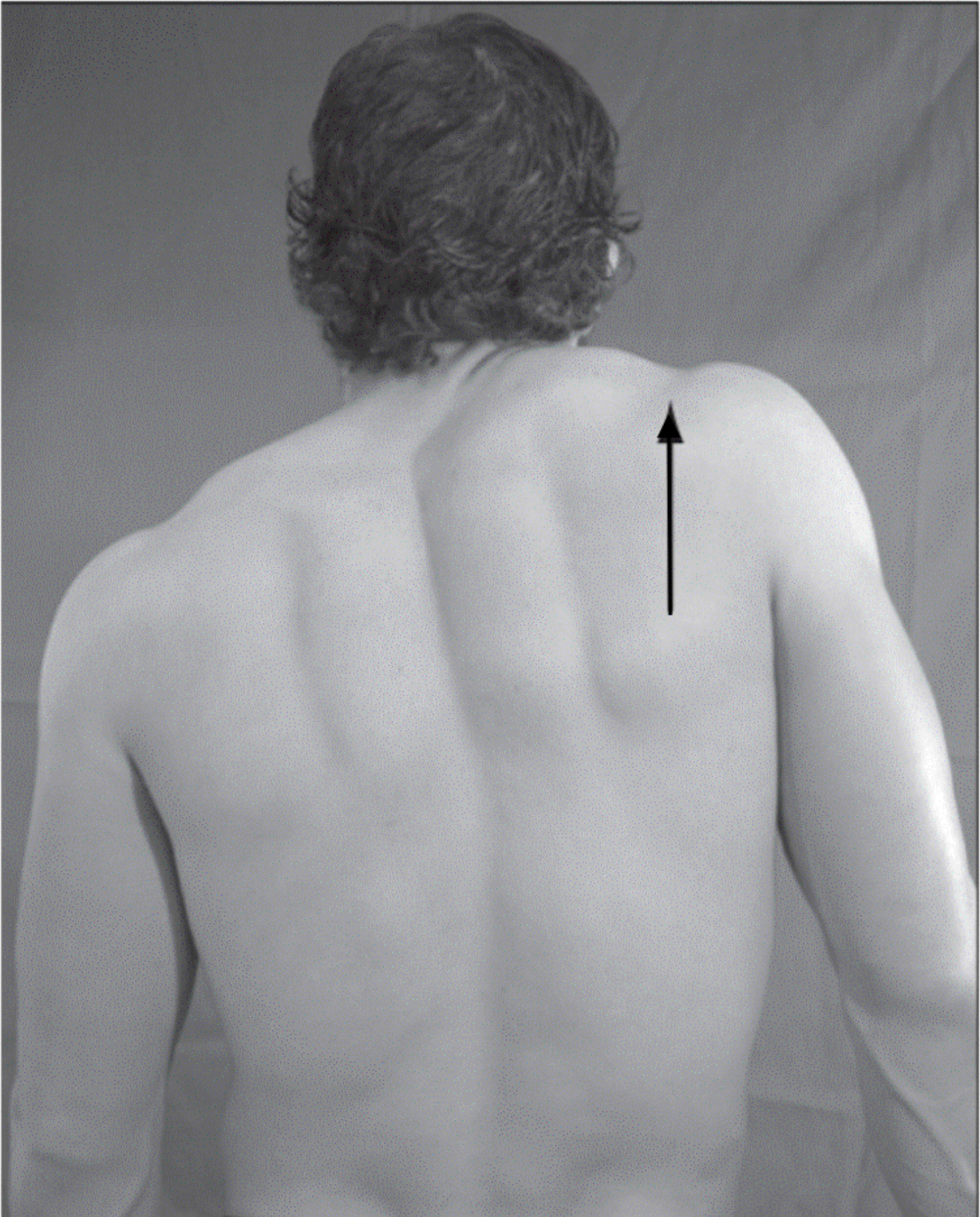


Adduction (retraction)

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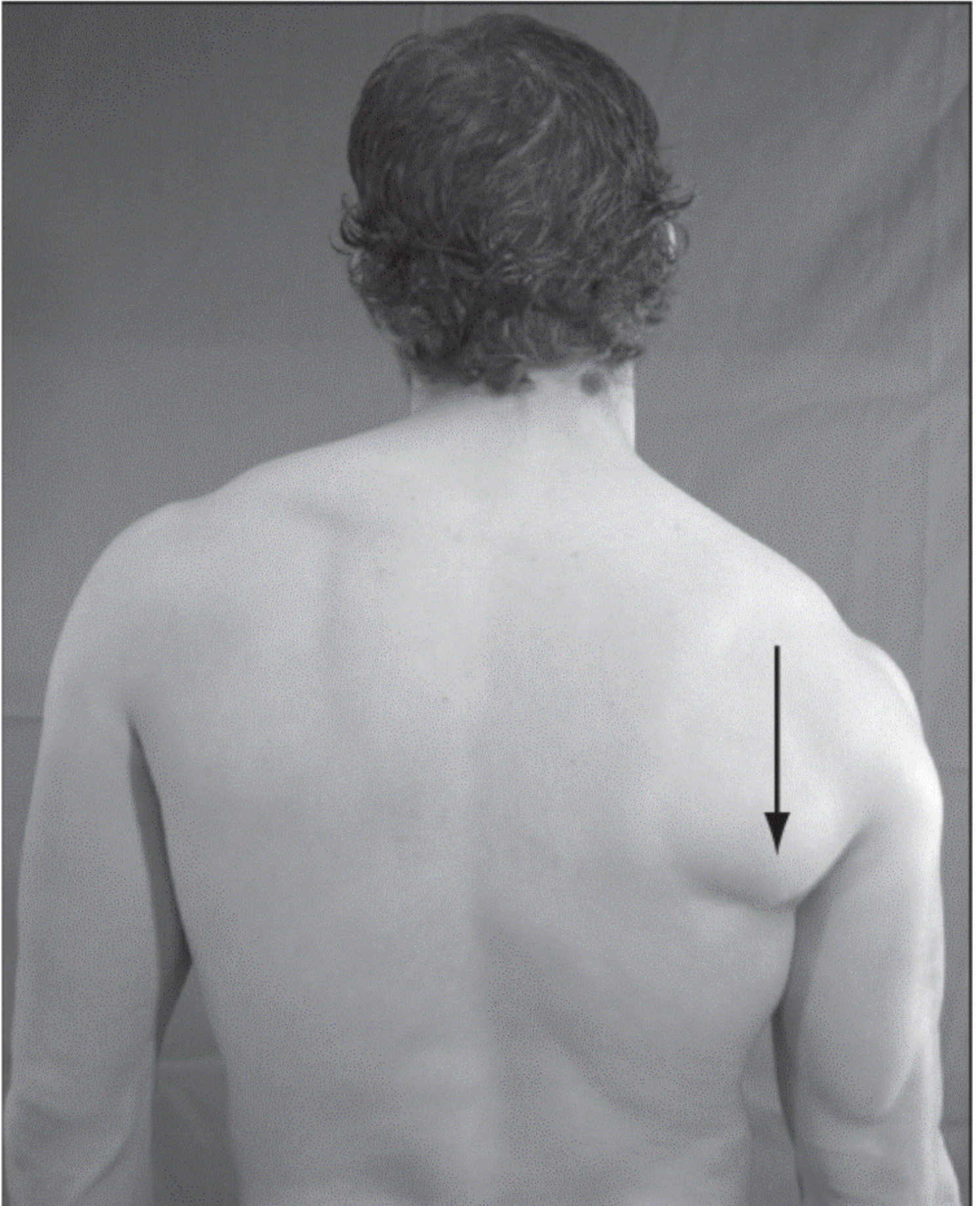


Elevation

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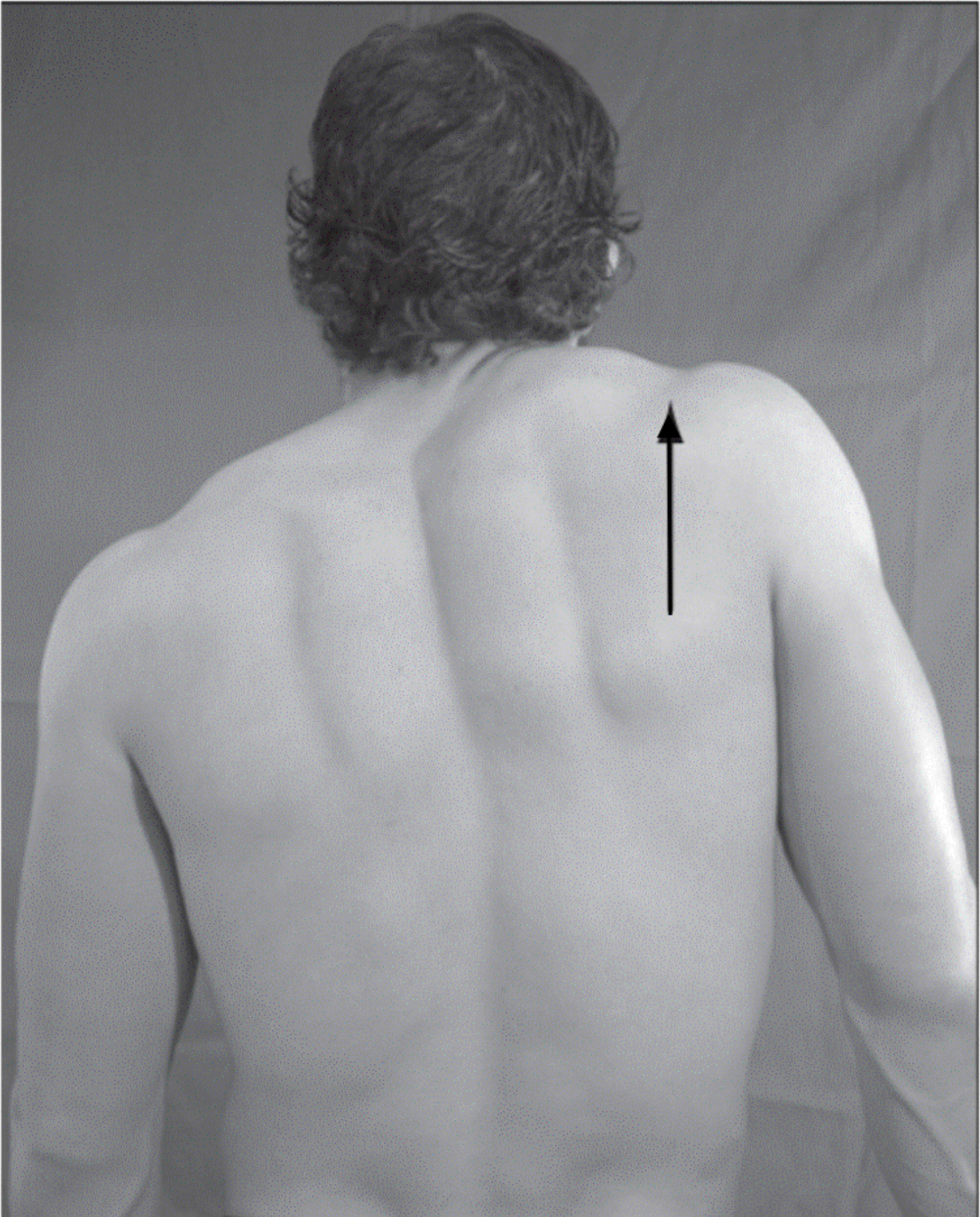


Depression

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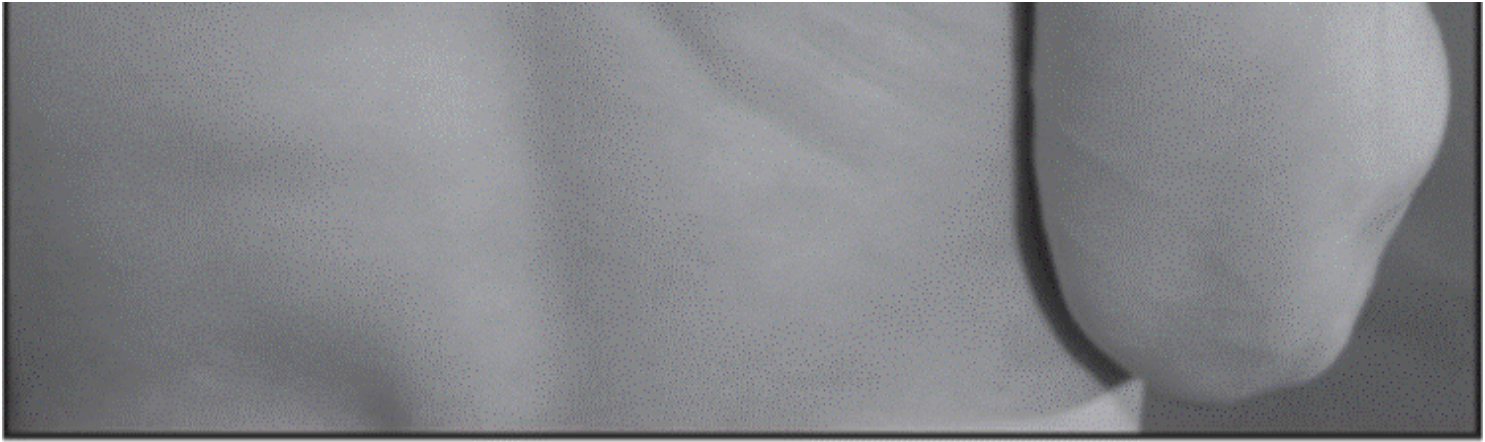
Elevation

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Downward Rotation

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Upward Rotation

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Muscles

Five muscles primarily involved in movement of Shoulder Girdle

Trapezius - upper, middle, lower

Rhomboid - deep

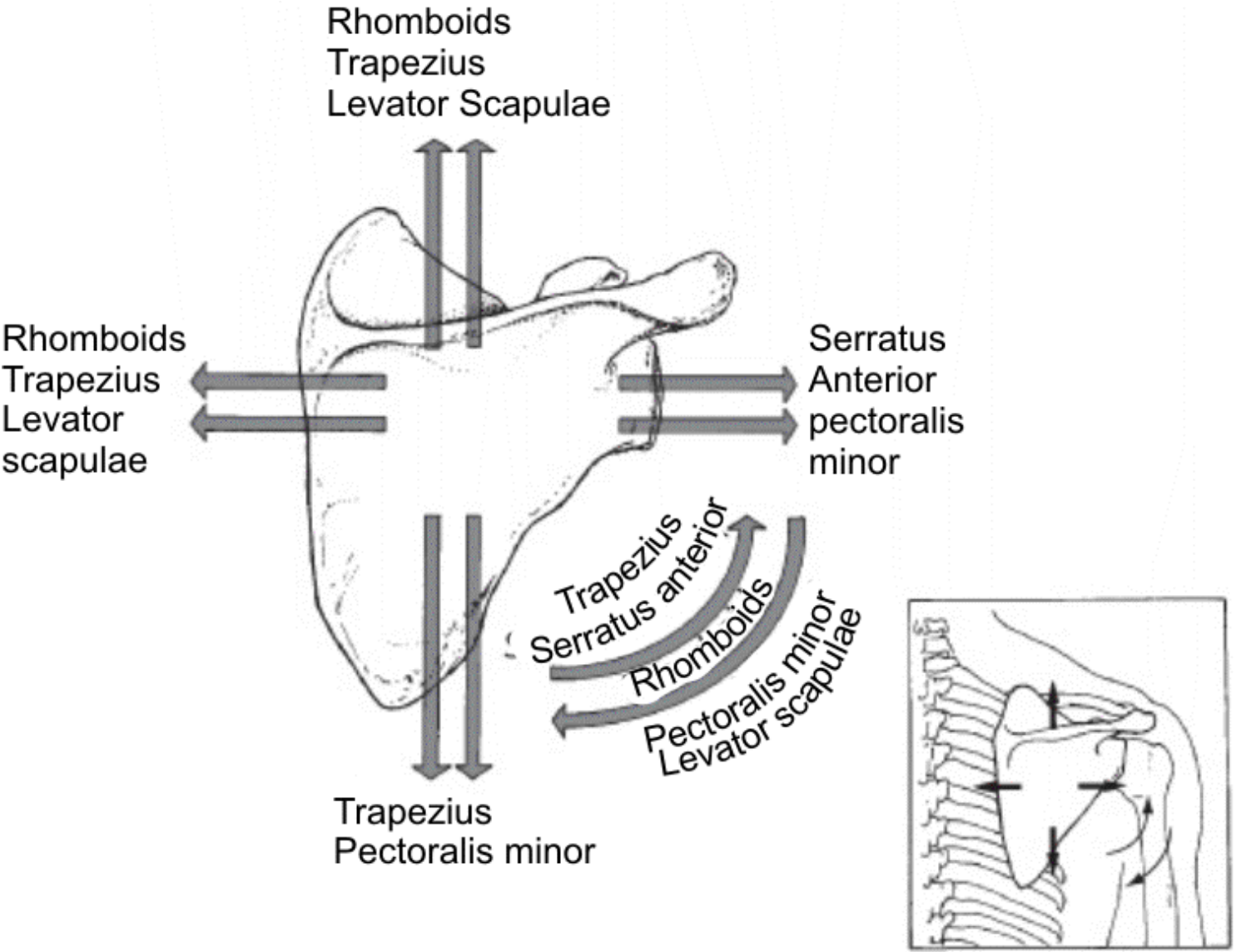
Levator scapula

Serratus anterior

Pectoralis minor - deep

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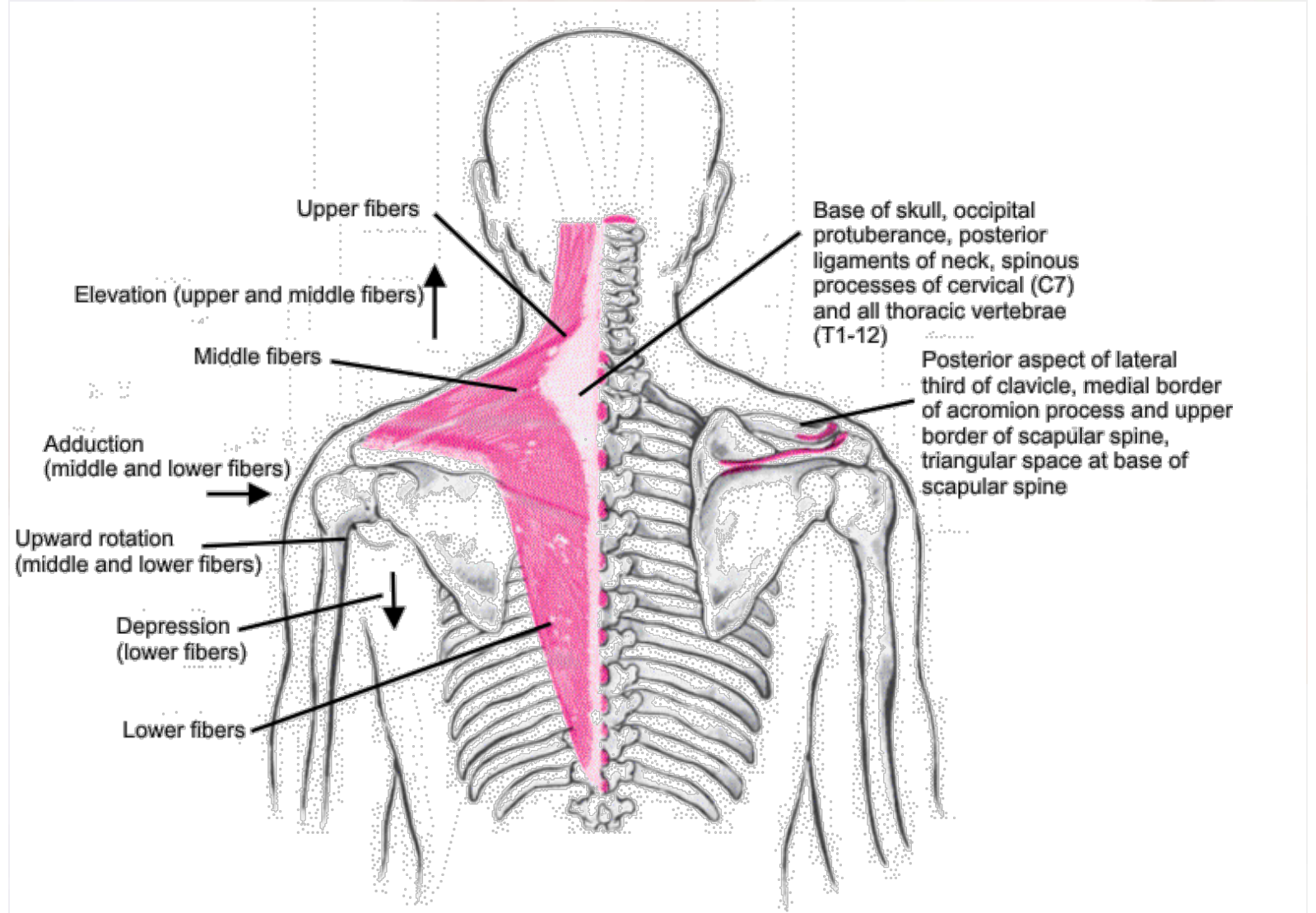
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Trapezius Muscle

Upper fibers: elevation of scapula, extension and rotation of head

Middle fibers: elevation, upward rotation and adduction

Lower fibers: depression, adduction and upward rotation



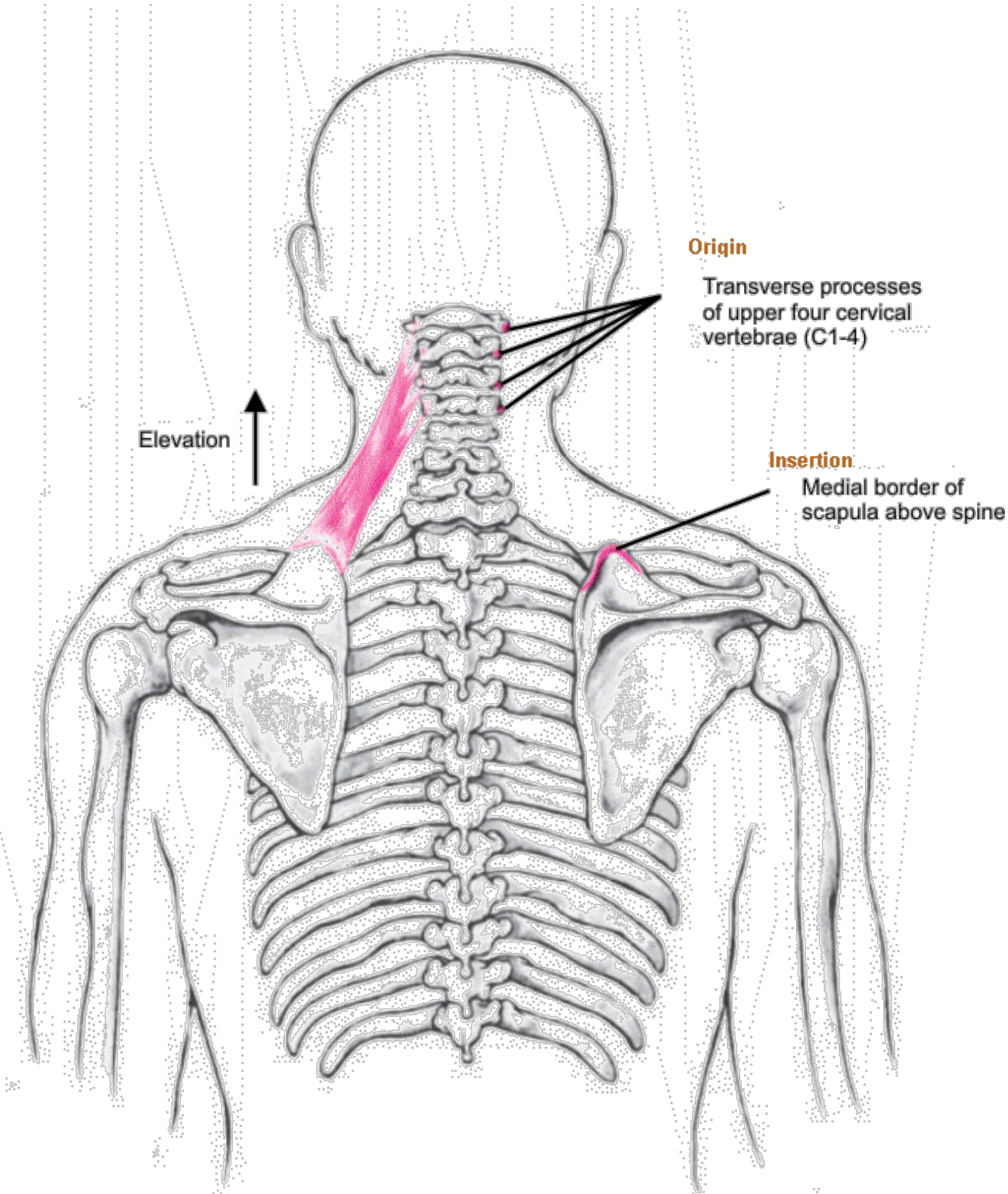
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Levator Scapulae Muscle

Elevates the medial margin of the scapula



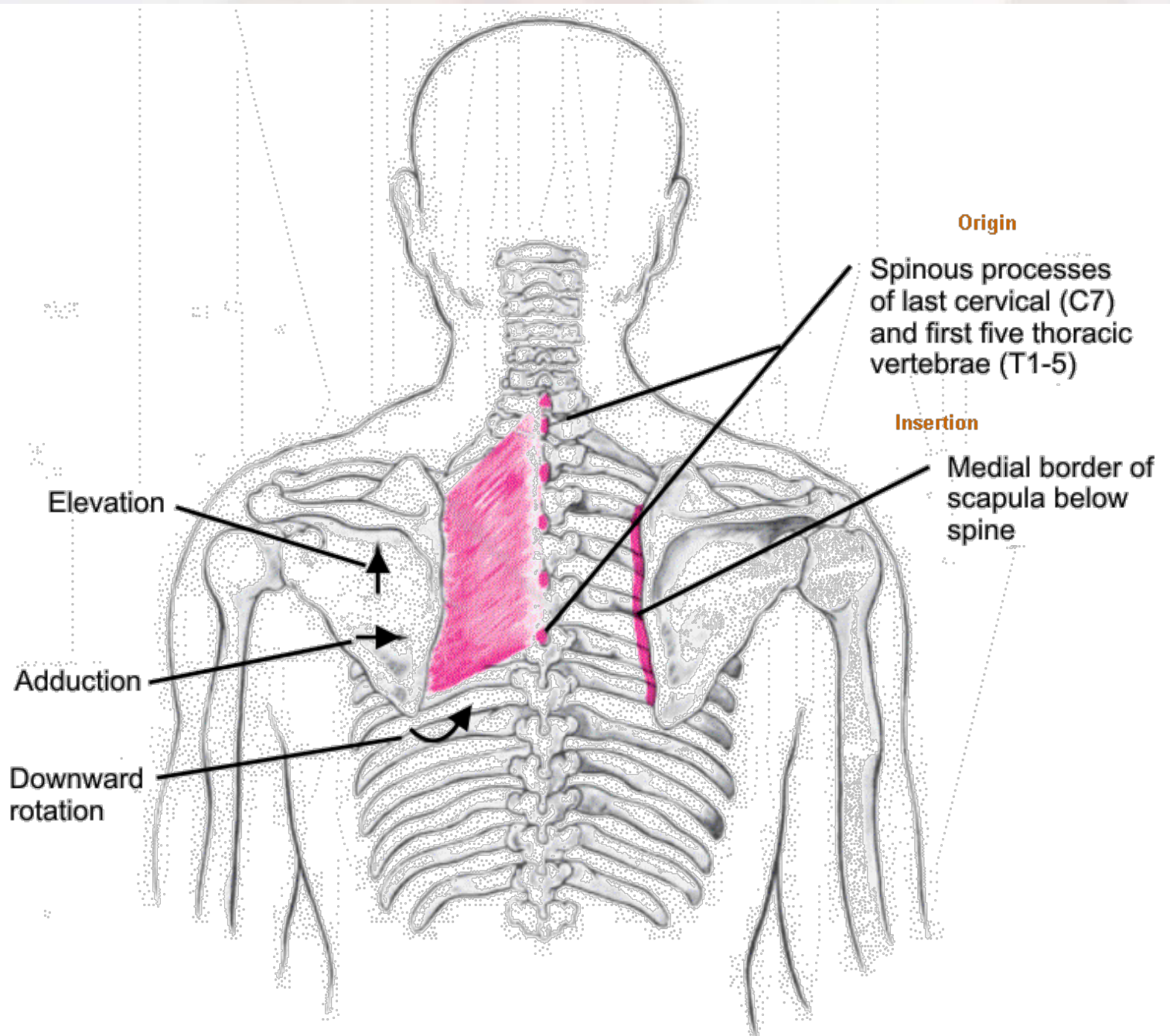
Rhomboid Muscle: Major and Minor

Rhomboid major and minor muscles work together

Adduction (retraction): draw scapula toward spinal column

Downward rotation: from upward rotated position they draw scapula in downward rotation

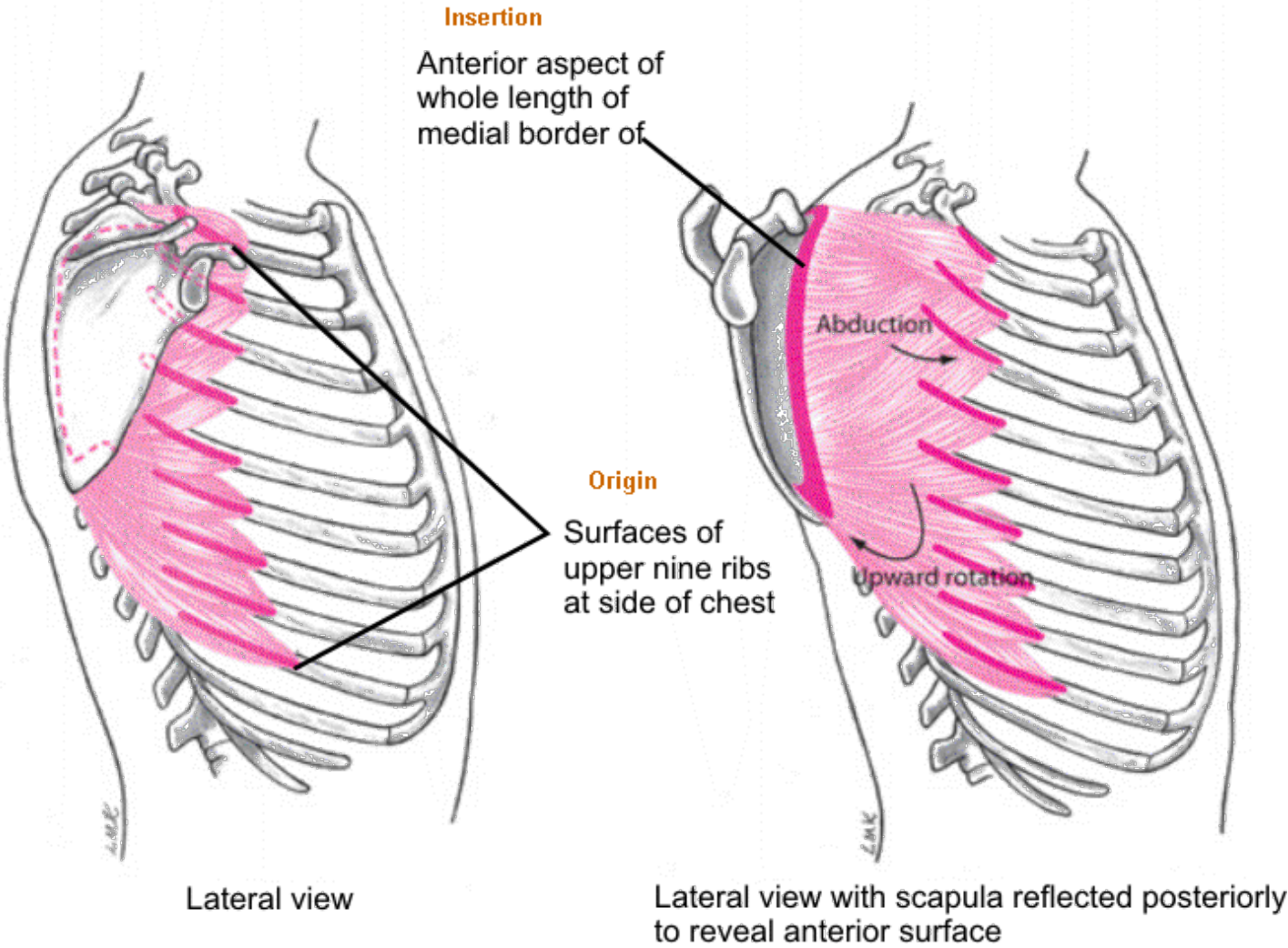
Elevation: slight upward movement accompanying adduction



Serratus Anterior Muscle

Abduction (protraction): draws medial border of scapula away from vertebrae

Upward rotation: longer, lower fibers tend to draw inferior angle of scapula farther away from vertebrae, thus rotating scapula upward slightly



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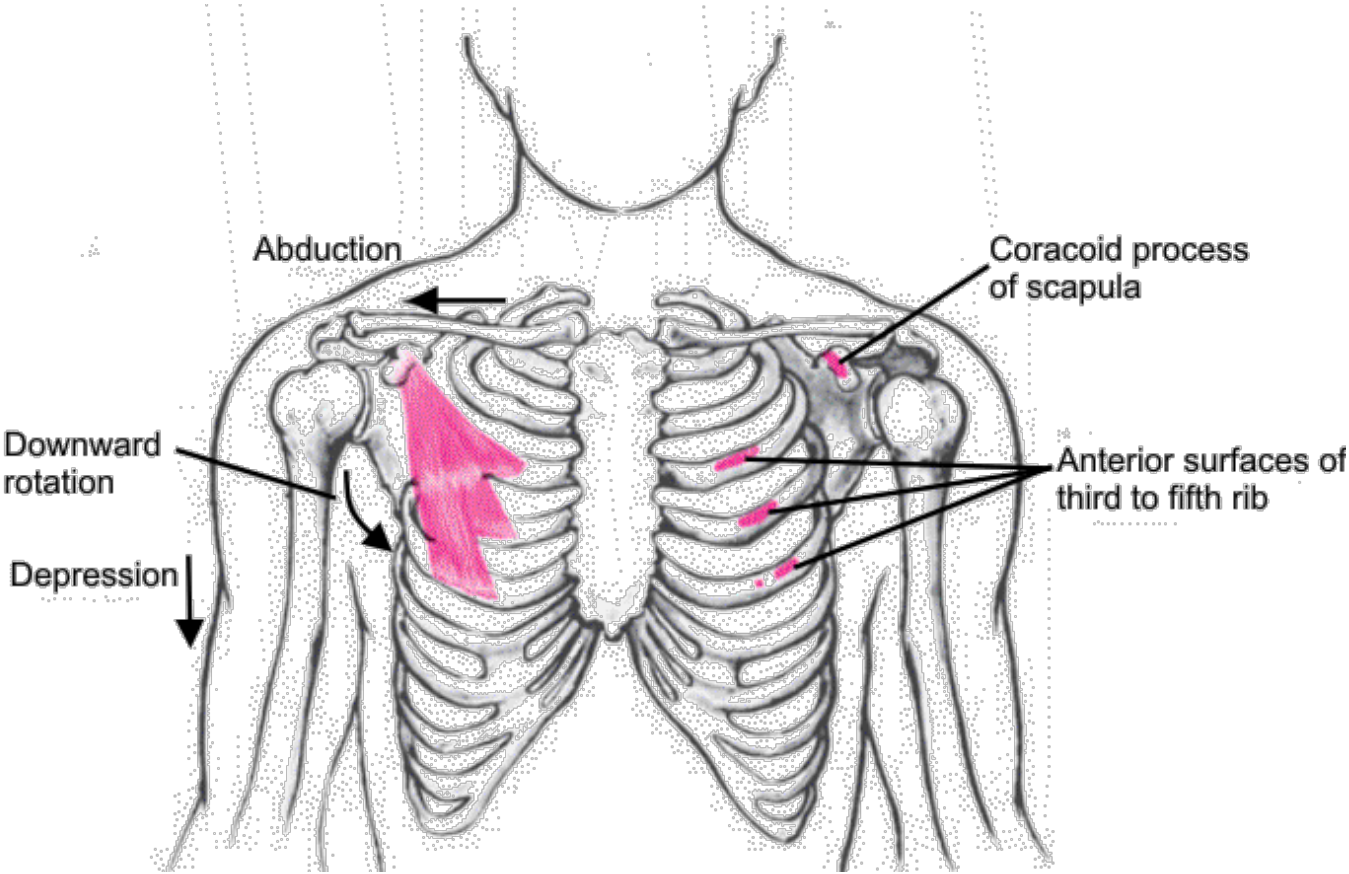
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Pectoralis Minor Muscle

Abduction (protraction): draws scapula forward & tends to tilt lower border away from ribs

Downward rotation: as it abducts, it draws scapula downward

Depression: when scapula is rotated upward, it assists in depression



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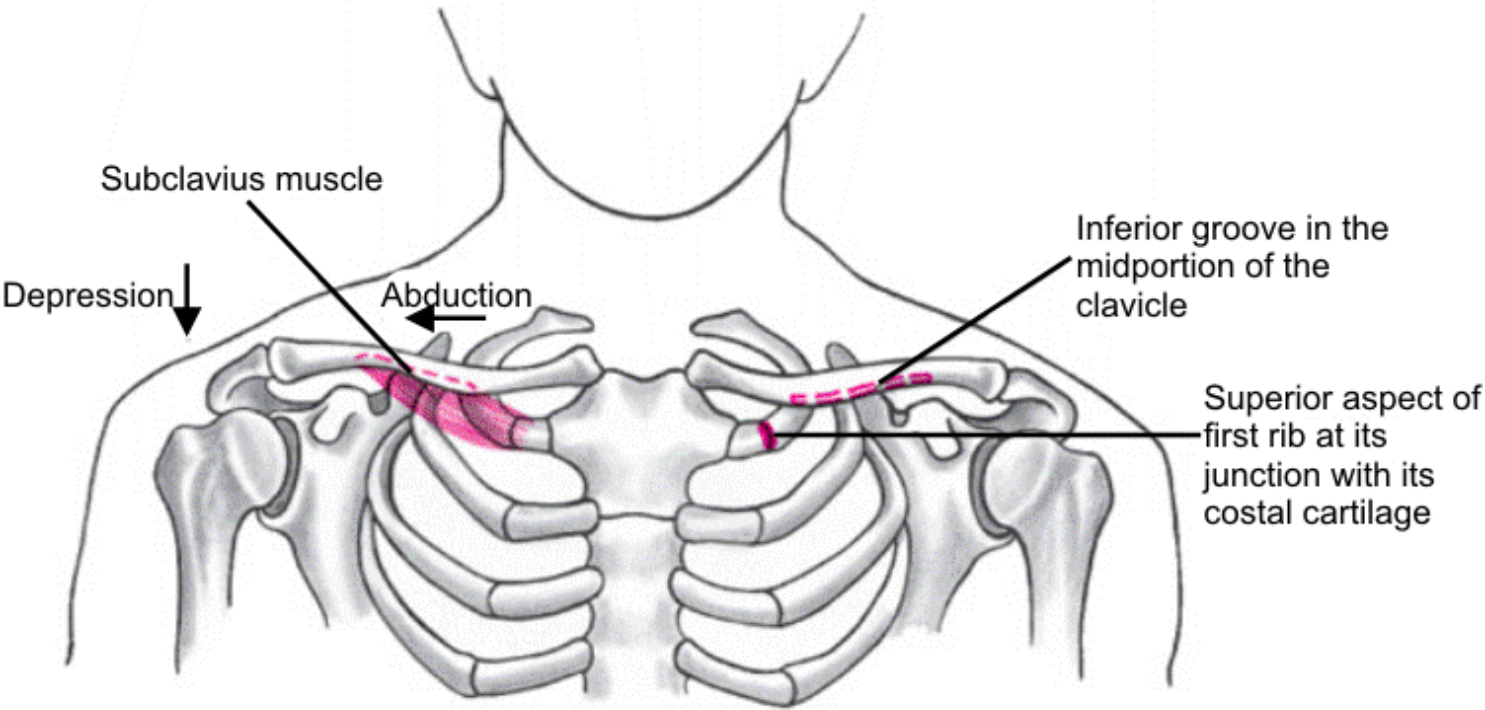
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Subclavius Muscle

Stabilization and protection of sternoclavicular joint

Depression

Abduction



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