

FORM 5.1 JAM Chart: Shoulder Joint Muscles and Their Actions

Muscle	Flexion	Extension	Abduction	Adduction	Medial rotation	Lateral rotation	Horizontal adduction	Horizontal abduction
Anterior deltoid	PM		AM				PM	
Middle deltoid			PM					PM
Posterior deltoid		PM						PM
Supraspinatus			PM					
Pectoralis major ^a	PM						PM	
Pectoralis major ^b		PM		PM			PM	
Subscapularis					PM		AM	
Infraspinatus						PM		PM
Teres minor						PM		PM
Latissimus dorsi		PM		PM				AM
Teres major		PM		PM	PM			

Note: PM = prime mover; AM = assistant mover.

^aClavicular; ^bsternal.

From J.C. Griffin, 2015, *Client-centered exercise prescription*, 3rd ed. (Champaign, IL: Human Kinetics).