

FORM 5.2 JAM Chart: Shoulder Girdle Muscles and Their Actions

Muscles	Elevation	Depression	Abduction	Adduction	Upward rotation	Downward rotation
Pectoralis minor		PM	PM			PM
Serratus anterior			PM		PM	
Trapezius 1	PM					
Trapezius 2	PM			AM	PM	
Trapezius 3				PM		
Trapezius 4		PM		AM	PM	
Levator scapulae	PM					
Rhomboid	PM			PM		PM

Note: Large muscles of the shoulder joint can influence shoulder girdle actions. PM = prime mover; AM = assistant mover.

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