

Shoulder Anatomy

Bones

- Sternum
- Clavicle
- Scapula
- Humerus

Joints (articulations) and ligaments

- Sternoclavicular (SC)
 - A/P SC
 - Interclavicular
 - Costoclavicular
- Acromioclavicular (AC)
 - S/I AC
 - Coracoclavicular – trapezoid/conoid
- Glenohumeral (GH)
 - Glenohumeral
 - Coracohumeral
- **Scapulothoracic

Motions for goniometry

- GH = ABD/ADD, F/E, IR/ER, HOR. ABD/ADD
- Scap = elevation/depression, retraction/protraction

Muscles

- *Deltoid
- *Pectoralis major
- *Traps
- *Rotator cuff
 - Supraspinatus
 - Infraspinatus
 - Teres minor
 - Subcapularis
- *Biceps and triceps
- *Rhomboids
- *Pectoralis minor

Bursas – subacromial/subdeltoid

Lymph nodes

Neurovascular supply – brachial plexus