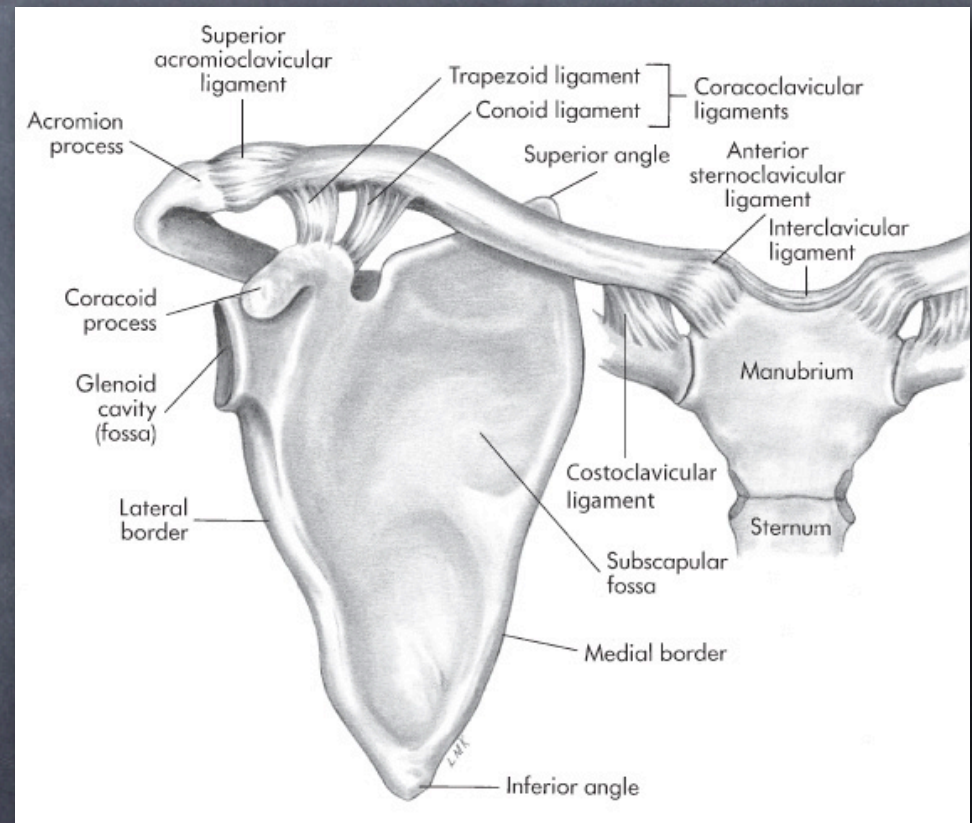


Bones and Actions of the Shoulder Girdle

Chapter 4

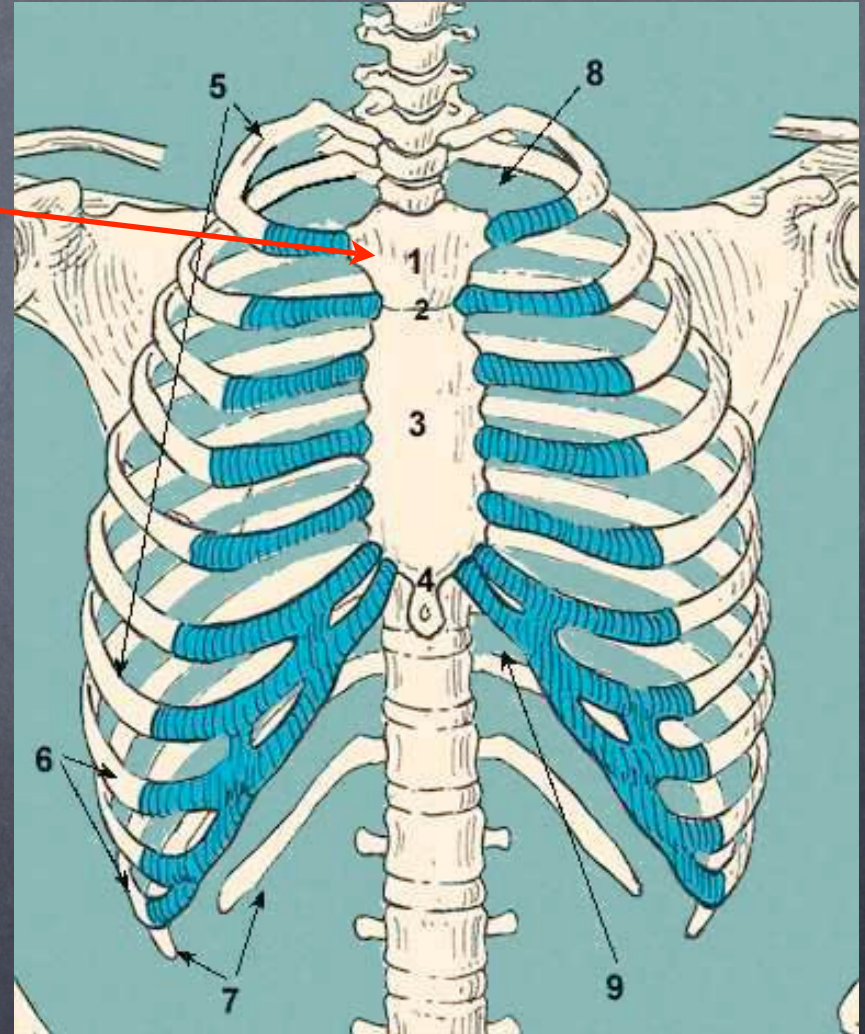
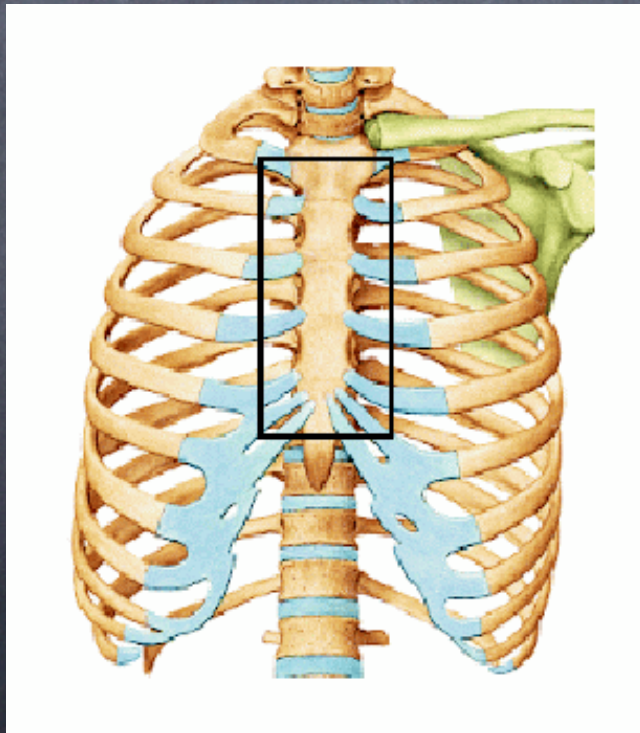
Bones

- Sternum
 - Manubrium
- Clavicle
- Scapula
 - Coracoid process
 - Acromion process
 - Glenoid fossa
 - Lateral boarder
 - Medial boarder
 - Inferior angle

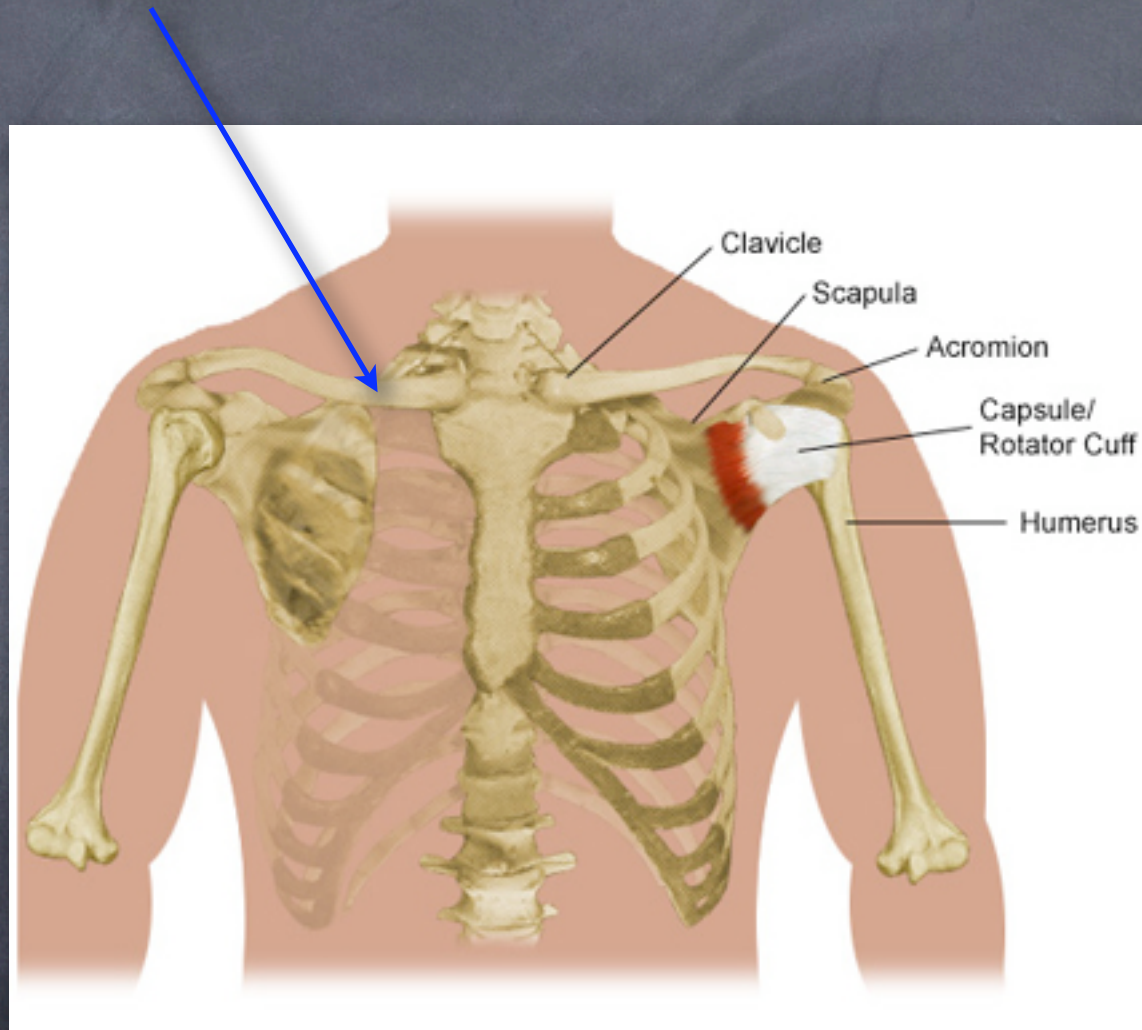


Sternum

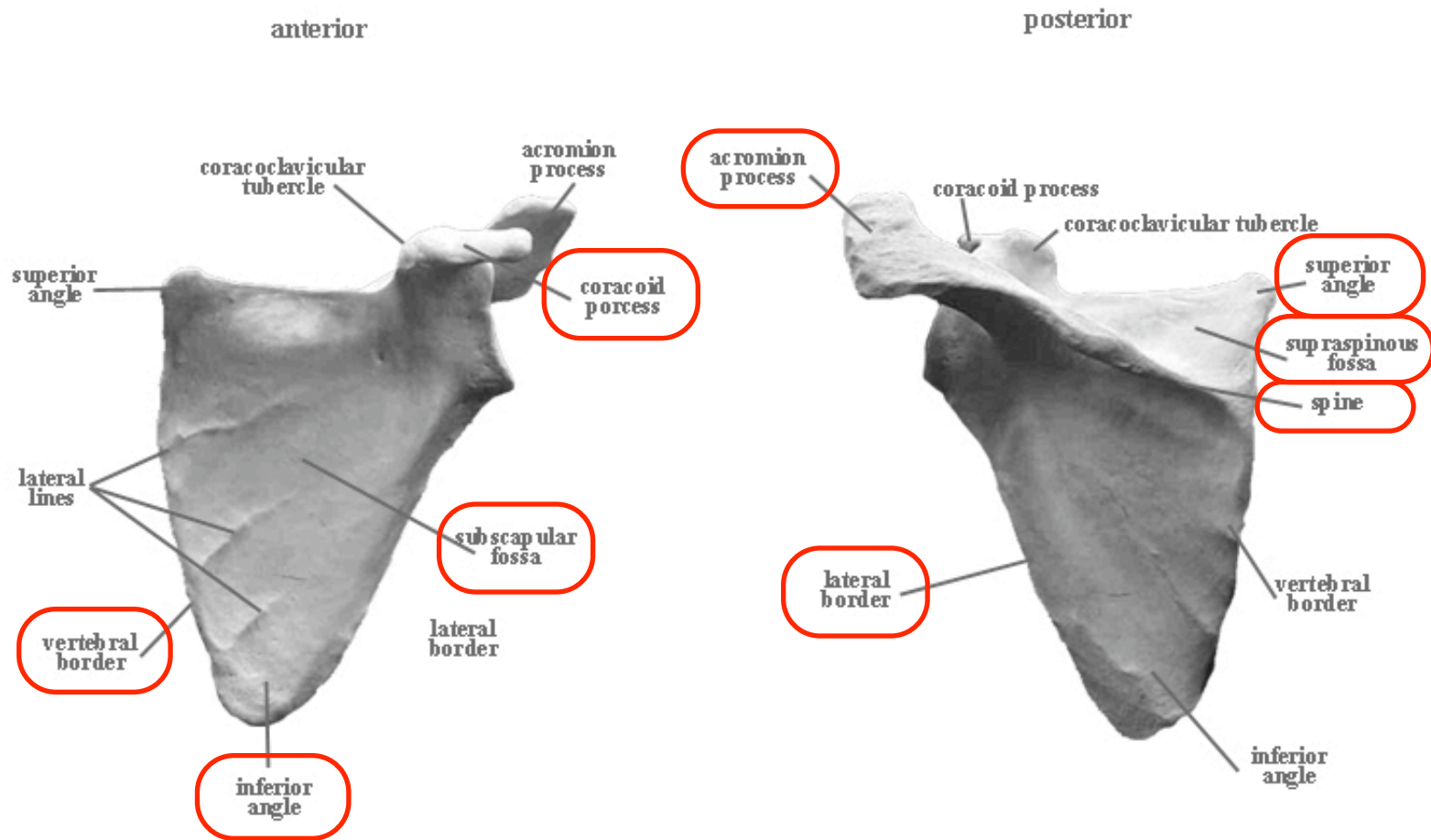
● Manubrium



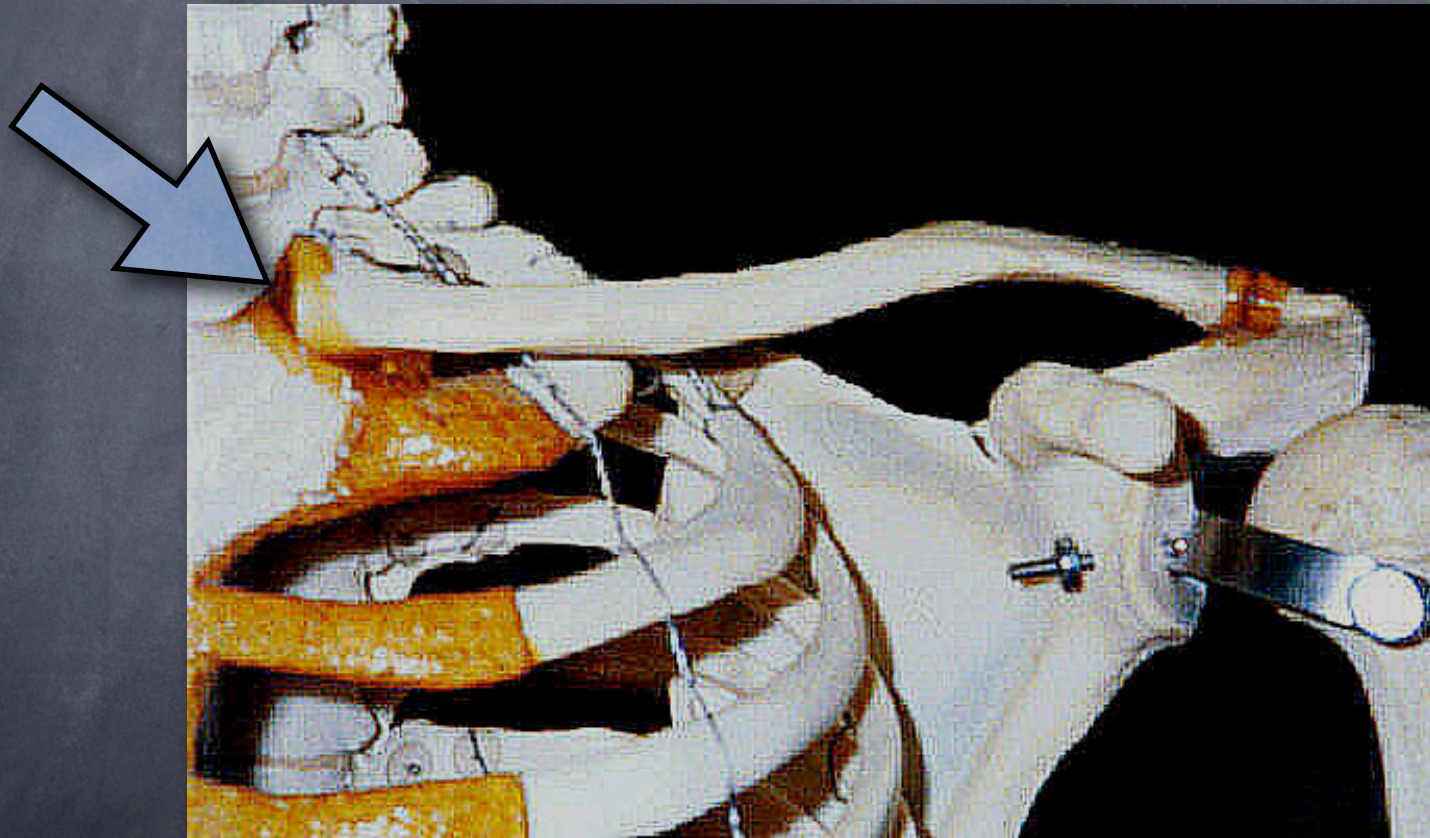
Clavicle



Scapula



Sternoclavicular Joint



Acromioclavicular Joint



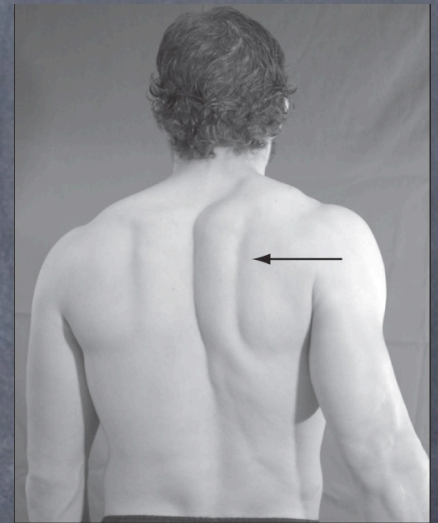
Actions of the Shoulder Girdle

- The clavicle and scapula move as a unit
 - Most of the movement occurs at the SC joint

Abduction / Adduction



Abduction
(protraction)



Adduction
(retraction)
B

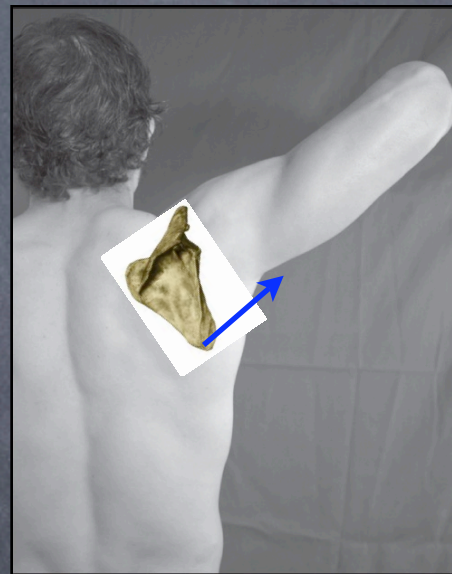
Also called...
Protraction / Retraction

Downward Rotation / Upward Rotation



Downward rotation

F



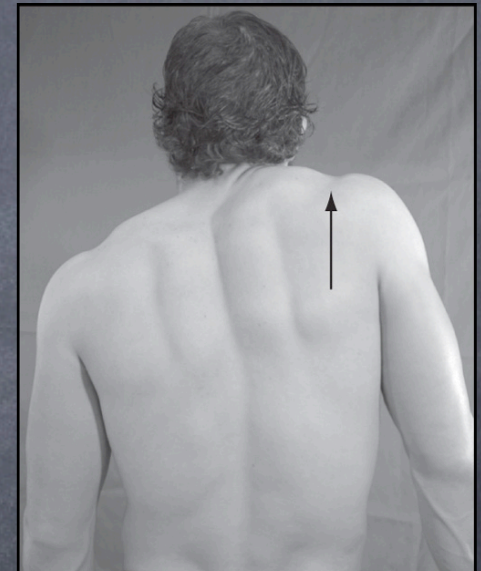
Upward rotation

E

Depression / Elevation

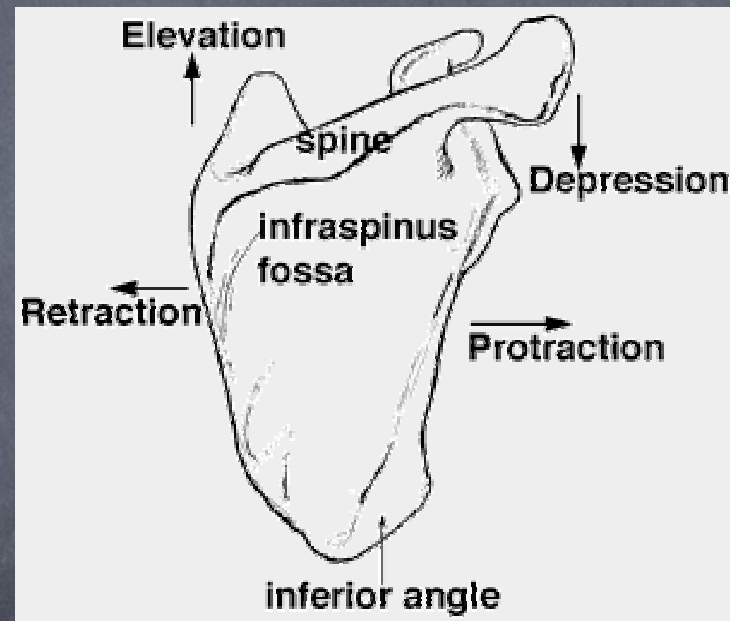
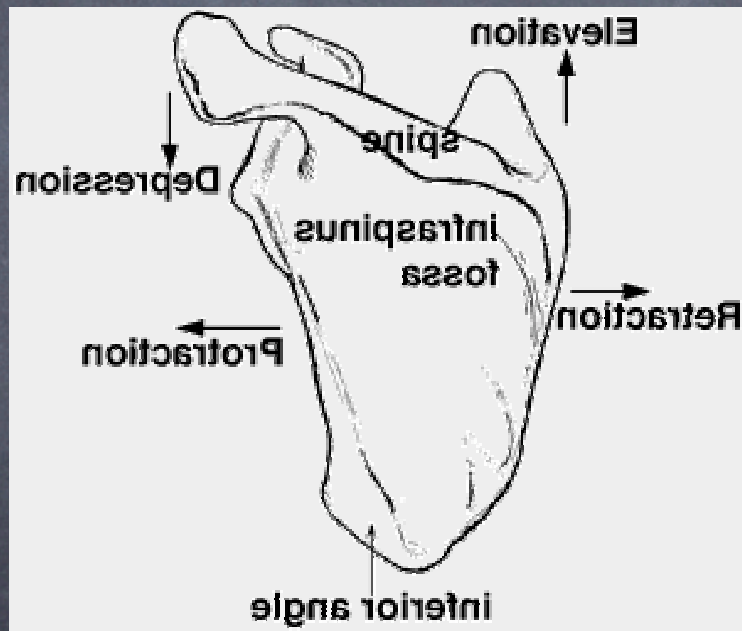


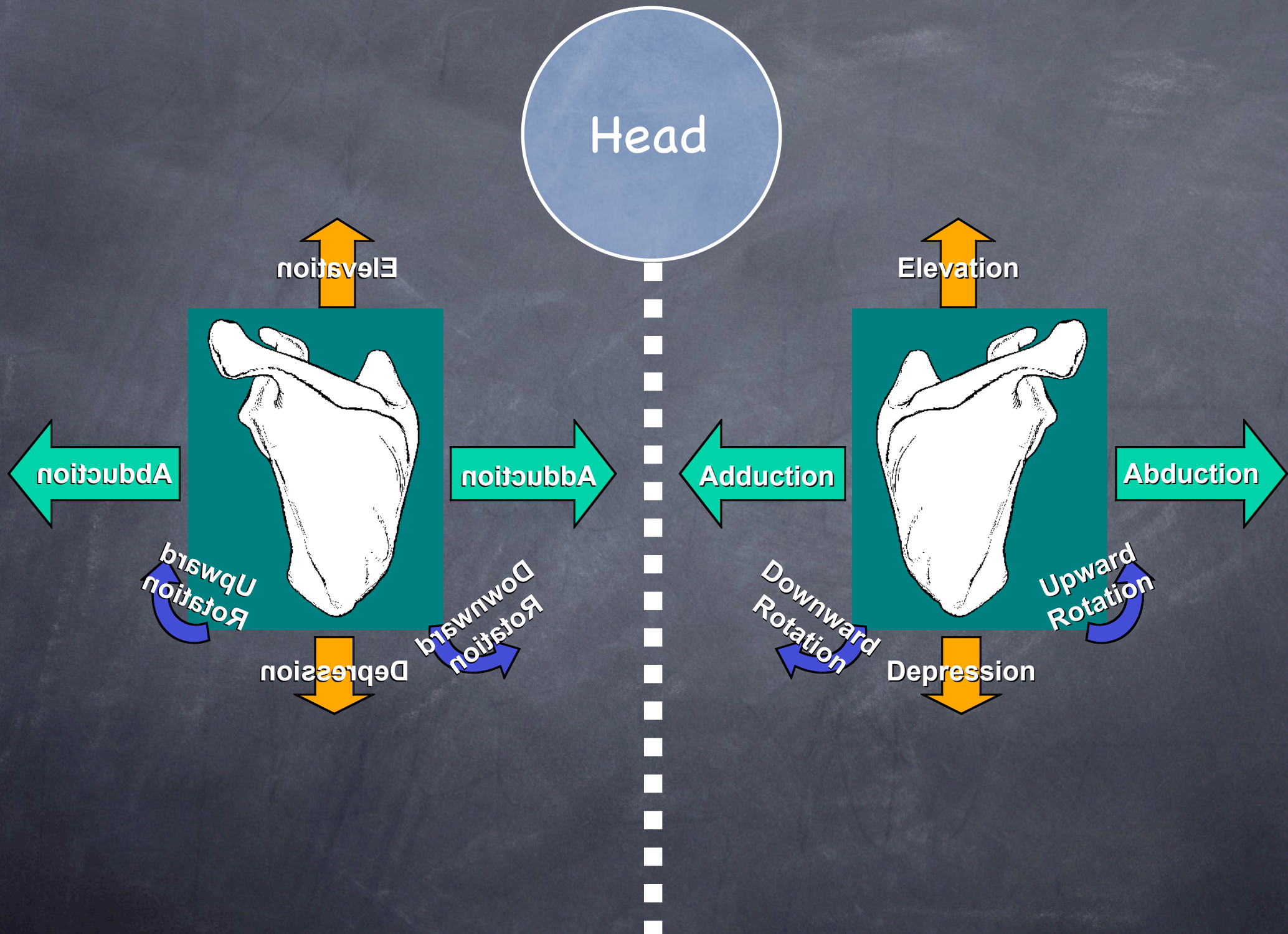
Depression
D



Elevation
C

Summary of Shoulder Girdle Actions





Abduction / Adduction

- Abduction of the AC joint = Horizontal adduction or flexion of the shoulder joint
- Adduction of the AC joint = Horizontal abduction or extension of the shoulder joint



Downward Rotation / Upward Rotation

- Downward rotation of the AC joint = Adduction of the shoulder joint
- Upward rotation of the AC joint = Abduction of the shoulder joint

