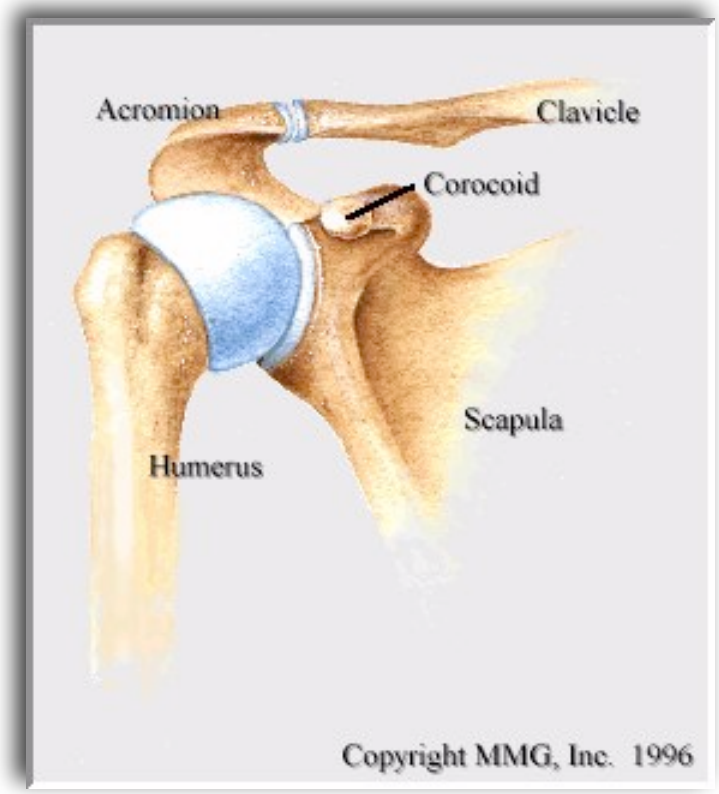
The Shoulder Joint

Bones

- Humerus
- Scapula
- Clavicle



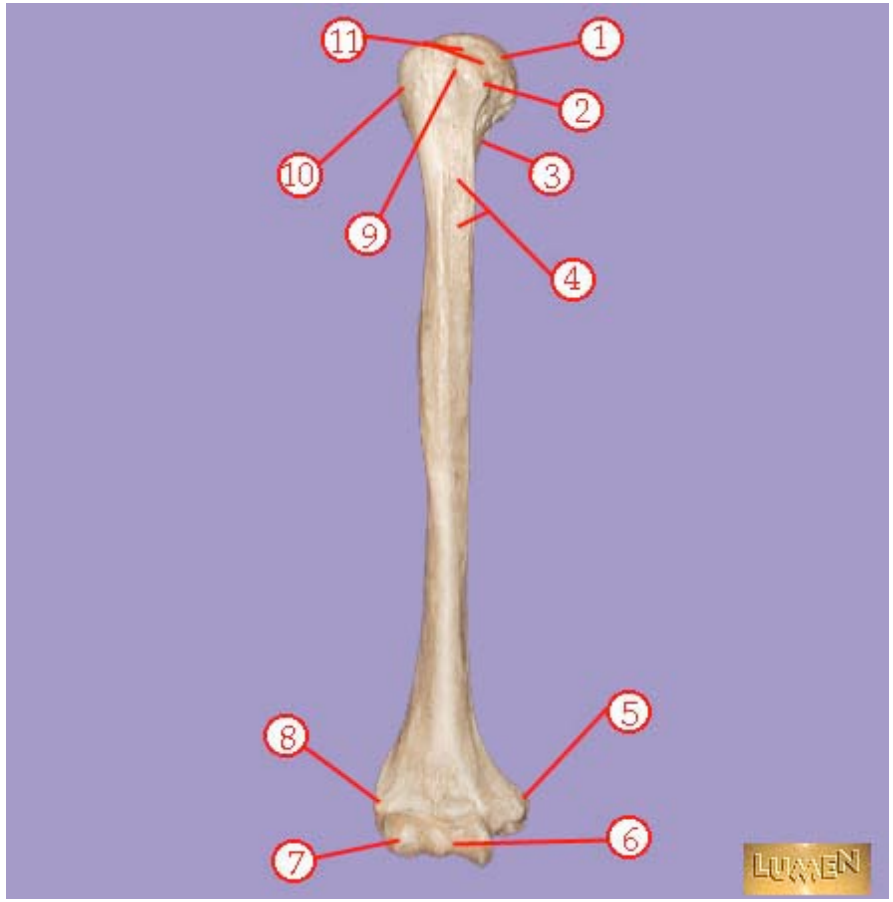
Humerus

1. Head

2. Lesser tubercle

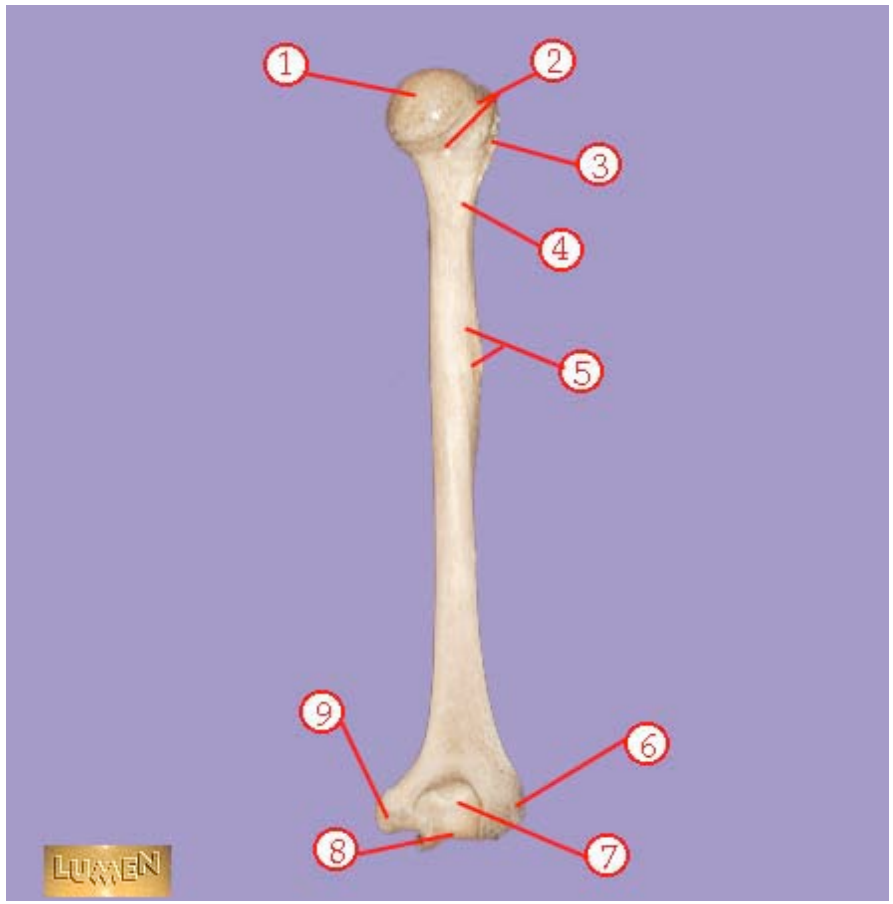
9. Intertubercular Groove

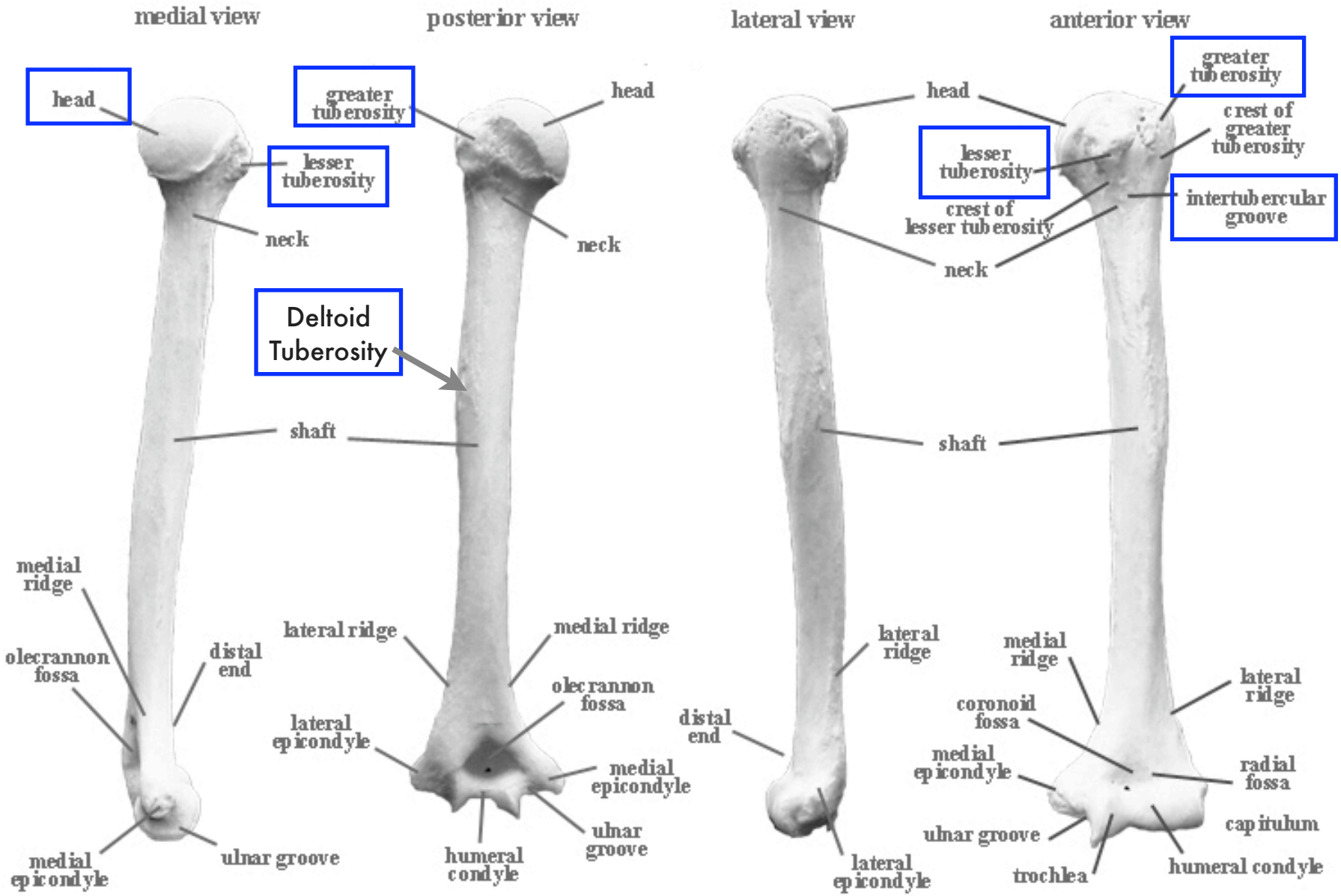
10. Greater tubercle



Humerus

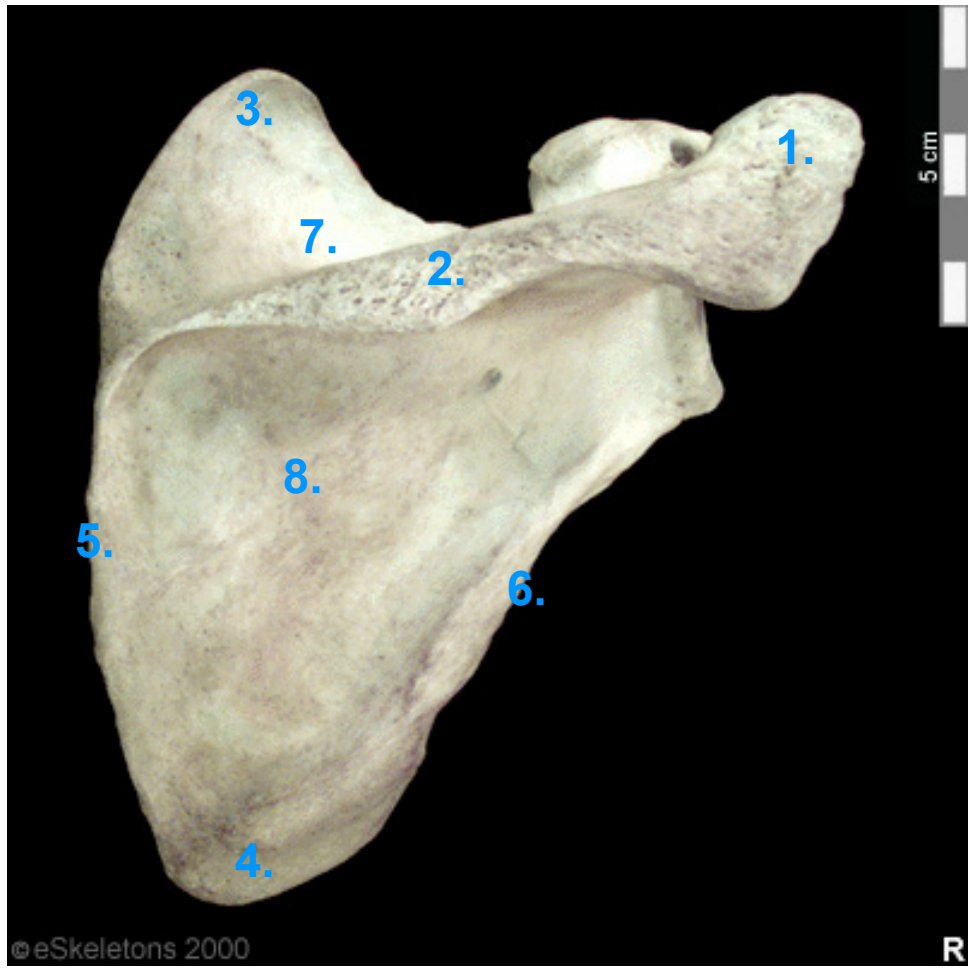
1. Head
5. Deltoid tuberosity



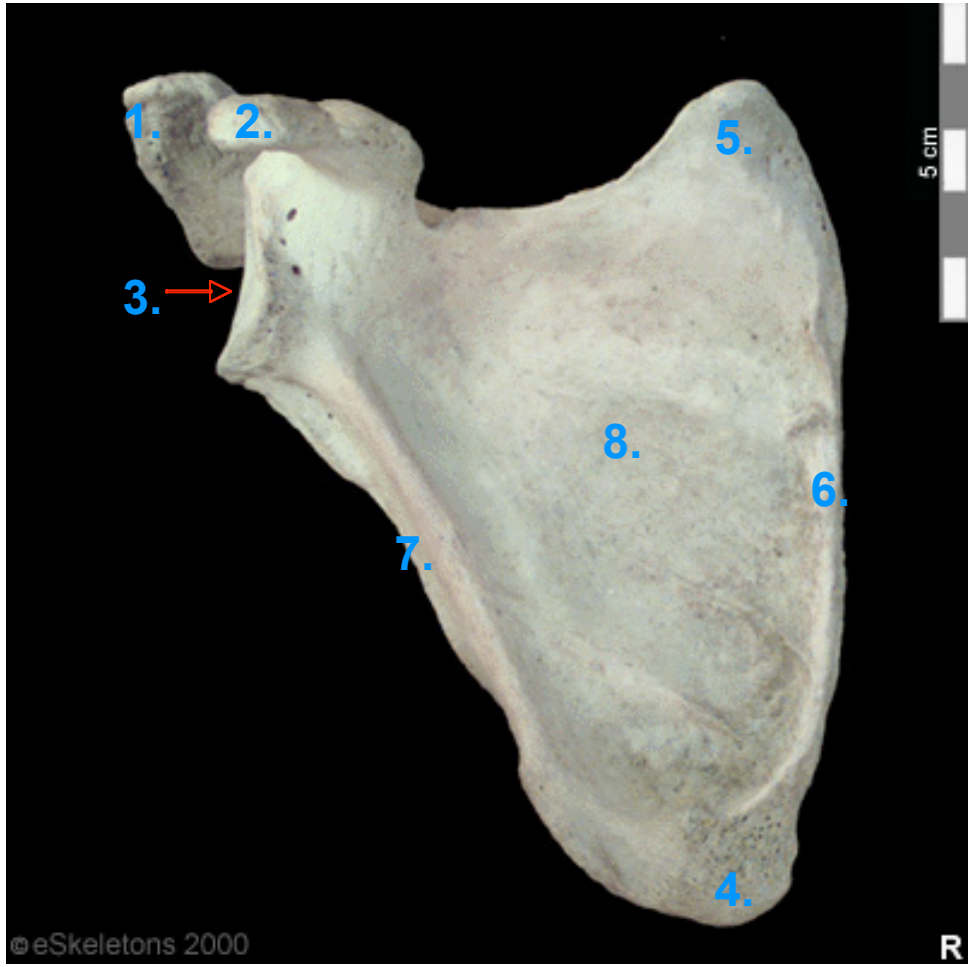


Scapula

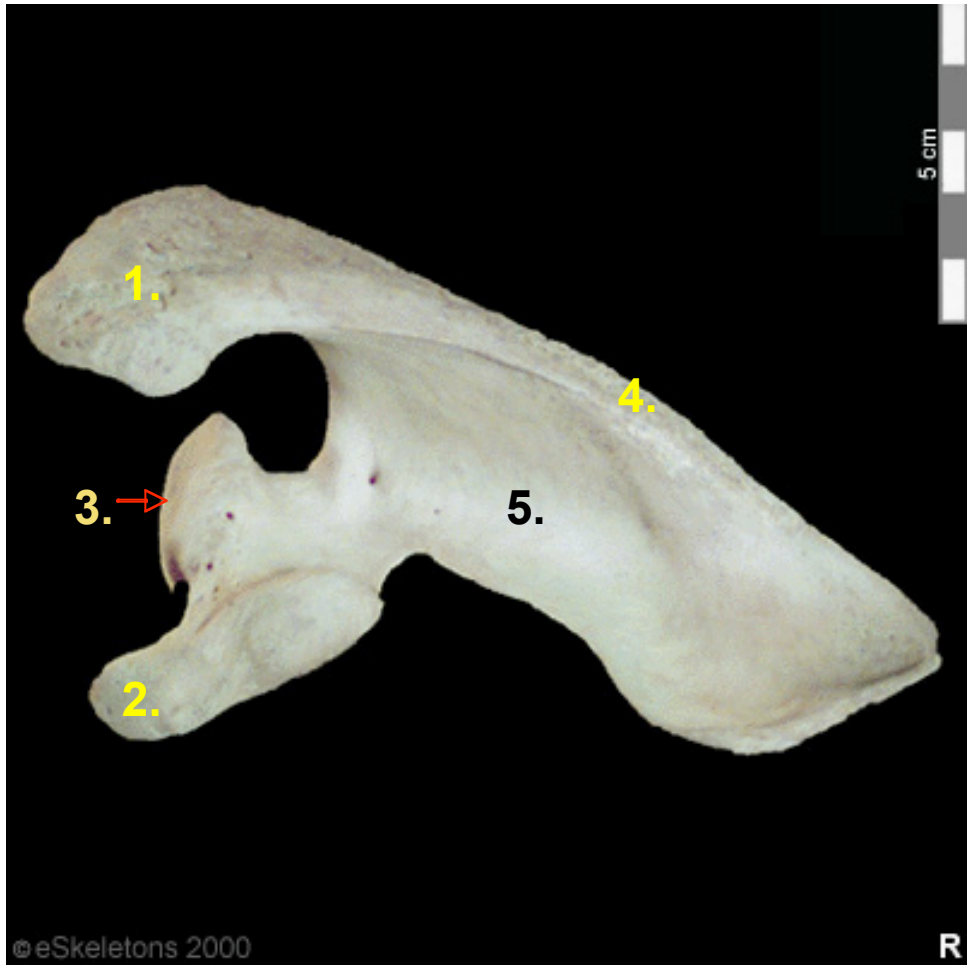
1. Acromion process
2. Spine
3. Superior angle
4. Inferior angle
5. Medial (Vertebral) border
6. Lateral (Auxiliary) border
7. Supraspinous fossa
8. Infraspinous fossa



1. Acromion process
2. Coracoid process
3. Glenoid fossa or cavity
4. Inferior angle
5. Superior angle
6. Medial (Vertebral) border
7. Lateral (Auxiliary) border
8. Supscapular fossa

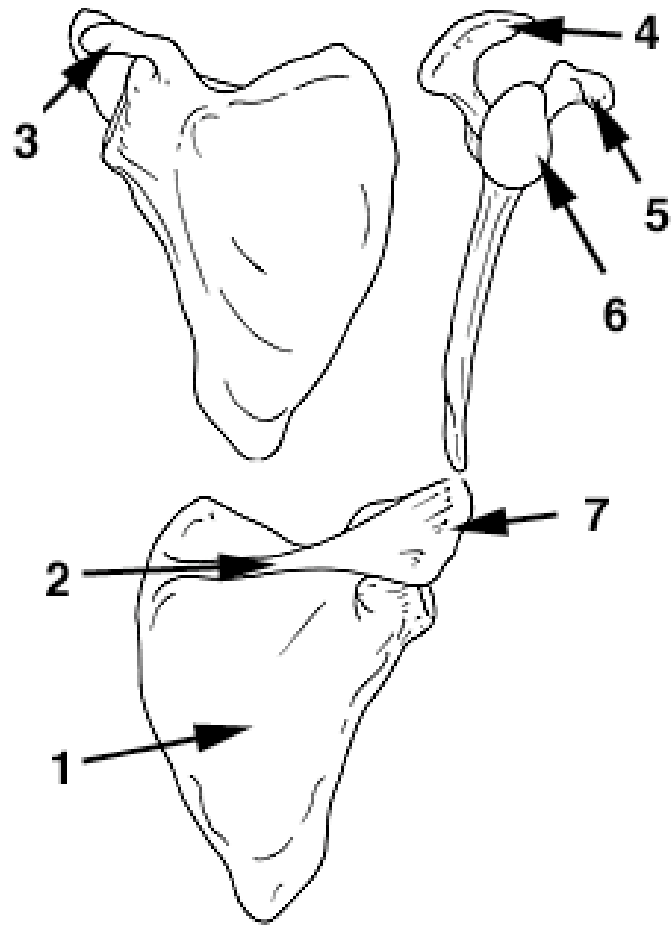


1. Acromion process
2. Coracoid process
3. Glenoid fossa or cavity
4. Spine
5. Supraspinous fossa



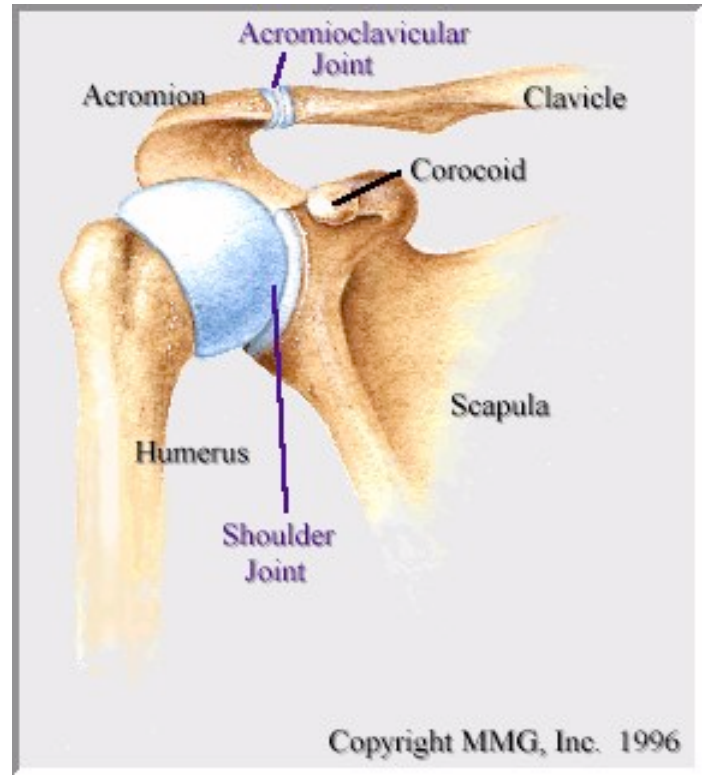
1. Acromion process
2. Coracoid process
3. Glenoid fossa or cavity
4. Superior angle
5. Inferior angle

Can you name them?



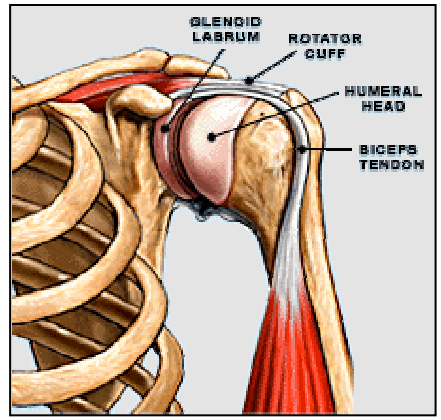
Joint

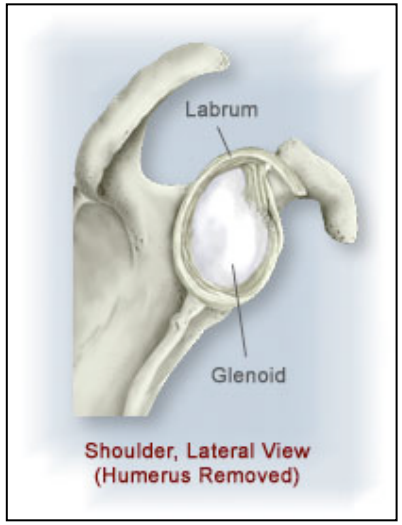
- There are two joints to the shoulder complex
- The acromioclavicular (AC) joint where the clavicle meets the acromion.
- The glenohumeral joint or the shoulder joint.



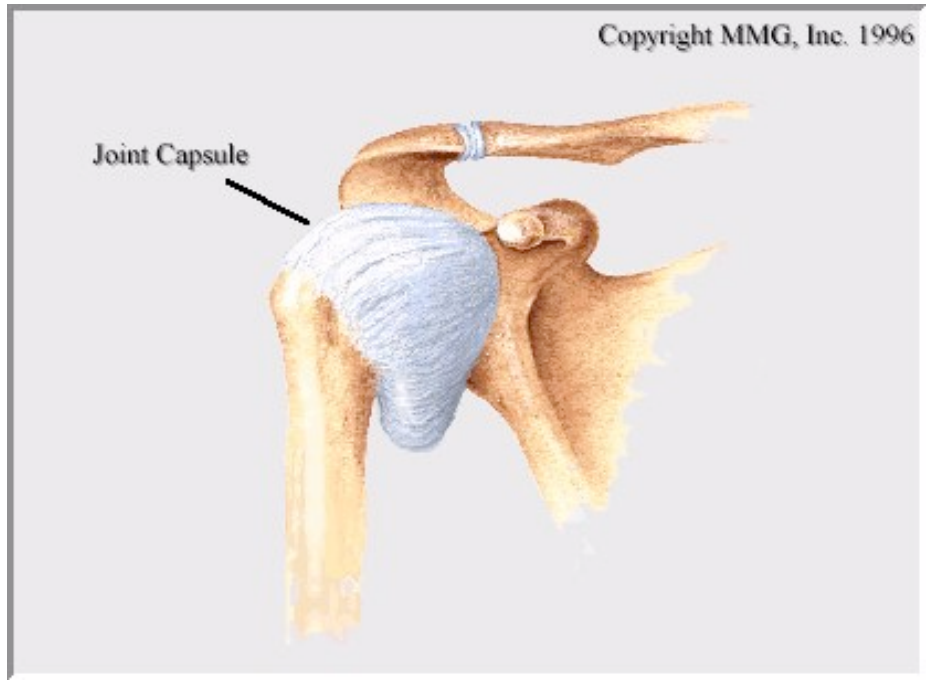
Joint

- Ball and socket joint
  - Movement in all three planes
- Glenoid fossa
- Glenoid labrum
- Head of humerus



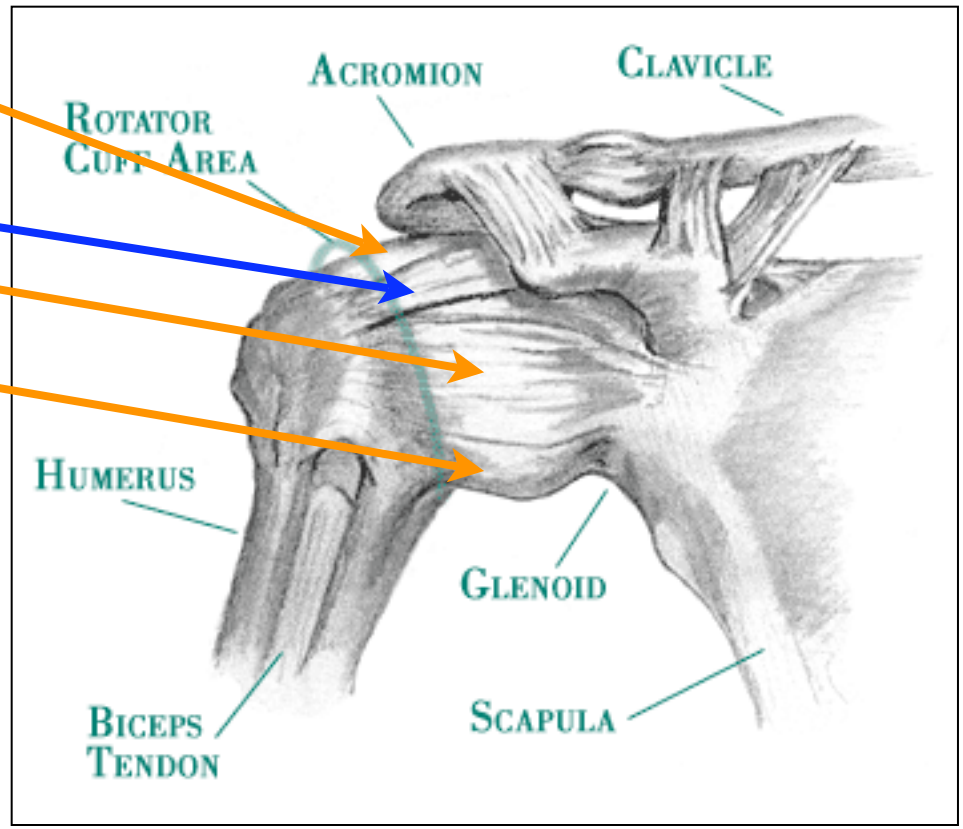


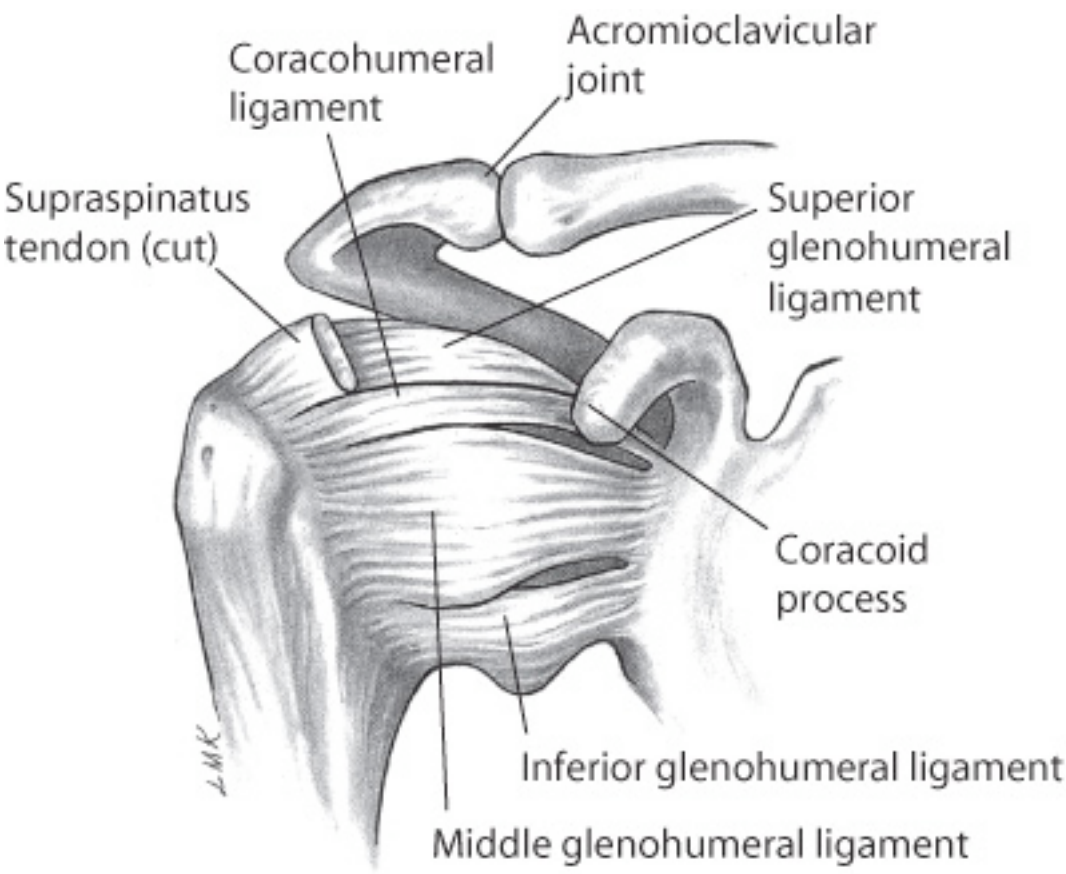
Joint Capsule

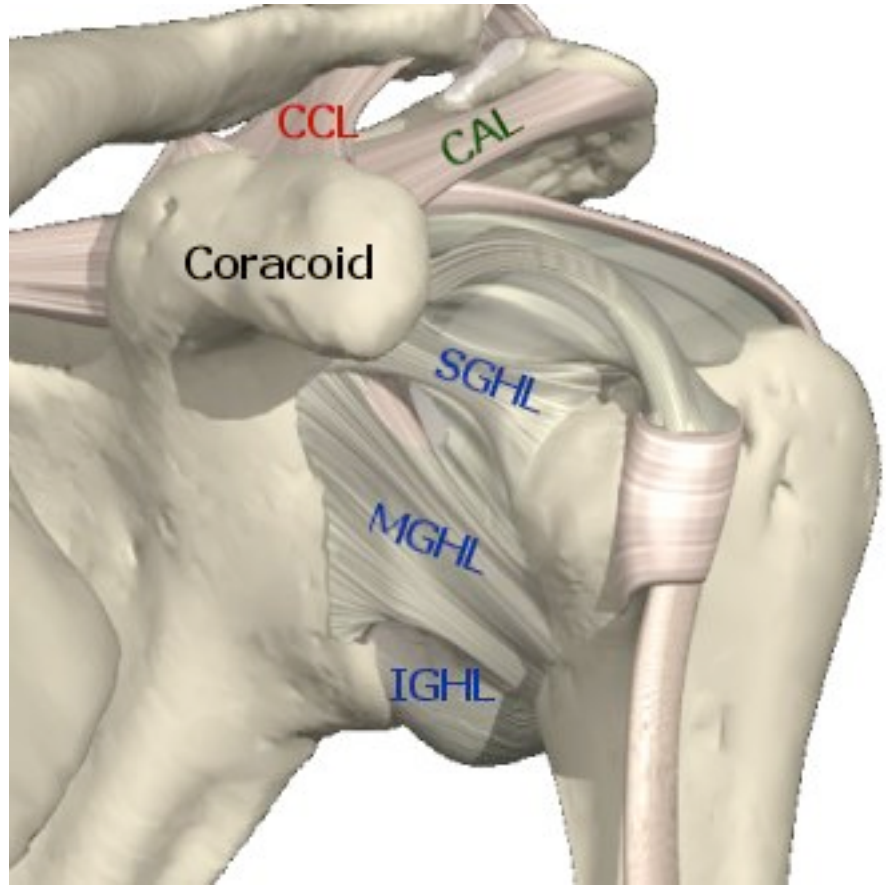


Ligaments

- Four ligaments are the main source of stability for the shoulder, and help to keep the shoulder from dislocating.
- Superior glenohumeral ligament
- Coracohumeral
- Middle glenohumeral ligament
- Inferior glenohumeral ligament

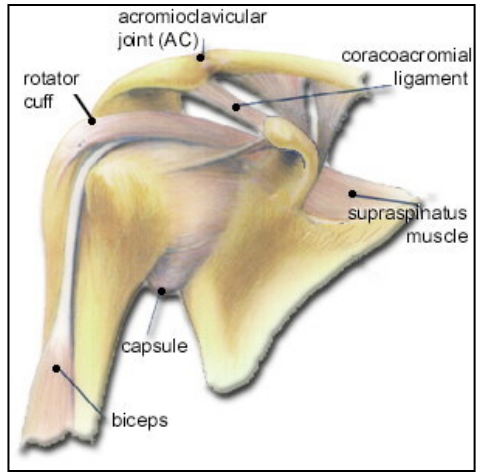


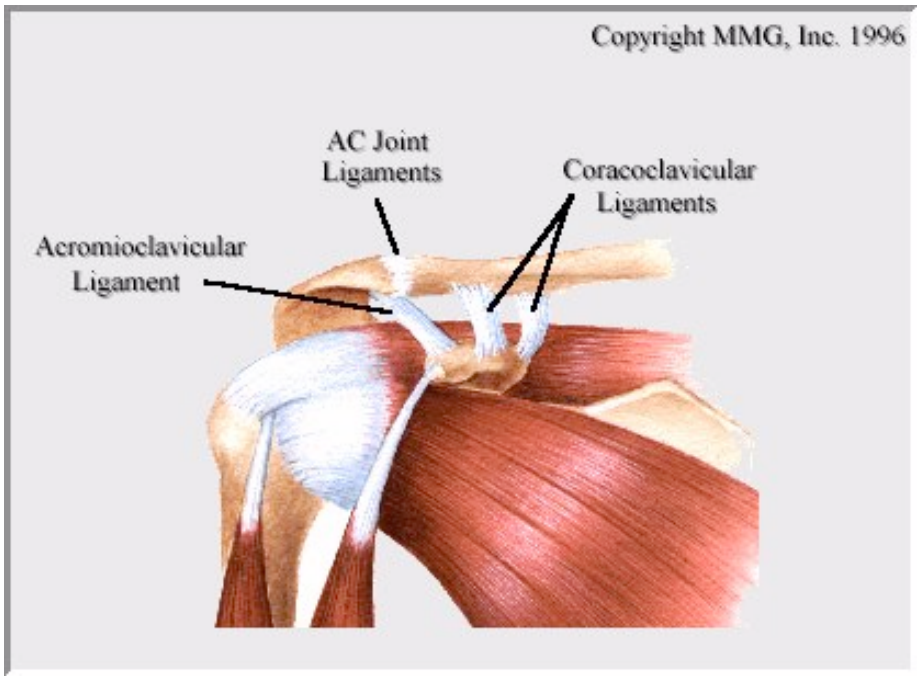

Coracohumeral ligament
Acromioclavicular joint
Supraspinatus tendon (cut)
Superior glenohumeral ligament
Coracoid process
Inferior glenohumeral ligament
Middle glenohumeral ligament


CCL
CAL
Coracoid
SGHL
MGHL
IGHL

Ligaments

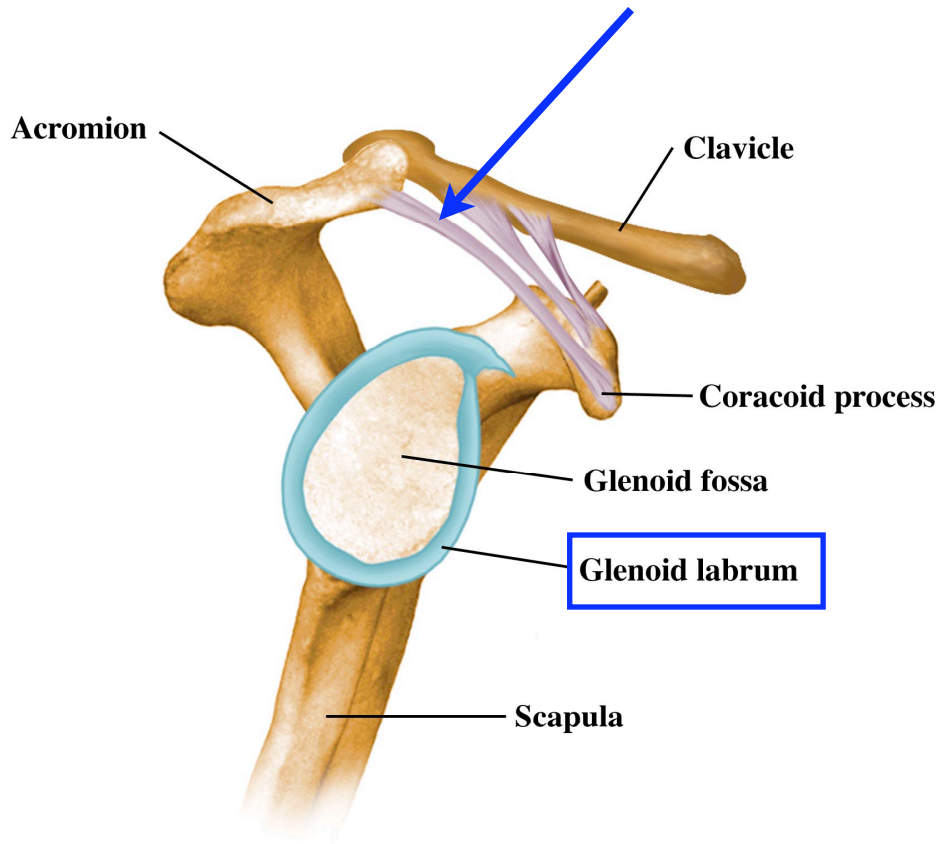
- The **coracoacromial** ligament connects the coracoid process and the acromion process





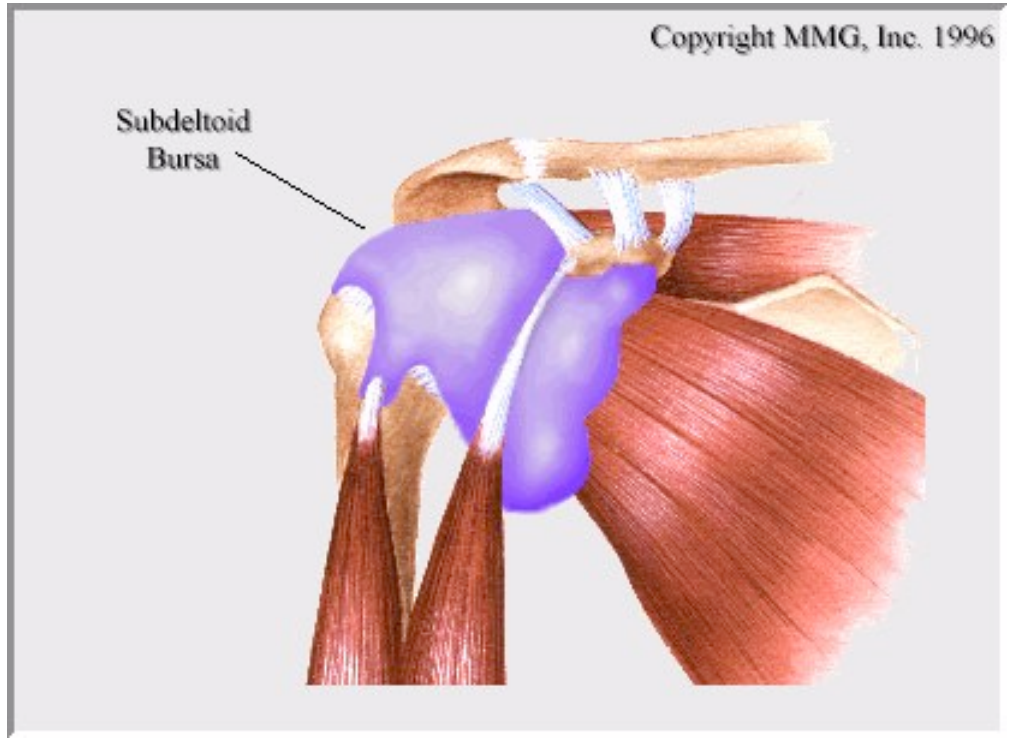
Ligaments

Coracoacromial ligament

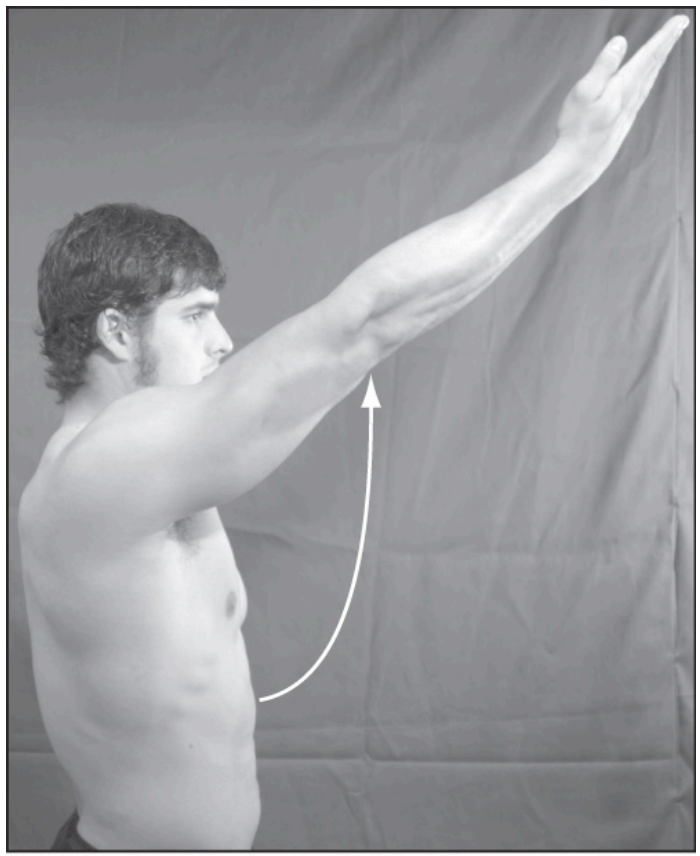


Bursa

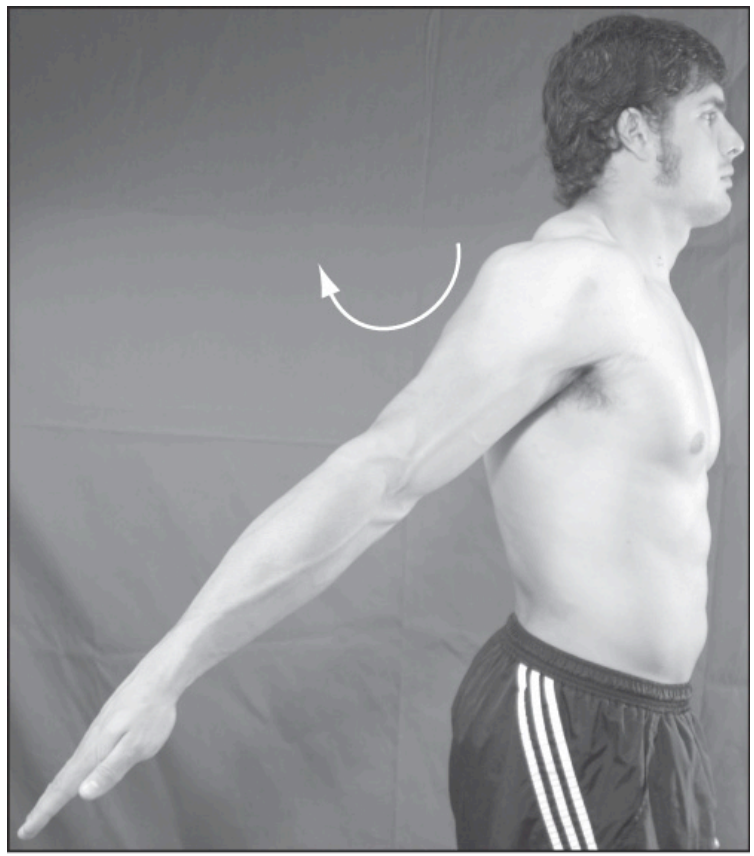
- A bursa is a saclike structure containing lubricating fluid and located between a tendon and a bone or between moving structures.



Sagittal Plane

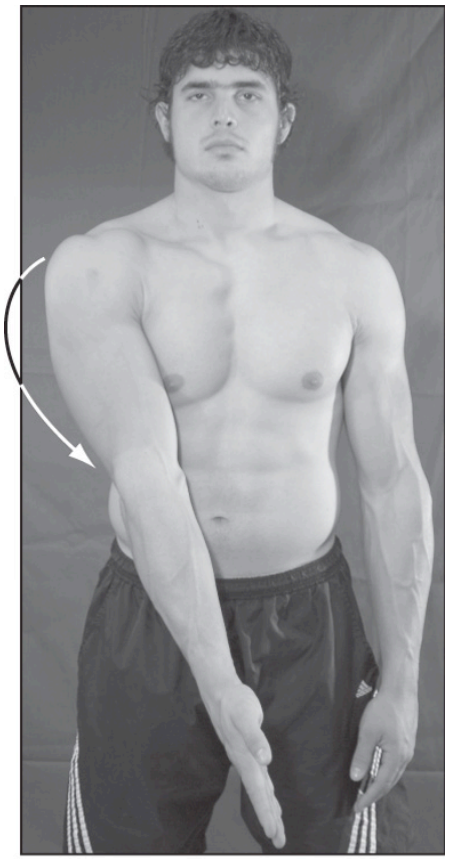


Flexion

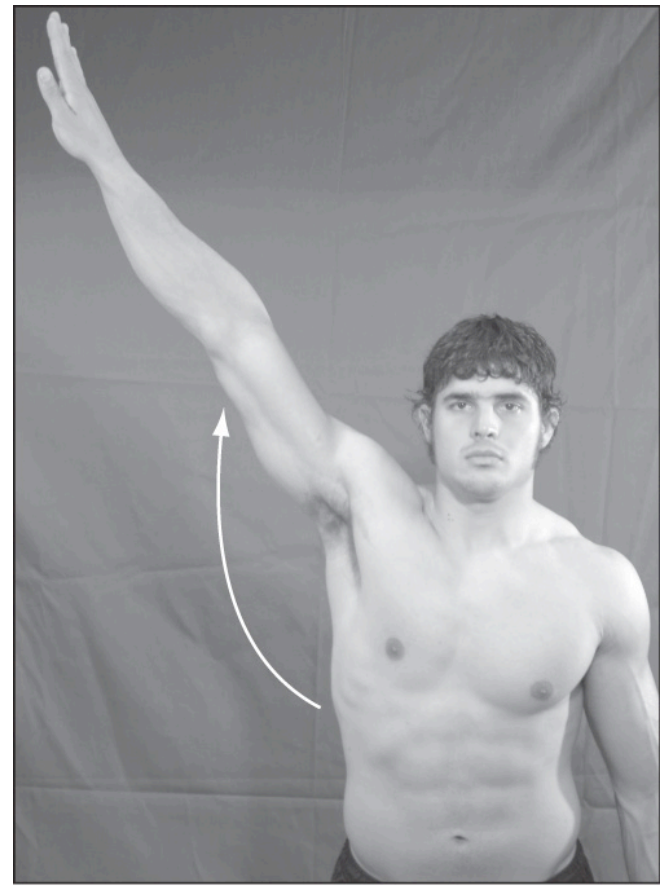


Extension

Frontal Plane



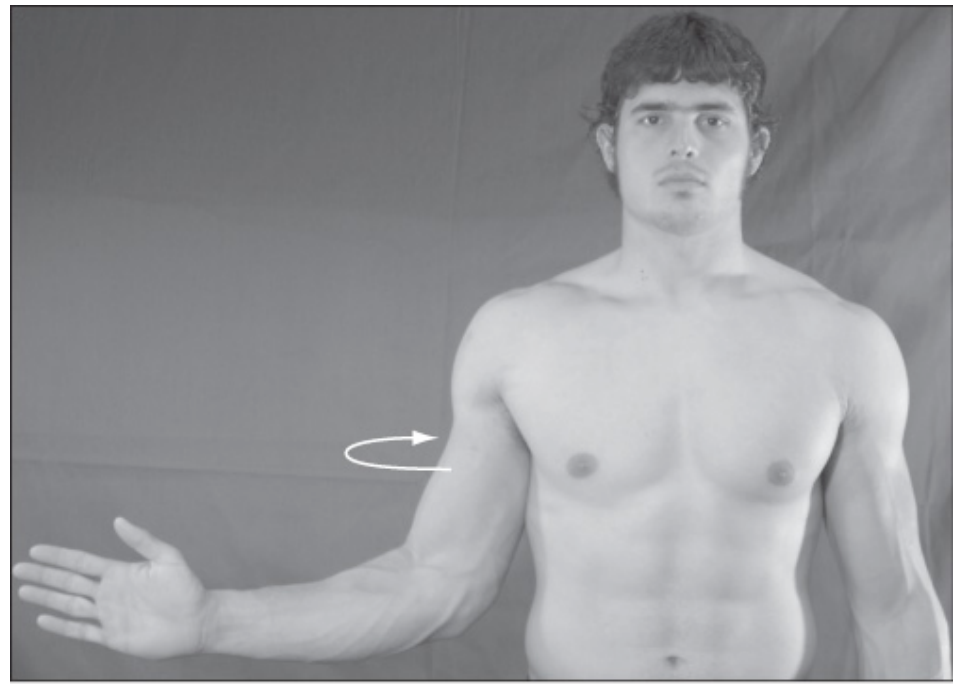
Adduction



Abduction

Transverse Plane

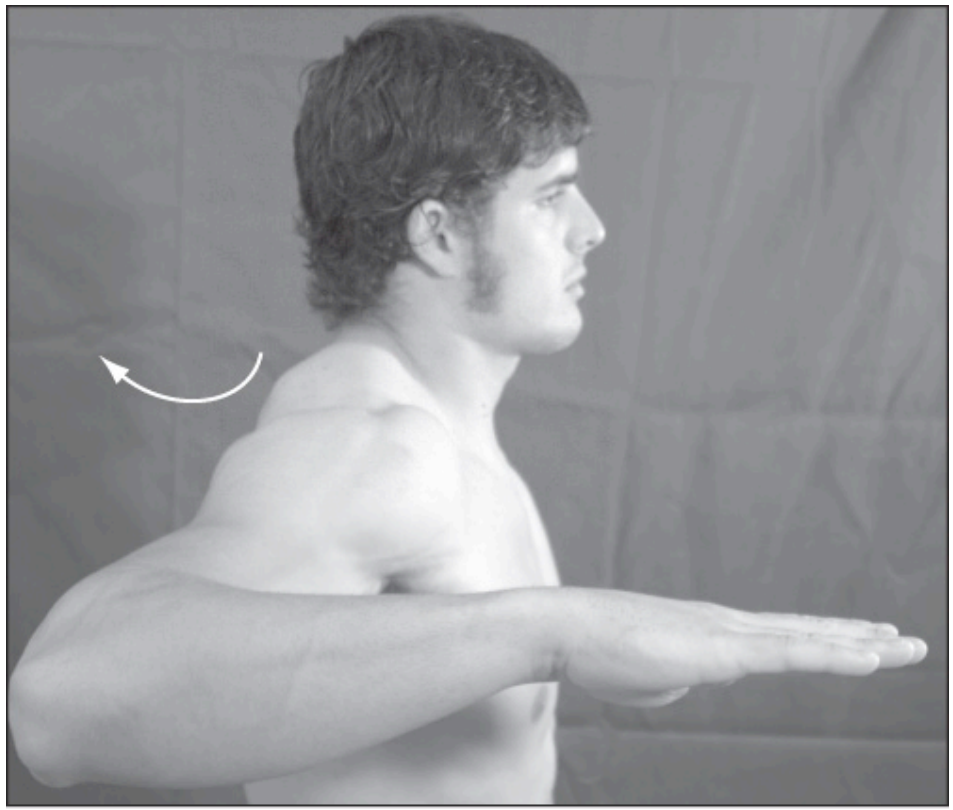
Internal rotation



External rotation

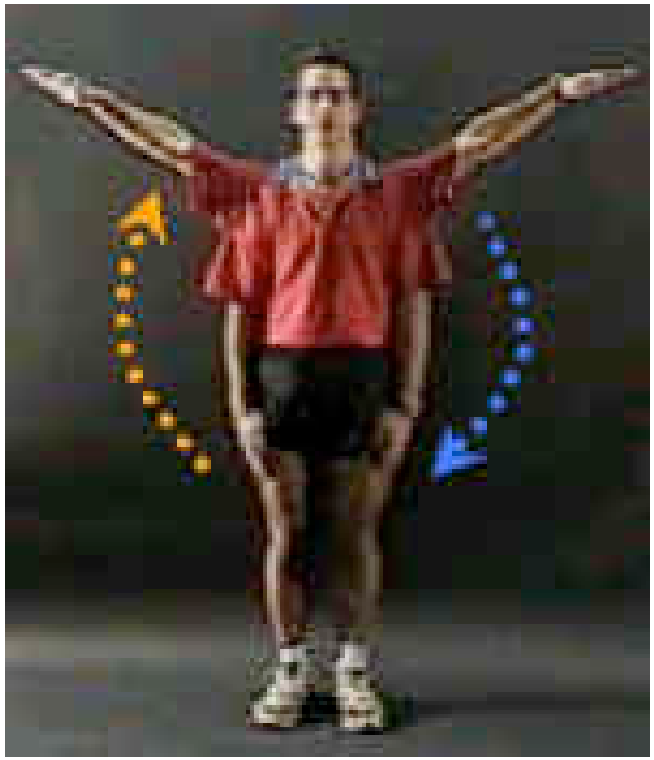
Transverse Plane

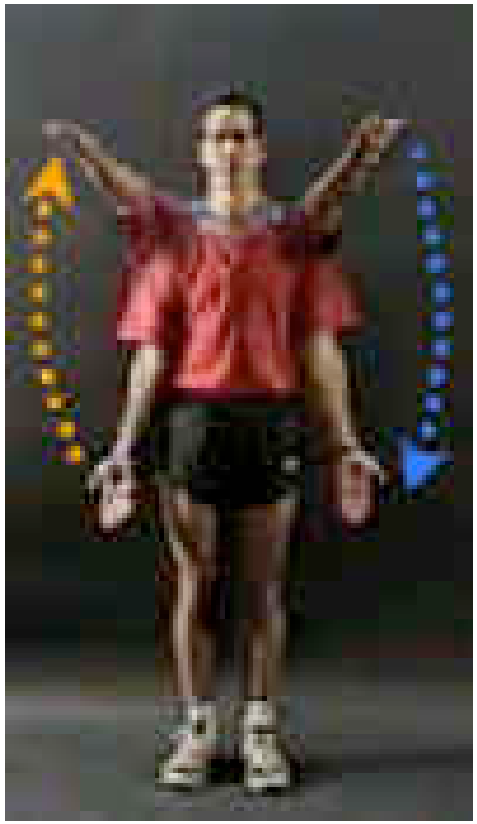
Horizontal adduction



Horizontal abduction

Name the actions





Name the actions

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