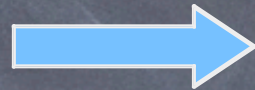


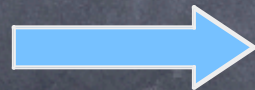
Scapula

Exercises

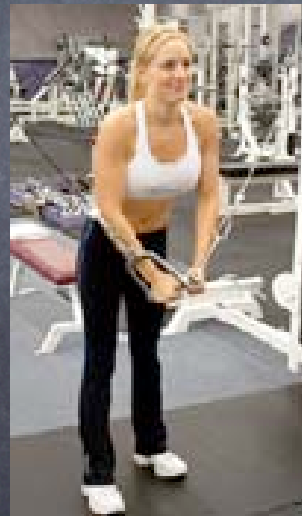
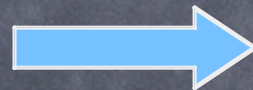
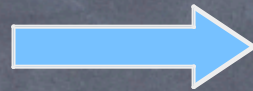
Action of the scapula? Muscles involved?



Upward rotation
Serratus Ant. &
Trapezius (lower)

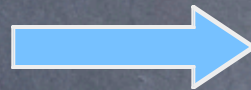


Action of the scapula? Muscles involved?



Abduction
Pectoralis minor &
Serratus Ant.

Action of the scapula? Muscles involved?



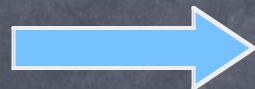
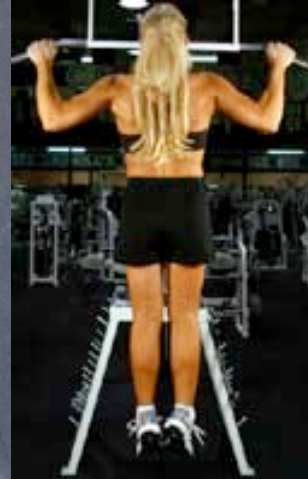
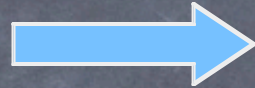
Elevation
Levator Scapula, Rhomboids
& Trapezius (upper)

Action of the scapula? Muscles involved?



Adduction
Rhomboids & Trapezius
(middle and lower fibers)

Action of the scapula? Muscles involved?



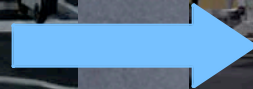
Downward
Rotation
Pectoralis Minor,
& Rhomboids

Action of the scapula? Muscles involved?



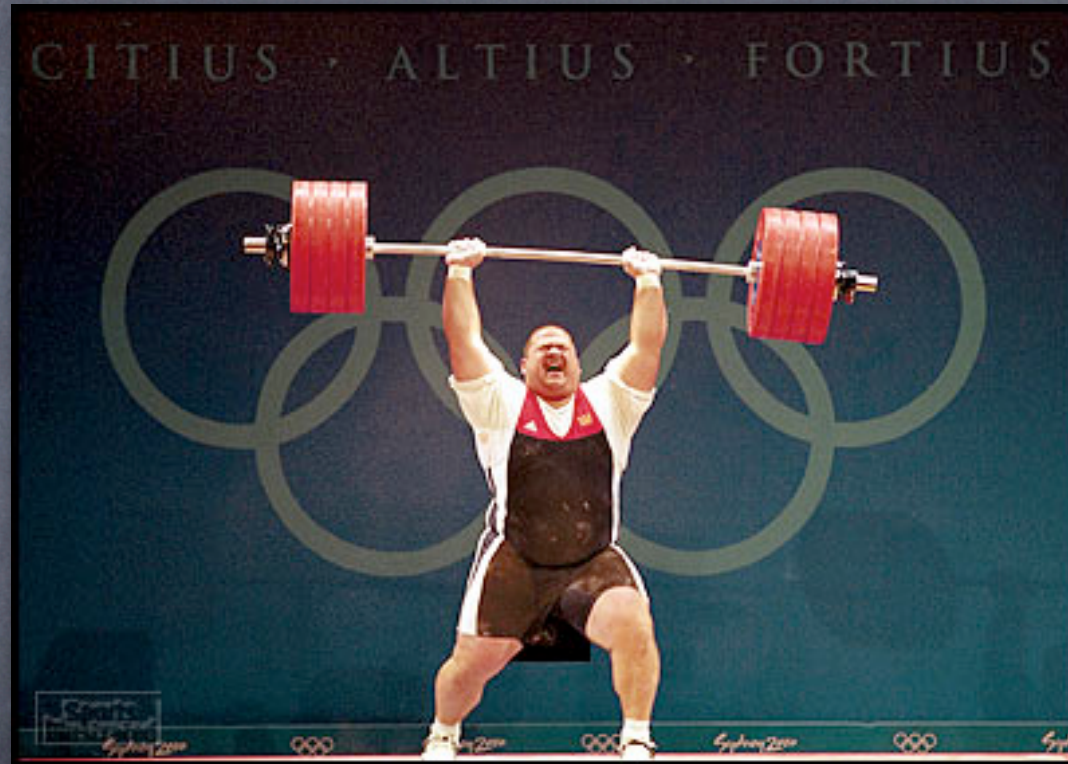
Abduction
Pectoralis minor & Serratus Anterior

Action of the scapula? Muscles involved?



Abduction
Pectoralis minor &
Serratus Ant.

What position are his scapula in?



Upward rotation?

What position are his scapula in?



Abduction

What position is his right scapula in?



Adduction

What position are his scapula in?



What position is his right scapula in?



Adduction

What position are their right scapulas in?

