

STUDENT NAME: _____

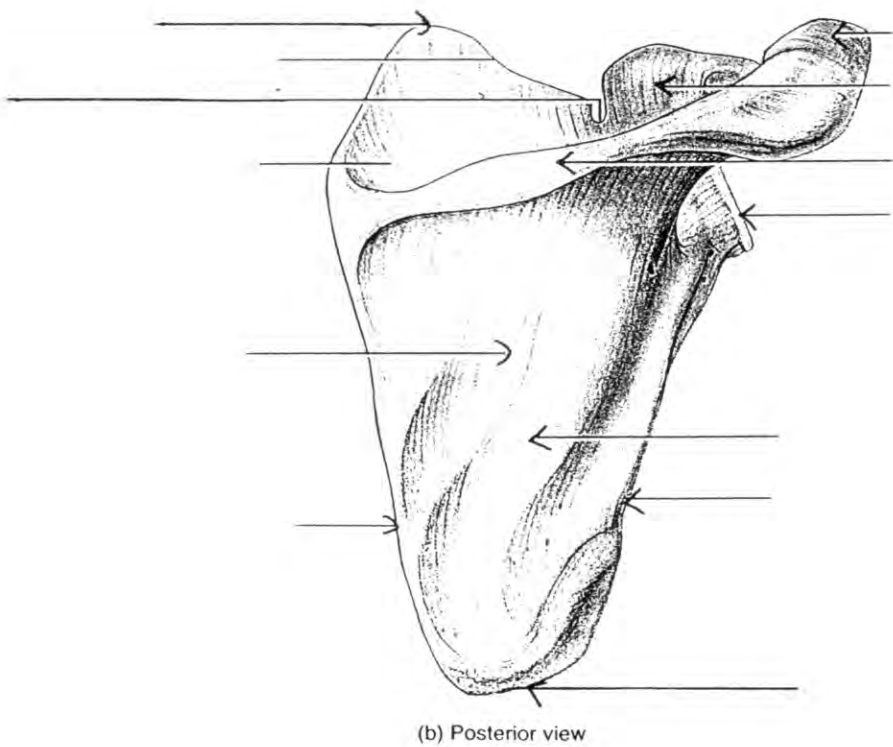
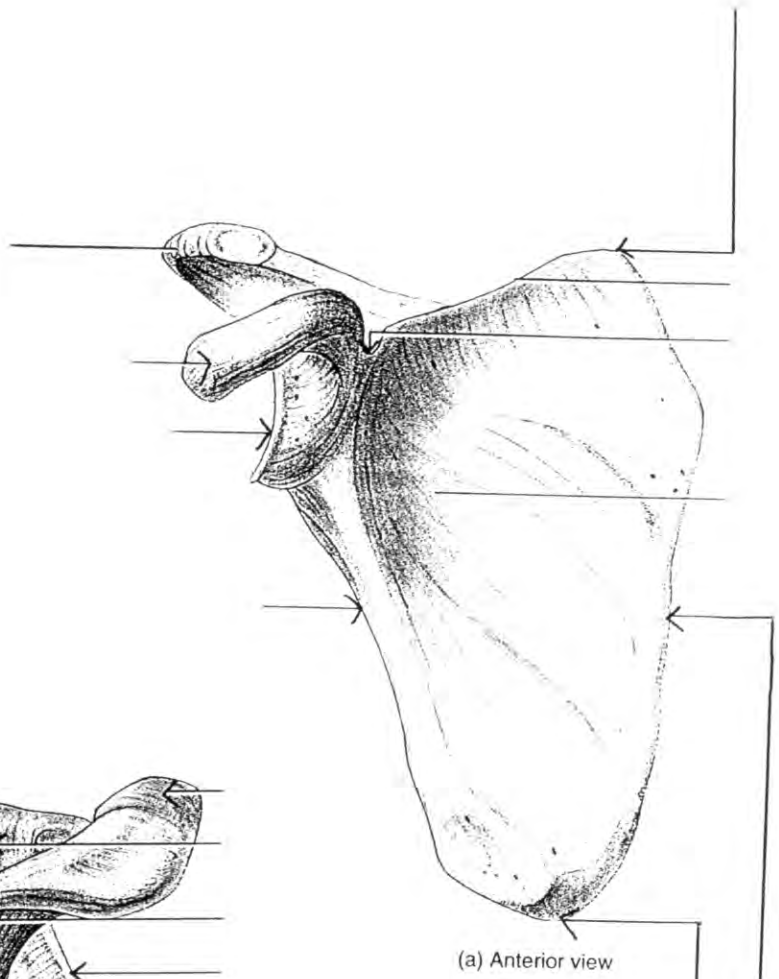
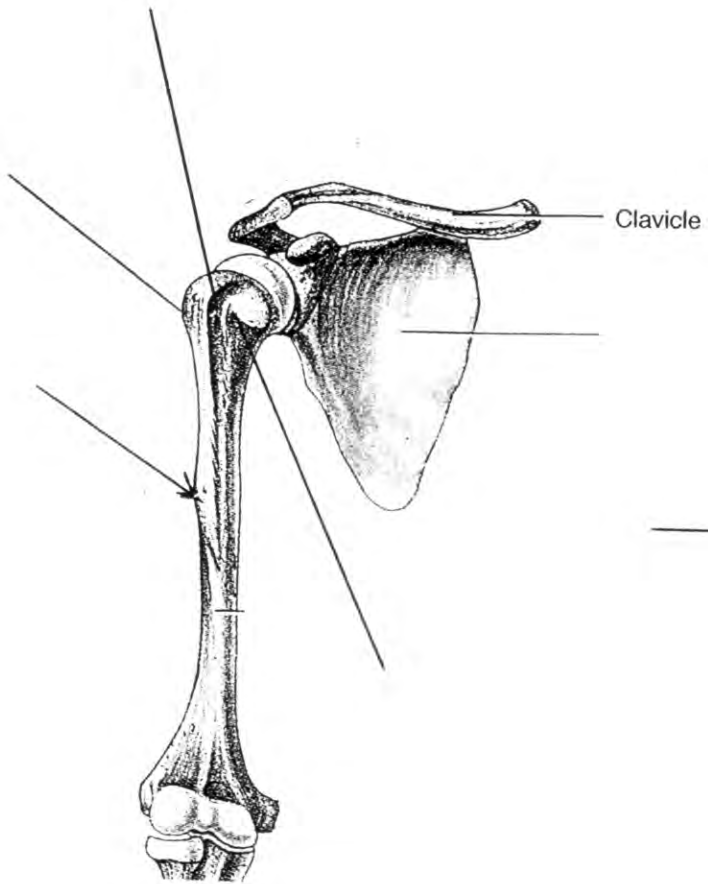
SHOULDER REVIEW:

I. Shoulder Ranges of motion:

- A. Be able to describe and identify the following Scapular ranges of motions:
- | | |
|-------------------------------------|------------------------------------|
| 1. scapular elevation | 4. scapular retraction (adduction) |
| 2. scapular depression | 5. upward rotation |
| 3. scapular protraction (abduction) | 6. downward rotation |
- B. Be able to describe and identify the following shoulder (glenohumeral) motions:
- | | |
|--------------|-------------------------|
| 1. flexion | 5. internal rotation |
| 2. extension | 6. external rotation |
| 3. abduction | 7. horizontal abduction |
| 4. adduction | 8. horizontal adduction |

II. Osteology Review:

1. What bones make up the shoulder girdle: _____
2. What bones does the clavicle articulate with (medially and laterally): _____
3. Which two ligaments anchor the clavicle: _____
4. What joint is formed between the clavicle and the scapula: _____
 - a. What injury occurs at the joint? _____
5. What type of joint is the shoulder joint: _____
6. What direction does the humerus face: _____
7. Describe where the following ligaments of the shoulder: (attachments)
 - a. capsule: _____
 1. where is it weakest: _____
 - b. coracohumeral ligament: _____
 - c. acromioclavicular ligament: _____
 - d. glenohumeral ligament: _____
 - e. coracoacromial ligament: _____
8. Label the diagram on the following page.



III. Myology Review:

Muscles that move the scapula:

1. Name five muscles that move the scapula: _____

2. Which muscle is a protractor of the scapula: _____
3. Name a few muscles that insert along the medial border of the scapula: _____

4. Which scapula muscle inserts on the coracoid process and what is its action: _____
5. Name two scapular muscles are involved with upward rotation of the scapula
and three scapular muscles involved in downward rotation:
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
6. Name two scapula muscles that retract the scapula: _____

7. Name three scapular muscles that elevate the scapula: _____

8. What is the origin of the levator scapulae: _____
9. What is the insertion of the lower trapezius: _____
10. Which scapula movers are capable of reversed muscle action (and name the action)

Muscles that move the arm:

1. Name the four muscles that make up the rotator cuff group: _____

2. Name five other muscles that move the arm: _____

3. Which rotator cuff muscle is an abductor: _____
4. What is the insertion of the subscapularis: _____
5. Which three rotator cuff muscles have a common insertion of the greater tubercle:

6. Name five muscles that are internal rotators of the humerus: _____

7. Give the exact insertion of the teres major, latissimus dorsi, and pectoralis major:

8. Name all the actions of the pectoralis major: _____
9. Name two muscles that are abductors: _____
10. Name four muscles that extend the arm: _____
