4 MAIN BONES TO KNOW:

- Sternum
- Clavicle
- Scapula
  + Acromion Process
  + Glenoid Fossa
- Humerus
ACROMIOCLAVICULAR (AC) JOINT

- Articulation of acromion & distal end of clavicle.

Fig 5.1
Articulation of spherical head of humerus with small, shallow glenoid fossa of scapula.

Fig 5.7

Fig 5.8
MOVEMENTS OF THE SHOULDER GIRDLE

Fig 5.3 a & b

Elevation
Depression

Abduction (Protraction)
Adduction (Retraction)
MOVEMENTS OF THE SHOULDER GIRDLE

Fig 5.3 c & d

Upward rotation
Downward rotation

Anterior tilt
Posterior tilt
 Movements of the Shoulder Joint

- See pg 104
- Flexion / Extension
  + Hyperextension
- Circumduction
- Abduction / Adduction
  + Horizontal
  + Diagonal
- Internal / External Rotation
SUMMATION:

- Movements of the arm on the trunk involve the cooperative action of the shoulder girdle
  + Acromioclavicular joints
  + Sternoclavicular joints
  and the shoulder (glenohumeral) joint.
DIAGONAL MOVEMENTS

- Diagonal forward-downward and slightly inward movement of the arm.

Fig 5.10

Fig 5.23
COMMON INJURIES OF THE SHOULDER REGION:
ACROMIOCLAVICULAR SPRAIN

- AC joint forced beyond normal ROM.
  + Downward blow to outer end of shoulder.
  + Fall on outstretched hand.
- Damage consists of tearing or severe stretching of AC ligaments.
COMMON INJURIES OF THE SHOULDER REGION:
FRACTURE OF THE CLAVICLE

- Clavicle fractures have causes similar to AC sprain:
  - Downward blow to outer end of shoulder.
  - Fall on outstretched hand.
- May indicate injury by supporting injured arm.
  - Head may be tilted toward injured side with face turned to opposite side.
COMMON INJURIES OF THE SHOULDER REGION: DISLOCATION OF THE SHOULDER

- May be forward, downward, or posterior.
- Most likely when arm is forcefully ab ducted and laterally rotated.
- Head of humerus is forced out of the glenoid fossa.
- Arm held out from side in a position of slight abduction and lateral rotation.
COMMON INJURIES OF THE SHOULDER REGION: ROTATOR CUFF TEARS

- Supraspinatus (supraspinatus tendon) most often injured.
- Nature of injury depends on arm kinematics.
- Caused by overuse, falls, or violent, fast arm motion.
COMMON INJURIES OF THE SHOULDER REGION: SHOULDER IMPINGEMENT

- Soft tissue superior to humeral head pressed against acromion process.
- Due to overuse, inflammation, trapped bursa, degeneration with aging.
- Will cause pain and inflammation in shoulder.