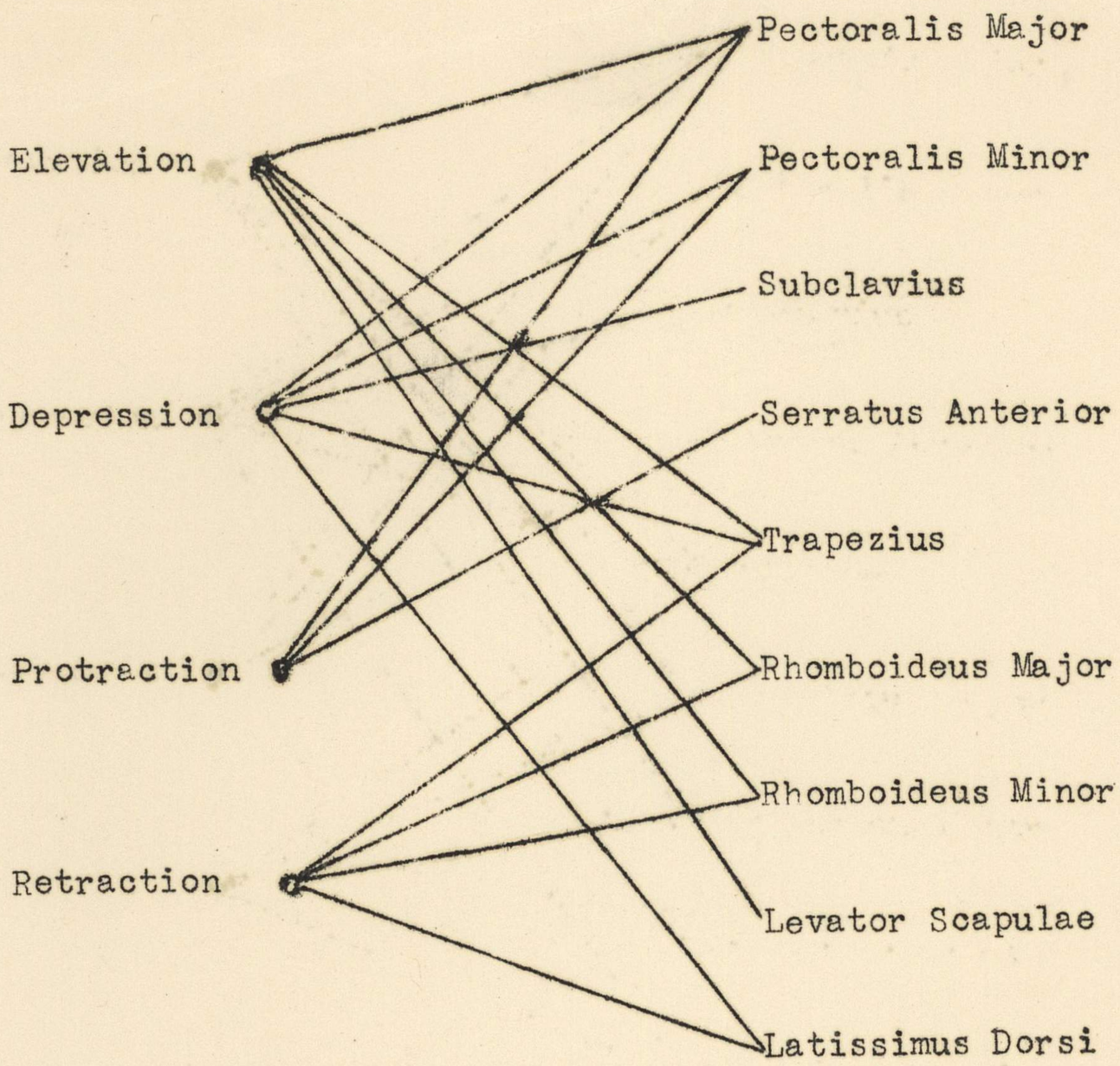
MUSCLES OF THE SHOULDER-GIRDLE



MOVEMENTS OF THE SHOULDER GIRDLE

Forward - Protraction
Upward - Elevation
Backward - Retraction
Downward - Depression
Combinations - Rotation

The shoulder is an enarthrodial (Ball and Socket) joint. The articulation is formed by the head of the humerus and the glenoid fossa.

LIGAMENTS OF THE SHOULDER JOINT

Capsular Gleno-Humeral Coraco-Humeral Transverse-Humeral and the Glenoid