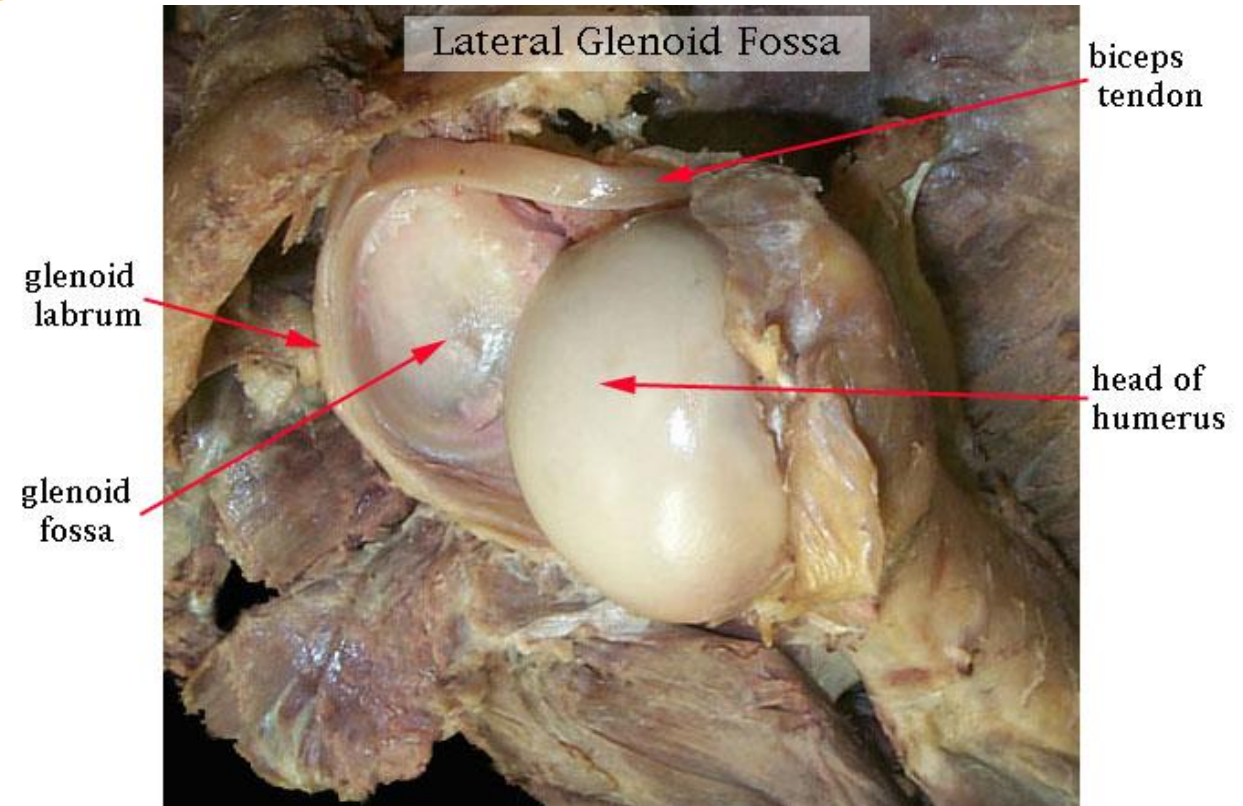


The shoulder joint

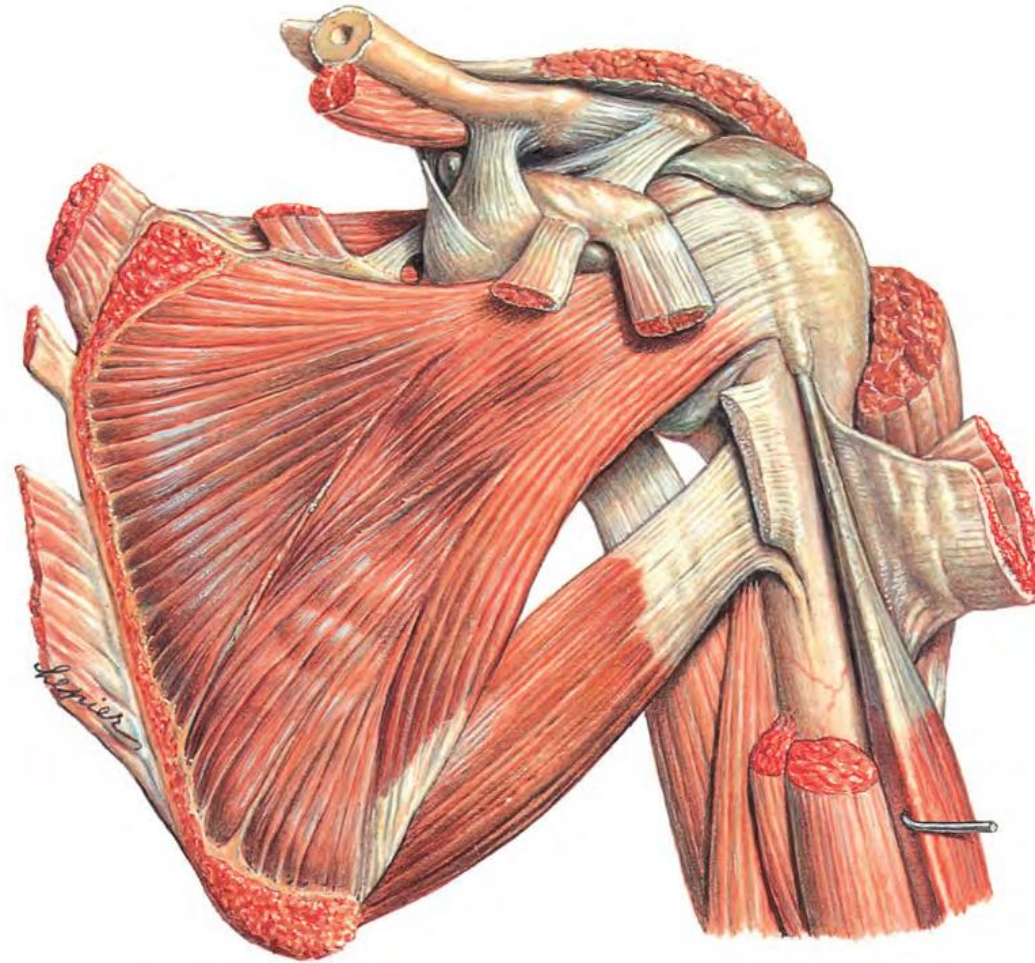
It is a **synovial ball and socket**



What does this mean?

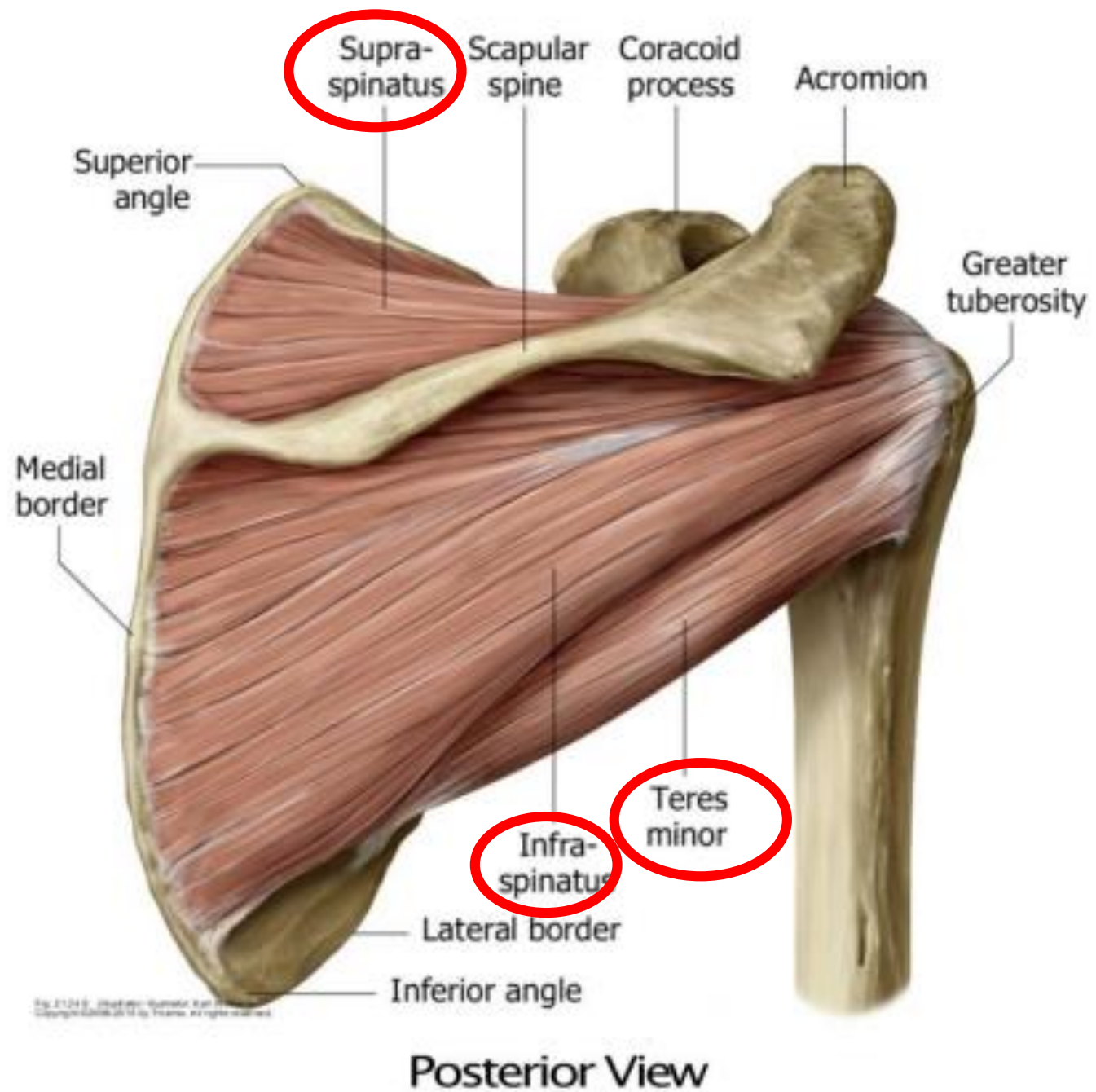


A-POSTERIOR SCAPULAR REGION

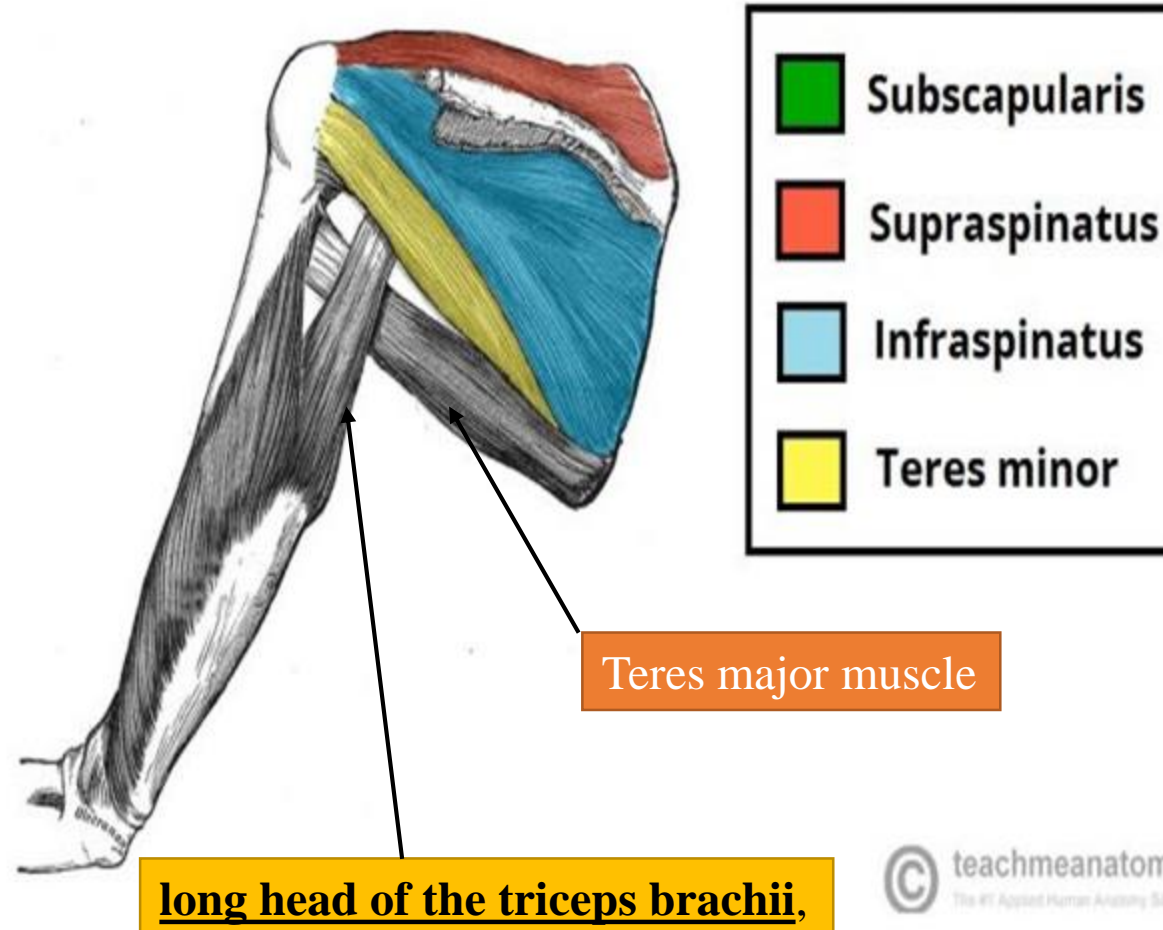


It contains **four muscles**, which pass between the scapula and proximal end of the humerus;

- **Supraspinatus**
- **Infraspinatus**
- **Teres minor**
- **Teres major**

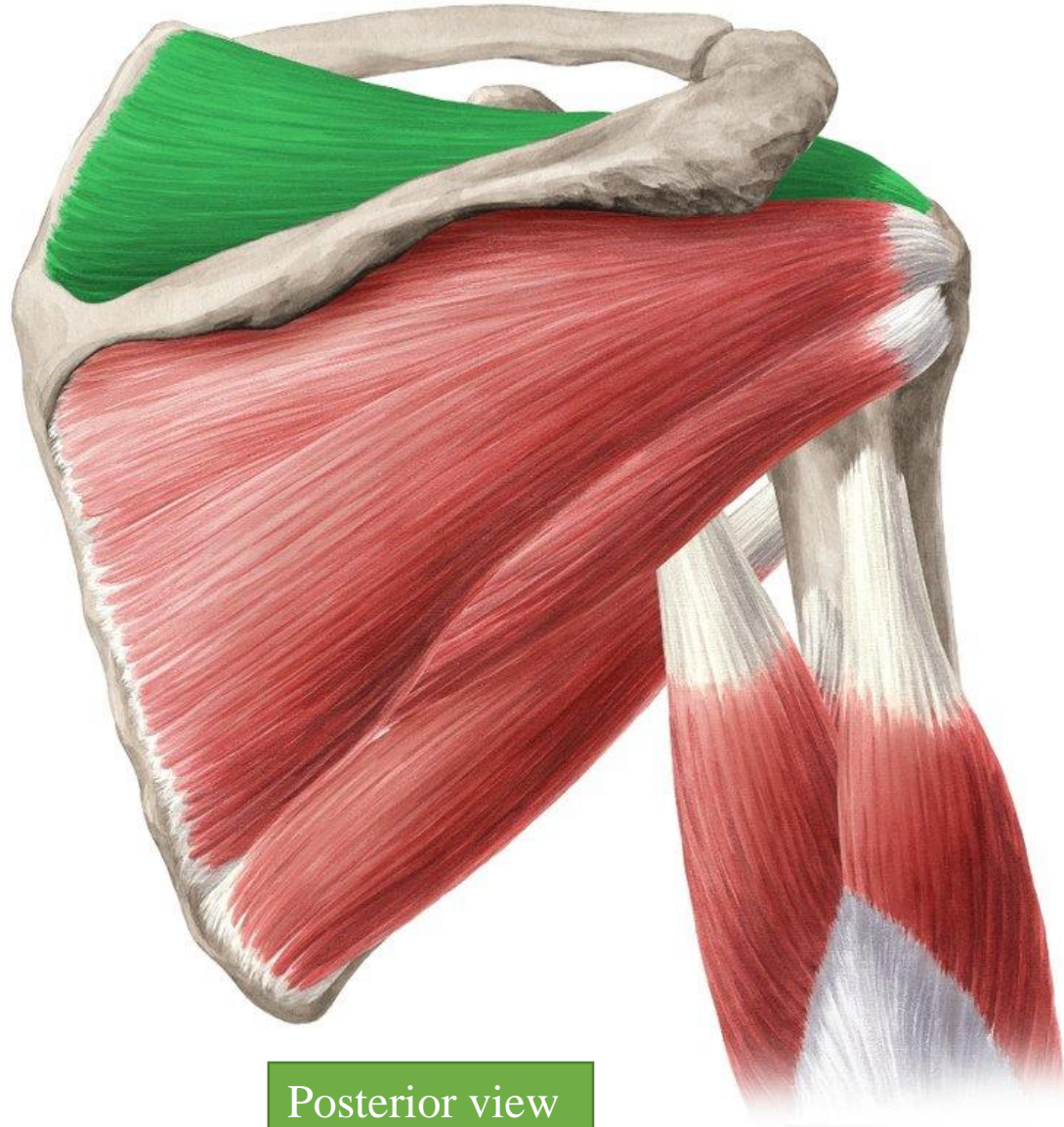


The posterior scapular region also contains part of one additional muscle, the **long head of the triceps brachii**, which passes between the scapula and the proximal end of the forearm.



Posterior view

Supraspinatus muscle



Posterior view

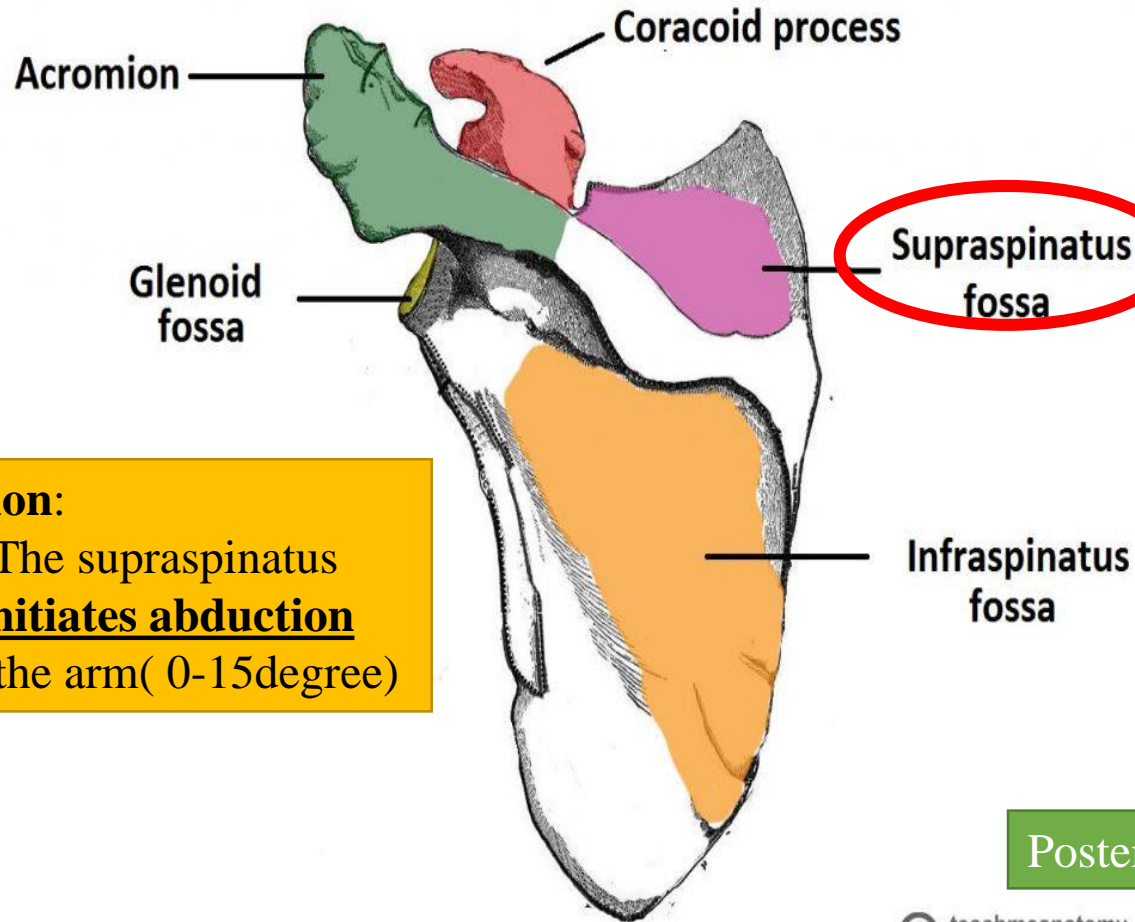
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• **Supraspinatus**

• **Origin:** Supraspinous fossa of the scapula (above the spine) on the posterior surface of the scapula

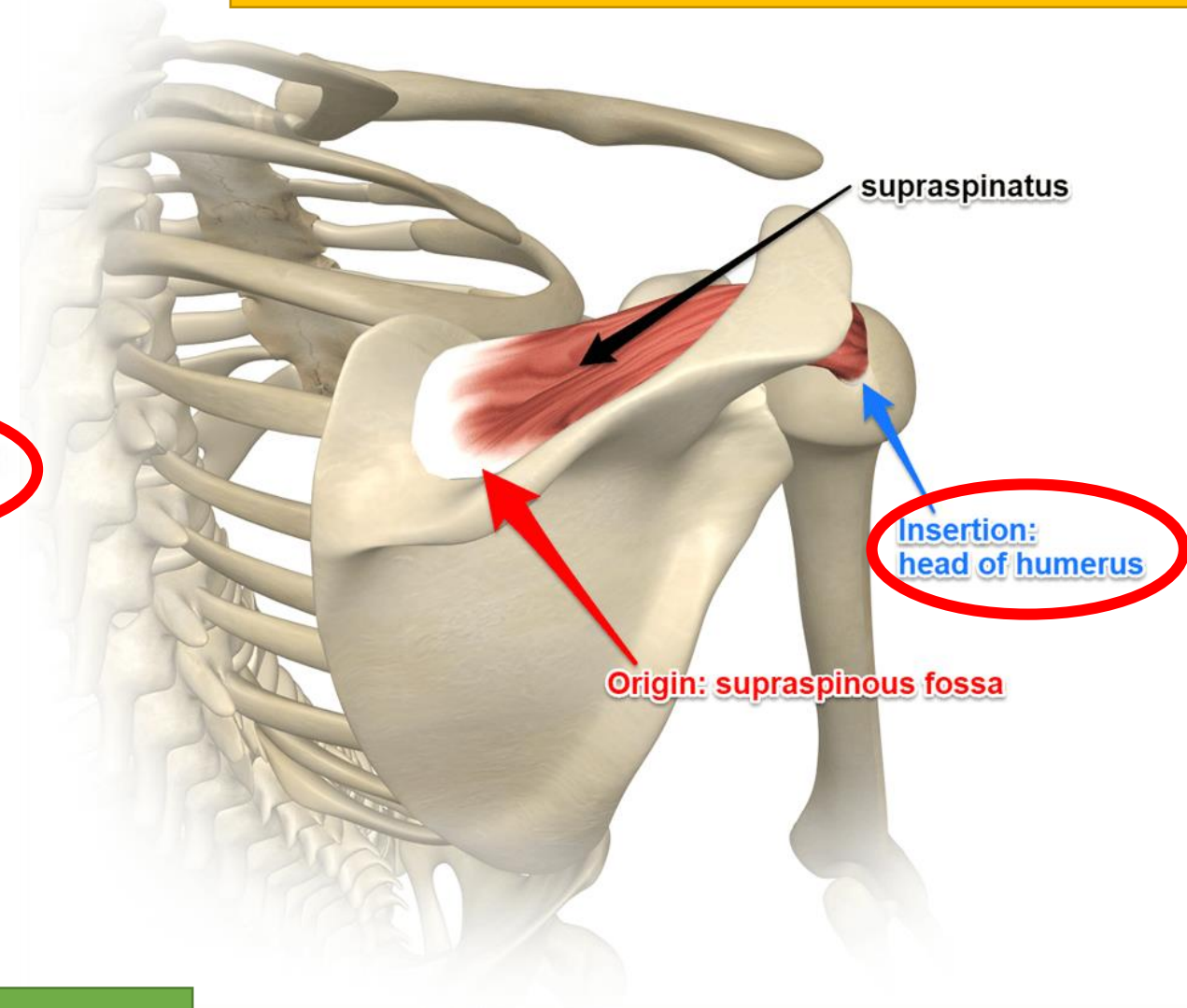


Action:

The supraspinatus **initiates abduction** of the arm(0-15degree)

NS: Suprascapular N.

Insertion: They form tendons that insert on the greater tubercle of the humerus (upper facet)

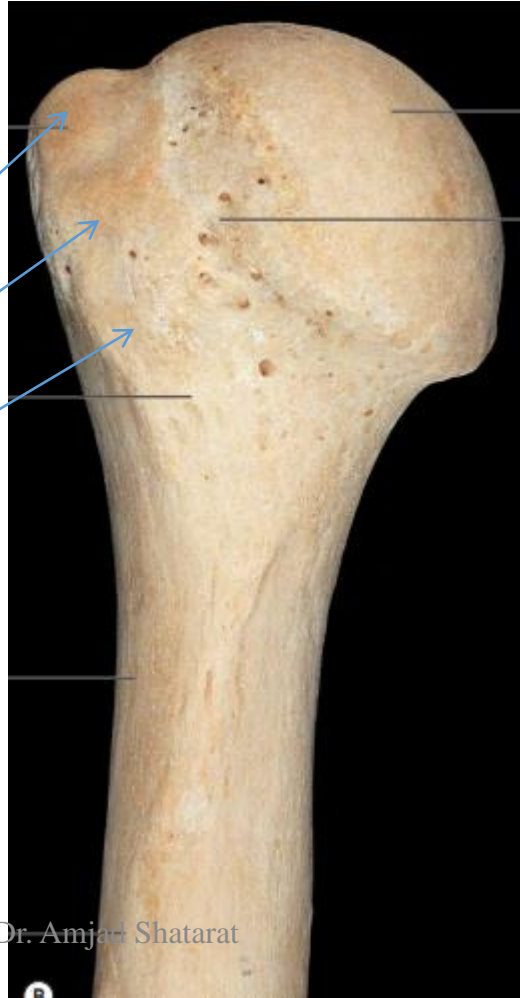


Posterior view

- The tendon of the supraspinatus passes under the acromion where it is separated from the bone **by a subacromial bursa**
- The tendon Passes over the glenohumeral joint
- Inserts on the superior facet of the greater tubercle

Remember

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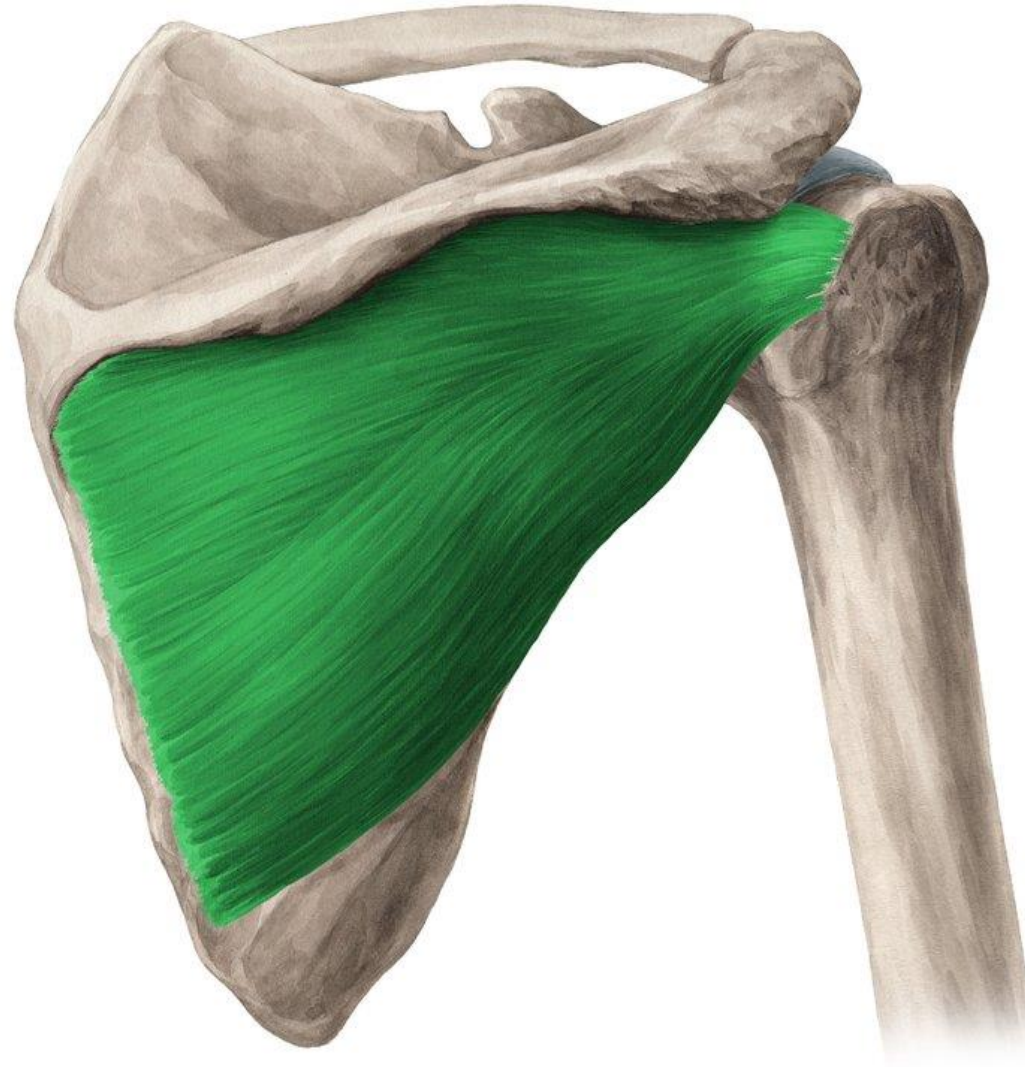


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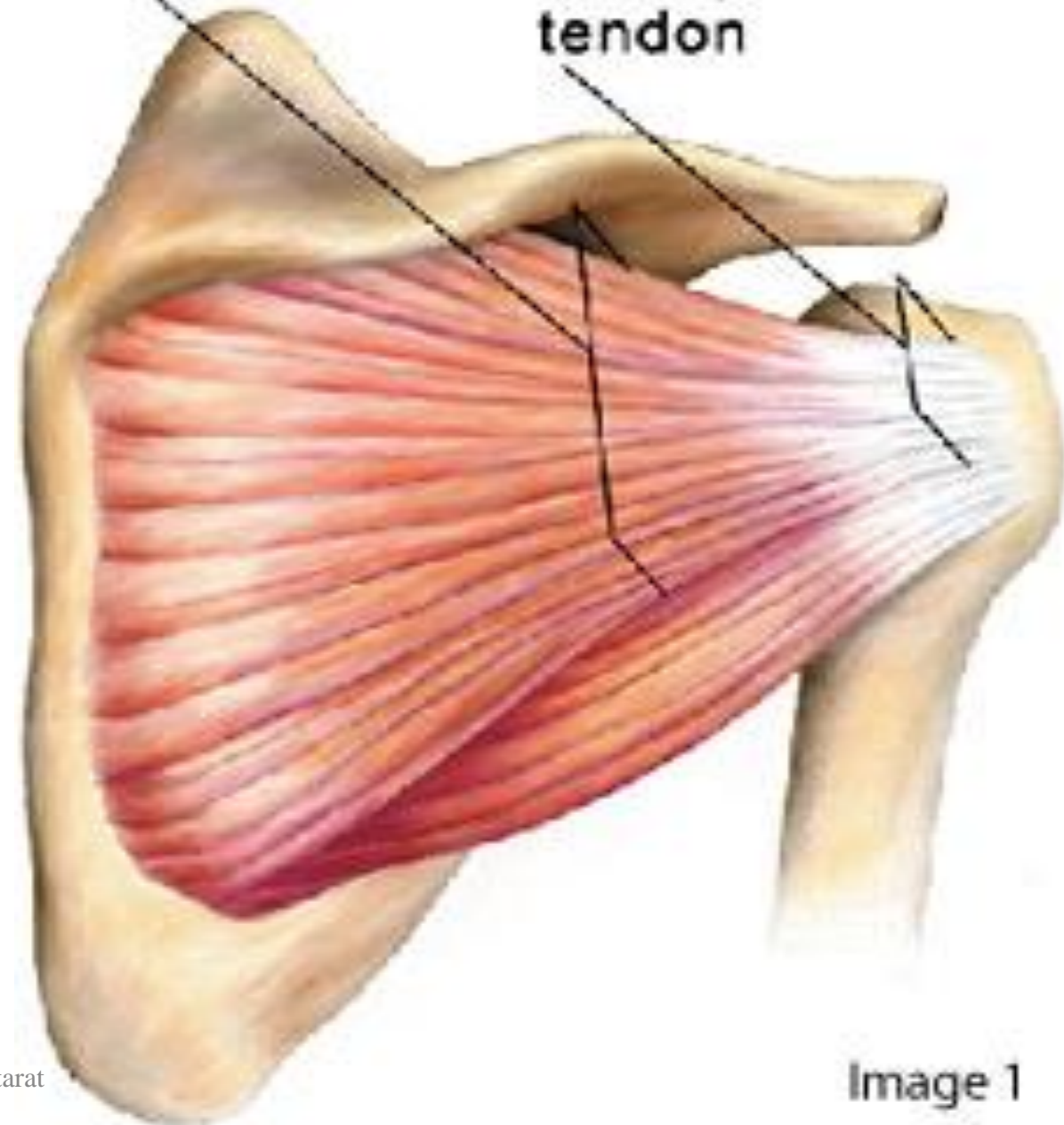
Posterior view

Infraspinatus muscle



Infraspinatus
muscle

Infraspinatus
tendon



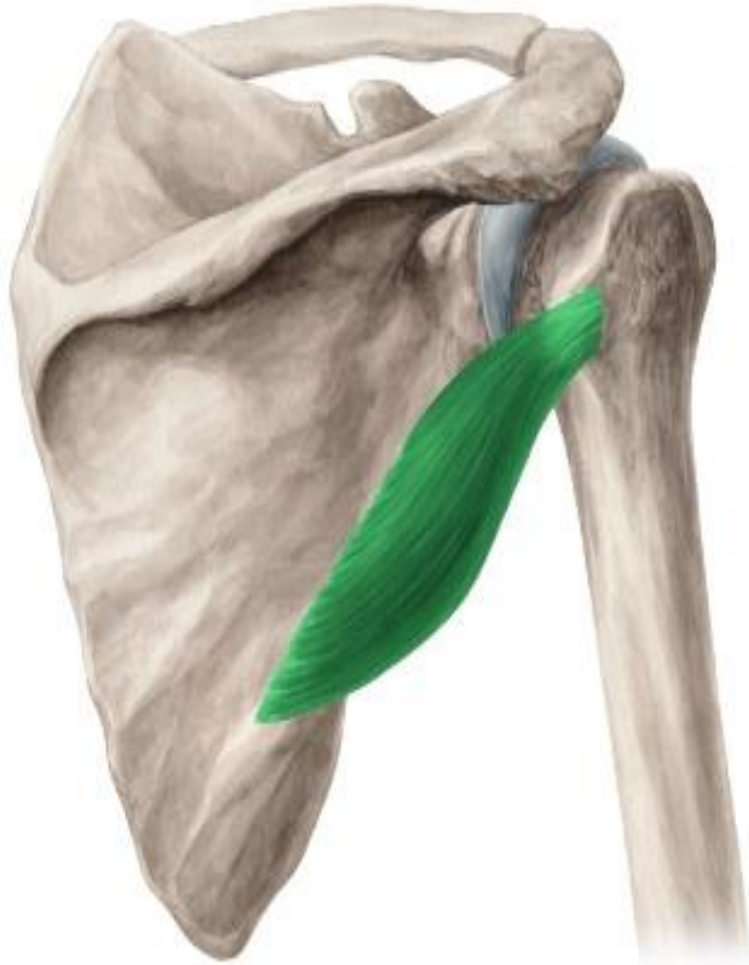
The tendon of the infraspinatus passes **posteriorly** to the glenohumeral joint and inserts on the **middle facet of the greater tubercle**

Action
The infraspinatus laterally rotates the humerus

NS: Suprascapular N.

Posterior view

Teres minor



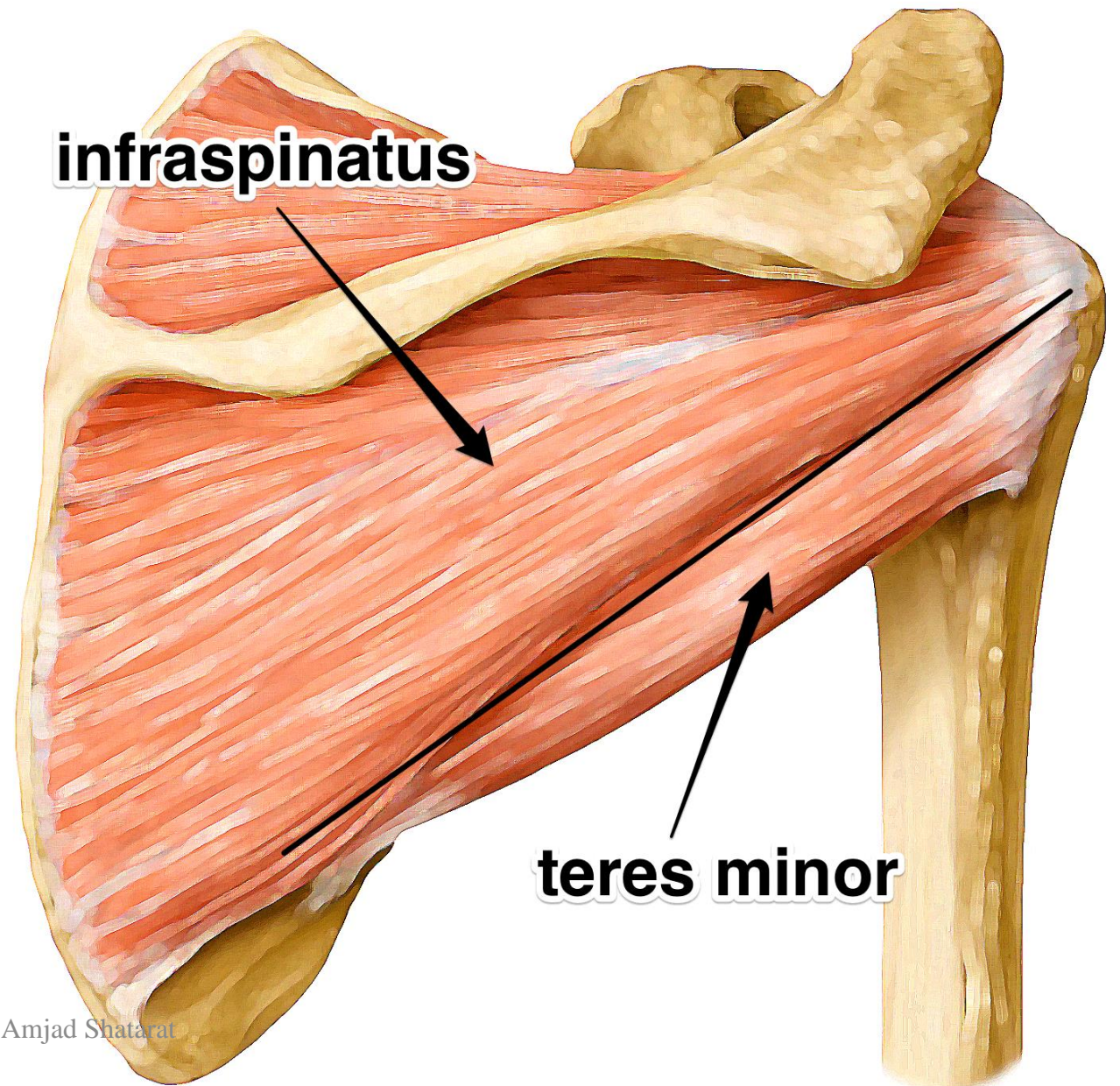
Teres minor muscle

- It is a cord-like muscle
- **Origin:** from the lateral border of the scapula below the **infraglenoid tubercle**

Insertion: inferior facet of the greater tubercle of the humerus

Action: laterally rotates the humerus

NS: Axillary n

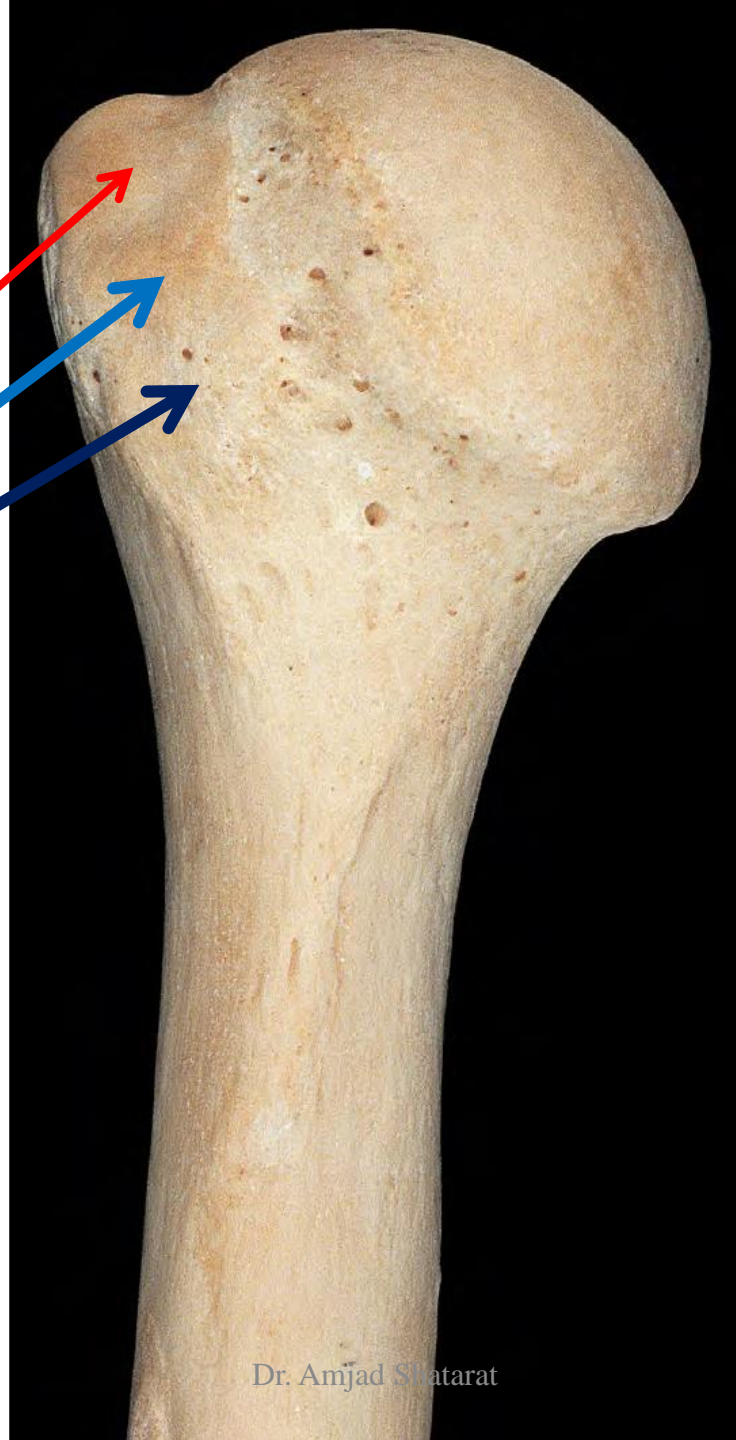


Teres major



Remember

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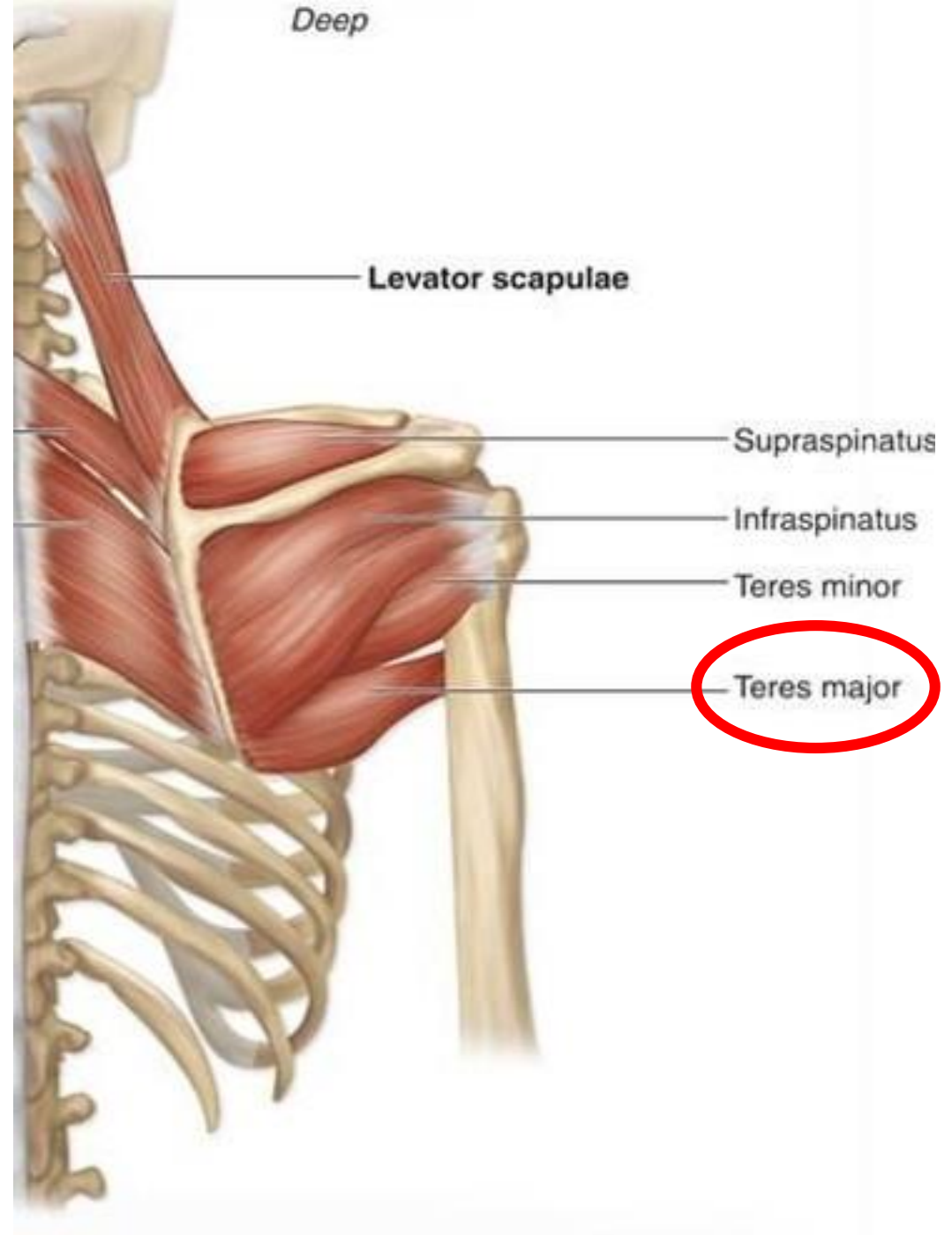


Teres major muscle

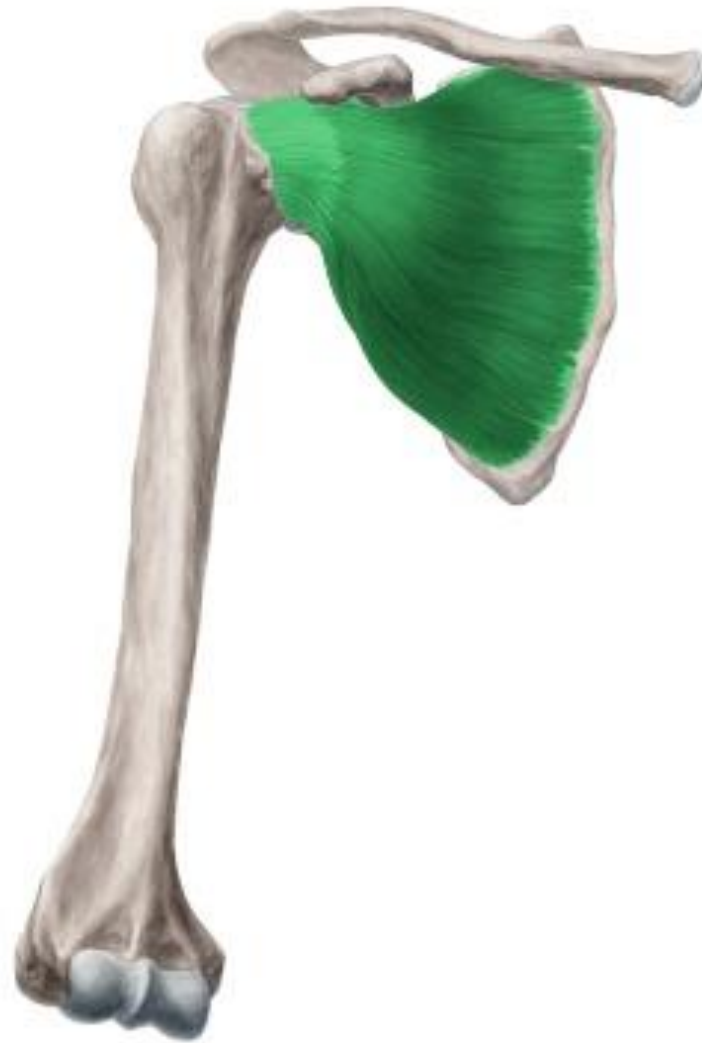
- **Origin:** from a large oval region on the posterior surface of the inferior angle of the scapula
- **Insertion:** medial lip of the intertubercular sulcus on the anterior surface of the humerus

Action: medially rotates and extends the humerus.

NS : Lower subscapular n

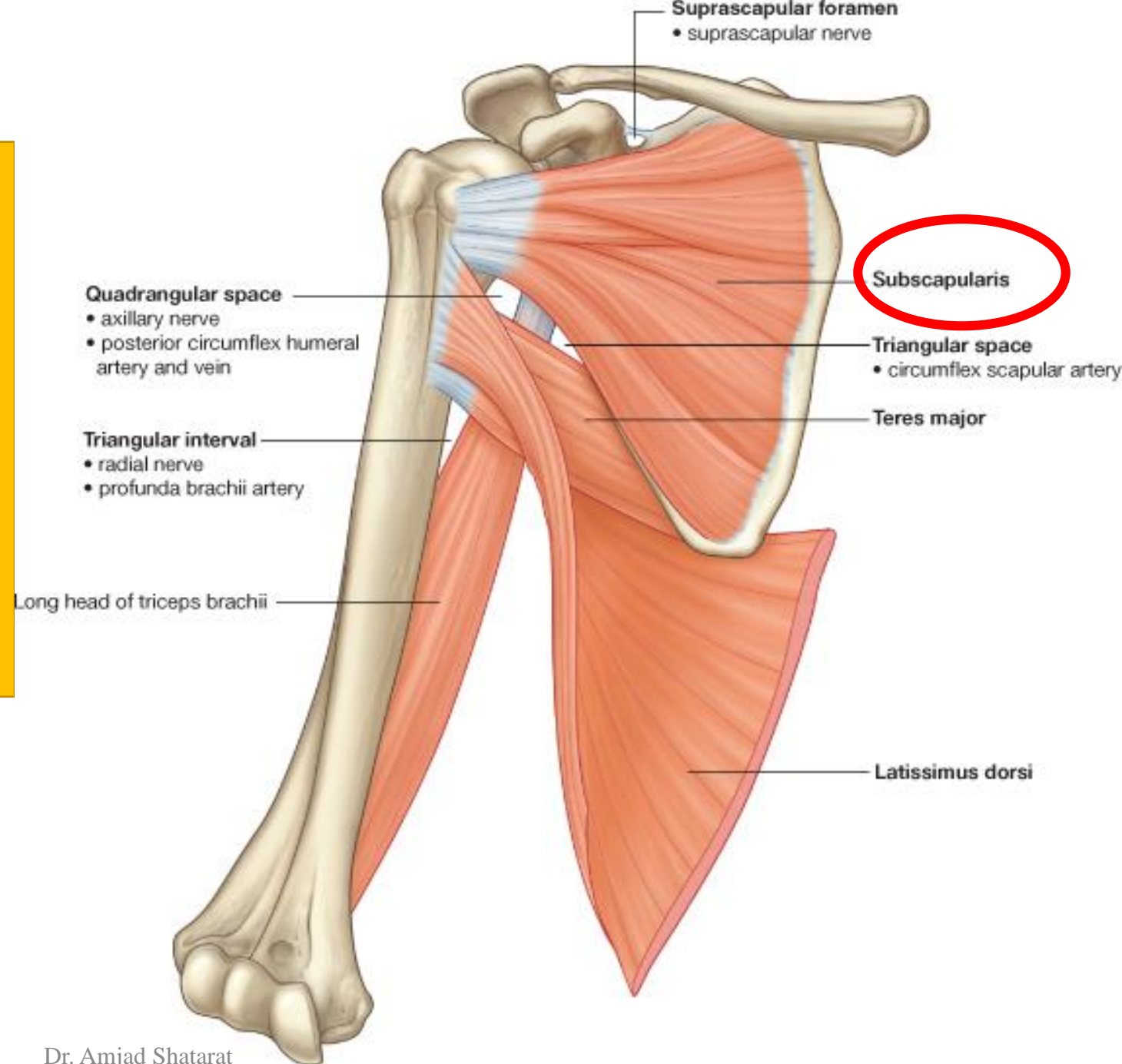


Subscapularis



Anterior view

- **Subscapularis**
- **Origin:** Subscapular fossa.
- **Insertion:** Lesser tubercle.
- **Action:** Medial rotation of the arm.
- **NS:** Upper and lower subscapular nerves.



Dr. Amjad Shatarat

Rotator cuff muscles of shoulder

- Four muscles

1. Supraspinatus
2. Infraspinatus
3. Teres minor
4. Subscapularis

- The tendons of these muscles flatten at their insertion and blend with the capsule of the shoulder joint.
- They act as *a handcuff* that strengthen shoulder joint (superior, posterior & anterior). But NOT inferior? Why?

not to compromise the arm's flexibility and range of motion

