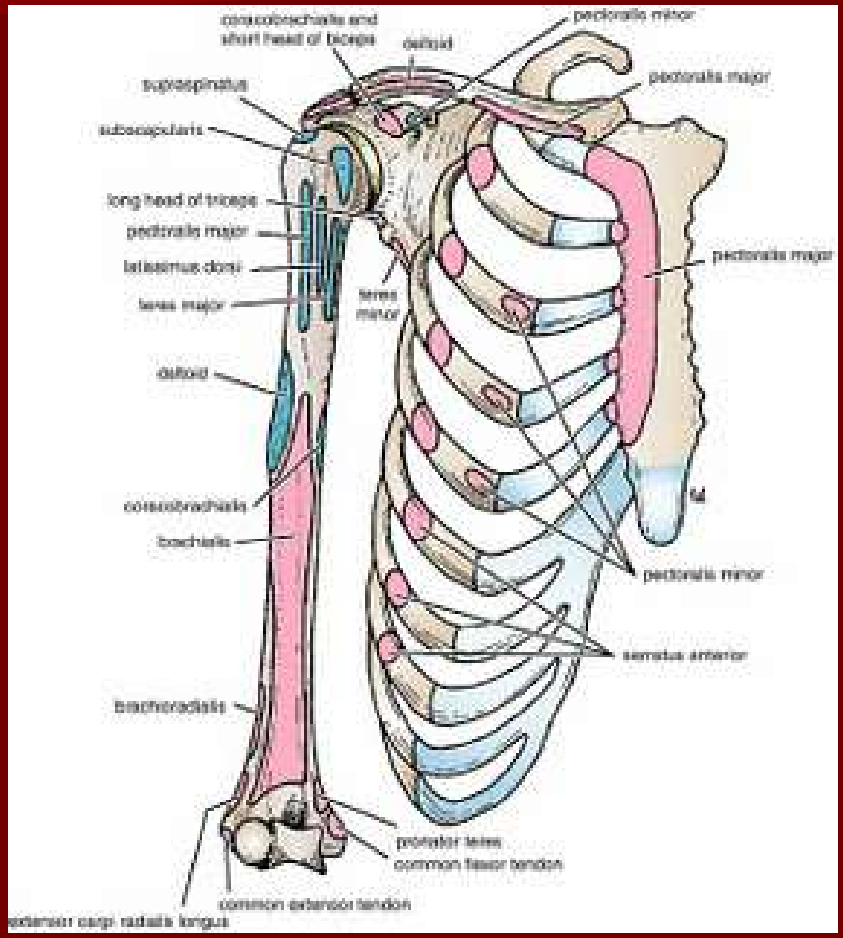
Shoulder and Upper Arm

- Sports Medicine I

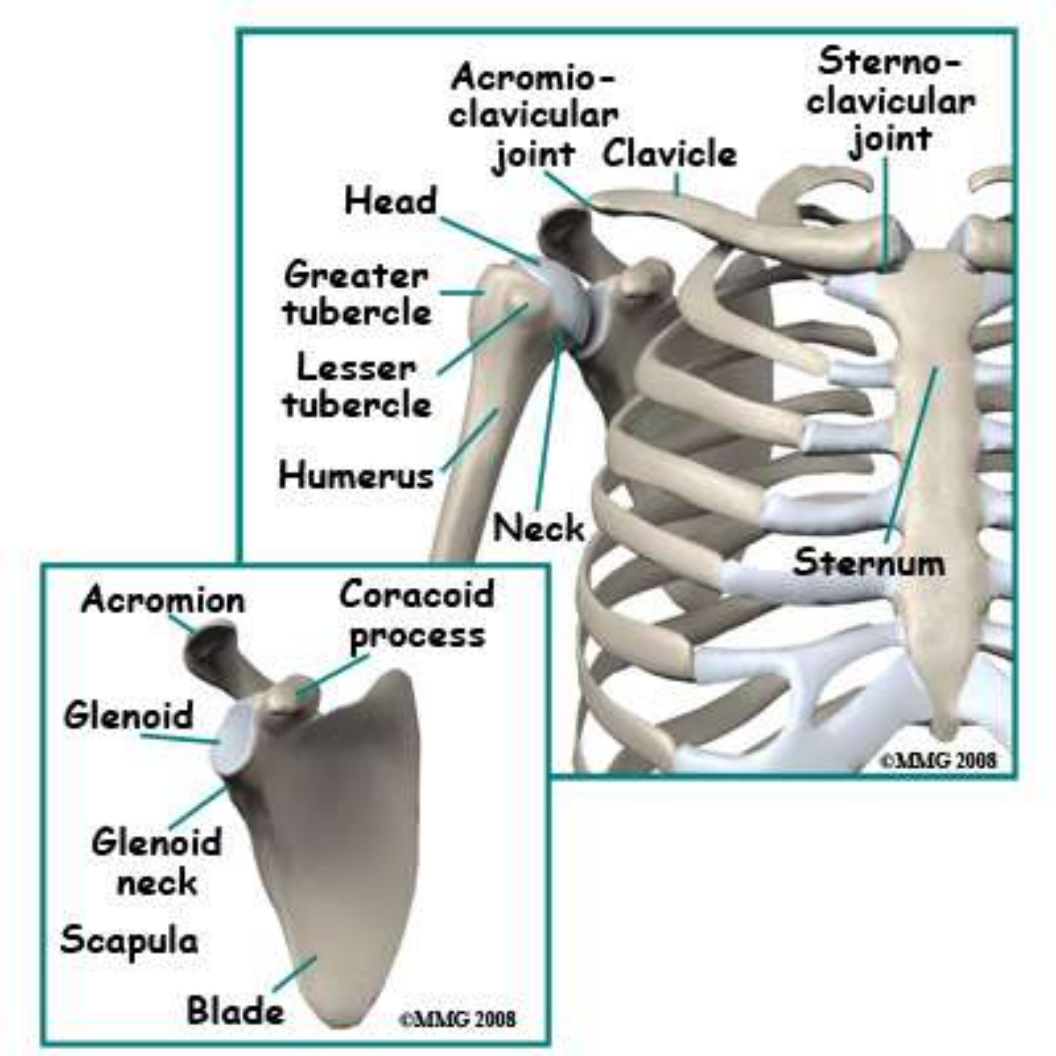
Anatomy

- Most mobile and vulnerable anatomical structure
- Shoulder girdle gains its mobility at the expense of stability.



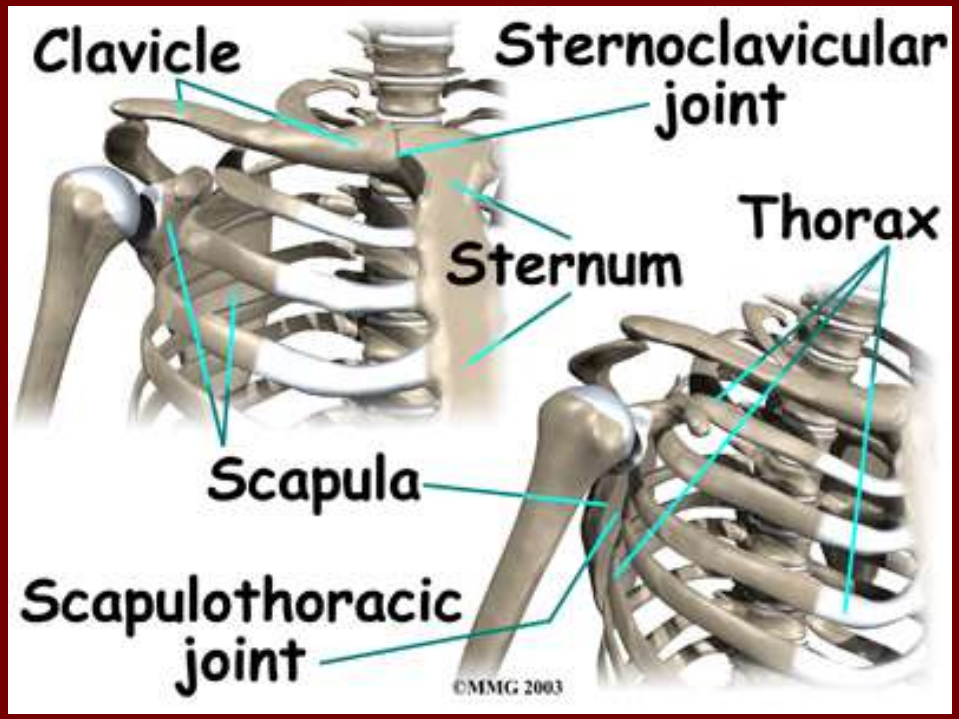
Bones

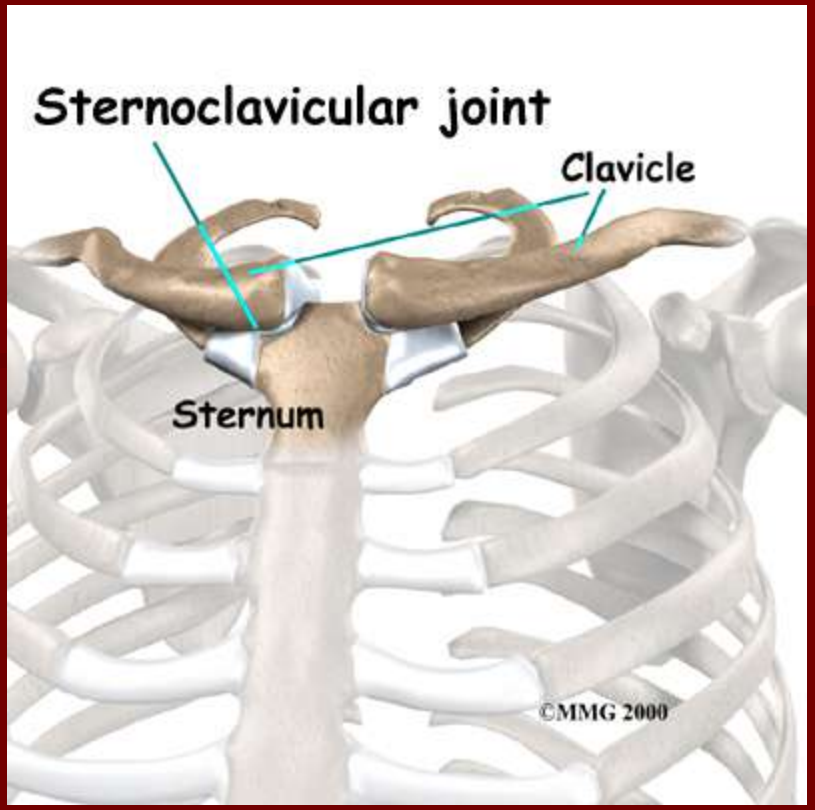
- Sternum
- Clavicle
- Humerus
- Scapula



Joints

- Sternoclavicular Joint
- Acromioclavicular Joint
- Coracoclavicular Joint
- Glenohumeral Joint
- Scapulothoracic




Sternoclavicular joint
Clavicle
Sternum
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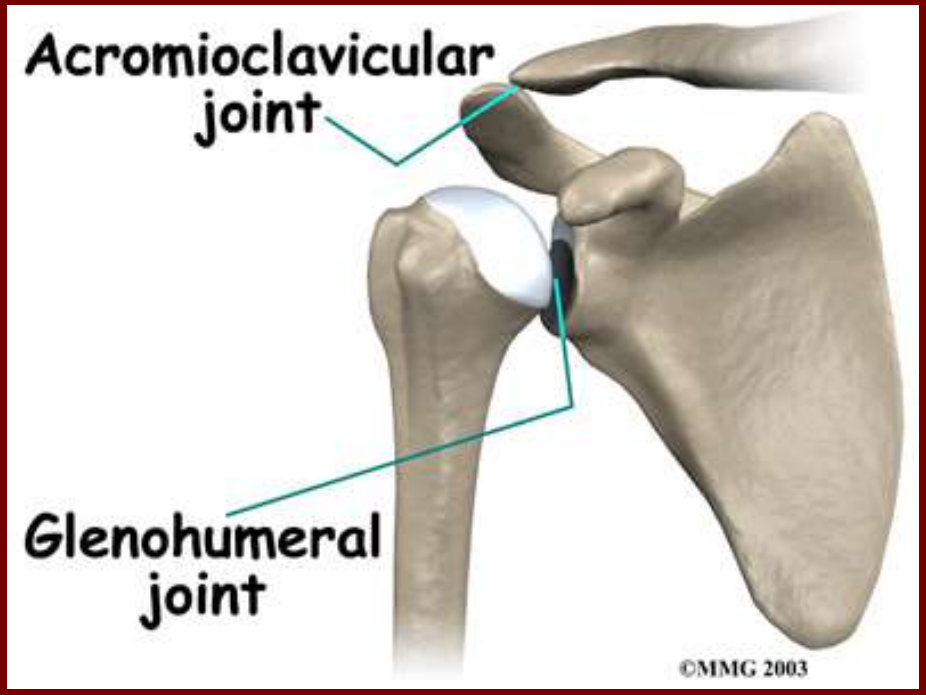
Acromioclavicular joint
Glenohumeral joint
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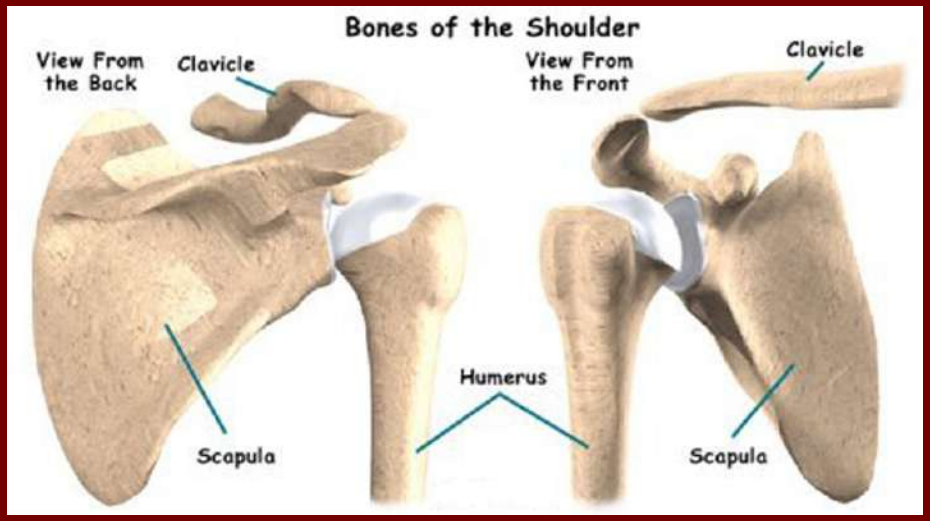
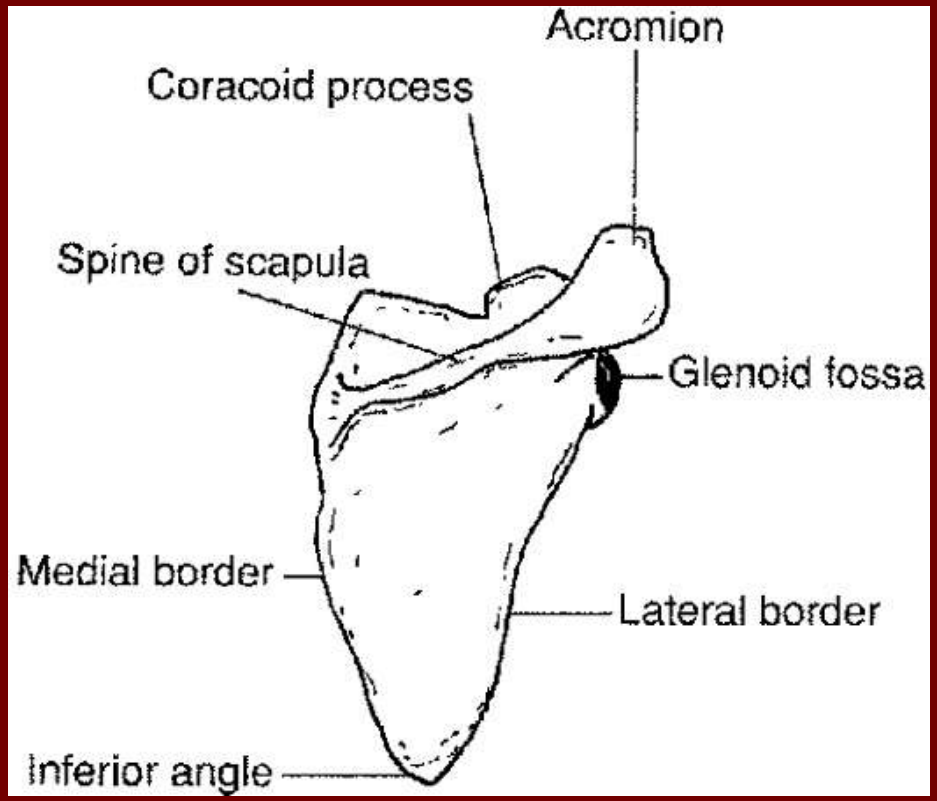
Anatomy

- SC attaches extremity to torso
- Humerus is long bone of upper arm
- GH joint socket is very shallow
- Ball and socket joint
- Scapula "floats" on back of rib cage



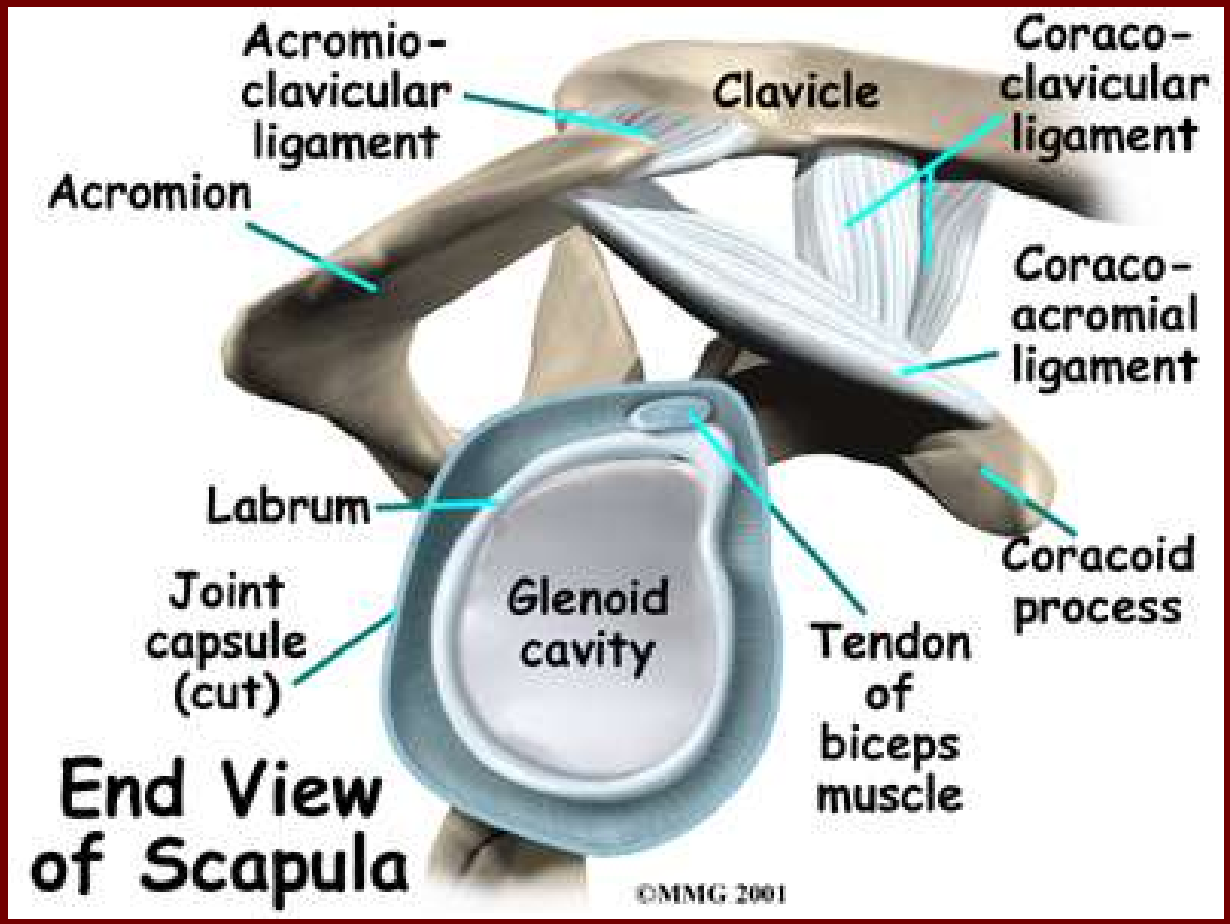
Scapula

- Scapulothoracic movement provides critical movement to the shoulder
- Scapularhumeral rhythm allows anatomical structures to move effectively



Ligaments

- SC Ligament
- AC Ligament
- CC Ligament
- GH Ligament



Glenoid Fossa

- Depression articulates with humerus
- Deepens the joint to add stability
- Strength and integrity of ligaments with muscles, account for the majority of the stability of the complex
- Shoulder Girdle: upper arm, clavicle, scapula