



Shoulder & Arm

2



Introduction

Consider the following questions:

- Reach your left hand up and scratch the top of your head.
- How many joints in your shoulder complex do you think are involved creating that action?
- What motion(s) might be occurring at those joints?



Introduction (cont.)

- Now imagine yourself doing a pullup.
- What are two muscles of the shoulder and arm that might be very involved in raising your body?
- Outside the gym, where else might you perform this kind of movement?



Introduction (cont.)

- Finally, get online and watch a slow-motion video of a baseball pitcher on the mound.
- What motions are occurring at the glenohumeral joint (p. 27) during the wind-up?
- What muscles function as prime mover (pp. 63-65) during the throwing phase?



Surface Anatomy and Bony Landmarks of the Shoulder and Arm

Learning Objectives

Recognize the surface anatomy including skin and fascial structures of the shoulder and arm.

Palpate the bones and bony landmarks of the shoulder and arm and recognize the connections between them and soft tissue.

Palpate the shoulder and arm landmarks that identify the location of underlying nerves, blood vessels, and lymph nodes to be cautious of when practicing manual therapies.



Surface Anatomy and Bony Landmarks of the Shoulder and Arm (cont.)

Learning Objectives

Describe the relationships between the topographical contours and underlying musculoskeletal structures, as well as the texture, thickness, and mobility of the skin and fascial structures in the shoulder and arm.

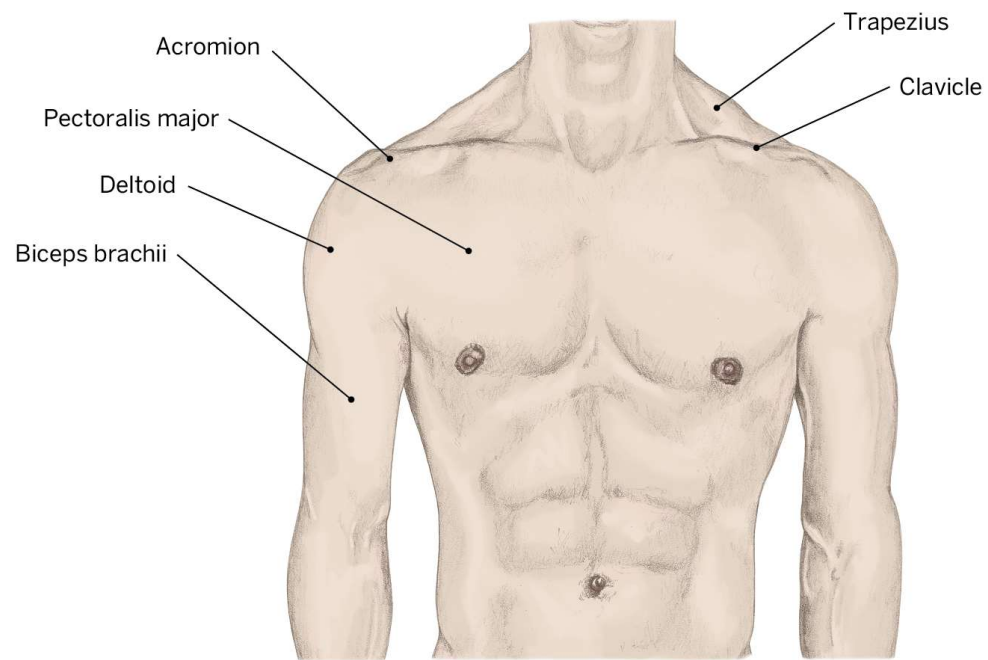
Name and locate the bones, bony landmarks, and joints for the shoulder and arm and describe the connections between them and the soft tissues of the shoulder and arm.

Name and locate major joint structures of the shoulder and arm, including ligaments and bursae that are common sites of pain and injury in the region.



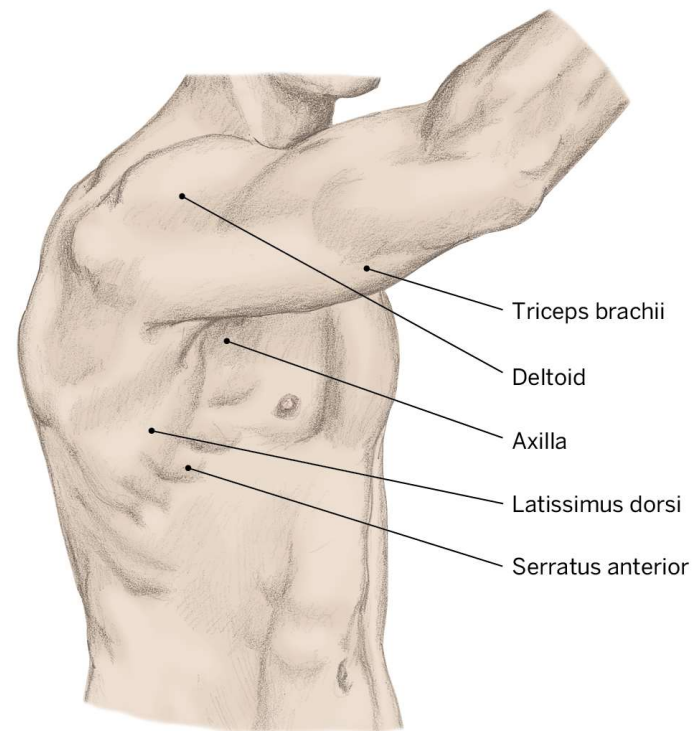
Surface Features Visible on the Shoulder and Arm

Anterior view



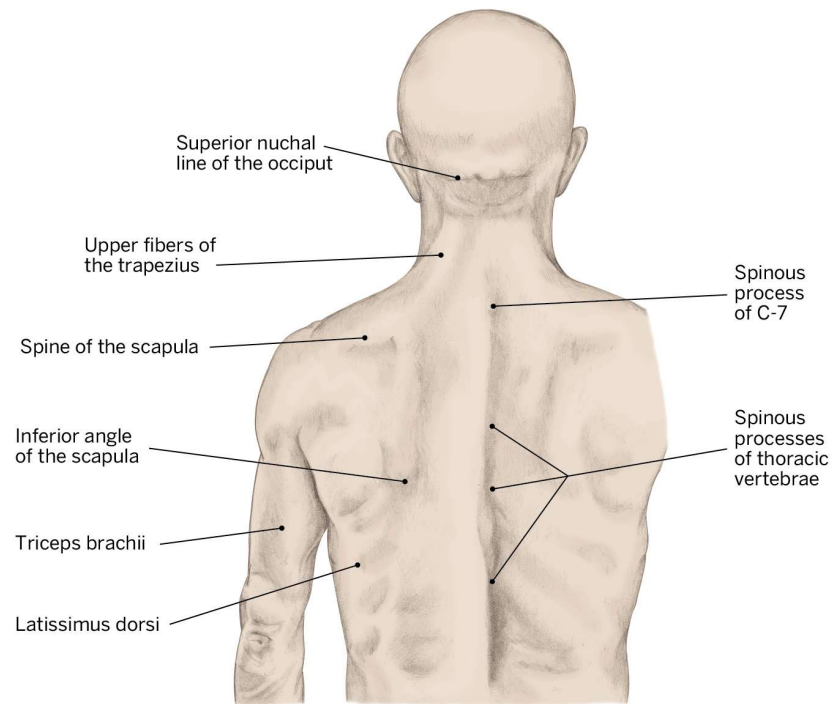
Surface Features Visible on the Shoulder and Arm

Anterior/lateral view



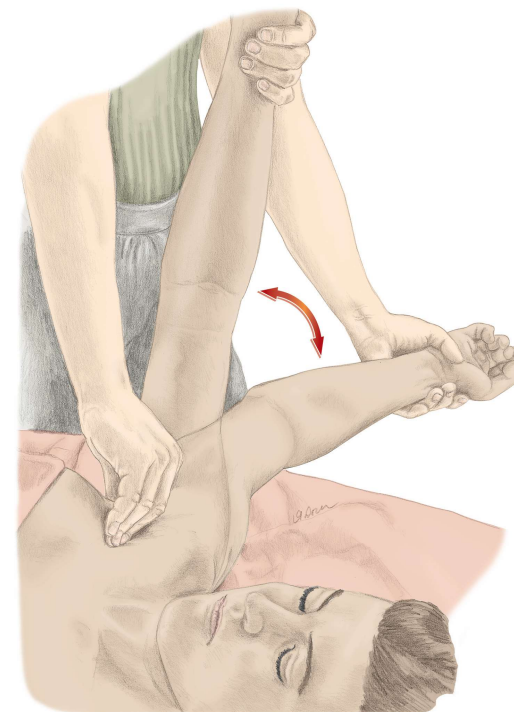
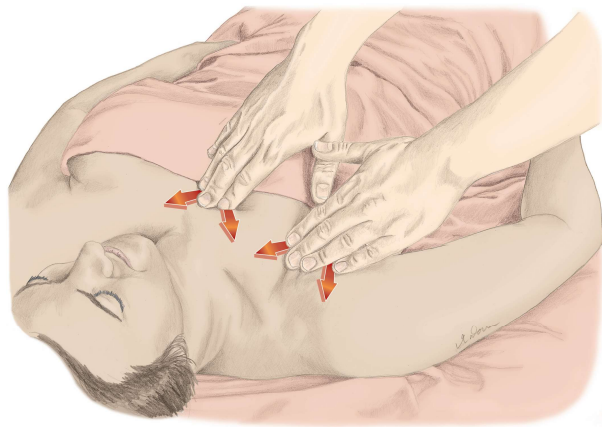
Surface Features Visible on the Shoulder and Arm

Posterior view



Shoulder & Arm

Explore and Palpate!



Trail Guide to the Body (p. 47)