

Shoulder Arm Hand Class Preparation:

Shoulder Girdle Anatomy Review Guide

- *While patients will often point to the regions of the upper trapezius, levator scapula, and upper back when describing “shoulder” pain, as clinicians we must remember that pain in these areas also indicates the need to assess the cervico-thoracic spine.*
- **Bony landmarks: be able to locate by palpation; know which muscles attach to them, if applicable**
 - Clavicle
 - Scapula
 - Medial and lateral borders
 - Scapular spine and supraspinous fossa
 - Acromion
 - Coracoid process
 - Head and neck of humerus
 - Greater tubercle
 - Lesser tubercle
 - Deltoid tubercle
 - Bicipital groove
 - Radial sulcus
- **3 true synovial joints:** be able to find the joint lines and ligaments by palpation
 - Gleno-humeral (GH): the shoulder joint proper.
 - Joint line: anterior, superior, posterior
 - Sterno-clavicular (SC): the sole point of attachment of the arm to the axial skeleton.
 - Joint line: anterior, superior
 - Acromio-clavicular (SC): attaches the clavicle to the scapula, and allows for rotation of the clavicle during scapular motion.
 - Joint line: anterior, lateral, superior
 - Be able to distinguish AC joint line from the superior aspect of the GH jointline by palpation
 - Coraco-clavicular ligaments
 - (The “scapulo-thoracic joint:” the scapula moves on the thorax and functions like a joint, but is a structurally a myofascial tissue plane, not a true joint.)
- **Myofascial structures that move and stabilize the scapula and humerus,** extending from the thoraco-lumbar fascia, lower trapezius, and latissimus dorsi, to cervical spine

and occiput, to sternum, clavi-pectoral fascia and upper ribs, to the elbow joint and proximal forearm. **Be able to locate by palpation; know attachments and primary functions**

- Rotator cuff
 - Core: supraspinatus, infraspinatus, teres minor, subscapularis
 - Accessory: long heads of biceps and triceps
- Scapular movers and stabilizers
 - Pectoralis minor
 - Serratus anterior
 - Rhomboids
 - Trapezius: all three divisions
- Arm movers
 - Biceps brachii, including bicipital tendon and transverse humeral ligament
 - Triceps brachii
 - Coracobrachialis
 - Pectoralis major divisions
 - Latissimus dorsi
 - Teres major
 - Deltoids: anterior, medial, posterior
- Neurovascular tracts and critical structures. **Be able to locate by palpation**
 - Subclavian artery
 - Brachial artery
 - Brachial plexus
 - (Lungs, relative to above structures; obviously, we don't palpate these!)