The Shoulder Joint
Bones

- Humerus
- Scapula
- Clavicle
1. Head

2. Lesser tubercle

9. Intertubercular Groove

10. Greater tubercle
1. Head
5. Deltoid tuberosity
Scapula

1. Acromion process
2. Spine
3. Superior angle
4. Inferior angle
5. Medial (Vertebral) border
6. Lateral (Auxiliary) border
7. Supraspinous fossa
8. Infraspinous fossa
1. Acromion process
2. Coracoid process
3. Glenoid fossa or cavity
4. Inferior angle
5. Superior angle
6. Medial (Vertebral) border
7. Lateral (Auxiliary) border
8. Suprascapular fossa
1. Acromion process
2. Coracoid process
3. Glenoid fossa or cavity
4. Spine
5. Supraspinous fossa
1. Acromion process
2. Coracoid process
3. Glenoid fossa or cavity
4. Superior angle
5. Inferior angle
Can you name them?
There are two joints to the shoulder complex:

- The acromioclavicular (AC) joint where the clavicle meets the acromion.
- The glenohumeral joint or the shoulder joint.
Joint

- Ball and socket joint
- Movement in all three planes
- Glenoid fossa
- Glenoid labrum
- Head of humerus
Joint Capsule
Ligaments

- Four ligaments are the main source of stability for the shoulder, and help to keep the shoulder from dislocating.
- Superior glenohumeral ligament
- Coracohumeral
- Middle glenohumeral ligament
- Inferior glenohumeral ligament
Ligaments

- The **coracoacromial** ligament connects the coracoid process and the acromion process.
Ligaments

Coracoacromial ligament

- Acromion
- Clavicle
- Coracoid process
- Glenoid fossa
- Glenoid labrum
- Scapula
A bursa is a saclike structure containing lubricating fluid and located between a tendon and a bone or between moving structures.
Sagittal Plane

Flexion

Extension
Frontal Plane

Adduction

Abduction
Transverse Plane

Internal rotation

External rotation
Transverse Plane

Horizontal adduction

Horizontal abduction
Name the actions
Name the actions
Name the actions
Name the action
Name the action
Name the action
Name the action