

Shoulder Complex: ANALYSIS OF MOVEMENT

Pectorial Girdle:

Retraction:

Rhomboid major & minor

Protraction:

Serratus anterior

Pectoralis minor

Elevation:

Upper trapezius

Levator scapulae

Depression:

Pectoralis minor

Trapezius

Lateral Rotation:

Trapezius

Serratus anterior

Medial rotation:

Rhomboid major & minor

Levator scapulae

Pectoralis minor

Shoulder:

Abduction:

Supraspinatus

Deltoid

Adduction:

Coracobrachialis

Pectoralis major

Latissimus dorsi

Teres major

Flexion:

Pectoralis major

Deltoid

Coracobrachialis

Biceps brachii

Extension:

Latissimus dorsi

Teres major

Pectoralis major

Deltoid

Triceps

Medial rotation:

Subscapularis

Teres major

Latissimus dorsi

Pectoralis major

Deltoid

Lateral rotation:

Teres minor

Infraspinatus

Deltoid

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