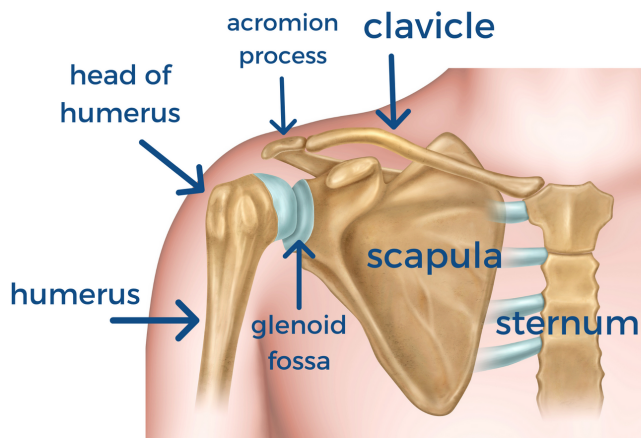


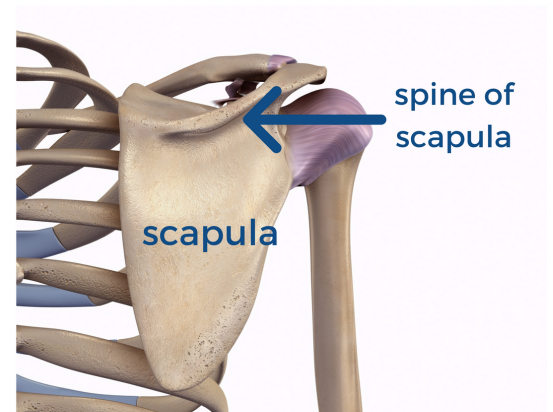
# APPLIED ANATOMY FOR YOGIS: THE SHOULDER

with Jenni Rawlings

## Shoulder complex bones & bony landmarks

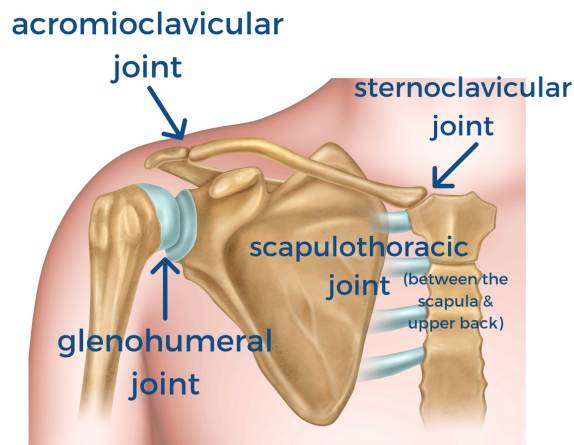


*Anterior view*



*Posterior view*

## Shoulder complex joints



## References on shoulder impingement:

- Subacromial Impingement: What is it? (E3 Rehab)
- Shoulder Alignment in Downward Dog: Is External Rotation the Best Cue?

# APPLIED ANATOMY FOR YOGIS: THE SHOULDER

with Jenni Rawlings



## Infraspinatus (rotator cuff)

*Actions:* GH external rotation,  
horizontal abduction

*Attachment, proximal:*  
infraspinous fossa of the scapula  
*Attachment, distal:*  
greater tubercle of humerus



## Teres Minor (rotator cuff)

*Actions:* GH external rotation,  
horizontal abduction

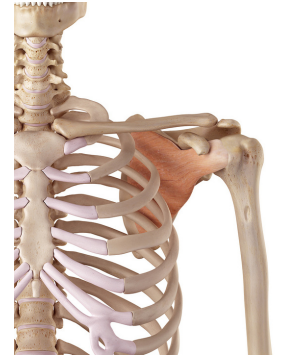
*Attachment, proximal:*  
lateral border of the scapula  
*Attachment, distal:*  
greater tubercle of humerus



## Supraspinatus (rotator cuff)

*Actions:* GH abduction, scaption

*Attachment, proximal:*  
supraspinous fossa of the scapula  
*Attachment, distal:*  
greater tubercle of humerus



## Subscapularis (rotator cuff)

*Actions:* GH internal rotation

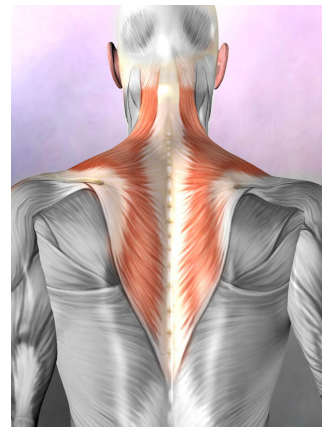
*Attachment, proximal:*  
subscapular fossa of the scapula  
*Attachment, distal:*  
lesser tubercle of humerus



## Deltoid

*Actions:*  
anterior deltoid - GH flexion, IR,  
horizontal adduction  
middle deltoid - abduction  
posterior deltoid - extension, ER,  
horizontal abduction

*Attachment, proximal:*  
clavicle, acromion process and  
spine of the scapula  
*Attachment, distal:*  
deltoid tuberosity of the humerus



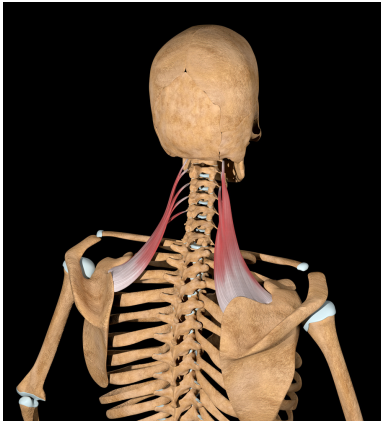
## Trapezius

*Actions:*  
upper fibers: scapular elevation,  
retraction, upward rotation (working  
w/lower)  
middle fibers: retraction  
lower fibers: depression, upward  
rotation (working w/upper)

*Attachment, proximal:*  
skull and spinous processes of C7-  
T12  
*Attachment, distal:*  
lateral clavicle, acromion process  
and spine of the scapula

# APPLIED ANATOMY FOR YOGIS: THE SHOULDER

with Jenni Rawlings



## Levator Scapula

*Actions:* scapular elevation

*Attachment, proximal:*  
transverse processes of C1-C4

*Attachment, distal:*  
medial border of scapula

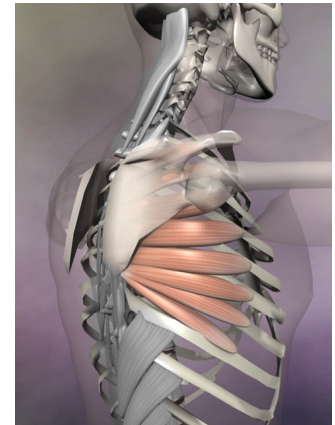


## Rhomboids

*Actions:* scapular retraction,  
elevation, downward rotation

*Attachment, proximal:*  
spinous processes of C7-T5

*Attachment, distal:*  
medial border of scapula

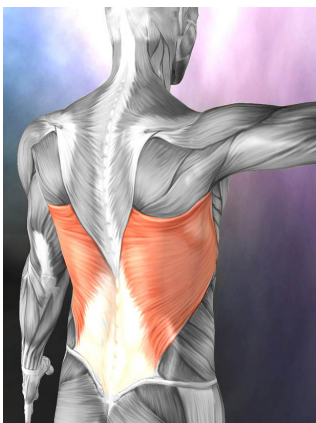


## Serratus Anterior

*Actions:* scapular protraction,  
upward rotation

*Attachment, proximal:*  
ribs 1-9

*Attachment, distal:*  
anteromedial border of the scapula



## Latissimus Dorsi

*Actions:* GH internal rotation,  
adduction, extension

*Attachments, proximal:*  
spinous processes of T7-L5, sacrum,  
iliac crest (all via the thoracolumbar  
fascia), ribs 9-12

*Attachment, distal:*  
medial lip of the bicipital groove of  
the humerus

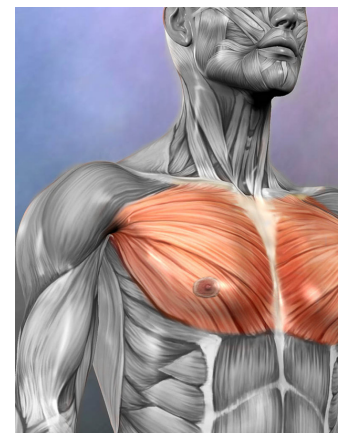


## Teres Major

*Actions:* GH internal rotation,  
adduction, extension

*Attachment, proximal:*  
inferior border of scapula

*Attachment, distal:*  
medial lip of the bicipital groove of  
the humerus



## Pectoralis Major

*Actions:* GH flexion, adduction  
internal rotation,  
horizontal adduction

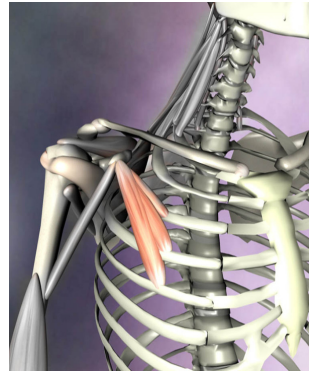
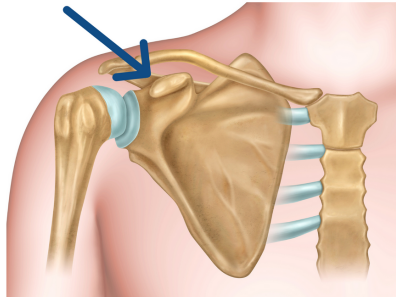
*Attachments, proximal:*  
medial clavicle, sternum,  
and ribs 1-7

*Attachment, distal:*  
lateral lip of the bicipital groove of  
the humerus

# APPLIED ANATOMY FOR YOGIS: THE SHOULDER

with Jenni Rawlings

coracoid process

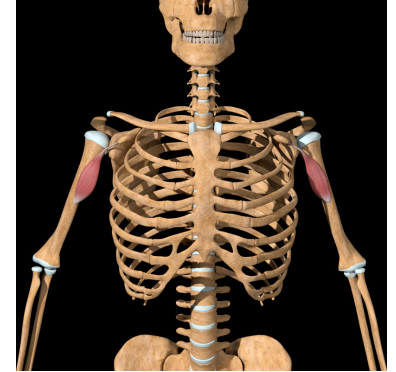


## Pectoralis Minor

*Actions:* scapular protraction  
depression,  
& downward rotation

*Attachment, proximal:*  
ribs 3-5

*Attachment, distal:*  
coracoid process of the scapula



## Coracobrachialis

*Actions:* GH flexion, adduction,  
horizontal adduction

*Attachment, proximal:*  
coracoid process of the scapula

*Attachment, distal:*  
anterior humerus



## Brachialis

*Actions:* elbow flexion

*Attachment, proximal:*  
anterior humerus

*Attachment, distal:*  
ulnar tuberosity

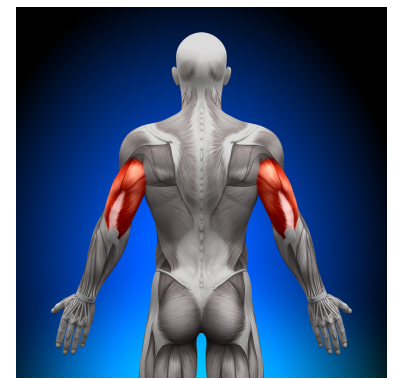


## Biceps Brachii

*Actions:* elbow flexion  
GH flexion

*Attachments, proximal:*  
long head: supraglenoid tubercle of  
the scapula  
short head: coracoid process of the  
scapula

*Attachment, distal:* radial tuberosity  
of the radius



## Triceps Brachii

*Actions:* elbow extension (all heads)  
GH extension (long head)

*Attachments, proximal:*  
long head: infraglenoid tubercle of  
scapula  
lateral & medial heads: posterior  
humerus

*Attachment, distal:*  
olecranon process of the ulna