



30a Kinesiology: Synergists - Glenohumeral and Scapulothoracic Joint Muscles



30a Kinesiology: Synergists - Glenohumeral and Scapulothoracic Joint Muscles Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
10 minutes	Lecture:
25 minutes	Lecture:
15 minutes	Active study skills:
60 minutes	Total



30a Kinesiology: Synergists - Glenohumeral and Scapulothoracic Joint Muscles Class Reminders

Assignments:

- 30a Review Questions **Due before class starts!!!**
 - Packet A: 141-158

Quizzes:

- 31a Quiz (20a, 20b, 21b, 22a, 23a, 24b, 29b, and 30a)
- 32a Quiz (24a, 25a, 26a, 27a, 28a, 29a, 30b, and 31b)

Exams:

- 34a Exam
(1b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, 7a, 8b, 9a, 9b, 11a, 12a, 13a, 13b, 15a, 16a, 17a, 17b, 18a, 20a, 20b, 21b, 22a, 23a, 24a, 24b, 25a, 26a, 27a, 28a, 29a, 30a, 30b, and 31b)

Preparation for upcoming classes:

- 31a Prep
- 31b Passive Stretches: Technique Demo and Practice - Lower Body
 - Packet F: 71-74
- 33b Chair Massage: This class cannot be made up in the make-up room. To schedule a sit-in, please contact the Student Administrator.



Classroom Rules

Punctuality - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

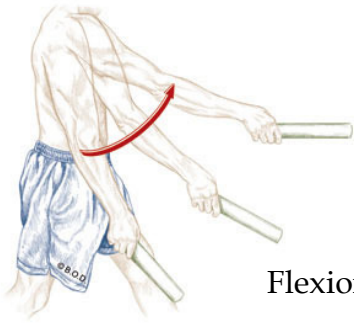
The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

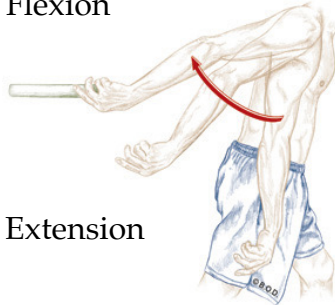
You will receive one verbal warning, then you'll have to leave the room.

Glenohumeral Joint

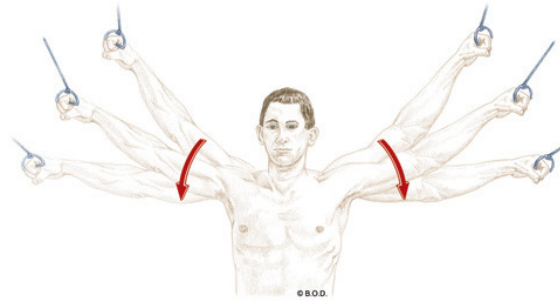
Trail Guide, page 27



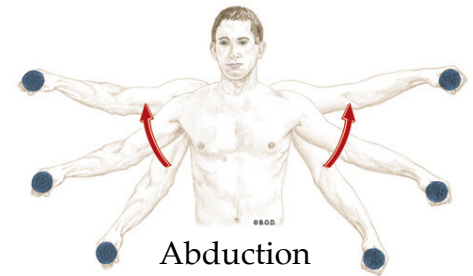
Flexion



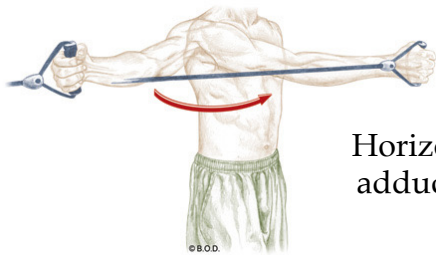
Extension



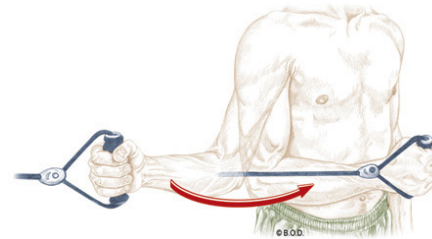
Adduction



Abduction



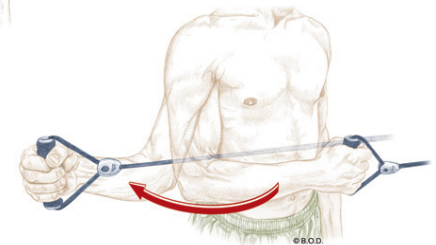
Horizontal
adduction



Medial rotation
(internal rotation)



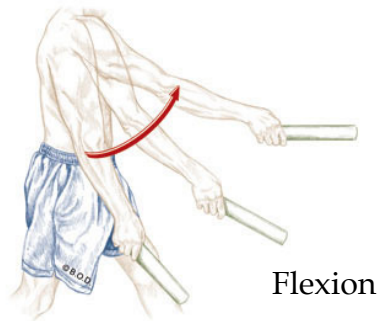
Horizontal
abduction



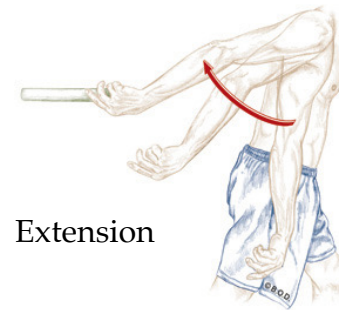
Lateral rotation
(external rotation)

Glenohumeral Joint

Trail Guide, page 466



Flexion



Extension

Glenohumeral Flexion Synergists

- Deltoid (anterior fibers)
- Pectoralis major (upper fibers)
- Biceps brachii
- Coracobrachialis

Glenohumeral Extension Synergists

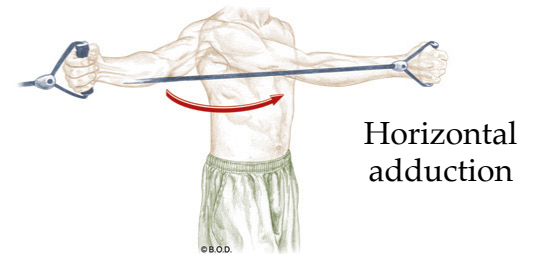
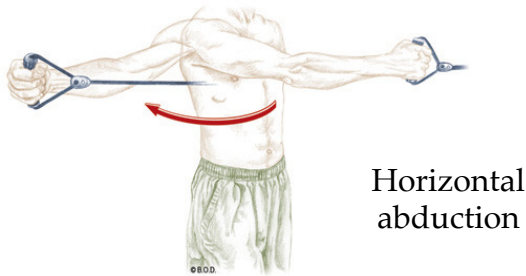
- Deltoid (posterior fibers)
- Latissimus dorsi
- Teres major
- Pectoralis major (lower fibers)
- Triceps brachii (long head)

Glenohumeral Joint

Trail Guide, page 466

Glenohumeral Horizontal Abduction Synergists

Deltoid (posterior fibers)



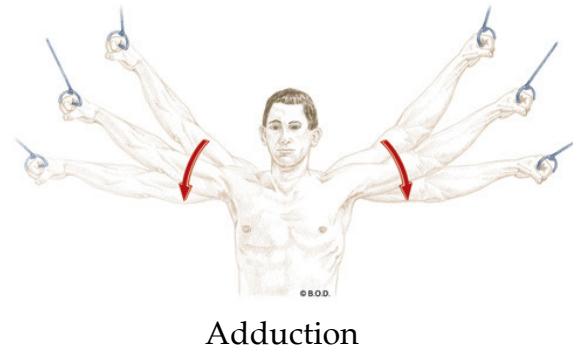
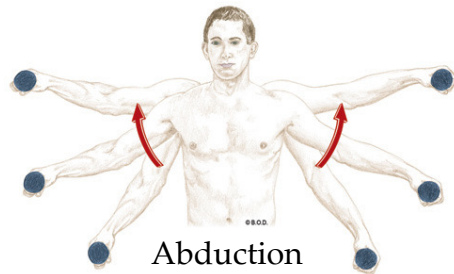
Glenohumeral Horizontal Adduction Synergists

Deltoid (anterior fibers)

Pectoralis major (upper fibers)

Glenohumeral Joint

Trail Guide, page 466



Glenohumeral Abduction Synergists

Deltoid (all fibers)

Supraspinatus

Glenohumeral Adduction Synergists

Latissimus dorsi

Teres major

Infraspinatus

Teres minor

Pectoralis major (all fibers)

Triceps brachii (long head)

Coracobrachialis

Glenohumeral Joint

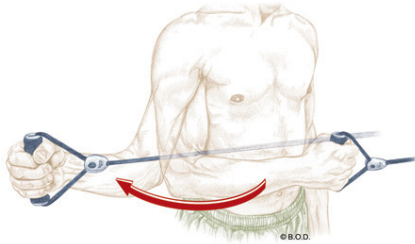
Trail Guide, page 466

Glenohumeral Lateral Rotation Synergists

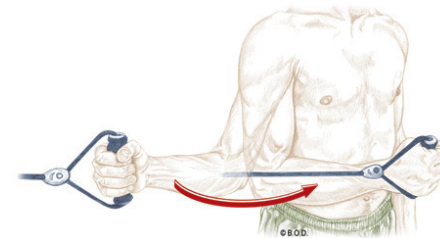
Deltoid (posterior fibers)

Infraspinatus

Teres minor



Lateral rotation
(external rotation)



Medial rotation
(internal rotation)

Glenohumeral Medial Rotation Synergists

Deltoid (anterior fibers)

Latissimus dorsi

Teres major

Subscapularis

Pectoralis major (all fibers)

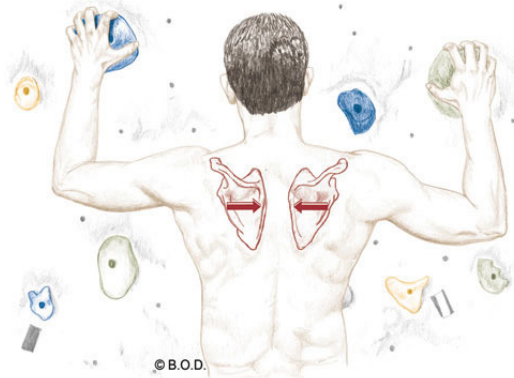
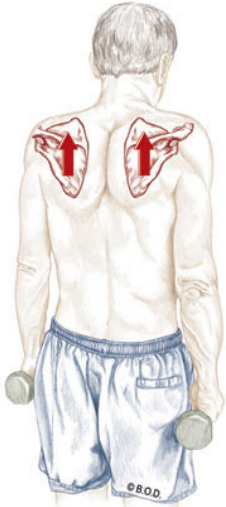
Shifting Gears



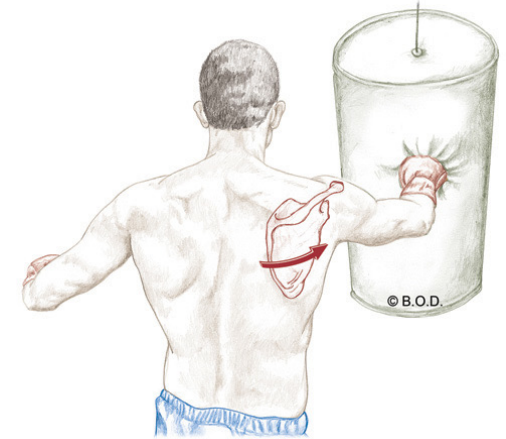
Scapulothoracic Joint

Trail Guide, page 27

Elevation



Adduction
(retraction)

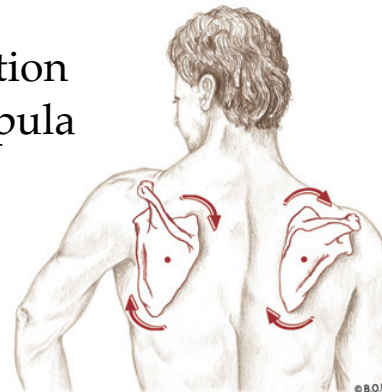


Abduction
(protraction)

Depression



Upward rotation
of the left scapula

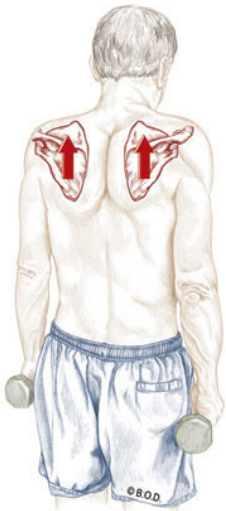


Downward rotation
of the right scapula

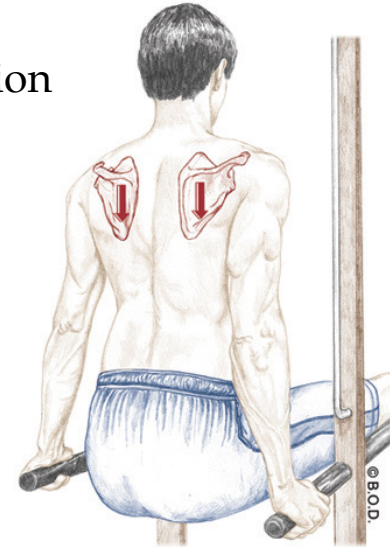
Scapulothoracic Joint

Trail Guide, page 466

Elevation



Depression



Scapulothoracic Elevation Synergists

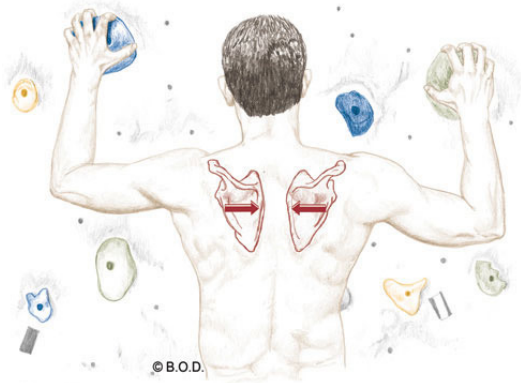
- Trapezius (upper fibers)
- Rhomboid major
- Rhomboid minor
- Levator scapula

Scapulothoracic Depression Synergists

- Trapezius (lower fibers)
- Serratus anterior
- Pectoralis minor

Scapulothoracic Joint

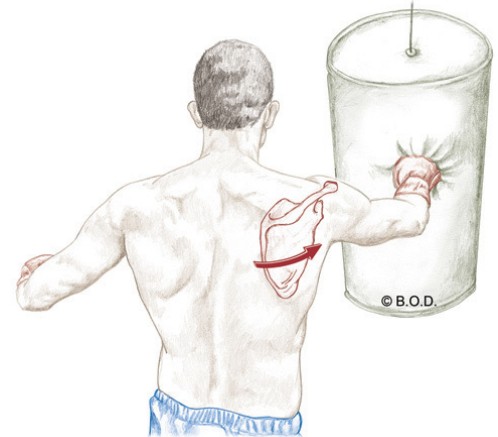
Trail Guide, page 466



Adduction
(retraction)

Scapulothoracic Adduction Synergists

Trapezius (middle fibers)
Rhomboid major
Rhomboid minor



Abduction
(protraction)

Scapulothoracic Abduction Synergists

Serratus anterior
Pectoralis minor

Scapulothoracic Joint

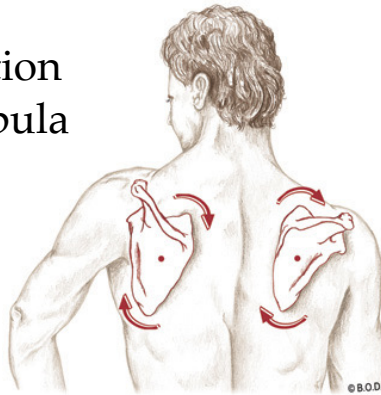
Trail Guide, page 466

Scapulothoracic Upward Rotation Synergists

Trapezius (upper and lower fibers)

Serratus anterior

Upward rotation
of the left scapula



Downward rotation
of the right scapula

Scapulothoracic Downward Rotation Synergists

Rhomboid major

Rhomboid minor

Levator scapula

Pectoralis minor

30a Kinesiology: Synergists - Glenohumeral and Scapulothoracic Joint Muscles