

Anatomy Of A Shoulder Muscle

Due to bypassing the scapulothoracic joints and attaching directly to the spine, the actions the latissimi dorsi have on moving the arms can also influence the movement of the scapulae, such as their downward rotation during a pull up. 0583cab249 == Structure == 0583cab249 A study of 30 shoulders revealed an average mass of 192 grams (6.8 oz) in humans, ranging from 84 grams (3.0 oz) to 366 grams (12.9 oz). 0583cab249 The shoulder joint is the main joint of the shoulder. It is a ball and socket joint that allows the arm to rotate in a circular fashion or to hinge out and up away from the body. The joint capsule is a soft tissue envelope that encircles the glenohumeral joint and attaches to the scapula, humerus, and head of the biceps. It is lined by a thin, smooth synovial membrane. The rotator cuff is a group of four muscles that surround the shoulder joint and contribute to the shoulder's stability. The muscles of the rotator cuff are supraspinatus, subscapularis... 0583cab249 intermediate or acromial part (pars acromialis) 0583cab249 The shoulder joint is a ball-and-socket joint between the scapula and the humerus. The socket of the glenoid fossa of the scapula is itself quite shallow, but it is made deeper by the addition of the glenoid labrum. The glenoid labrum is a ring of cartilaginous fibre attached to the circumference of the cavity. This ring is continuous with the tendon of the biceps brachii above. 0583cab249 It was previously called the deltoideus (plural deltoidei) and the name is still used by some anatomists. It is called so because it is in the shape of the Greek capital letter delta (Δ). Deltoid is also further shortened in slang as "delt". 0583cab249

Shoulder girdle The shoulder girdle is a complex of 5 joints that can The shoulder girdle or pectoral girdle is the set of bones in the appendicular skeleton which connects to the arm on each side. muscle, rhomboid muscles (major and minor), serratus anterior muscle, and pectoralis minor muscle. In humans, it consists of the clavicle and scapula; in those species with three bones in the shoulder, it consists of the clavicle, scapula, and coracoid. Some mammalian species (such as the dog and the horse) have only the scapula 0583cab249

Serratus anterior is another muscle on the front of the chest. It moves the scapula forward around the torso, as when throwing a punch. 0583cab249

Shoulder associated muscles, ligaments and tendons. The articulations between the bones of the shoulder make up the shoulder joints. The shoulder joint, also The human shoulder is made up of three bones: the clavicle (collarbone), the scapula (shoulder blade), and the humerus (upper arm bone) as well as associated muscles, ligaments and tendons 0583cab249

Between the ribs are various groups of intercostal muscles, which help with breathing. 0583cab249

Subscapularis muscle is a large triangular muscle which fills the subscapular fossa and inserts into the lesser tubercle of the humerus and the front of the capsule of the The subscapularis is a large triangular muscle which fills the subscapular fossa and inserts into the lesser tubercle of the humerus and the front of the capsule of the shoulder-joint 0583cab249

Along with the pectoralis major and pectoralis minor, the subclavius muscle forms the axilla or armpit. The subclavius moves the shoulder downward and forward. 0583cab249 The pectoral fascia is a thin layer of tissue over the pectoralis major, extending toward the latissimus dorsi muscle on the back. 0583cab249

Pectoral muscles muscles (colloquially referred to as "pecs") are the muscles that connect the front of the human chest with the bones of the upper arm and shoulder. This region contains four muscles that provide movements to the upper limbs or ribs. Pectoral muscles (colloquially referred to as "pecs") are the muscles that connect the front of the human chest with the bones of the upper arm and shoulder 0583cab249

== In humans == 0583cab249 == Structure == 0583cab249 The articulations between the bones of the shoulder make up the shoulder joints. The shoulder joint, also known as the glenohumeral joint, is the major joint of the shoulder, but can more broadly include the acromioclavicular joint. 0583cab249

Shoulder joint Due to the very loose joint capsule, it gives a limited interface of the humerus and scapula and is the most mobile joint of the human body. The shoulder joint (or glenohumeral joint from Greek glene, eyeball, + -oid, 'form of';, + Latin humerus, shoulder) is structurally classified as a synovial The shoulder joint (or glenohumeral joint from Greek glene, eyeball, + -oid, 'form of', + Latin humerus, shoulder) is structurally classified as a synovial ball-and-socket joint and functionally as a diarthrosis and multiaxial joint. It involves an articulation between the glenoid fossa of the scapula (shoulder blade) and the head of the humerus (upper arm bone). Comparatively, the shoulder joint differs in other species, providing different movements, locations, etc, in comparison to humans 0583cab249

The latissimus dorsi is responsible for extension, adduction, transverse extension also known as horizontal abduction (or horizontal extension), flexion from an extended position, and (medial) internal rotation of the shoulder joint. It also has a synergistic role in extension and lateral flexion of the lumbar spine. 0583cab249 == Structure == 0583cab249 == Structure == 0583cab249 The muscle is named from Latin: serrare = to saw (referring to the shape); and anterior = on the front side of the body. 0583cab249 The muscle's fibers pass laterally from its origin before coalescing into a tendon of insertion. The tendon intermingles with the

glenohumeral (shoulder) joint capsule. 0583cab249 Pectoralis major is a thick, fan-shaped or triangular convergent muscle, which makes up the bulk of the chest muscle. It lies under the breast. It serves to flex, extend, and rotate the humerus, the long bone of the upper arm. 0583cab249 posterior or scapular part (pars scapularis) 0583cab249 == Human anatomy == 0583cab249

Latissimus dorsi muscle McAndrew, DJ; Huang, XF (2007). The latissimus dorsi (), also known simply as latissimus, is a large, flat muscle on the back that stretches to the sides, behind the arm, and is partly covered by the trapezius on the back near the midline. "Muscles within muscles: Coordination of 19 muscle segments within three shoulder muscles during isometric motor tasks" 0583cab249

The deltoid's fibres are pennate muscle. However, electromyography suggests that it consists of at least seven groups that can be independently coordinated by the nervous system. 0583cab249

Infraspinatus muscle As one of the four muscles of In mammalian anatomy, the infraspinatus muscle is a thick triangular muscle which occupies the chief part of the infraspinatous fossa. As one of the four muscles of the rotator cuff, the main function of the infraspinatus is to externally rotate the humerus and stabilize the shoulder joint. anatomy, the infraspinatus muscle is a thick triangular muscle which occupies the chief part of the infraspinatous fossa 0583cab249

In human anatomy, the shoulder joint comprises the part of the body where the humerus attaches to the scapula, and the head sits in the glenoid cavity. The shoulder is the group of structures in the region of the joint. 0583cab249 The shoulder... 0583cab249 The word latissimus dorsi (plural: latissimi dorsi) comes from Latin and means "broadest [muscle] of the back", from "latissimus" (Latin: broadest) and "dorsum" (Latin: back). The pair of muscles are commonly known as "lats", especially among bodybuilders. 0583cab249 Pectoralis minor is a thin, triangular muscle located beneath the pectoralis major. It attaches to the ribs, and serves to stabilize the scapula, the large bone of the shoulder. 0583cab249 The pectoral girdle is to the upper limbs as the pelvic girdle is to the lower limbs; the girdles are the part of the appendicular skeleton that anchor the appendages to the axial skeleton. 0583cab249

Levator scapulae muscle A. It is innervated by the cervical nerves C3-C4, and frequently also by the dorsal scapular nerve. Wikimedia Commons has media related to Levator scapulae muscles. It originates from the transverse processes of the four uppermost cervical vertebrae; it inserts onto the upper portion of the medial border of the scapula. Portal: Anatomy The levator scapulae is a slender skeletal muscle situated at the back and side of the neck. Elsevier. (2009). ISBN 978-1-4160-3427-8. As the Latin name suggests, its main function is to lift the scapula. The shoulder, Volume 1 0583cab249

The subscapularis is covered by a dense fascia which attaches to the scapula at the margins of the subscapularis' attachment (origin) on the scapula. 0583cab249 The latissimus is a large fan-shaped muscle which covers a wide area of the back, being broad at its (medial) origin, narrow at its (lateral) insertion. It originates... 0583cab249 In humans, the only true anatomical joints between the shoulder girdle and the axial skeleton are the sternoclavicular joints on each side. No anatomical joint exists between each scapula and the rib cage; instead the muscular connection or physiological joint between the two permits great mobility of the shoulder girdle compared to the compact pelvic girdle; because the upper limb is not usually involved in weight bearing, its stability has been sacrificed in exchange for greater mobility. In those species having only the scapula, no joint exists between the forelimb and the thorax, the only attachment being muscular. 0583cab249 == Anatomy == 0583cab249

Deltoid muscle deltoid muscle (or musculus deltoideus) is the muscle forming the rounded contour of the human shoulder. Anatomically, the deltoid muscle is made up of three distinct sets of muscle fibers, namely the. It is also known as the 'common shoulder muscle';, particularly The deltoid muscle (or musculus deltoideus) is the muscle forming the rounded contour of the human shoulder. It is also known as the 'common shoulder muscle', particularly in other animals such as the domestic cat 0583cab249

anterior deltoid or clavicular part (pars clavicularis) 0583cab249 A bursa (which communicates with the cavity of the shoulder joint via an aperture in the joint capsule) intervenes between the tendon and a bare area at the lateral angle of the scapula/the neck of the scapula. The subscapularis (supraserratus) bursa separates the subscapularis is from the serratus anterior. 0583cab249

Serratus anterior muscle It is innervated by the long thoracic nerve from the brachial plexus. It originates at the side of the chest from the upper 9 ribs; it inserts along the entire length of the anterior aspect of the The serratus anterior, also known as serratus magnus, is a muscle of the chest. is a muscle of the chest. The serratus anterior acts to pull the scapula forward around the thorax. It originates at the side of the chest from the upper 9 ribs; it inserts along the entire length of the anterior aspect of the medial border of the scapula 0583cab249

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