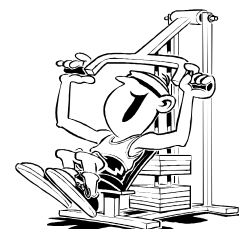


Muscle Lab The Shoulders



Questions? Contact _____
_____ @fixsandiego.com



Major Muscles

Location

Function

Exercises

Anterior Deltoid

Attaches to the top of the shoulder blade (scapula) at the clavical and runs downward across the front of the shoulder to the upper arm

Shoulder flexion
Shoulder horizontal flexion (adduction)

Front shoulder raises; close grip chest press; narrow grip seated press; flys; pec deck

Medial Deltoid

Top of the shoulder; slightly to the front

Lifts the arms out to the side (shoulder abduction)

Lateral shoulder raises; overhead shoulder press; upright row

Posterior Deltoid

Back of the shoulder; runs from the top of the shoulder blade to the rear of the upper arm

Shoulder horizontal extension (abduction)

Bent over rear flys; high rowing motions

Rotator Cuff

- supraspinatus
- infraspinatus
- teres minor
- subscapularis

Various locations from the scapula (shoulder blade) to the upper arm

Holds the arm into the sholder joint;
Lateral shoulder rotation
Medial shoulder rotation
Shoulder abduction

Exercises requiring medial and lateral rotation like throwing a ball; lateral rotation (side lying with a light weight, or standing with elastic); medial rotation (side lying against gravity, or using elastic resistance); lateral shoulder raises

Other Muscles that act on the shoulder joint and shoulder girdle:

These muscles are covered under different Muscle Lab presentations

Pectoralis Major; Latissimus Dorsi; Trapezius; Rhomboids

Some Common Shoulder Injuries

Prevention Techniques

Muscular Strain

- overstretching the musculotendonous tissue

Always warm-up before physical activity and adequately stretch after exercise.

Work within an effective and safe range of motion trying not to over stretch the muscles at the beginning or end of the motion (loses mechanical effectiveness).

Rotator Cuff

- overuse, inadequate warm-up, poor technique, repetitive motions, inadequate stretching

Strengthen these muscles beyond what is required for the normal activity; always allow adequate warm-up and cool down stretching.

Impingement Syndrome

- anatomical limitation where the bones or muscles pinch on the nerve that goes from the neck into the shoulder and down the arm

Avoid overhead movements if there is pain.

Always work through a pain free range of motion.