

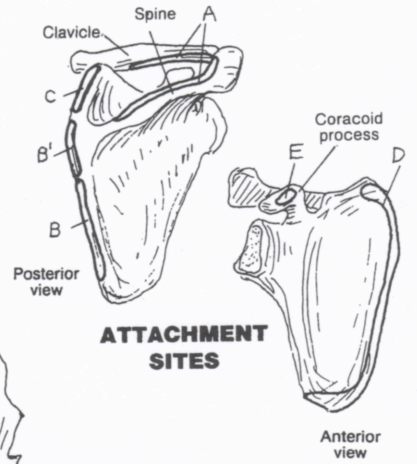
MUSCULAR SYSTEM / UPPER LIMB

MUSCLES OF SCAPULAR STABILIZATION

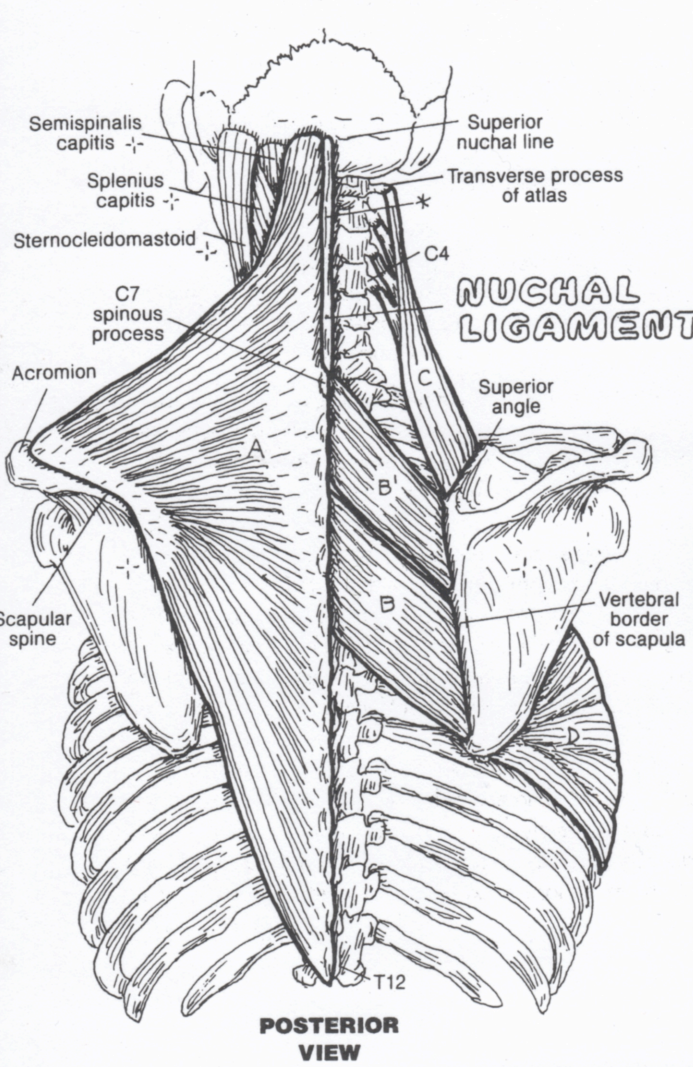
CN: (1) Color the muscles in the three main views, the nuchal ligament, and their names. (2) Color the insertion sites at upper right. (3) In the five illustrations below, note that three different parts of the trapezius, A, make possible different scapular movements. Color gray the scapulae and the direction-of-movement arrows.

MUSCLES

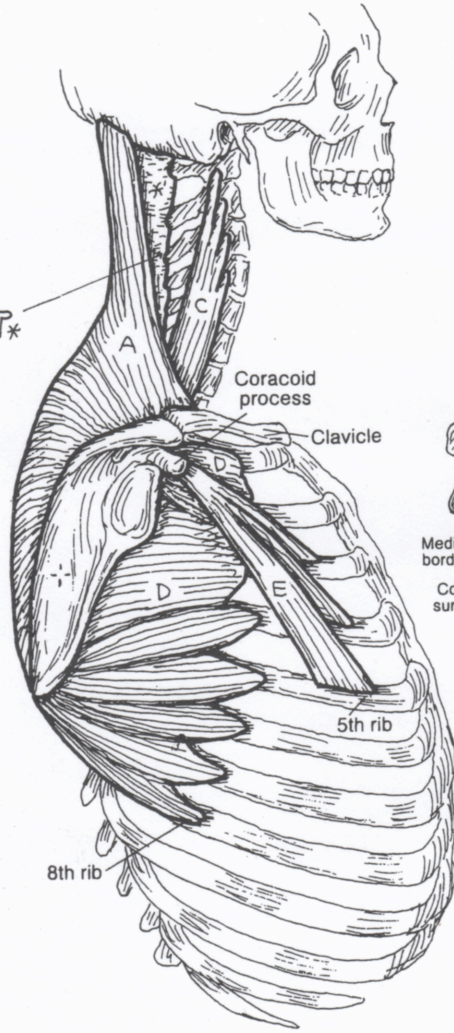
- TRAPEZIUS_A
- RHOMBOID MAJOR_B, MINOR_{B'}
- LEVATOR SCAPULAE_C
- SERRATUS ANTERIOR_D
- PECTORALIS MINOR_E



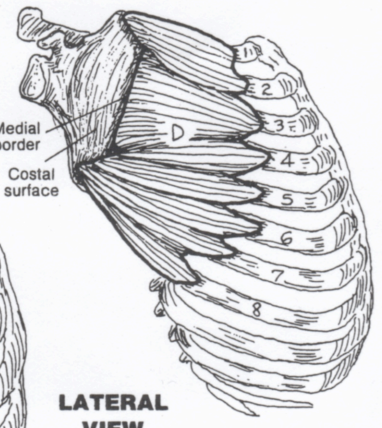
ATTACHMENT SITES



POSTERIOR VIEW

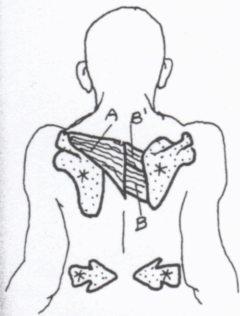


Scapula is shown pulled away from the thorax to reveal attachment of serratus anterior to the medial border of the scapula.

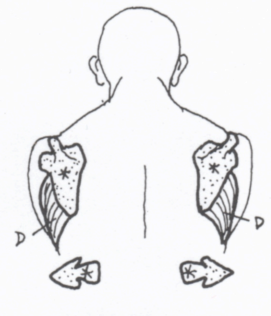


LATERAL VIEW

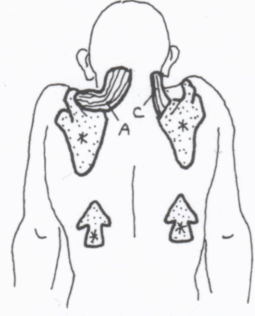
MOVEMENTS OF THE SCAPULA



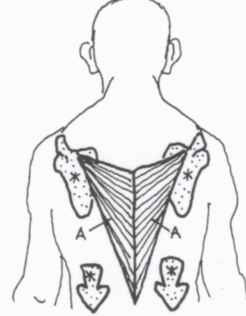
RETRACTION
Military posture ("squaring the shoulders")



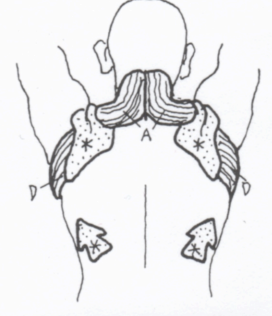
PROTRACTION
Pushing forward with outstretched arms and hands.



ELEVATION
Shrugging the shoulders or protecting the head.



DEPRESSION
Straight arms on parallel bars, holding weight.



UPWARD ROTATION
Lifting or reaching over head.