SHOULDER ANATOMY

The shoulder joint (figure1) consists of the clavicle, the scapula and the humerus.

It is a ball and socket joint with the humeral head being the ball and the glenoid the socket (Figure 2). Above the humeral head sits a part of the scapula called the acromion.

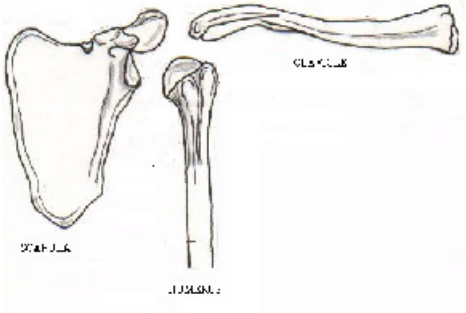

Fig. 1 The bones of the shoulder

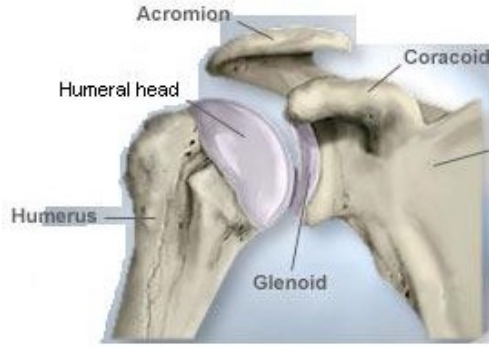

Fig. 2 The shoulder

The space between the humeral head and acromion is called the subacromial space and is the area of impingement (Figure 3).

The shoulder capsule is a layer of tissue that helps to hold the humeral head into the glenoid. It contains important ligaments that stabilize the shoulder and the labrum (Figure 4). The labrum is a thickening of the shoulder capsule where it attaches to the glenoid.

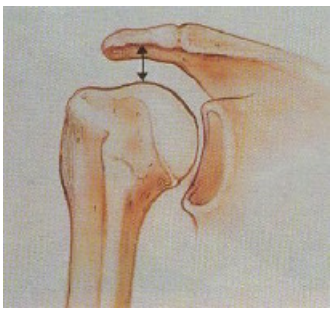

Fig.3 Subacromial space

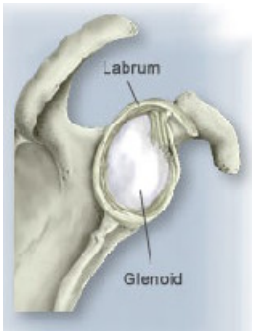

Fig.4 The labrum

The main muscle group of the shoulder joint is the rotator cuff muscles. These muscles are attached to the humeral head where they become the rotator cuff tendons.It consists of four parts: supraspinatus, subscapularis, inraspinatus, and teres minor (Figure 5).
The long head of biceps tendon runs from the glenoid across the humeral head (Figure 6).

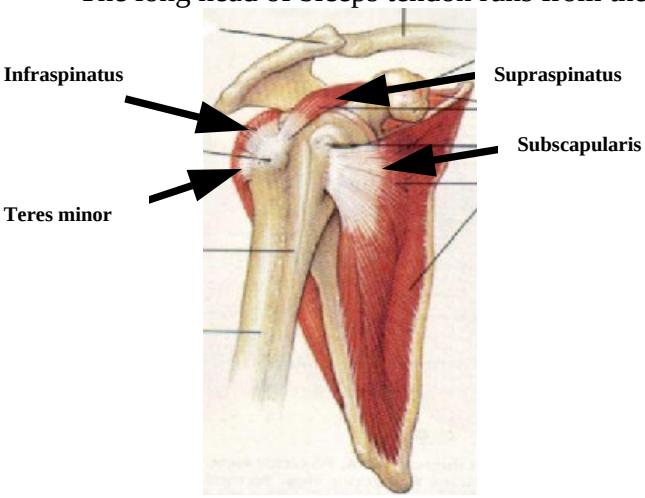

Fig.5 The rotator cuff muscles

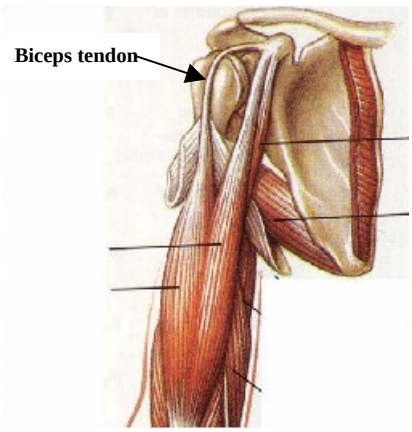

Fig.6 Biceps tendon