

SHOULDER

Which two muscles lay between the scapula and the thoracic cage: serratus anterior and subscapularis

Shoulder flexion (0-170)- spinal movement to compensate, shoulder extension (0-50)- lateral flexion of spine to help compensate

Shoulder lateral rotation (0-90). Medial rotation (65-90)

Shoulder abduction: first 30° scapula is still, then for every 1° of scapula movement = 2° movement at Glenohumeral joint

Active: created by person contracting the muscle around the joint.

Passive: external force pushing on the body around the joint

Elbow

3 joints

- **Humeroulnar:** between trochlea and trochlea notch
- **Humeroradial:** between capitulum and radius head
-
- **Proximal radioulnar:** between radius and radial notch

F/E

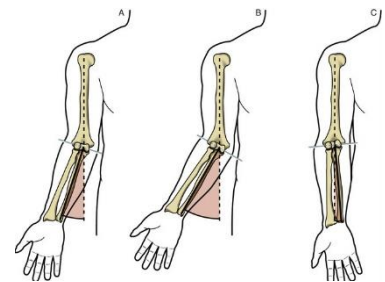
F/E

Valgus: distal part points laterally (10-15)

Varus: distal part points medially

Role of triangular fibrocartilage complex

- 1- Covers ulna head
- 2- Shock absorption
- 3- Reinforces distal radioulnar joint



Describe the role the wrist plays in movements of the hand: allows for optimal grip

Hip and pelvis

Centre edge (angle of Wiberg): coverage of the femoral head by acetabulum in frontal plane (35-40)

< = ↑ dislocation > = bony impingement on greater trochanter

Acetabular anteversion angle: coverage of the femoral heads by the acetabulum in the horizontal plane (20) > = ↑ dislocation

Transverse ligament: prevents inferior displacement

Ligamentous teres: limits adduction

Retroversion (<10). Anteversion (>20)

Hip flexion (90-135). Hip extension (10-30)

Hip abduction and adduction (30-50)

