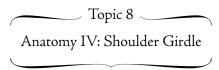
Megan Andrews
ISHTA 200H TT Assignment

Mentor: Peter Ferko February 19, 2022



8.1 What is the major fuction of the rotator cuff muscles?

They stabilize the humeral head and keep it in the scapula socket.

8.2 When you lift your arm in abduction or flexion beyond 45 degrees, what action must the scapula do?

Upward rotation.

8.3 Which 2 muscles stabilize the scapula on the back of the rib cage in Plank Poses and Chaturanga? In which direction does each muscle pull on the scapula?

Stabilizing Muscles:

- Serratus Anterior: Protracts the scapula
- Pectoralis Minor: Protracts and depresses the scapula