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ISHTA 200H TT Assignment
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Topic 8
Anatomy IV: Shoulder Girdle

8.1 *What is the major function 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