Shoulder Index

A) Anterior Shoulder

- Long Head of Biceps Tendon

- Subscapularis Tendon

B) Superior Shoulder

- Acromioclavicular Joint

C) Anterolateral Shoulder

- Superaspinatus Tendon

D) Posterior Shoulder

• Glenohumeral joint and glenoid labrum

• Infraspinatus tendon and teres minor

• Suprascapular nerve