

- **Recap**

- **Q&A**

- **Checklist**

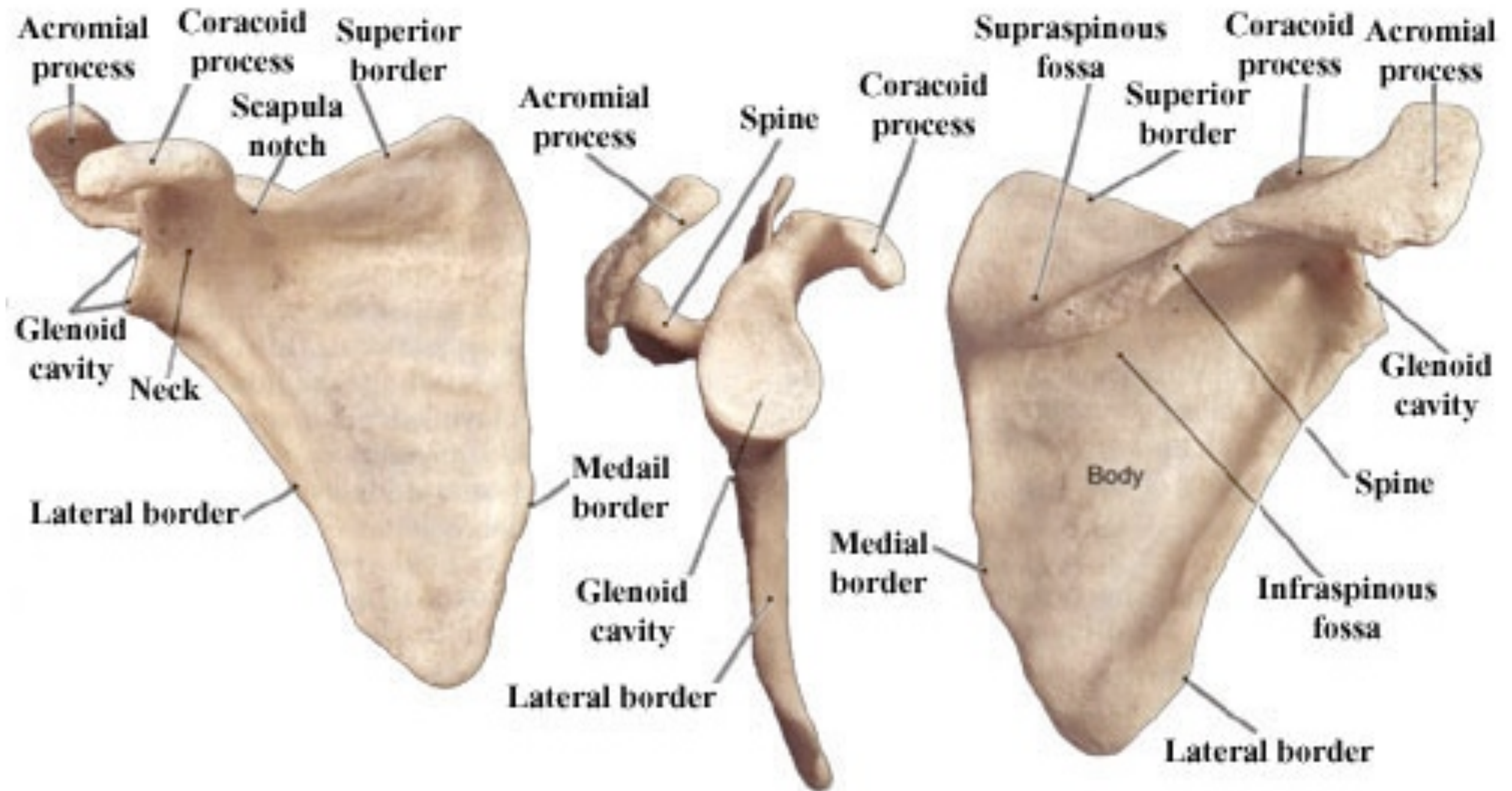
- **Yoga Anatomy**

- **Practicum**

- **Final Assignment**

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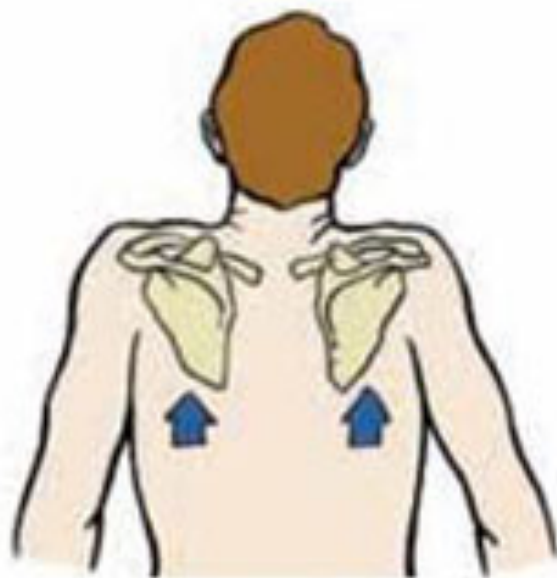
Shoulder and Scapula



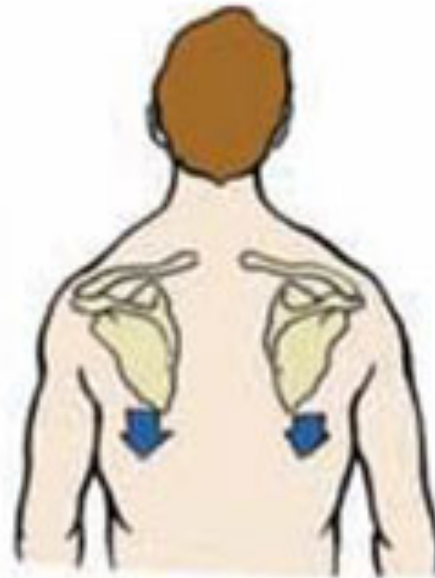
All right views

Scapular Movements

Figure 3-34
Scapular
movements



Elevation



Depression



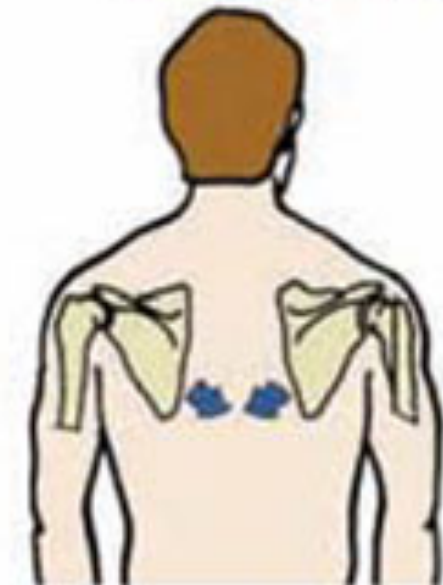
Adduction (retraction)



Abduction (protraction)

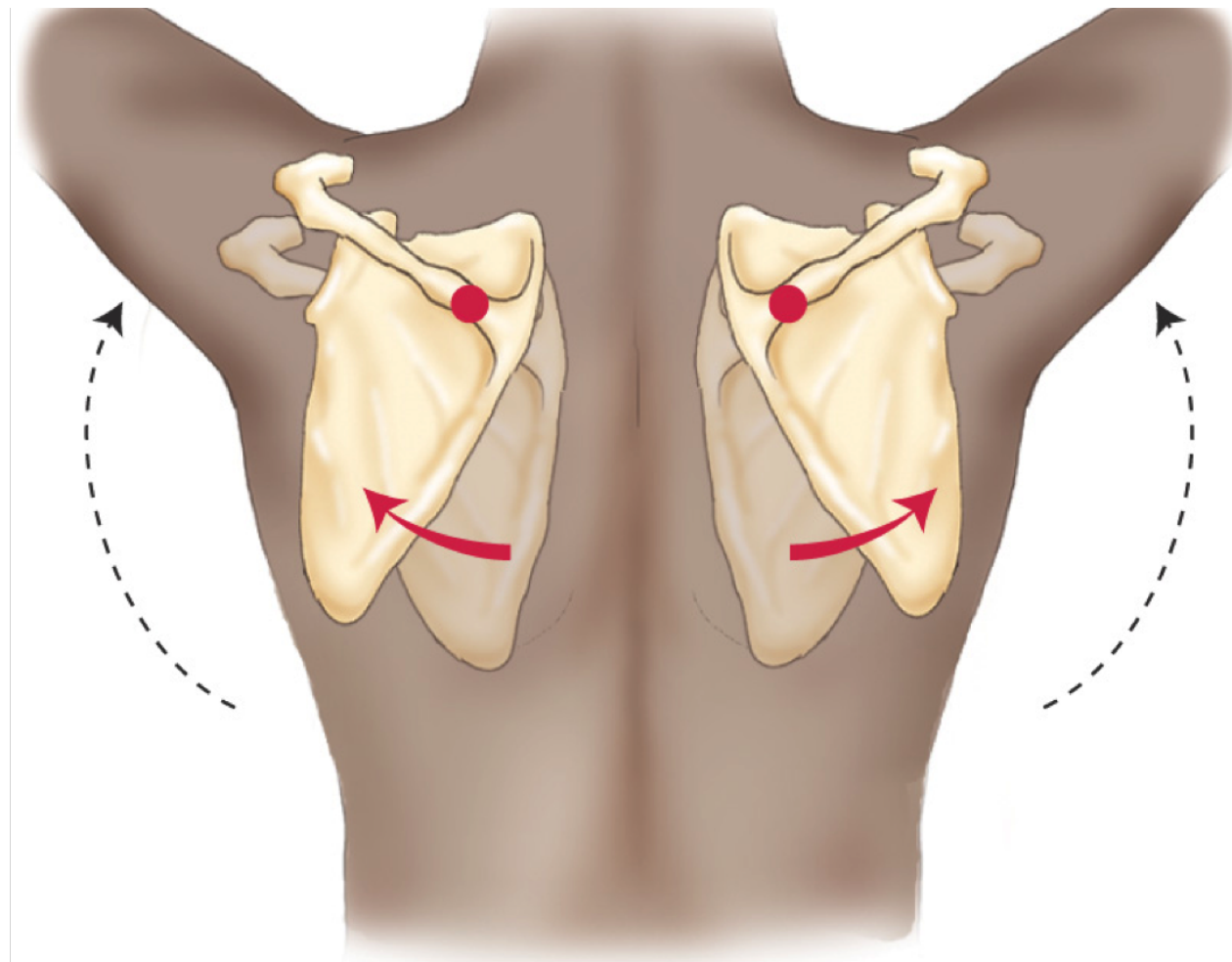


Upward rotation



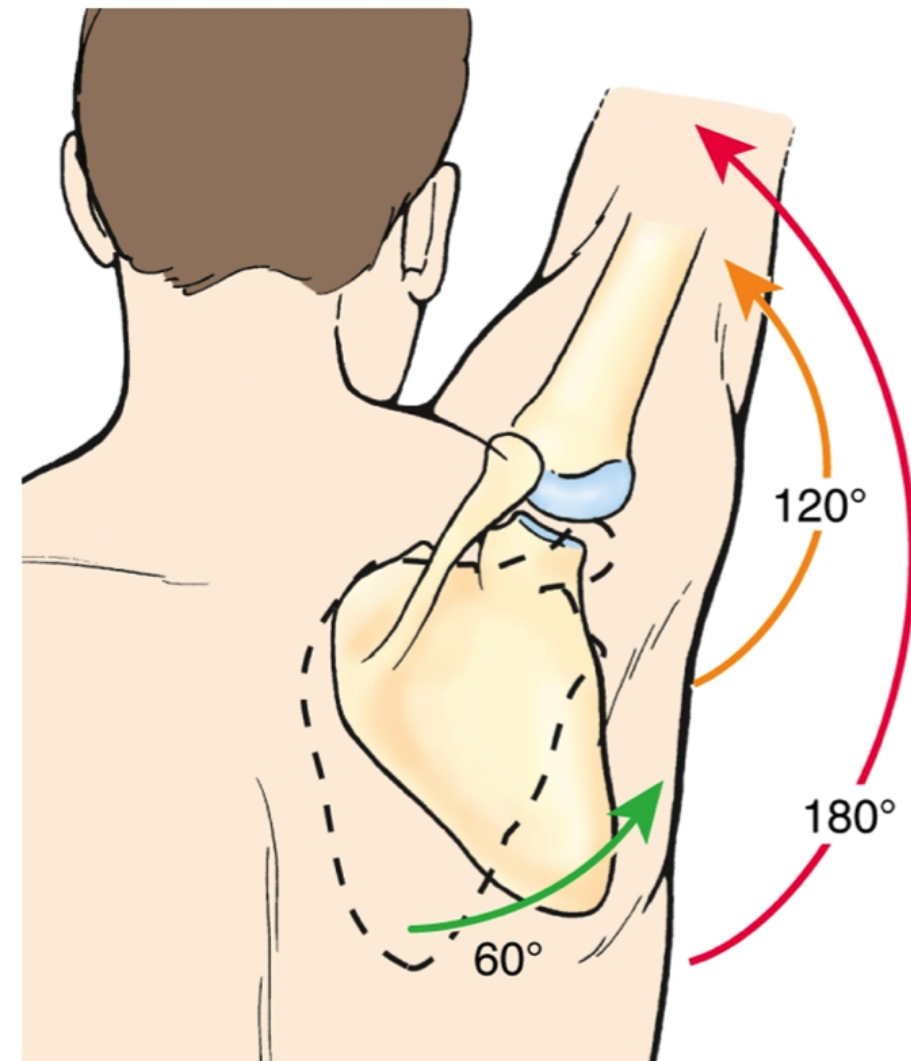
Downward rotation (return to anatomical position)

Shoulder Rhythm



A

Upward rotation

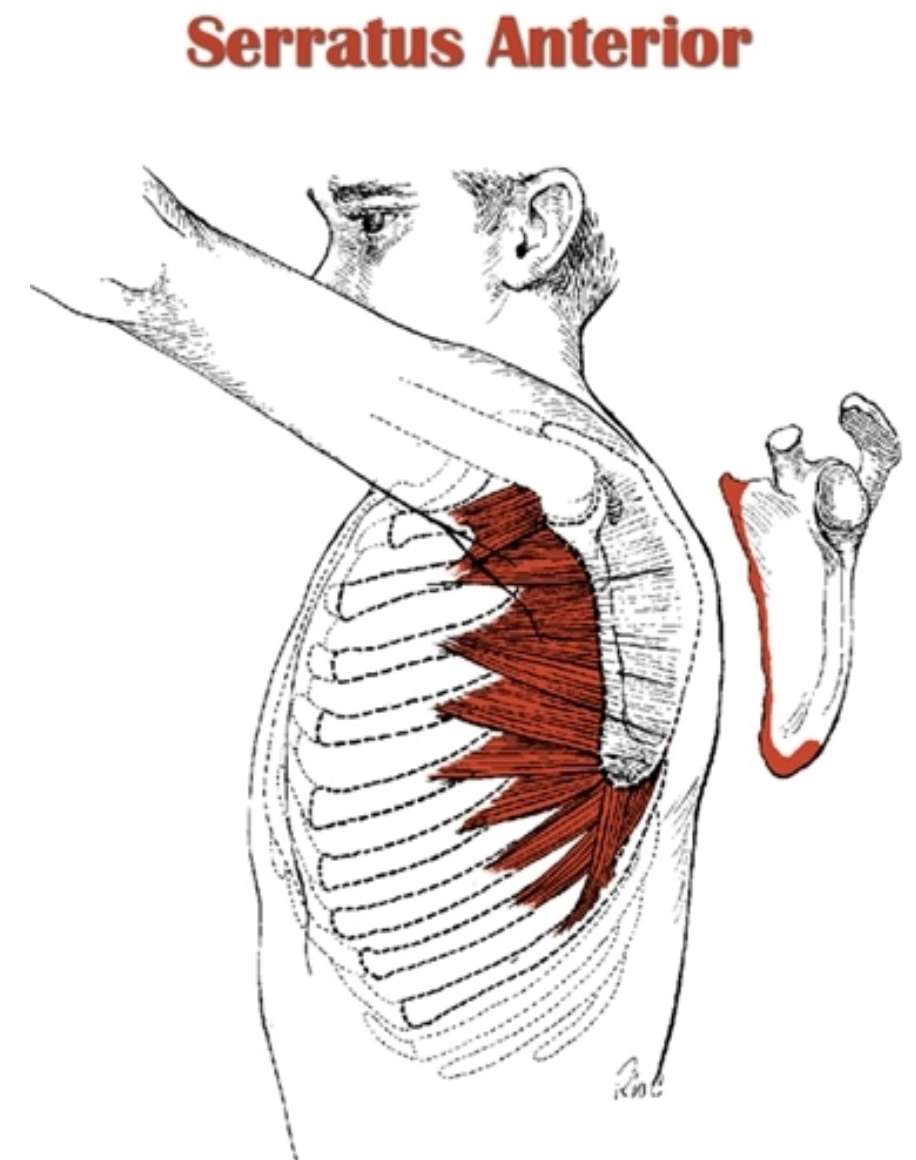
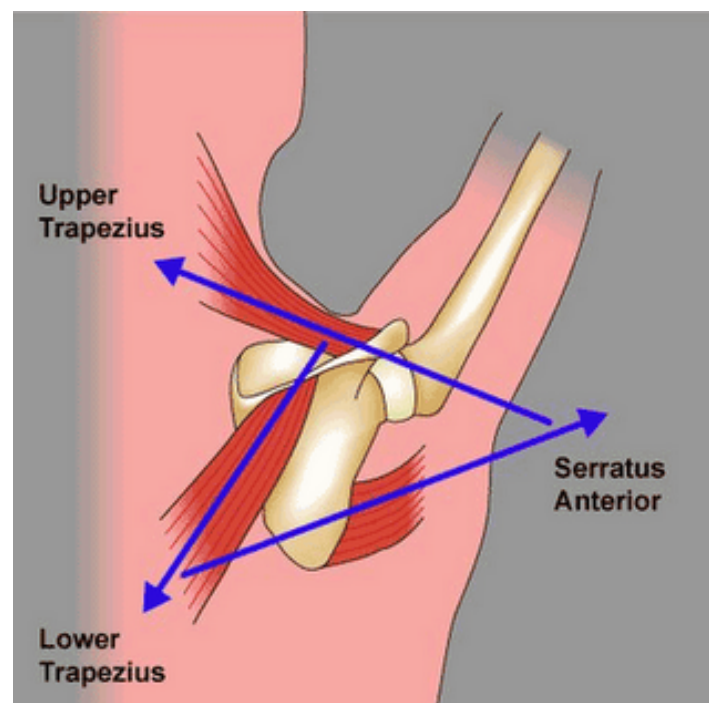


(C) Scapulo-humeral rhythm. The scapula and humerus move in 1:2 ratio. When the arm is abducted 180 degrees, 60 degrees occurs by rotation of the scapula, and 120 degrees by rotation of the humerus at the shoulder joint.

Shoulder Rhythm

Kinetic Chain elements

- Serratus Anterior engagement
 - Scapula and clavicle work to increase motion of arm bone
 - Scapular upward rotation to reduce impingement and stabilize shoulder
 - Note difference from elevation and depression



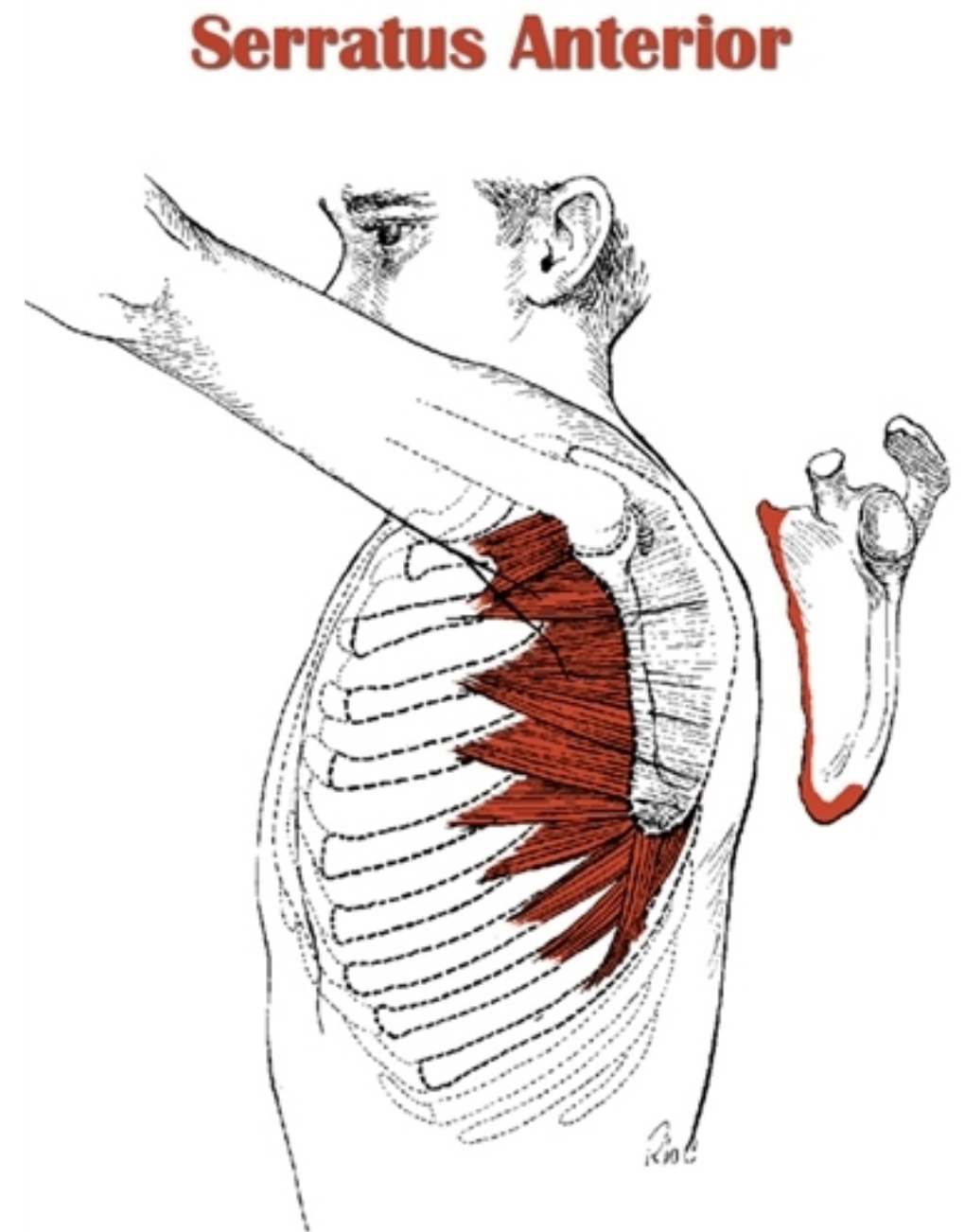
Shoulder Rhythm

Variability in scapular structure requires us to address uniqueness in posture positioning.



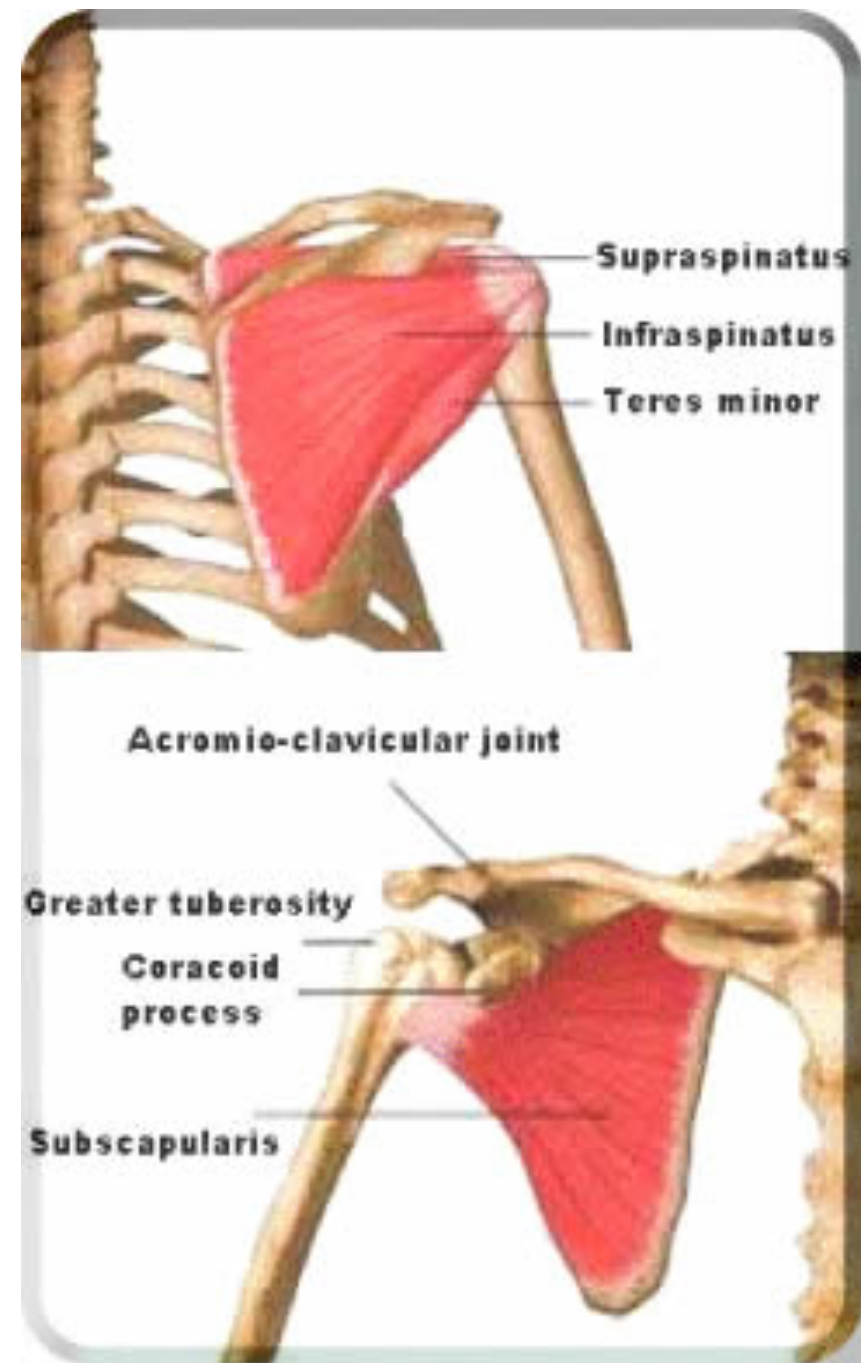
Scapula and Stabilization

- Scapula and Clavicle bones **create a 'strut'** to transfer energy from the thorax, enhance movement of the arm bone, and stabilize overall upper movements
- Serratus Anterior stabilizes scapula to allow for proper energy transfer
- **Destabilization of shoulder girdle** breaks the healthy kinetic chain from thorax to arms AND often resonates back negatively through the chain.



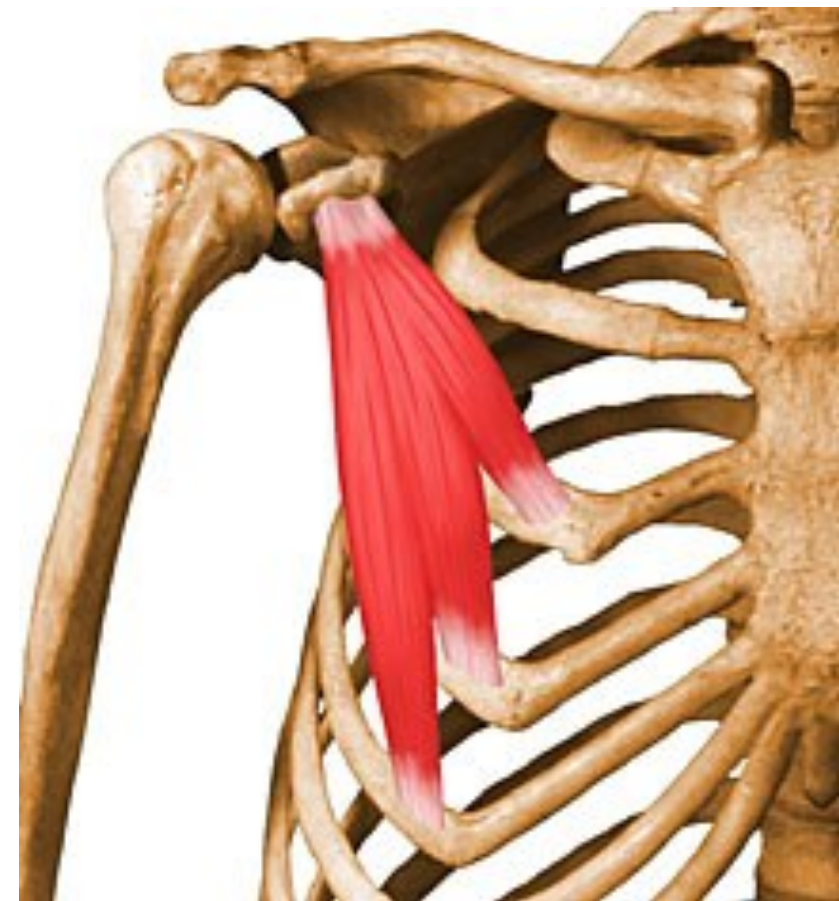
Scapula and Destabilization

- Rotator Cuff
 - stabilizers vs ‘prime mover’ in key poses
 - sheer forces and tension ‘drag’?



Pecs Minor: Stabilizing Cousin

- originates from upper margins and outer surfaces of the third, fourth, and fifth and inserts at coracoid process of scapula
- assists in scapular protraction, depression and downward rotation



Other Stabilizing Cousins

- Rhomboids and middle trapezius retract scapula
- Lower trapezius depress scapula
- Infraspinatus, teres minor, post. deltoids external rotate arm

