

## Shoulder Anatomy Review

*Directions – Read the anatomy guide and answer each of the questions from the reading.*

1. List the major bones that make up the shoulder joint.
2. According to the article, what are the four joints that make up the shoulder?
3. Explain the main function of articular cartilage and where it is in the shoulder.
4. What components make up the joint capsule in the shoulder?
5. There is a special ligament type structure in the shoulder known as the labrum, explain why this is special and its unique functions.
6. Which tendon becomes part of the labrum?
7. Explain three main actions of the rotator cuff.
8. What is the largest and strongest muscle of the shoulder?
9. List the three main nerves of the arm.
10. What structure lies between the rotator cuff muscles and larger shoulder muscles to reduce friction?