

## Shoulder Area Movement Terms

Movement at the shoulder occurs by coordinated actions of the joints and bones involved. They are the collar bone, the sternum, the ribs, the shoulder blade, and the upper arm bone primarily.

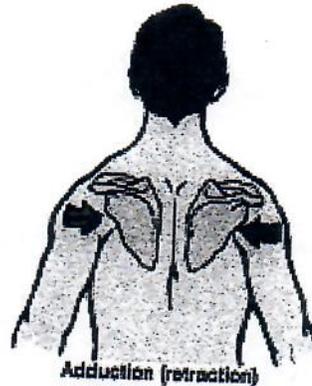
### Scapular Movement Terms



Elevation



Depression



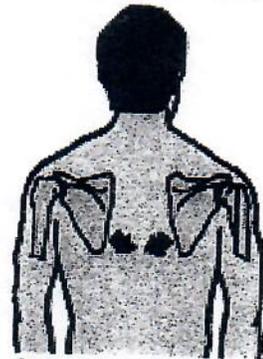
Adduction (retraction)



Abduction (protraction)

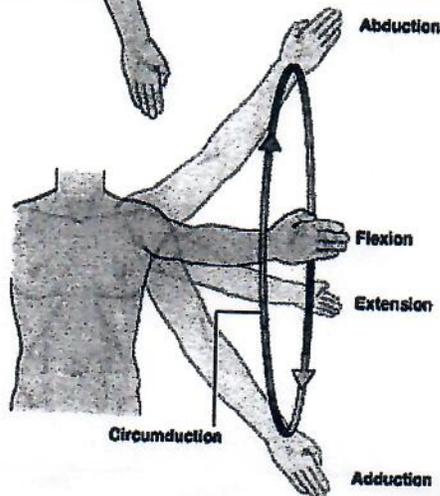
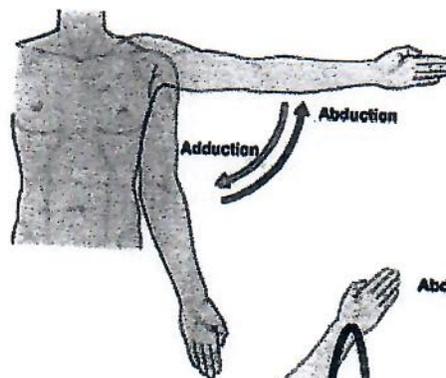
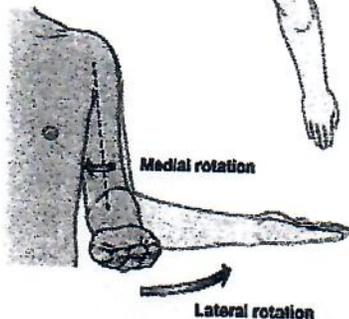
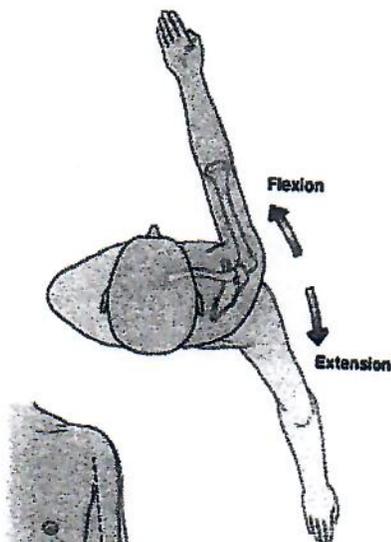


Upward rotation



Downward rotation (return to anatomical position)

### Arm Movement Terms



Additional Arm Movement Views & Terms

