

Yogabody Chapter 13

“Shoulder girdle constructed for mvmt. not stability” (p.153)

- How does that change in yoga?
- What is therefore essential?

Boney Anatomy

- Similarities with hip joints
- Clavicle
- Sternum
- Sternoclavicular joint (p. 155)
 - Compression & congruence
 - Define “shoulder width”
 - Importance of that width
- Acromium process
- Coracoid process
- Acromioclavicular joint

“Shoulder Complex”

- Stabilization (p. 160)
- Importance of basic anatomy

Importance of natural body rhythms

- Scapulothoracic joint

Scapulae is the root of the shoulder

Landmarks

- Coracoid process
- Medial border
- Lateral border
- Inferior angle
- Superior angle
- Spine of scapulae
- Acromion

Movements of the scapulae (scapulothoracic joint)

- Elevation
- Depression
- Protraction
- Retraction
- Upward rotation
- Downward rotation

Muscles that move the scapulae (p. 161)

- Serratus anterior
 - Actions
 - What happens when it gets tight?

- Trapezius
 - Actions
 - Superior fibers
 - Middle fibers
 - Inferior fibers
 - When is activation essential in yoga to minimize RSI's?
- Rhomboids
 - Actions
- Pectoralis minor
 - Actions
- Levator scapulae
 - Actions

Asana to move/stabilize the scapulae

- Protraction
- Retraction
- Elevation
- Depression
- Downward rotation
- Upward rotation

***Why is scapular stabilization critical in yoga asana?

Muscles that move the humerus (p. 162)

- Pectoralis major
 - Actions
- Latissimus dorsi
 - Actions
- Teres major “lats little helper”
- Deltoids
 - Actions
 - Anterior head
 - Posterior head
 - Middle head

Asana to move/stabilize the humerus

- Pecs
- Lats and Teres major
- Delts

Rotator cuffs - Stabilizers of the humerus (p. 166)

- What is the main job and why is this important?
- Subscapularis
 - Action
- Infraspinatus
 - Action
 - Injury

- Teres minor
- “EXIT”
- Supraspinatus
 - *** - Action
 - Injury
- “SITS”

Asana and the rotator cuffs

- External rotation
- Internal rotation
- Combo

Putting it all together.

*TWO actions needed to support natural movements in the shoulder

1- Scapulae movements

- Scapulohumeral rhythm

2 - Humeral movements

Supported shoulders in vinyasa

- Plank concerns
- Chaturanga concerns
- UMS concerns
 - Transitions UMS to AMS

Binding

Handstand

Shoulder concerns

- Clicking
- Head forward positioning
- Thoracic kyphosis
- Frozen shoulder