

SCAPULA (Shoulder Blade)

◆ Overview

- Flat, triangular bone on posterior thoracic wall
 - Connects upper limb → axial skeleton
 - Lies over 2nd-7th ribs
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◆ BASIC FEATURES

 The scapula has:

- 2 Surfaces
- 3 Borders
- 3 Angles
- 3 Processes



◆ SURFACES OF SCAPULA

◆ 1. Costal Surface (Anterior)

Features:

- Concave (forms subscapular fossa)
- Directed:
 - Medially
 - Forward
- Contains 3 ridges → for muscle attachment

Function:

-  Allows smooth gliding over rib cage
-  Provides attachment to subscapularis

 Clinical Insight:

- Important in scapulothoracic movements
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◆ 2. Dorsal Surface (Posterior)

 Key Features:

Feature	Description
Spine of scapula	Prominent ridge
Supraspinous fossa	Above spine
Infraspinous fossa	Below spine

◆ Connection:

- Fossae connected by spinoglenoid notch
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💡 Concept:

👉 Spine divides surface into:

- Supraspinous fossa → supraspinatus
 - Infraspinous fossa → infraspinatus
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◆ BORDERS OF SCAPULA

📌 Table ★

Border	Features	Importance
Superior border	Thin, short, has suprascapular notch	Passage for nerve

Lateral border	Thickest, has infraglenoid tubercle	Muscle attachment
Medial border	Thin, long (superior → inferior angle)	Muscle attachment

 Clinical Insight:

- Suprascapular notch → covered by ligament → nerve compression possible !

 ♦ ANGLES OF SCAPULA

 Three Angles:

Angle	Feature	Muscle Covering
Superior angle	Upper medial corner	Trapezius

Inferior angle	Lower end	Latissimus dorsi
Lateral (glenoid) angle	Broad, bears glenoid cavity	Articulation

◆ Lateral Angle ★

● Contains:

- Glenoid cavity → articulates with humerus
 - Supraglenoid tubercle
 - Infraglenoid tubercle
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◆ PROCESSES OF SCAPULA


◆ 1. Spine of Scapula

 Features:

- Triangular ridge
- Divides dorsal surface

 Has:

- 3 borders: superior, inferior, posterior
- 2 surfaces: superior, inferior

 Posterior border forms crest of spine

◆ 2. Acromion Process

 Features:

- Continuation of spine
- Forms tip of shoulder

 Has:

- 2 borders: medial, lateral
- 2 surfaces: superior, inferior

👉 Medial border → facet for clavicle (AC joint)


👩 Clinical Insight:

- Site of shoulder separation injury
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◆ 3. Coracoid Process

📌 Features:

- Hook-like projection 📌
- Directed:
 - Forward
 - Laterally


 Function:

 Acts as attachment hub for muscles & ligaments

◆ SIDE DETERMINATION

To identify right vs left scapula:

1. Glenoid cavity → faces laterally
 2. Spine → posterior
 3. Costal surface → anterior (concave)
 4. Lateral border → thickest
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 Mnemonic:

 "GLAD"

- Glenoid lateral
 - Lateral border thick
 - Anterior concave
 - Dorsal spine present
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◆ OSSIFICATION OF SCAPULA

◆ Primary Center

- Near glenoid cavity
 - Appears at 8th week (intrauterine) 🧒
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◆ Secondary Centers

- 7 centers
- Appear after birth

- Fuse by ~25 years
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 Clinical Insight:




- Delayed fusion → may mimic fractures in imaging
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 CONCEPT FLOW

Scapula Structure



Provides:

- Muscle attachment 
 - Joint articulation 
 - Stability + mobility 
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-> The End <-