

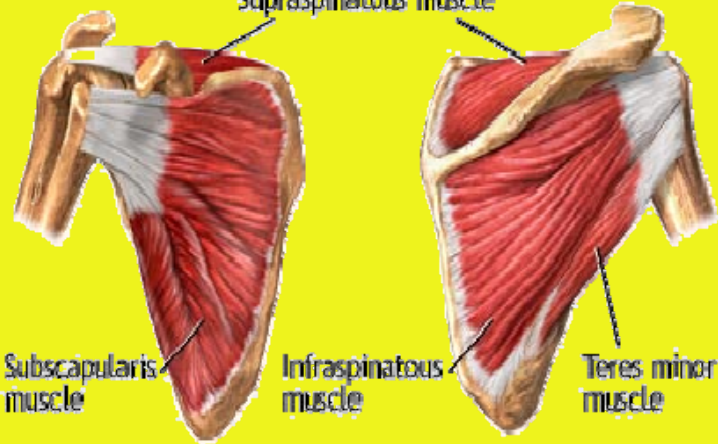
MUSCLE OF THE MONTH

Supraspinatus

The supraspinatus is one of four muscles making up the Rotator cuff. Located on the top of the posterior side of the scapula, under the posterior deltoids. The supraspinatus originates on the scapula, and inserts via tendons to the humerus.

Rotator cuff muscles

Supraspinatus muscle



Subscapularis muscle

Infraspinatus muscle

Teres minor muscle

Anterior shoulder

Posterior shoulder

ADAM.

FUNCTIONS

Responsible for:

1. Lifting the arm upwards
2. Upward rotation of the scapula
3. Stabilization of the shoulder joint.
4. Abduction of the arm.

EXERCISES

Front Raises (Medial Rotation)

Stand hip width apart, with straight back and square shoulders.

Start with dumbbells by your side, rotate arm 45 degrees towards your body with knuckles facing out.

Raise arm up at a 45 degree angle, stopping at shoulder height.



