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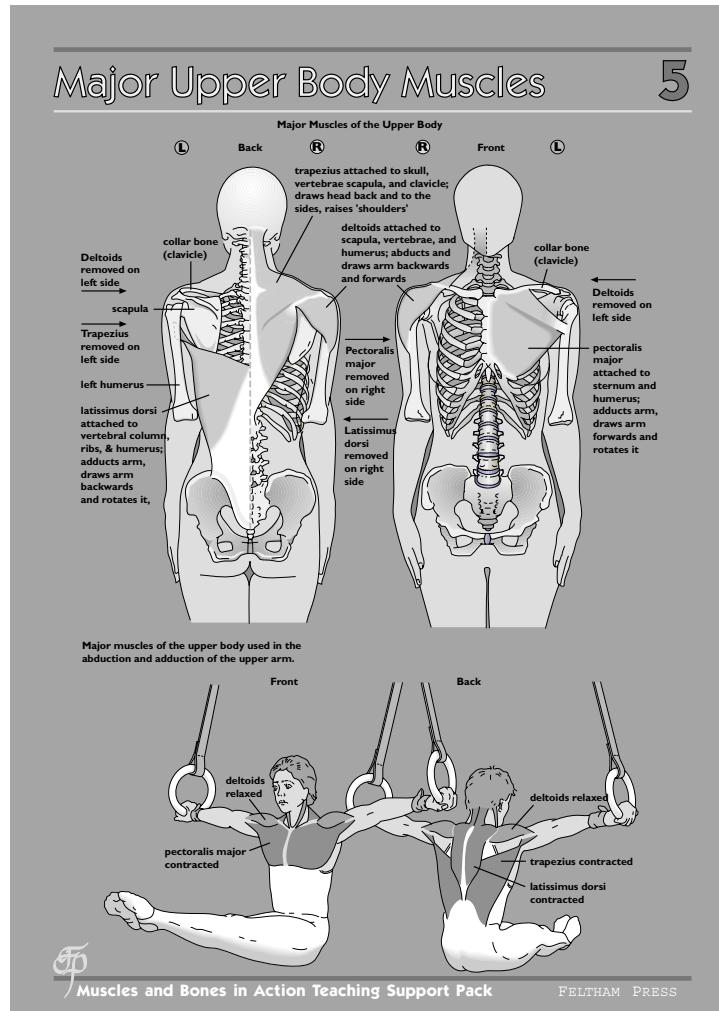
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Abduction & Adduction of arms

Image 5

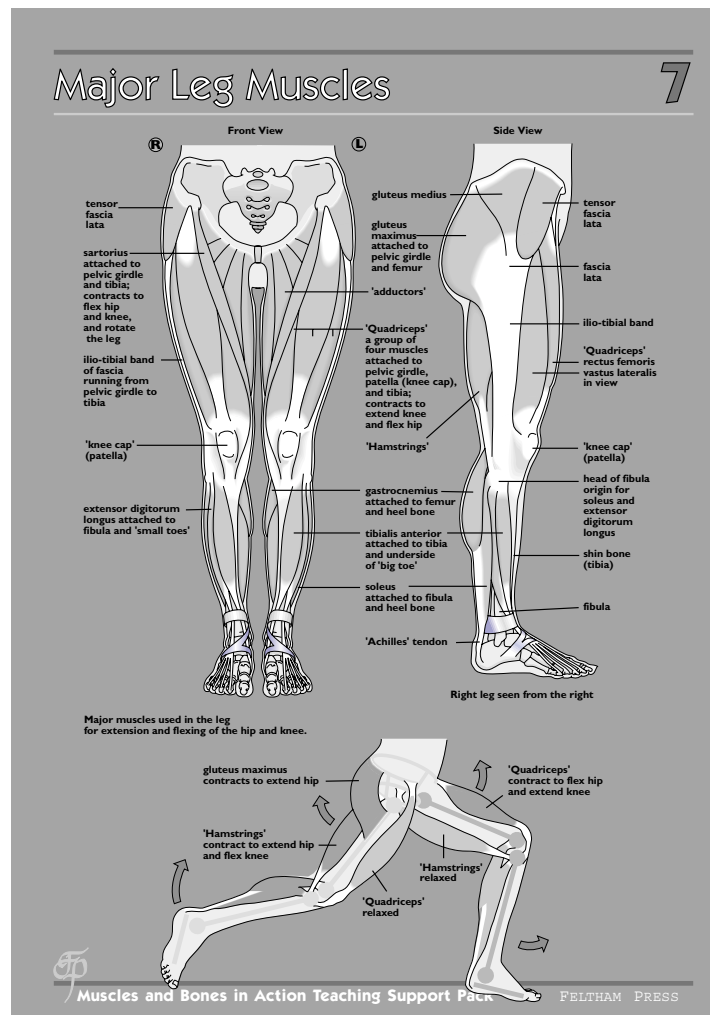


Shoulder Joint Stability The muscles shown and others in the same region play a major part in stabilizing the shoulder joint, which is notoriously unstable. The joint between the humerus and the glenoid cavity of the scapula is very shallow. This allows the great mobility of the arms, but equally contributes to its propensity for dislocation, especially anteriorly, where the head of the humerus is displaced to the front. This is a common injury in all contact sports, and once it has occurred there is a high risk (85%) of re-occurrence, the likelihood of which can be reduced by a regular programme of appropriate exercises to strengthen the muscles that stabilise the joint.

Other common injuries such as a broken collar bone and broken ligaments that normally bind the collar bone to the scapula, illustrate the 'propping' role of the collar bones, as the shoulder(s) sags forwards in these injuries, and the scapula(e) is/are displaced.

Major Muscles of the Legs

Image 7



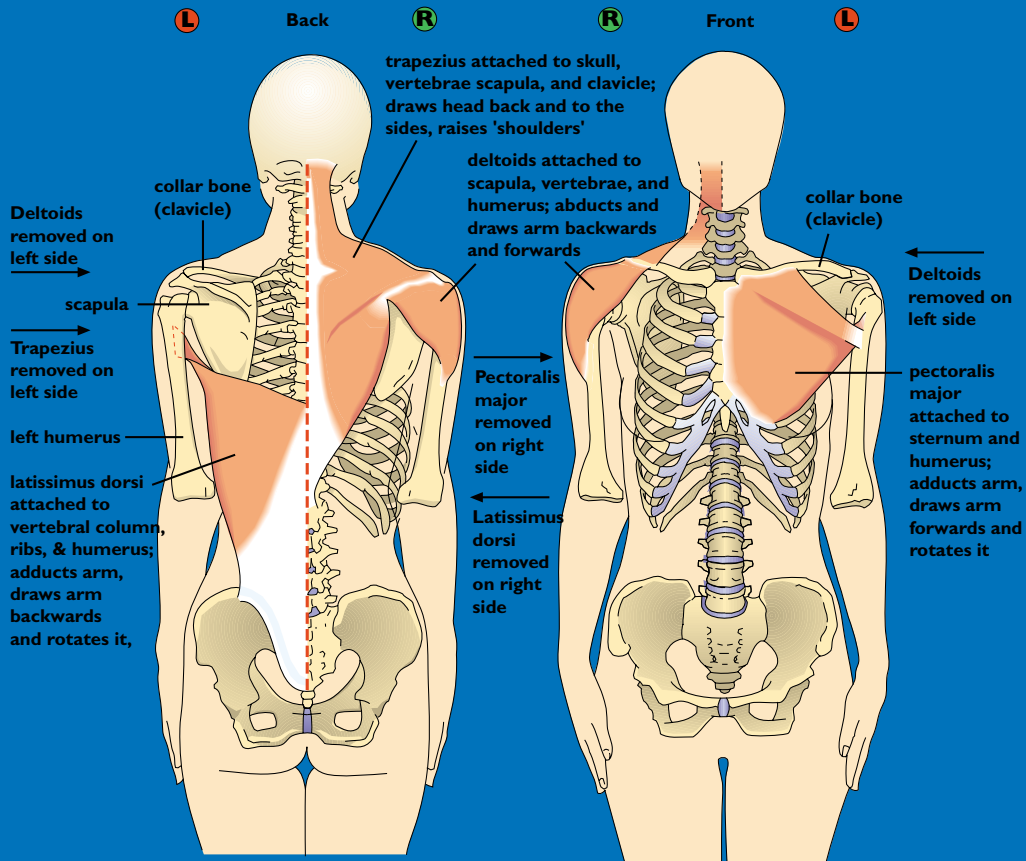
Uniquely Human

The well developed gluteus maximus and 'calf' muscles are characteristic of humans, reflecting as they do the demands of a truly upright posture, in which there is always a tendency to 'lean' forwards. In the 'calf', the soleus muscle is predominately composed of slow twitch muscle fibres and is particularly involved in stabilising balance in standing. The 'calf' also includes the gastrocnemius, and both are attached to the 'heel bone' via the 'Achilles' tendon.

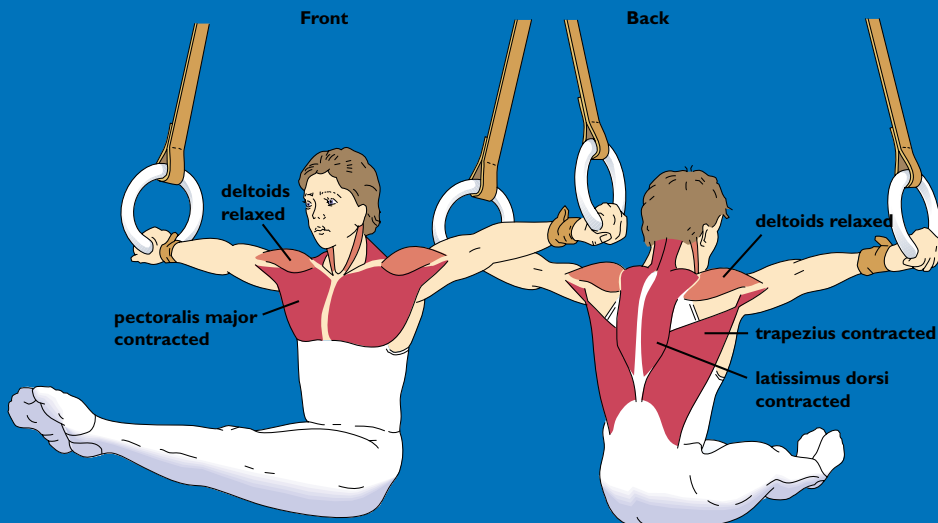
Major Upper Body Muscles

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Major Muscles of the Upper Body

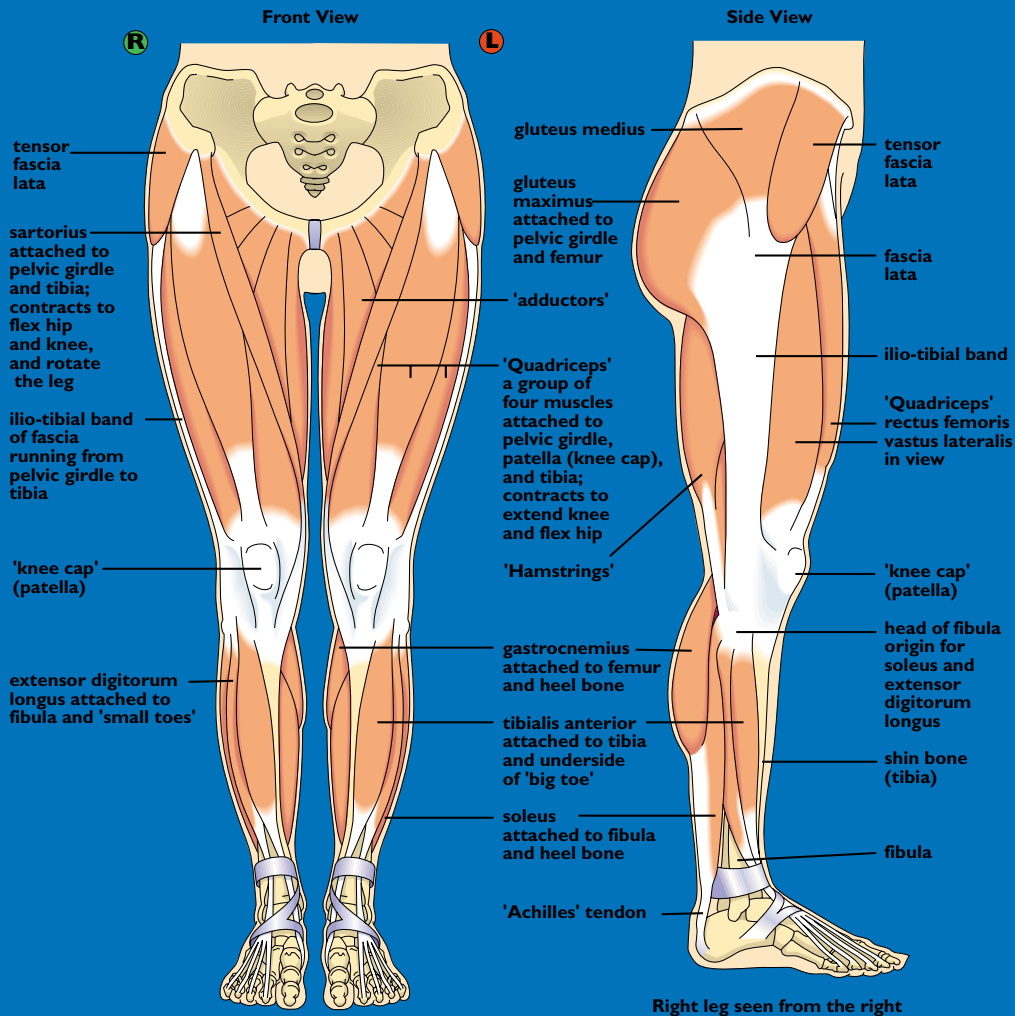


Major muscles of the upper body used in the abduction and adduction of the upper arm.



Major Leg Muscles

7



Major muscles used in the leg for extension and flexing of the hip and knee.

