

Sport Skill (hanging up side down) (Active video clip 4 is on Angel page) Numbered Sequential Order of Movement	Movements at the Shoulder Joint (Check one action per row)	Shoulder Joint Muscles (Check all prime movers that are active per shoulder joint movement in the corresponding rows.)	Movement of the Shoulder Girdle (Check one action per row)	Shoulder Girdle Muscles (Check all prime movers that are active per shoulder girdle movement in the corresponding rows.)
	Flexion Hyperflexion Extension Hyperextension Abduction Adduction Inward rotation Outward rotation Horizontal flex. Horizontal ext. Circumduction	Anterior deltoid Middle deltoid Posterior deltoid Supraspinatus Pec. major clav. Pec. major stern. Coracobrachialis Subscapularis Latissimus dorsi Teres major Infraspinatus Teres minor Biceps long head Biceps short head Triceps long head	Elevation Depression Abduction Adduction Upward rotation Downward rot. Lateral tilt Reduct. lat. tilt Upward tilt Reduct. up. tilt	Subclavius Pec. minor Serratus ant. Trapezius I Trapezius II Trapezius III Trapezius IV Levat. scap. Rhomboid
1.				
2.				
3.				
4.				
5.				

