

# SHOULDER PAIN AND SCAPULAR STABILITY

## Why is scapula stability important?

The shoulder joint does not act alone to create movement of the arm. The muscles of your shoulder and scapula act together to create all movements of the arm.

Having a strong and stable scapula is essential for any overhead activity and sports involving overhead or across body actions.

## What is the scapula?

The scapula is the shoulder blade and it is attached to the ribcage by ligaments and muscles called scapula stabilisers.

There are many muscles that attach to the scapula, these include the rotator cuff. The rotator cuff muscles are important for shoulder stability.

The scapula is very mobile and can move in many directions: Elevation, depression, protraction, retraction, upward rotation and downward rotation.

The muscles surrounding the scapula coordinate movement with your rotator cuff and assist in the movement of the shoulder.



The bone in red, is your scapula, more commonly called the shoulder blade.

## What is Scapula Stability?

The motion of the scapula is coordinated with the motion of the arm, this is called Scapulohumeral Rhythm.

The correct coordination between the muscles that attach and control the scapula and the muscles that attach to the shoulder joint, is crucial for efficient arm movement and joint stability.

Injuries that occur at the shoulder can often be traced to poor function or a lack of strength of the muscles surrounding the scapula. Therefore the strength of the scapular stabilisers is essential to prevent pain and injury.

## What is Scapula Stability important for?

- Working Overhead: For example: Window cleaning, DIY.
- Overhead Sports: For example: Basketball, tennis, badminton, swimming.
- Lifting Weight Overhead: For example: Gym Workouts, Jobs involving lifting and working above head.
- Postures: Desk jobs, driving

## Which Muscles Stabilise the Scapula?

- Serratus Anterior
- Rhomboids
- Levator Scapulae
- Trapezius Muscles

If you experience pain in your shoulder or would like to learn how to prevent injury of the shoulder joint, book an appointment with Berkley Physiotherapy and Sports Injury Clinic now :)