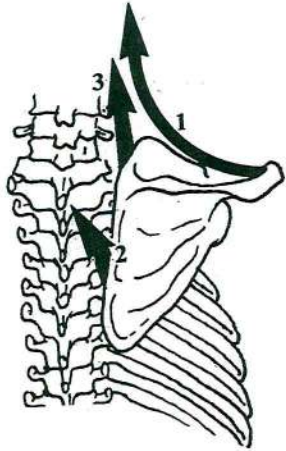


# SCAPULA MOVEMENTS

(from Anatomy of Movement by Calais-Germain)

## SHOULDER MUSCLES

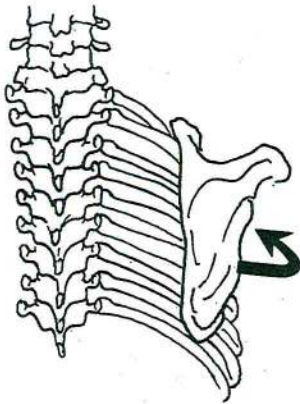
### Muscles involved in specific movements of the scapula



**elevation:** (1) upper trapezius;  
(2) rhomboids; (3) levator scapulae



**depression:** (1) lower trapezius;  
(2) lower serratus anterior



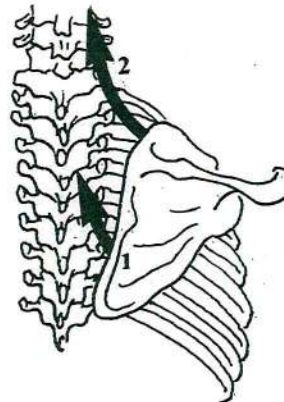
**abduction:** serratus anterior



**adduction:** (1) trapezius; (2) rhomboids



**upward rotation:** (1) serratus anterior;  
(2) upper trapezius; (3) lower trapezius



**downward rotation:** (1) rhomboids;  
(2) levator scapulae