

Cycle 3- Shoulder
2301 - Defining the Shoulder Joint
SCRIPT

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TADASHI FUNAHASHI, MD:

Shoulder anatomy is actually a really elegant anatomy. So it's one of the few joints where you have freedom of motion like this. Where you can move your arm all the way around. And think about doing that with any other joint. Right?

You do that with your finger, you would dislocate it. You do that with your knee, you would break it.

(2)

GEOFFREY GRIFFITHS, MD:

It's one of the largest joints in the body. One of the main functions of the shoulder is to place the hand into space. That's a very wide range of positions, probably the most basic, of course, would be forward flexion, bringing it in front of you, out to the side-- bringing it outward and bringing it inward. Those are probably the most important-- basic ranges of motion. And then there are multiple, multiple variations and some combinations to that.

(3)

TADASHI FUNAHASHI, MD:

First, there's a layer of a capsule that holds the ball in place on the small socket. And around that, there is a cuff of muscles that helps hold the ball in place. And on top of that are the muscles that actually allow your shoulder to move in different directions. Each one of those serving a very important function for stability, for balance of the shoulder, and ultimately motion of the shoulder.

(4)

TADASHI FUNAHASHI, MD:

The reason that the shoulder joint is so good, though, is that it is a large ball sitting on a small socket. That allows that ball to move around that socket and gives you so much freedom of movement. And that's important because the hand needs to be in so many different locations to be functional. And the shoulder is the joint that allows your hand to be in so many locations.

(5)

GEOFFREY GRIFFITHS, MD:

Whatever we need to get up above the cupboard, grab the-- the seat belt behind us and fasten our seat belt in the car, we can think of thousands and thousands of tasks that the shoulder is a part of that function.

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GEOFFREY GRIFFITHS, MD

Because of that, because it's so important, and because-- it's such a complex joint, it's often injured. And so that's why we focus so much attention on--on the shoulder.

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