



DISPLAY 26-4

Shoulder Girdle Muscles Prone to Adaptive Length Changes

Adaptive Shortening

Rhomboid major and minor
Levator scapula
Upper trapezius
Subscapularis
Teres major
Latissimus dorsi
Pectoralis major and minor
Long head of biceps
Glenohumeral lateral rotators

Adaptive Lengthening

Middle trapezius
Lower trapezius
Upper trapezius
Subscapularis
Serratus anterior