



Shoulder & Arm

The shoulder and arm region is a great place to practice our new language of movements and body systems, as the bones, bony landmarks, and muscles of this area are easily accessible and distinguishable.
 Pro Tip: Your own body can serve as a personal study tool. Just like the climber in the picture will rely on her body to support her ascent, your body can help you. No matter the time or place, you can take advantage of your ever-present “study partner.”

See for yourself:

- Look at the picture and notice which muscles (in red) are drawn in. Put your left hand on your right shoulder in the same places as the muscles in the picture. Where can you feel muscles that might correspond to her muscles? Now stretch your arm up in the air as she's doing. What can you feel and visualize under your own skin?
- Now look at the climber's flexed left elbow. Flexion occurs when two bones move closer to each other. When you flex your elbow, what do you notice about the muscles in your arm?



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