



Anatomy of the Shoulder

ROTATOR CUFF



Rotator Cuff and Bursa

The rotator cuff is a group of muscles and tendons. These surround the glenohumeral joint. They give the shoulder strength and stability. Between the rotator cuff muscles and the larger surrounding muscles lies the subdeltoid bursa. This pocket of lubricating fluid allows the muscles to move freely.

Conclusion

The shoulder is a complex structure that is not as stable as other joints. It is prone to injuries such as dislocation and separation. And because it experiences so much wear and tear, osteoarthritis is a common problem in the shoulder.

