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# SHOULDER JOINT

Type	Synovial ball and socket joint; multiaxial
Articular surfaces	Glenoid fossa of scapula, head of humerus; glenoid labrum
Ligaments	Superior glenohumeral, middle glenohumeral, inferior glenohumeral, coracohumeral, transverse humeral
Innervation	Subscapular <a href="#">nerve</a> (joint); suprascapular <a href="#">nerve</a> , axillary <a href="#">nerve</a> , lateral pectoral <a href="#">nerve</a> (joint capsule)
Blood supply	Anterior and posterior circumflex humeral, circumflex scapular and suprascapular arteries
Movements	Flexion, extension, abduction, adduction, external/lateral rotation, internal/medial rotation and circumduction
Rotator cuff muscles	Supraspinatus, infraspinatus, teres minor, subscapularis
	Mnemonic: Rotator cuff SITS on the shoulder

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