Movements at Sternoclavicular Joint and Abduction of the Shoulder

**Movements at the Sternoclavicular Joint**

In view of all the movements described here and the ability to pivot on the costoclavicular ligament, the sternoclavicular joint can be regarded as having many of the features of a ball and socket joint.

**Abduction at Shoulder**

- **External rotation:** infraspinatus (suprascapular n)
- **Rotation of scapula:** Trapezius (spinal XI) Serratus anterior - lower fibres (long thoracic n)
- **Mostly deltoid (axillary n)**
  - Supraspinatus (suprascapular n) & some deltoid (axillary n)
- **To higher degrees**
- **To 40°**
- **To 90°**
- **To vertical**