

Name: _____

Date: _____

The Glenohumeral Joint

X C H L N O I T C U D D A L A T N O Z I R O H U
 N O U A N Q U B X C U K N T U L O M N U I R C Q
 V R M T O S S I B Q C D Y Y M G I F O Z Z E J O
 T A E I I V A C U P H E F S O L T R I D N S B W
 J C R S T I B E A R R L L D R E A O T I U T J E
 N O A S C U W P S N O T E P O N T Z A R P R B C
 O B L I U N Z S S K N O X H J O O E T A B I A E
 I R H M D L S B E X I I I Y A I R N O Y N C D X
 T A E U D G M R N U C D O N M D L S R U B T H T
 C C A S A P F A F W P L N T S F A H L B S I E E
 U H D D I L C C F U A O S Q E O N O A I E O S N
 D I N O Q M B H I C I R N Z R S R U N N L N I S
 B A H R Q V Z I T K N A M V E S E L R F A O V I
 A L I S H Y Q I S L O T S S T A T D E L M F E O
 L I B I S O U O H R I U H Q H P N E T A E M C N
 A S U O T A N I P S A R F N I O I R X M F O A O
 T E K C O S D N A L L A B A L E W G E E S V P I
 N H Y L S U O I D I S N I S N I G E B D J E S T
 O S V S U O T A N I P S A R P U S B R A F M U C
 Z G C X Y T E R E S M I N O R P W Z O S Y E L U
 I L O N G H E A D O F T R I C E P S N E X N I D
 R F S E S I C R E X E M U L U D N E P V G T T B
 O A E Z K N Q R O J A M S I L A R O T C E P I A
 H A Y E Y N Q Y F S U B S C A P U L A R I S S C

RESTRICTION OF MOVEMENT

ADHESIVE CAPSULITIS

EXTERNAL ROTATION

BALL AND SOCKET

BICEPS BRACHII

HUMERAL HEAD

ADDUCTION

INFLAMED

LONG HEAD OF TRICEPS

PENDULUM EXERCISES

PECTORALIS MAJOR

FROZEN SHOULDER

SUBSCAPULARIS

CHRONIC PAIN

ABDUCTION

FEMALES

HORIZONTAL ADDUCTION

BEGINS INSIDIOUSLY

LATISSIMUS DORSI

SUPRASPINATOUS

GLENOID FOSSA

TERES MINOR

STIFFNESS

FLEXION

HORIZONTAL ABDUCTION

INTERNAL ROTATION

CORACOBRACHIALIS

INFRASPINATOUS

WARM SHOWERS

TERES MAJOR

EXTENSION

DELTOID