1. Color these five muscles and the diagrams below.
2. In the diagram on lateral rotation note the presence of infraspinatus (g) and teres minor (h). Use the same colors as on the preceding plate.
3. The fascia/aponeurosis of the latissimus dorsi (L) should be colored in lightly (with same color) to suggest its tendinous nature.

The muscles you are coloring here are the principal movers of the shoulder or glenohumeral joint. This ball and socket joint, reinforced by the musculo-tendinous cuff, is freely movable in almost all directions and it is these muscles that do the moving. Note that the deltoid muscle plays a role in several movements, here individual muscle groups within the whole muscle can act separately. The same is true for the sternal and clavicular fibers of pectoralis major. Note that teres major and latissimus dorsi, arising from the back, rotate the humerus medially along with pectoralis major, supraspinatus, and the anterior fibers of deltoid. How is this possible? Check the muscle attachments on the preceding plate for latissimus dorsi and teres major—you will see that these muscles insert on the anterior aspect of the humerus. Just below the axilla, these muscles cross from the back to the front of the humerus, between the humerus and the lateral chest wall. This makes them medial rotators, and not lateral rotators as you may have first suspected.

In the diagrams below, biceps brachii (weak flexor of the shoulder joint) and triceps brachii (weak extensor of the shoulder joint) are not shown.