

Sternocleidomastoid
Platysma
Trapezius
Sternohyoid
Omohyoid
Clavicle
Acromioclavicular ligament
Supra acromial bursa
Deltoid
Pectoralis major
Triceps
Serratus anterior
Brachialis
Biceps brachii short head
Biceps brachii long head



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Anatomy Of The Shoulder And Neck Muscles

Ambrose Loomis Ranney



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Sobotta Clinical Atlas of Human Anatomy, one volume, English Friedrich Paulsen, Jens Waschke, 2019-03-06 Approx 664 pages

Neck and Shoulder Pain Urmila Parlikar, 2010 *Anatomy, Dance Technique and Injury Prevention* Justin Howse, Moira McCormack, 2009-11-27 A completely updated and re designed edition of this classic book for dancers

Practical Medical Anatomy Ambrose Loomis Ranney, 1882 *Anatomy of the Horse* Klaus-Dieter Budras, W. O. Sack, Sabine Rock, 2003 This atlas is superbly illustrated with colour drawings photographs and radiographs providing the reader with detailed information on the structure function and clinical relevance of all equine body systems and their interaction in the live animal An essential resource for learning and revision this fourth edition will be a valuable reference for veterinary practitioners and for those who own and work with horses

Stretch for Strength Olivia Parker, AI, 2025-02-14 Stretch for Strength offers a practical guide to improving posture and flexibility through targeted stretching routines aiming to enhance overall well being It highlights the importance of understanding the biomechanics of movement to achieve lasting physical health benefits Did you know that poor posture and declining flexibility are increasingly linked to chronic pain reduced energy and higher injury risks This book uniquely addresses these issues with short manageable routines designed to fit into busy schedules emphasizing proper form for effective and safe stretching The book begins by explaining the fundamental principles of posture and flexibility and then delves into various stretching techniques The core consists of targeted routines for specific body areas complete with step by step instructions and illustrations for all fitness levels The book progresses to a comprehensive program for long term posture and flexibility maintenance empowering readers to proactively manage their physical well being through accessible exercises and pain management strategies

Surgical Anatomy of the Human Body: Upper extremities. Neck. Shoulders. Back. Lower extremities John Blair Deaver, 1926

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Animal Anatomy for Artists Eliot Goldfinger, 2004-03-11 From horses and cats to elephants and giraffes this is the definitive reference on animal anatomy for painters sculptors and illustrators 104 halftones 281 line drawings 100 photos

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