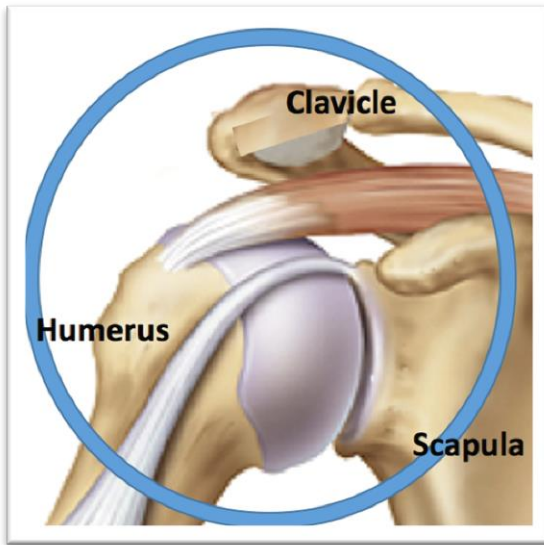


The Shoulder Joint – Anatomy

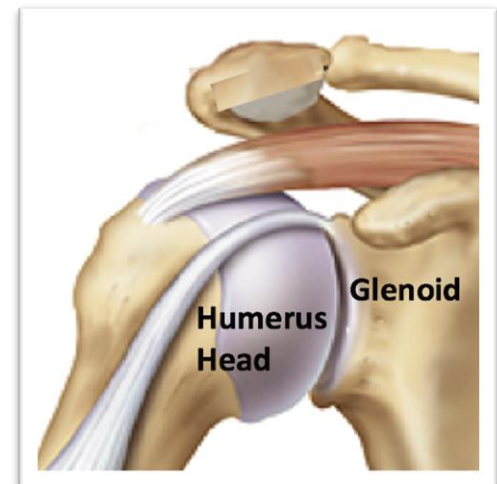
Die Skouer Gewrig – Anatomie



The shoulder joint is referred to as a ball and socket joint. The shoulder consists of three bones: the shoulder blade (Scapula), the bone of the upper arm (Humerus) and the collarbone (Clavicle).

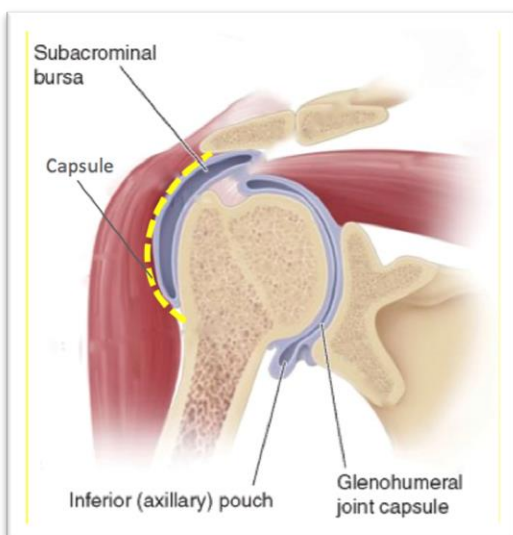
‘n Skouer gewrig is ‘n bal en pootjie gewrig. Die Skouer bestaan uit drie bene: die Blad-been (**Skapula**), die Bo-arm been (Humerus) en die Sleutel-been (**Klavikula**).

The **Humerus head** forms the ball, and a bowl-shaped area in the shoulder blade (**Glenoid**) forms the socket. The ball and the socket are lined with white cartilage. This cartilage ensures that the ball can move smoothly in the socket and acts as a shock absorber.



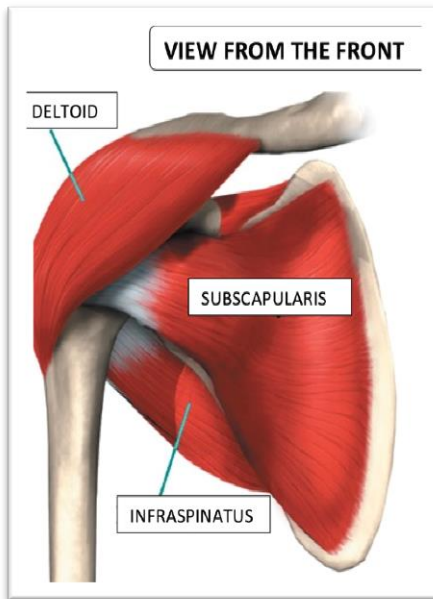
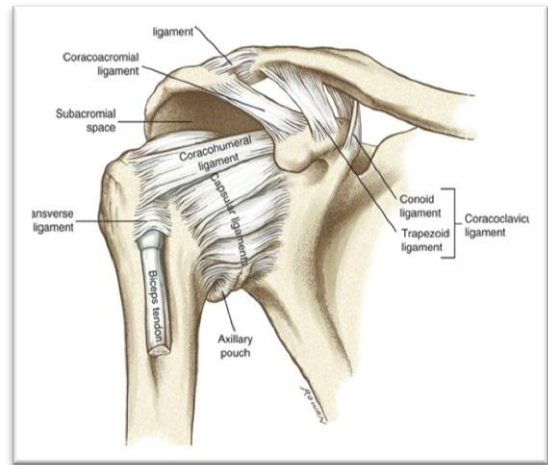
Die Humerus kop vorm die bal van die gewrig, en die Blad-been vorm die bakkie vormige gedeelte (**Glenoied**) – waar die bal in die pootjie inpas. Die bal en pootjie is bedek met kraakbeen. Die kraakbeen verseker dat die bal glad en sonder weerstand kan gly in die pootjie. Die kraakbeen tree ook as ‘n skok absorbeerder op.

The shoulder joint is tightly surrounded by a sac called the joint capsule. The joint capsule is filled with fluid (bursa) that lubricates the joint to facilitate the bones to glide over one another as they move.

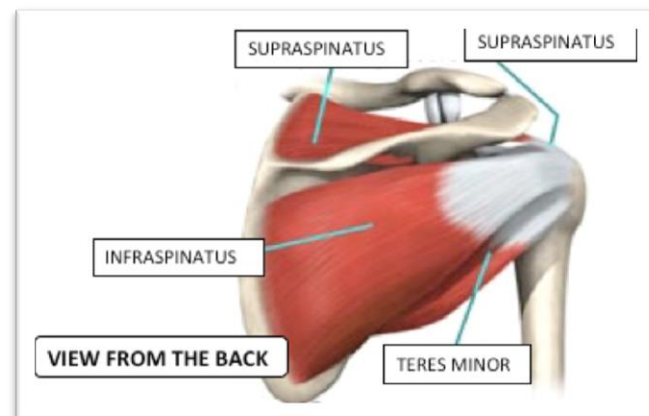


Die skouer gewrig word omring deur ‘n bindweefsel vlies (kapsel). Daar is vloeistof in die kapsel wat die gewrig smeer en beweging tussen die been oppervlakte vergemaklik.

The bones are kept together by ligaments and muscles called the rotator cuff muscles. The term "rotator cuff" refers to a group of four tendons that attach four shoulder muscles to the upper arm to assist with movement. The rotator cuff muscles and tendons also help keep the shoulder joint stable by holding the humeral head in the glenoid socket.



Die bene word bymekaar gehou deur ligament en spiere wat die "rotator-kraag" spiere genoem word. Die rotator-kraag spiere verwys na 'n groep van vier spiere van die skouer wat aan die bo-arm vasheg en beweging toelaat. Die rotator-kraag spiere en ligamente help ook om die die skouer stabiel te hou, en die bal in sy pootjie te hou.



A healthy shoulder is the most versatile joint in the human body. Due to the fact that the ball does not sit as deeply in the socket as with the hip joint, it allows for a wider range of motion, which means that you can move freely in more directions.

A gesonde skouer is die mees beweegbare gewrig in die menslike ligagaam. Die skouer kan vrylik in baie meer rigtings beweeg a.g.v. die feit dat die bal nie so diep in die pootjie sit – as die heup gewrig nie.

