

Muscles & Joint Actions of the Scapulae

Match each term to its correct description.

scapula	a. scapular retraction exercise
shoulder shrug	b. agonist for scapular retraction
pectoralis minor	c. agonist for scapular protraction
plank	d. agonist for scapular elevation
scapulae	e. synergist for scapular elevation
serratus anterior	f. one shoulder blade
rhomboids	g. scapular elevation exercise
lower trapezius	h. scapular protraction exercise
upper trapezius	i. synergist for scapular retraction
levator scapulae	j. agonist for scapular depression
mid trapezius	k. two shoulder blades
posterior flye	l. synergist for scapular depression

a	scapula	a. scapular retraction exercise
b	shoulder shrug	b. agonist for scapular retraction
c	pectoralis minor	c. agonist for scapular protraction
d	plank	d. agonist for scapular elevation
e	scapulae	e. synergist for scapular elevation
f	serratus anterior	f. one shoulder blade
g	rhomboids	g. scapular elevation exercise
h	lower trapezius	h. scapular protraction exercise
i	upper trapezius	i. synergist for scapular retraction
j	levator scapulae	j. agonist for scapular depression
k	mid trapezius	k. two shoulder blades
l	posterior flye	l. synergist for scapular depression