

# Scapular Region Introduction and surface landmarks

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## Scapular Region

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### Introduction

- The **scapular region** refers to the **posterior aspect of shoulder** around the scapula.
  - It contains:
    - **Scapula and associated muscles.**
    - **Important neurovascular structures** (suprascapular nerve/vessels, circumflex scapular artery, posterior circumflex humeral vessels, axillary nerve).
  - Functions:
    - Provides wide range of **shoulder movements** (flexion, extension, abduction, rotation).
    - Important site for **anastomosis around scapula** (ensures collateral circulation).
  - Clinical importance:
    - **Fractures, dislocations, nerve injuries, scapular winging** are frequently tested in exams.
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## Surface Landmarks

- **Spine of scapula** ? runs transversely across back at level of **T3 vertebra**.
- **Acromion process** ? lateral end of scapular spine, palpable at top of shoulder.
- **Coracoid process** ? hook-like projection palpable just below clavicle, anterolateral to acromion.
- **Inferior angle of scapula** ? corresponds to **T7 vertebra**, palpable when arm is adducted.
- **Medial border of scapula** ? runs vertically, easily palpable.
- **Lateral border of scapula** ? less distinct, covered by muscles.
- **Supraspinous fossa** ? above spine, occupied by supraspinatus.
- **Infraspinous fossa** ? below spine, occupied by infraspinatus.
- **Deltoid muscle** ? covers shoulder joint laterally.
- **Posterior axillary fold** ? formed by latissimus dorsi and teres major, felt behind armpit.