



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

KNEE PAIN

SHOULDER PAIN

Social Connection

**Speaker: Jeannie McConnell-Copploe
Pinnacle Health Concepts**



The shoulder joint is formed where the humerus (upper arm bone) fits into the scapula (shoulder blade), like a ball and socket. ... The rotator cuff is a collection of muscles and tendons that surround the shoulder, giving it support and allowing a wide range of motion.

The shoulder consists of a ball-and-socket joint formed by the humerus and scapula and their surrounding structures –ligaments, muscles, tendons - which support the bones and maintain the relationship of one to another. These supporting structures attach to the clavicle, humerus, and scapula, the latter providing the glenoid cavity, acromion and coracoid processes. The main joint of the shoulder is the shoulder joint (or glenohumeral joint), between the humerus and the glenoid process of the scapular

**CENTRAL YMCA
Youth Lobby
Join us on**

**Wednesday, February 20, 2019
10:00 a.m.**

