

# Learning About the Shoulder

The shoulder is made up of bones, muscles, ligaments, and tendons. They work together so you can reach, swing, and lift in comfort. Learning about the parts of the shoulder and joint will help you to understand your shoulder problem.

## The Parts of the Joint

The shoulder joint is where the **humerus** (upper arm bone) meets the **scapula** (shoulder blade). Muscles and ligaments help make up the joint. They attach to the shoulder blade and upper arm bone. At the top of the shoulder blade are two bony knobs called the **acromion** and **coracoid process**.

## The Subacromial Space

The subacromial space is between the top of the humerus and the acromion. This space is filled with tendons and muscles. This space also contains the **bursa**, a sac of fluid that cushions shoulder parts as they move. When you raise your arm, the subacromial space compresses. When you lower your arm, the space opens again.

