

Fig. 7.17 The second track of the DBAL is the entire rotator cuff complex that sandwiches the scapula, including, via mechanical connection, the subscapularis.

through the intervening wall of the serratus anterior, which is not permitted by our rules. Perhaps we can say that the whole complex is joined mechanically through the bone of the scapula. Whatever our justification, the subscapularis clearly plays a crucial role in the balance of the DBAL, and should be considered, rules or not, as part of the DBAL complex.

These four muscles of the rotator cuff control the rounded head of the humerus in much the same way as the ocular muscles control the orbit of the eye (Fig. 7.18). According to Frank Wilson, author of the delightful *The Hand*:¹

The brain points the arm and finger as accurately as it points the eye. In the orbit and at the shoulder, the eye and the humerus are free to rotate (or swing) in front-to-back and side-to-side planes, and also around their long axes. And in both cases there is a precise arrangement of muscles aligned and attached to power each of these movements.

From the shaft of the humerus near the ball where the rotator cuff attaches, and from the underside of the glenium near the teres minor insertion, come the three heads of the triceps brachii, the next track of this line (Fig. 7.19). In the hanging arm, with a similar pattern to the Deep Front Arm Line, the step from the rotator cuff to the triceps involves a radical change of direction,

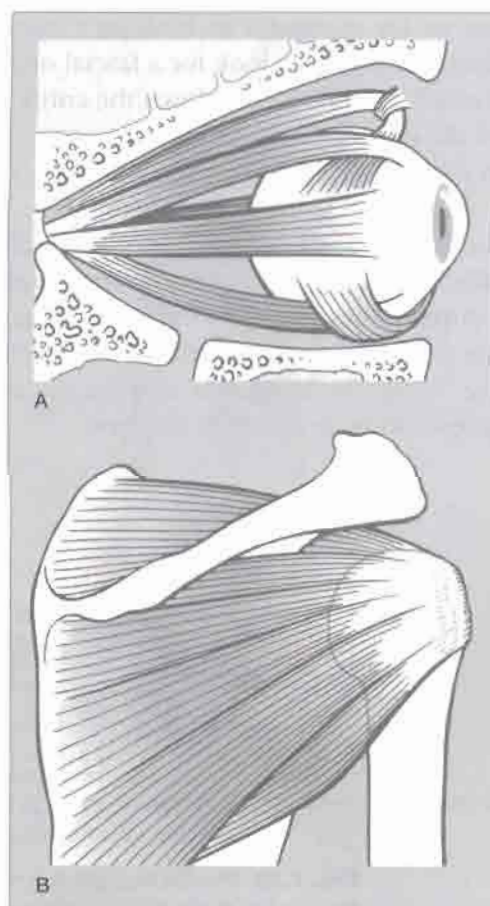


Fig. 7.18 There is an interesting muscular parallel between the control of the orb of the eye and the control of the rounded head of the humerus.

The Lateral Line

Overview

The Lateral Line (LL) (Fig. 5.1) traverses each side of the body from the medial and lateral mid-point of the foot around the outside of the ankle and up the lateral aspect of the leg and thigh, passing along the trunk in a 'basket weave' pattern to the skull in the region of the ear (Fig. 5.2).

Postural function

The LL functions posturally to balance front and back, and bilaterally to balance left and right. The LL also mediates forces among the other superficial lines – the Superficial Front Line, the Superficial Back Line, Arm Lines, and the Spiral Line.

Movement function

The LL participates in creating a lateral bend in the body – lateral flexion of the trunk, abduction at the hip, and eversion at the foot – but also functions as an adjustable 'brake' for lateral and rotational movements of the trunk.

The Lateral Line in detail

The LL manages to connect both the medial and the lateral side of the foot to the lateral side of the body. We begin about halfway down the foot on its medial side, at the joint between the 1st metatarsal and 1st cuneiform, with the insertion of the tendon of peroneus longus (Fig. 5.3). Following it, we traverse laterally under the foot, via a channel in the cuboid bone, turning up toward the lateral aspect of the ankle.

The LL picks up another connection, the peroneus brevis, about halfway down the lateral side of the foot. From its insertion at the base of the 5th metatarsal, the peroneus brevis tendon passes up and back to the posterior side of the fibular malleolus, where the two peroneal muscles comprise the sole muscular components of the lateral compartment of the lower leg (Fig. 5.4). Thus both sides of the metatarsal complex are strongly tied to the fibula, providing support for the lateral longitudinal arch along the way (Fig. 5.5).

