

Appendix 1: Humerothoracic and Scapulothoracic joint kinematics in degrees during the tennis serve before (blue) and after (red) selective fatigue of the lower trapezius for a representative player.

Note: BR stands for ball release, LC: beginning of the late cocking phase, MER: humeral maximum external rotation, t<sub>0</sub>: impact, LFT: beginning of the late follow-through phase.



