Fig E-1
Coronal section of a Spalteholz-cleared shoulder, demonstrating the centripetal nature of the capsular vessels as branches (arrows) of the anterior circumflex penetrate the capsule and travel to deeper layers.
A branch (arrow) of the anterior circumflex humeral artery providing direct supply to the anterior part of the lateral aspect of the capsule. The centripetal nature of the vessels can also be noted as the branches disappear into the deeper layers of the capsule.

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Gross dissection demonstrating direct branches to the medial part of the inferior aspect of the capsule from the circumflex scapular artery (CS) and to the lateral part of the inferior aspect of the capsule from the posterior circumflex artery (PC). Note the contributing vessels that enter from the periphery before arborizing toward the middle.
Fig. E-4
Axial section of a Spalteholz-cleared shoulder, demonstrating lateral perforating vessels (arrowhead) from the subscapularis tendon and more medial perforating vessels (arrow) from the subscapularis muscle, both supplying the anterior aspect of the capsule.

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Fig. E-5
Gross specimen of a shoulder, sectioned in the coronal plane with the humeral head removed and the capsular insertions maintained, showing the inside of the anterior aspect of the capsule. Note the proximity of the hypovascular zone (arrow) to the rolled intra-articular subscapularis tendon (S) and the humeral insertion (arrowheads).
Fig. E-6
Coronal view of the anterior aspect of the capsule of a Spalteholz-cleared shoulder, demonstrating the full thickness of the hypovascular zone (arrow).