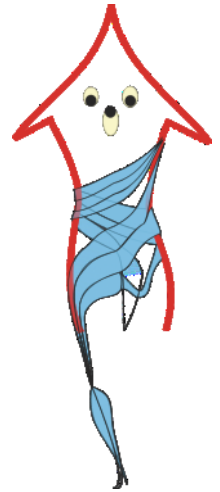


II. C-3-CK

METODA SM SYSTÉM SPIRÁLNÍ STABILIZACE PÁTEŘE



3.

CVIČENÍ PRO ZAČÁTEČNÍKY

MUDr. Richard Smíšek

MUDr. Kateřina Smíšková

MUDr. Zuzana Smíšková

Vydavatel © Richard Smíšek 2011

ISBN 978-80-904 292-7-7

www.smsystem.eu



ZÁKLADNÍ CVIKY

CVIČENÍ PRO ZAČÁTEČNÍKY PACIENTY A HANDICAPOVANÉ

SM systém

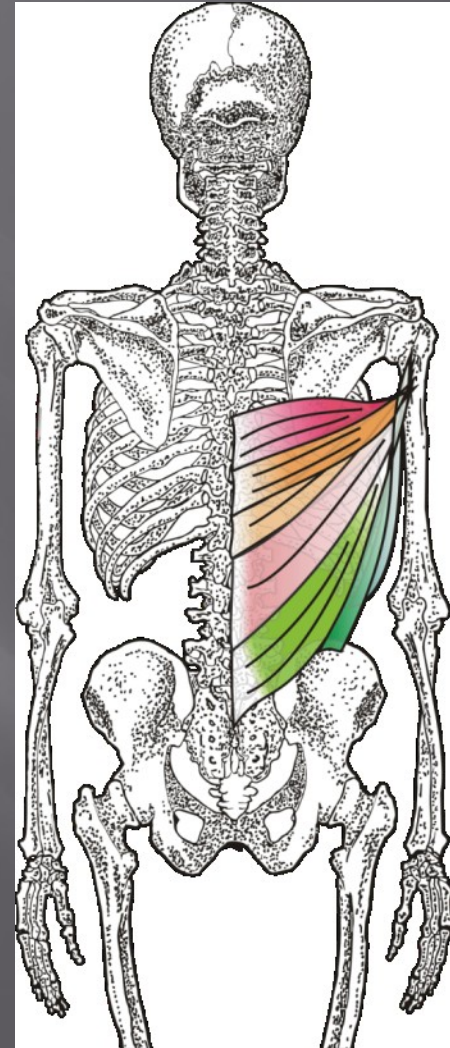
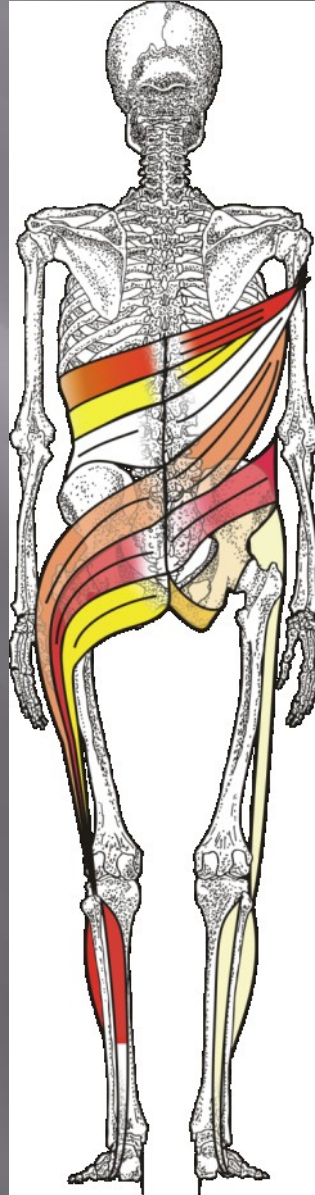
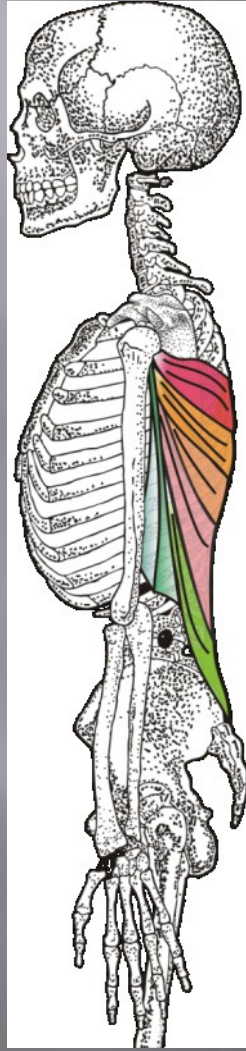


4 cviky pro začátek

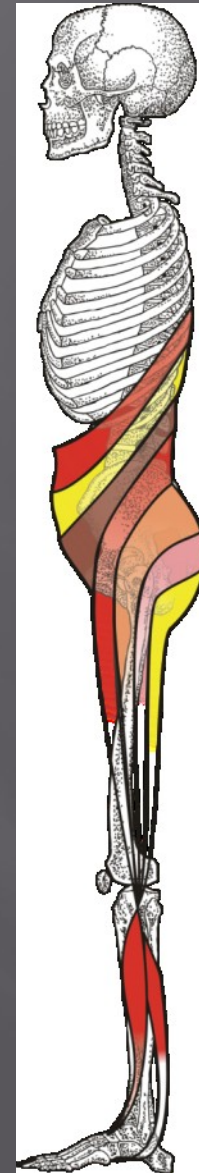
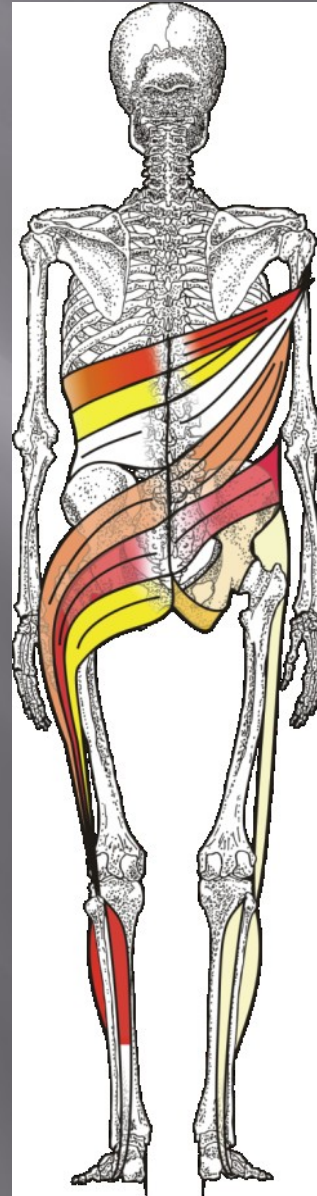
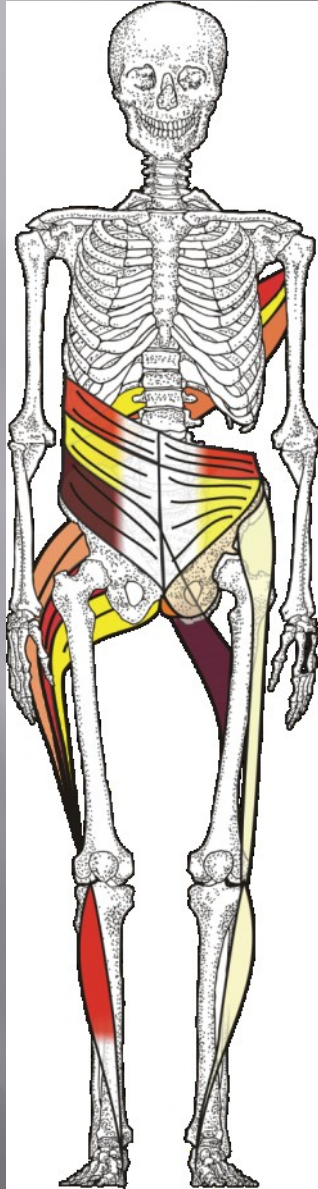
- ▣ Cílová skupina - začátečníci
- ▣ Postoj - nohy vedle sebe
- ▣ Nácvik aktivace (stabilizace) a relaxace, protažení
- ▣ Aktivace, stabilizace - spirála LD (latissimus dorsi - široký sval zádový)
- ▣ Relaxace a protažení – přední skupina pletence ramenního
- svaly paravertebrální



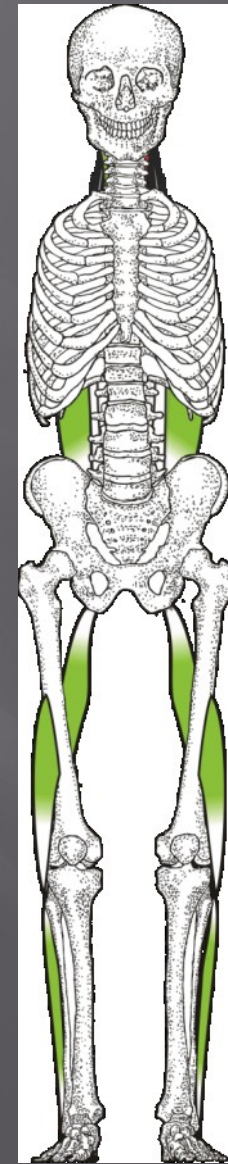
M. latissimus dorsi (široký sval zádový) vnitřní svalová dysbalance

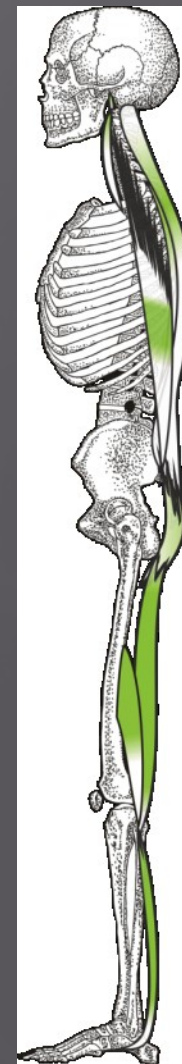


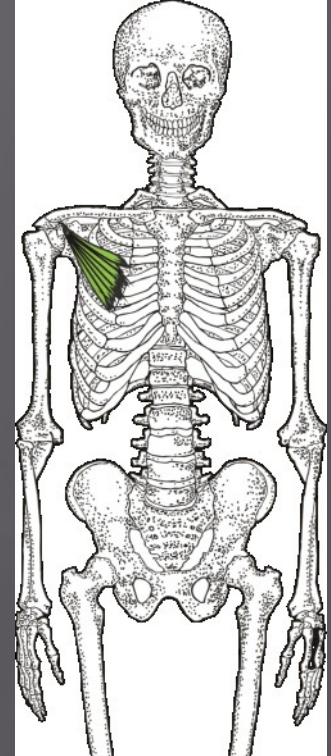
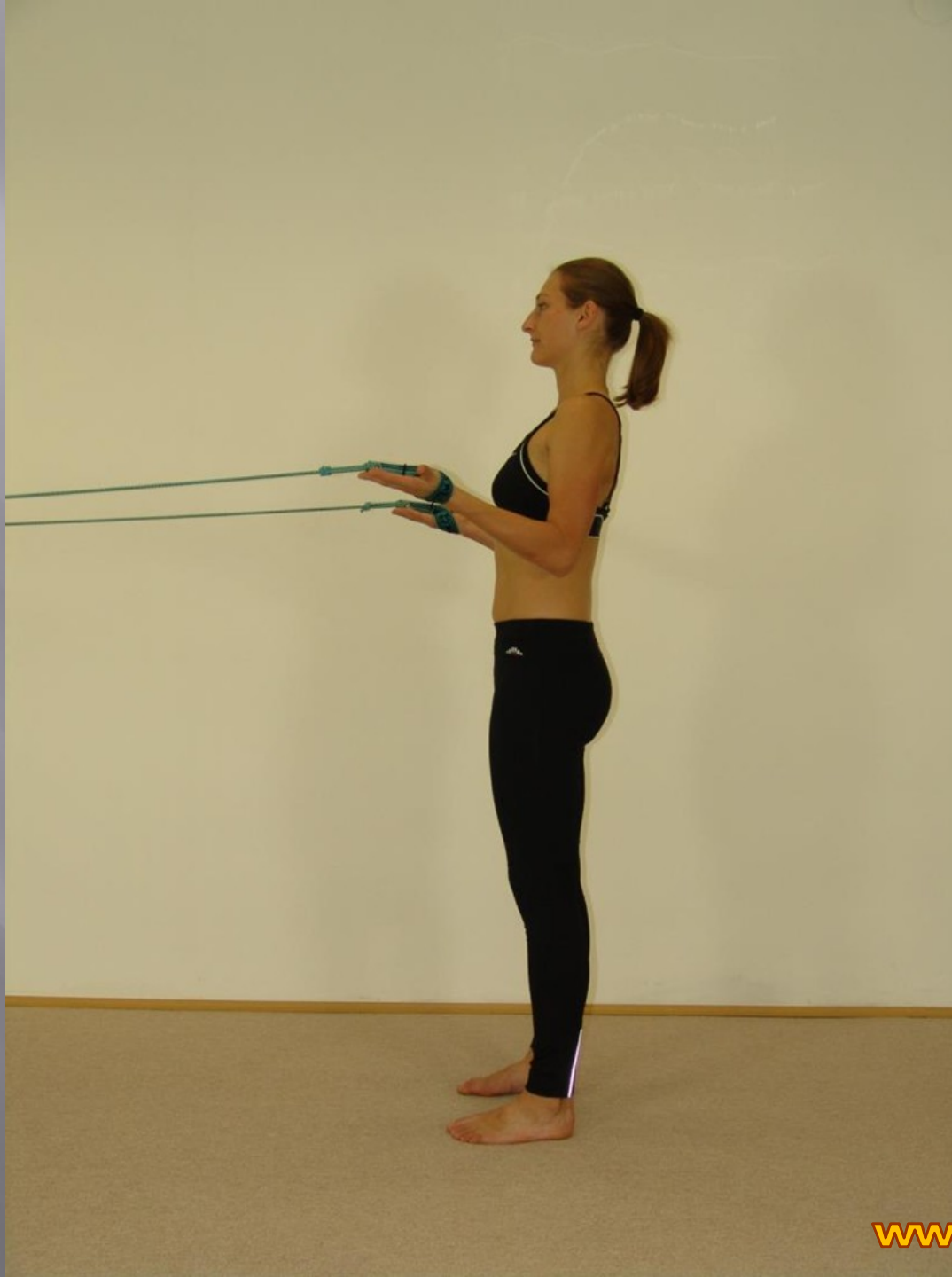
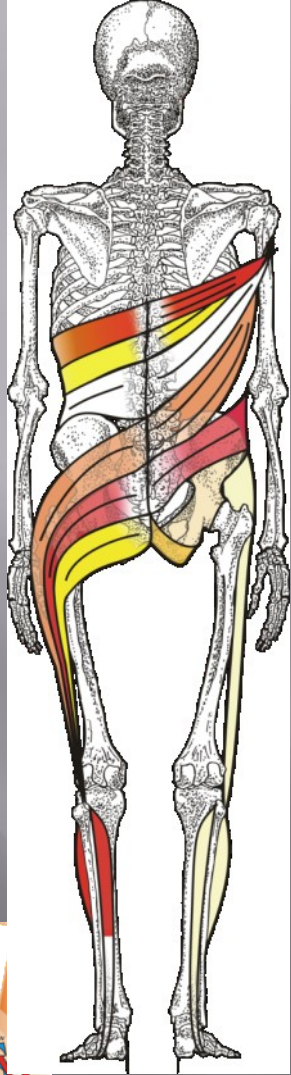
Spirála latissimus dorsi (široký sval zádový)

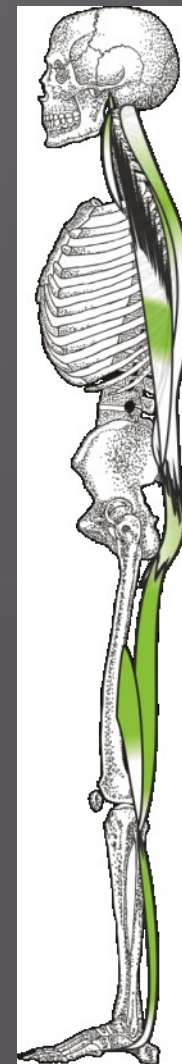


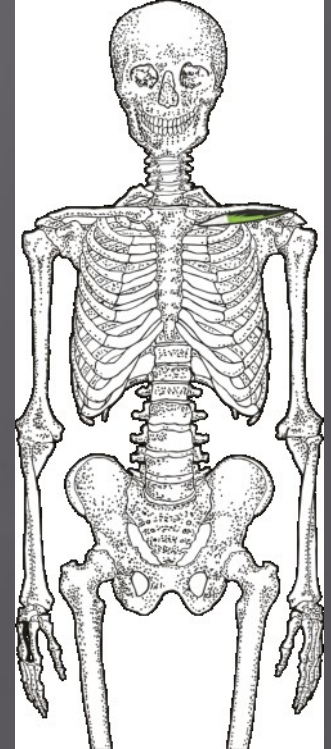
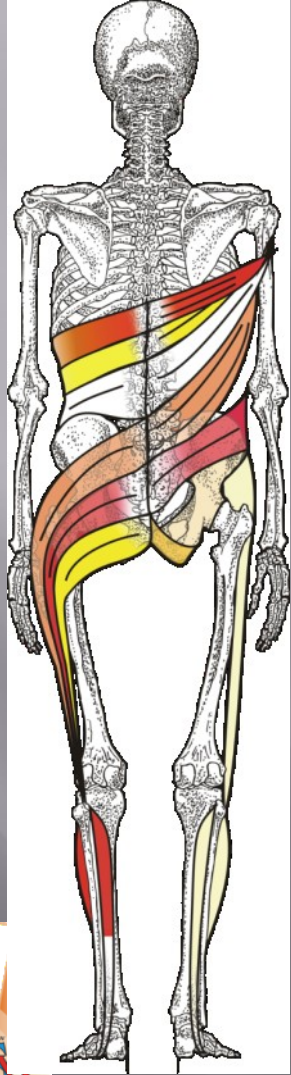
Vertikála errector spinae (vzpřimovač páteře)

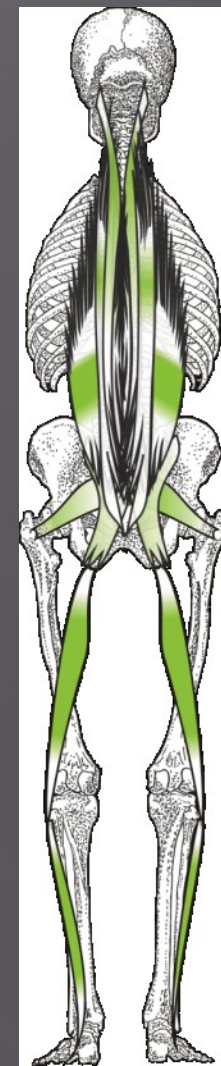
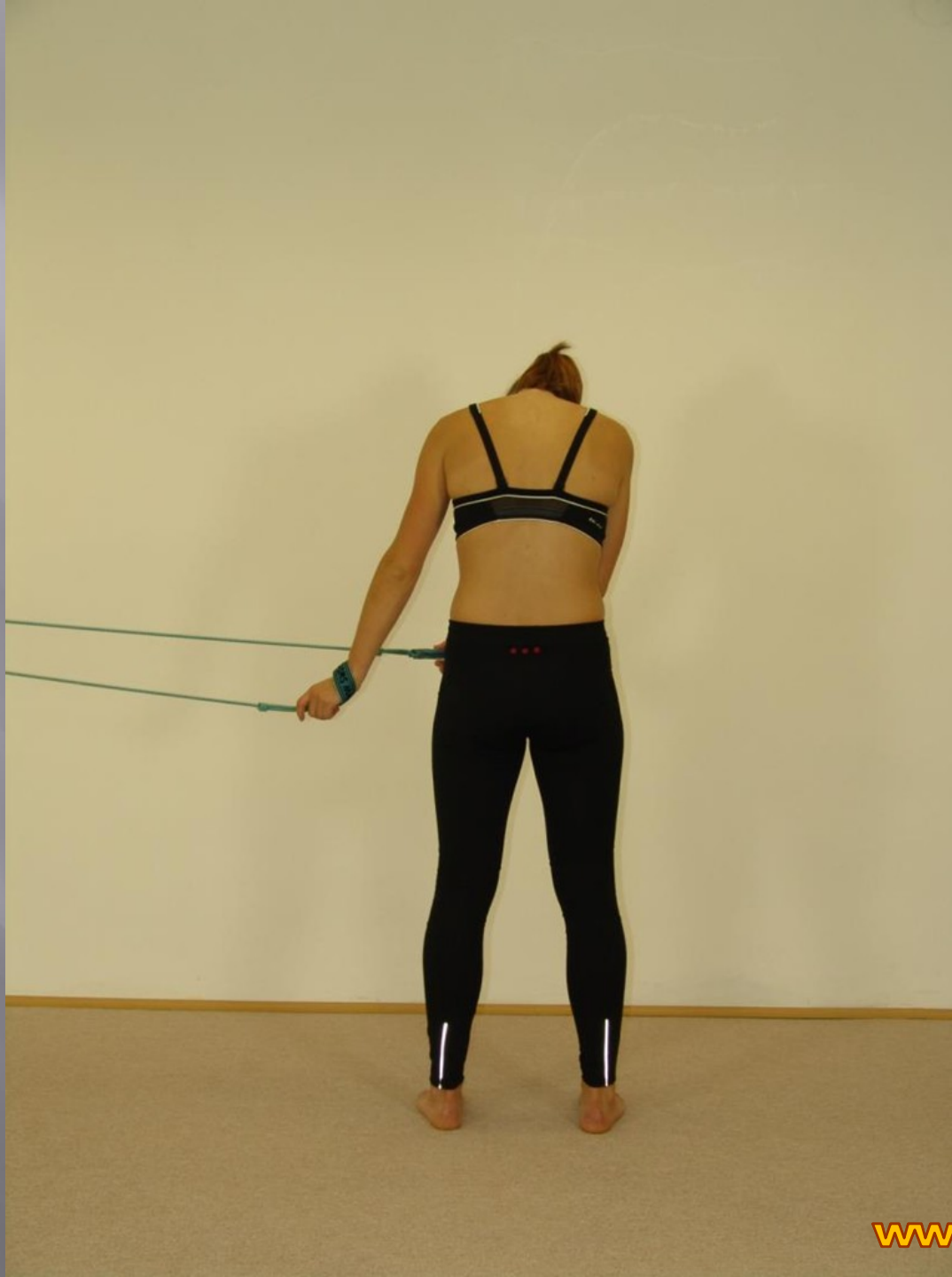


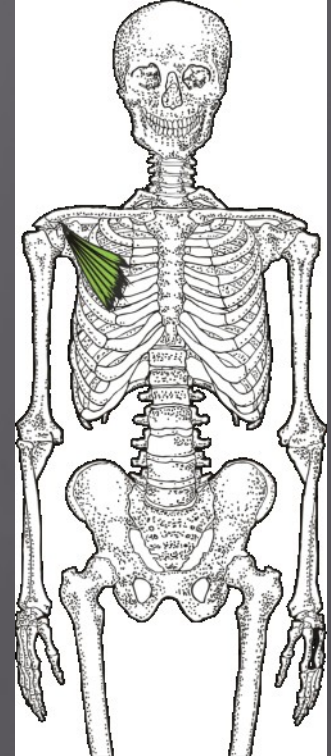
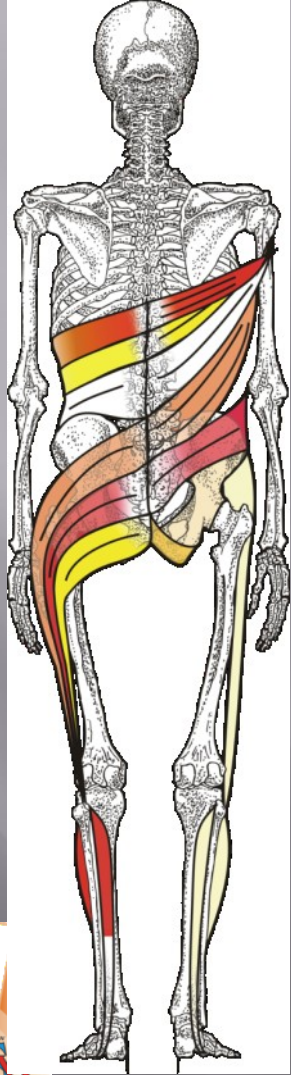


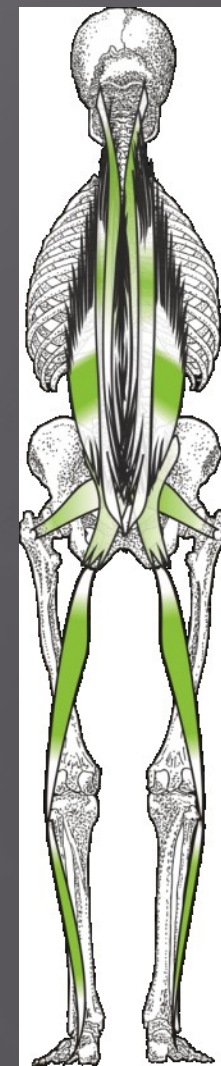
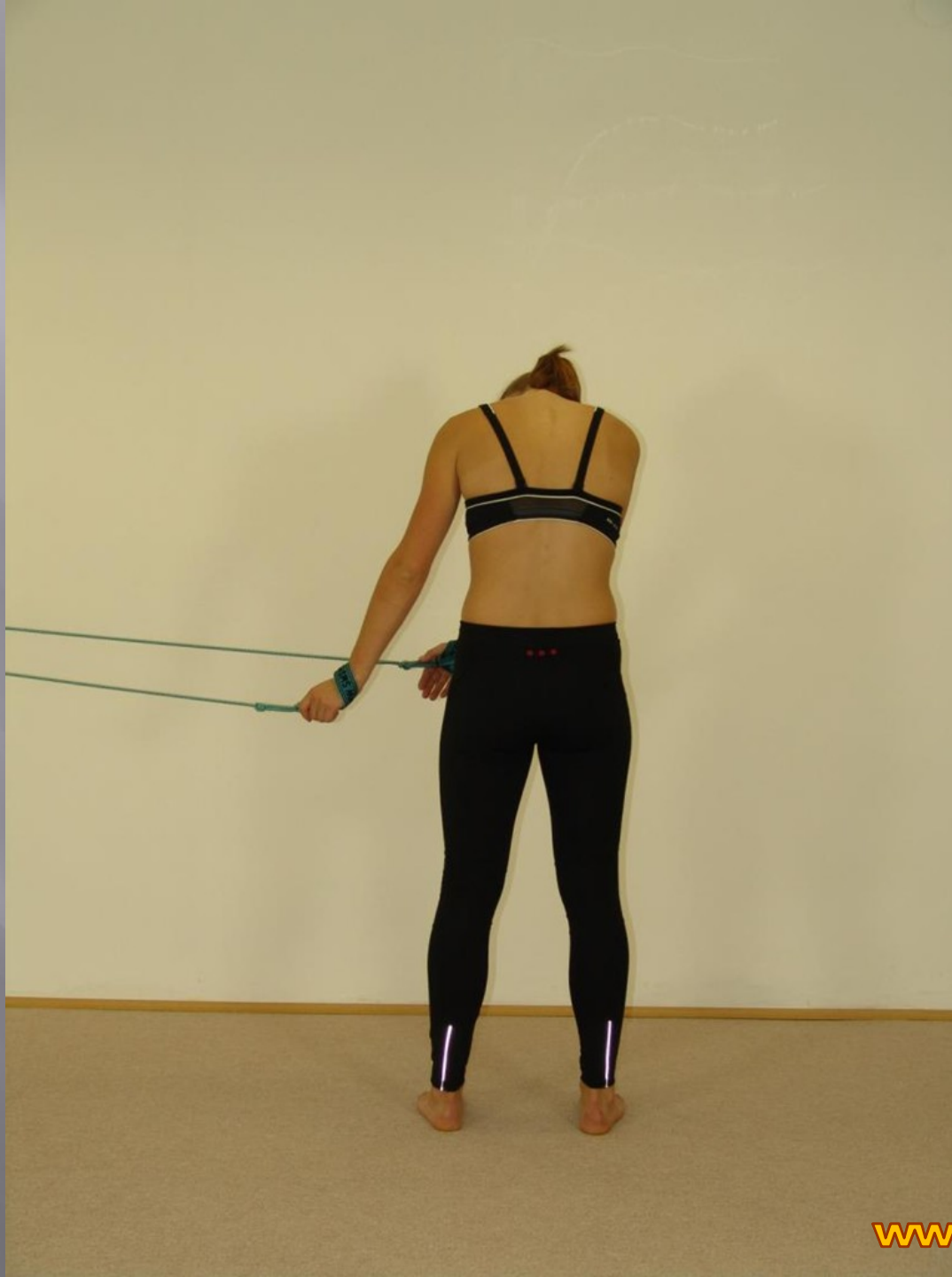


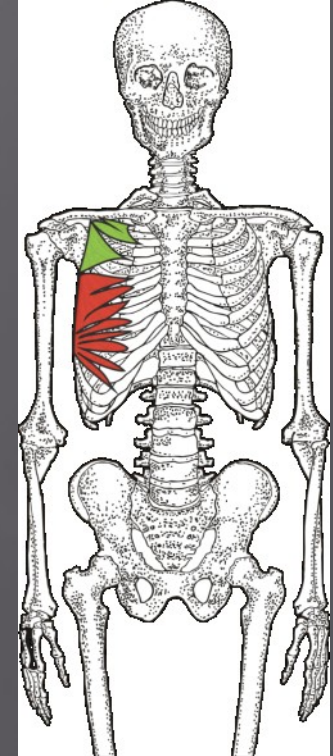
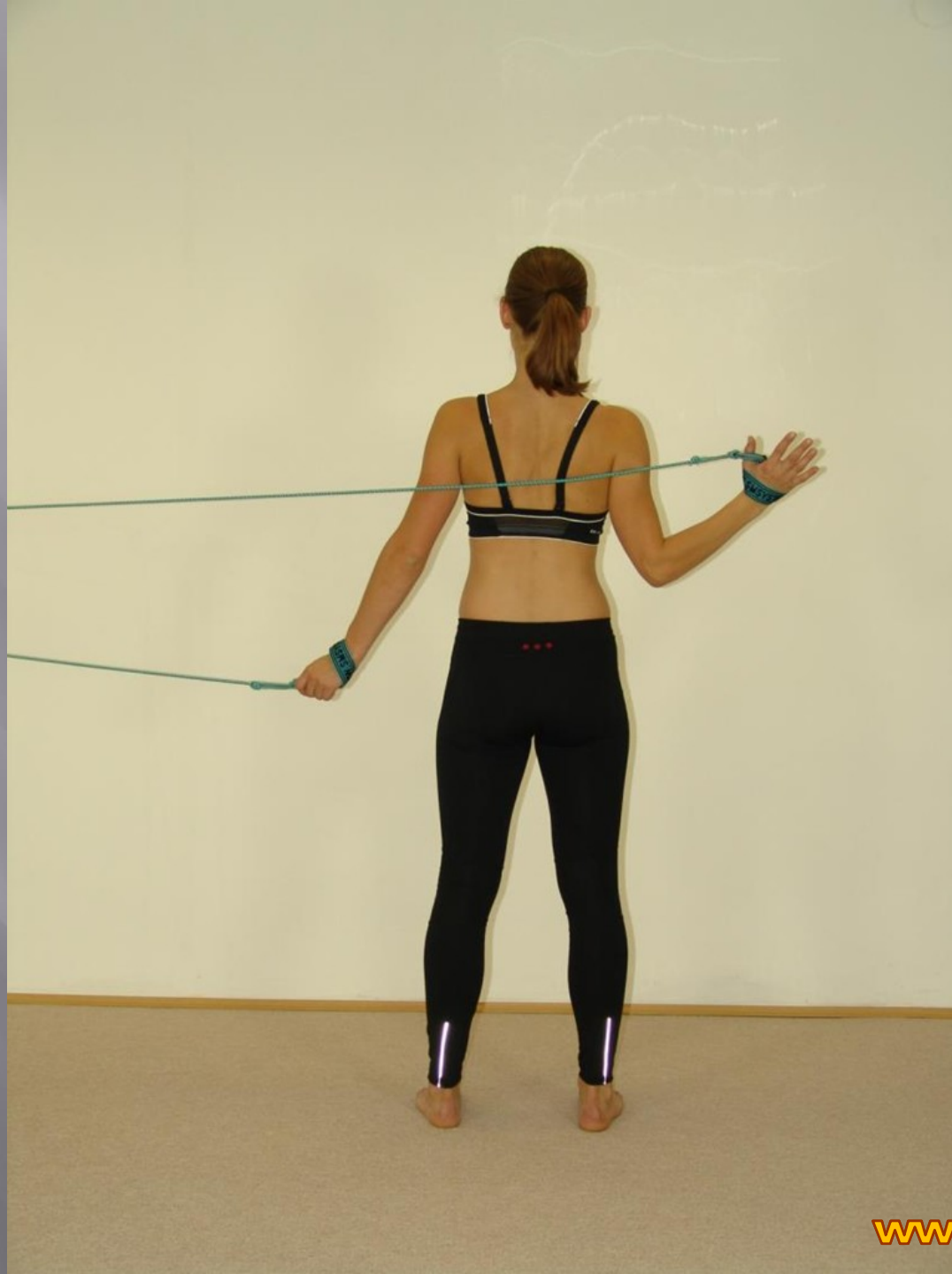
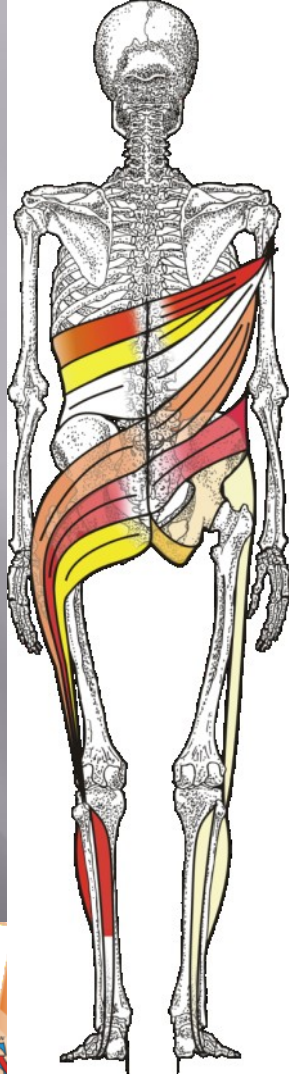




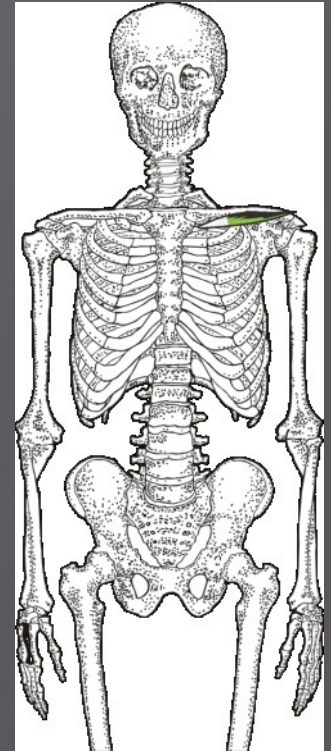
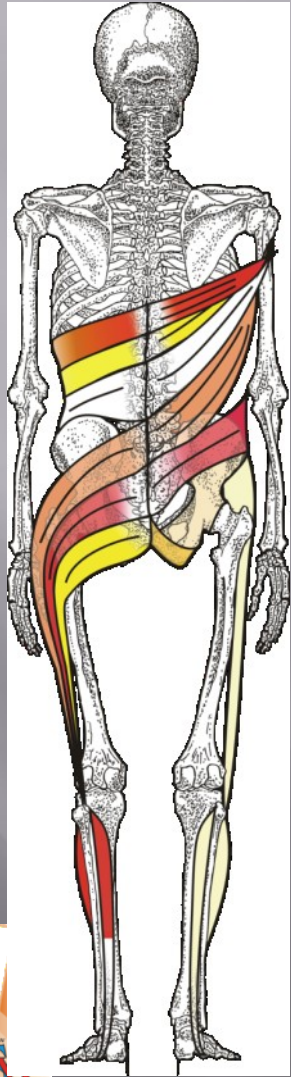


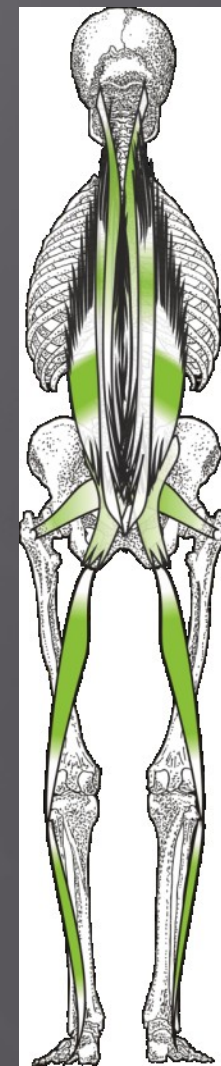


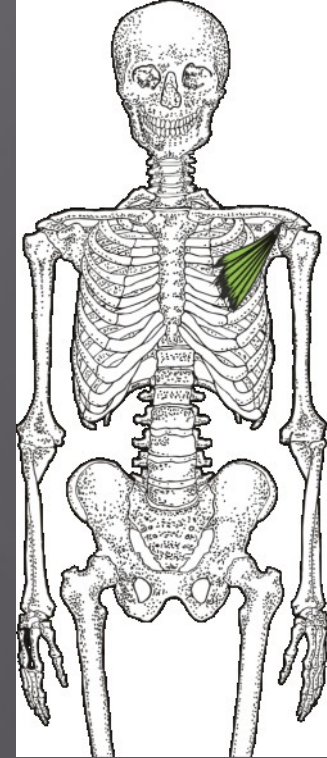
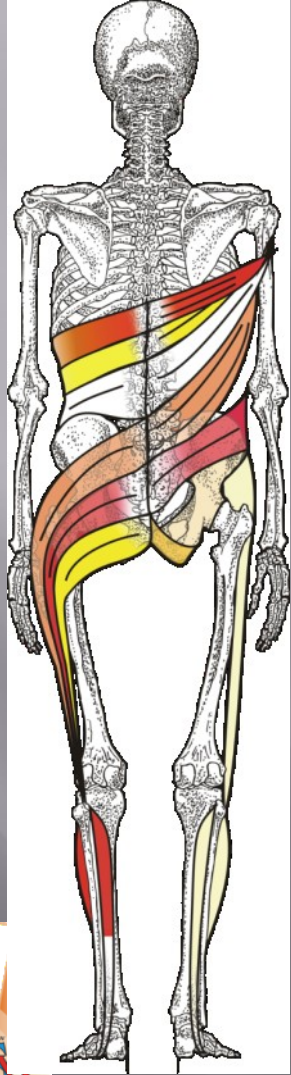


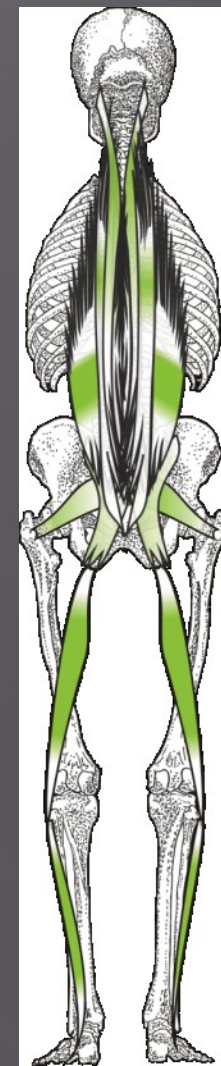


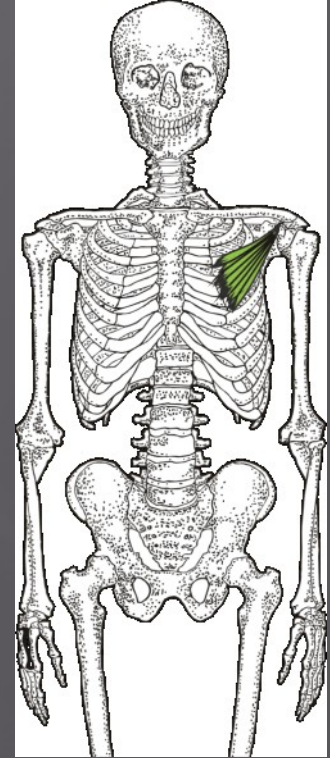
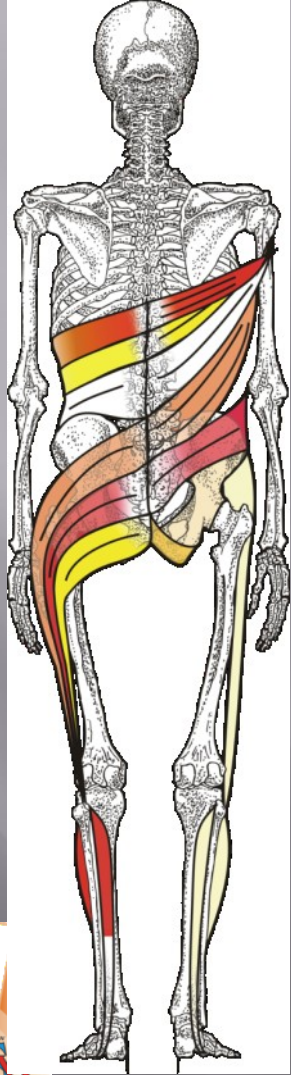










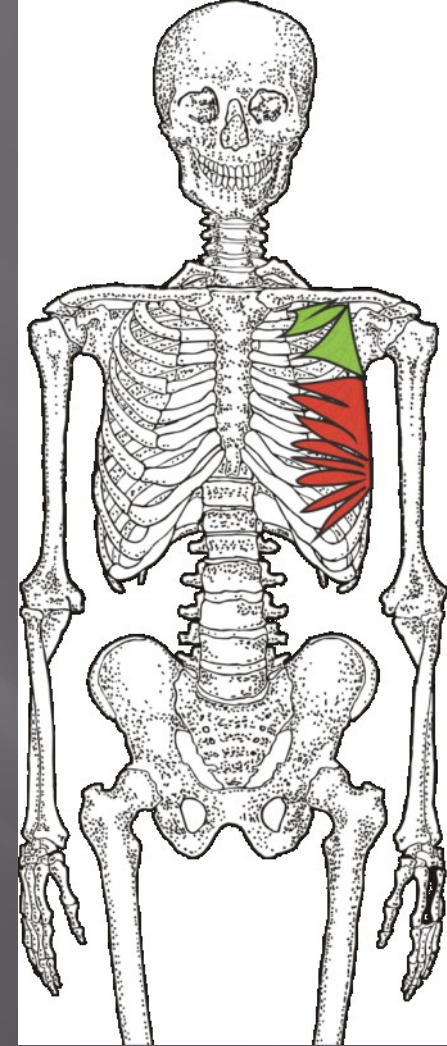
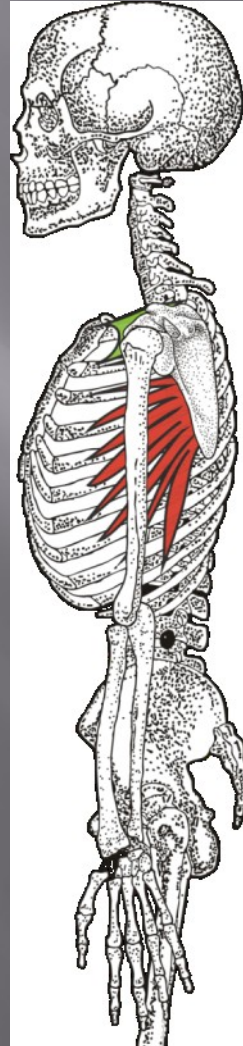
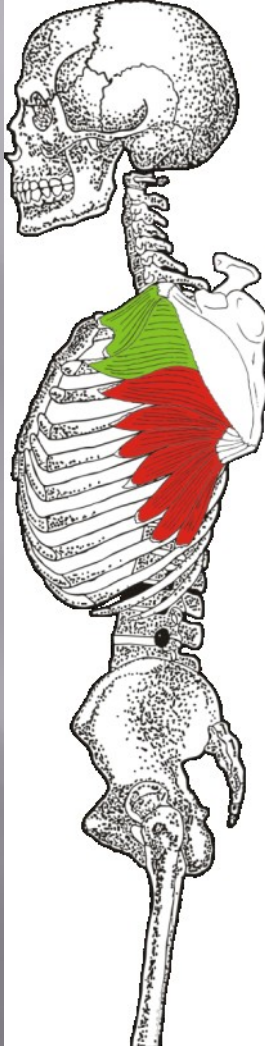


Další cviky na protažení svalů v přední části pletence ramenního

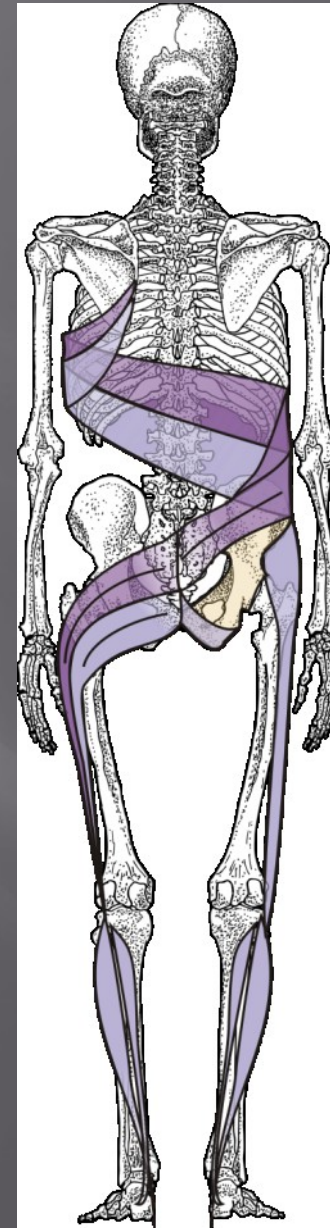
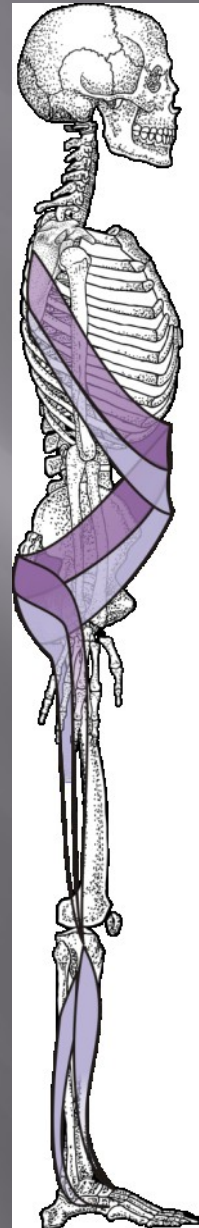
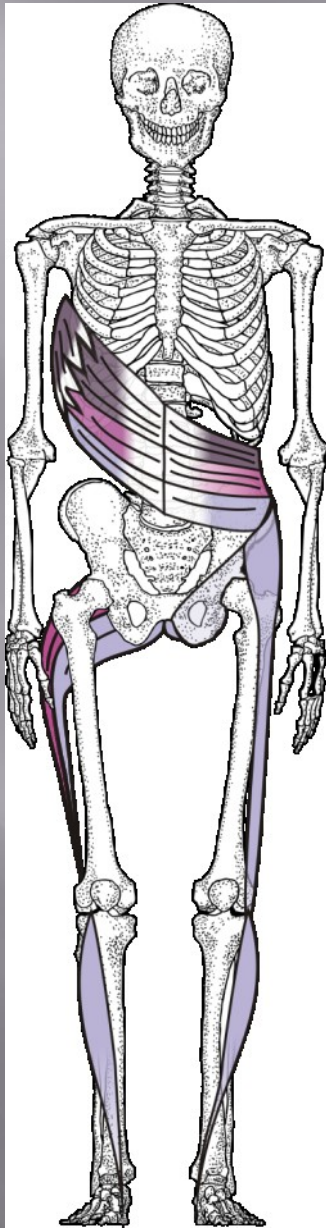
- ▣ Cílová skupina – lidé s protrakcí ramen
- ▣ Postoj - nohy vedle sebe
- ▣ Relaxace a protažení – přední skupina pletence ramenního



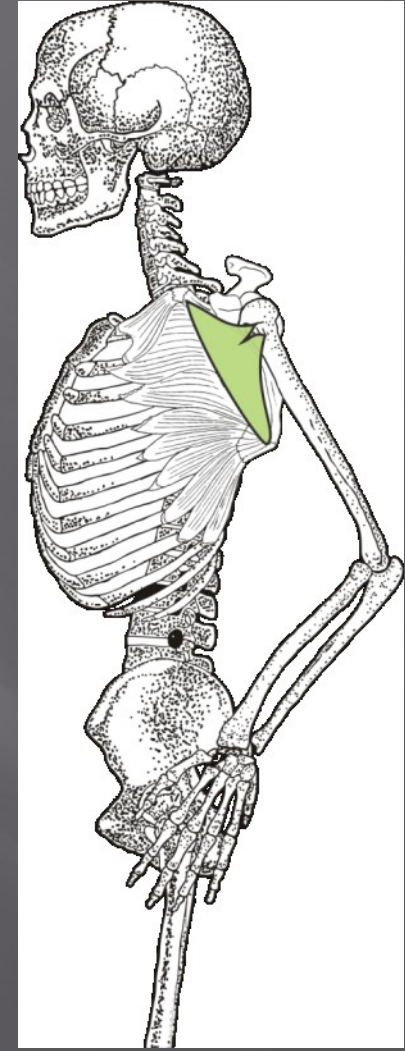
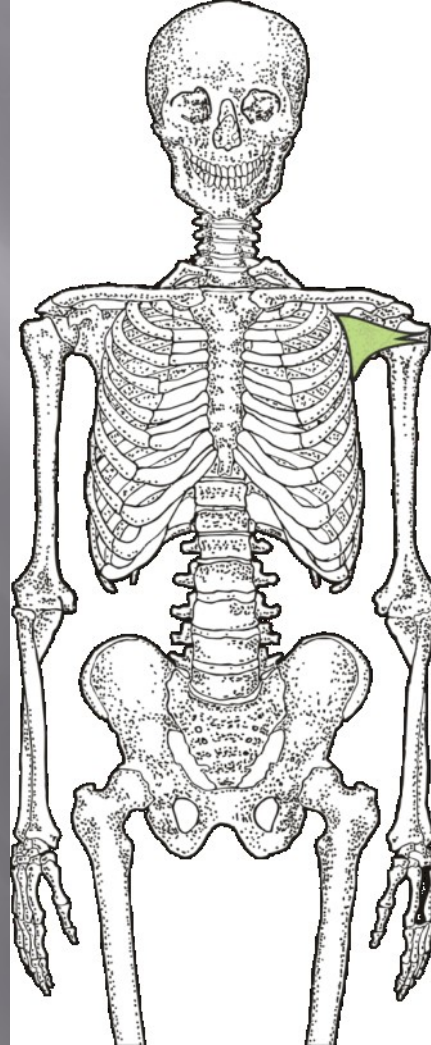
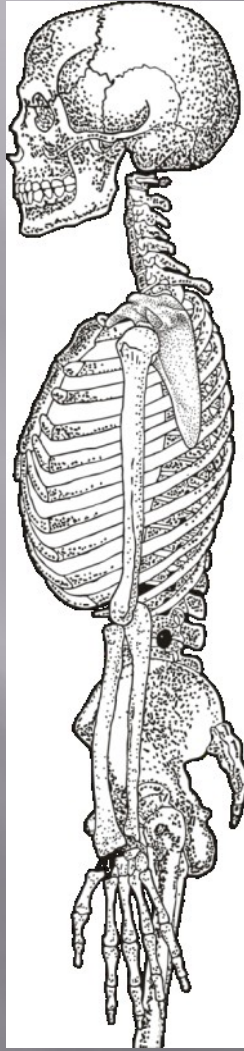
M. serratus anterior (přední sval pilovitý) vnitřní svalová dysbalance



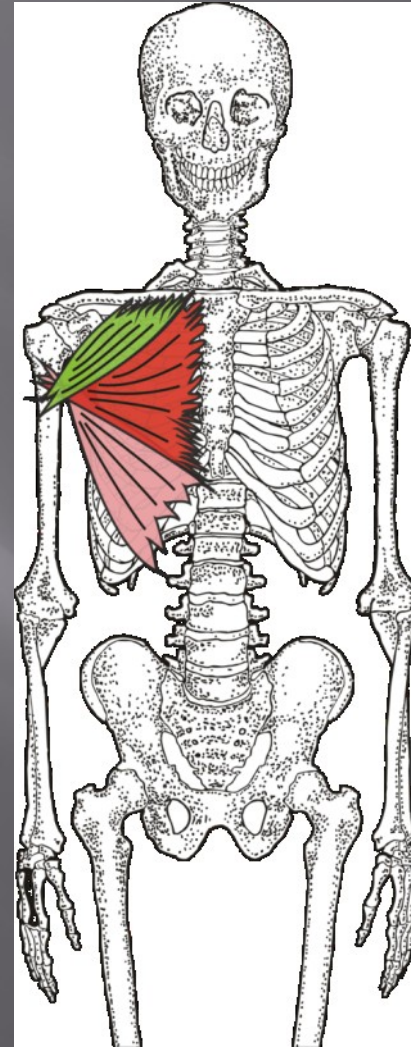
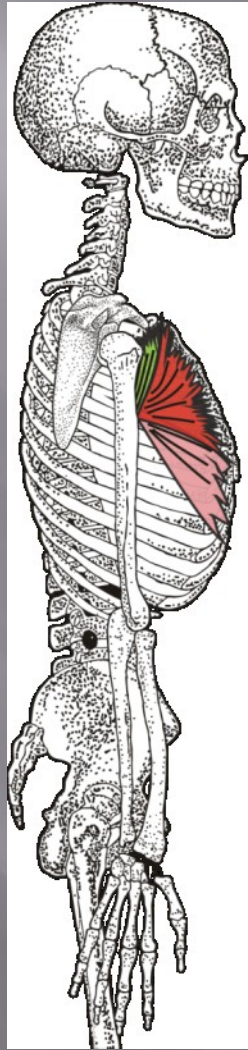
Spirála serratus anterior (přední sval pilovitý)



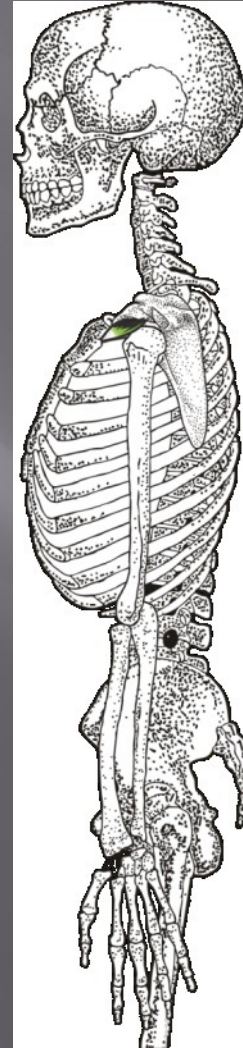
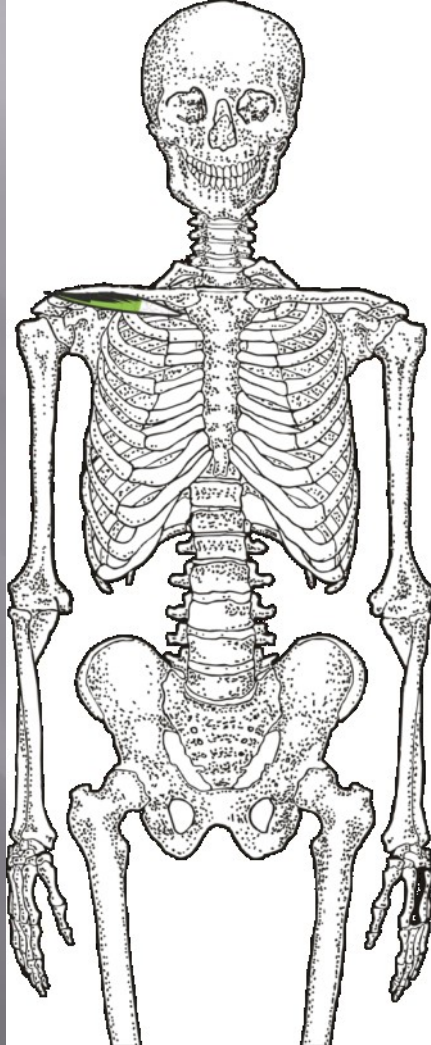
M. subscapularis (sval podlopatkový)



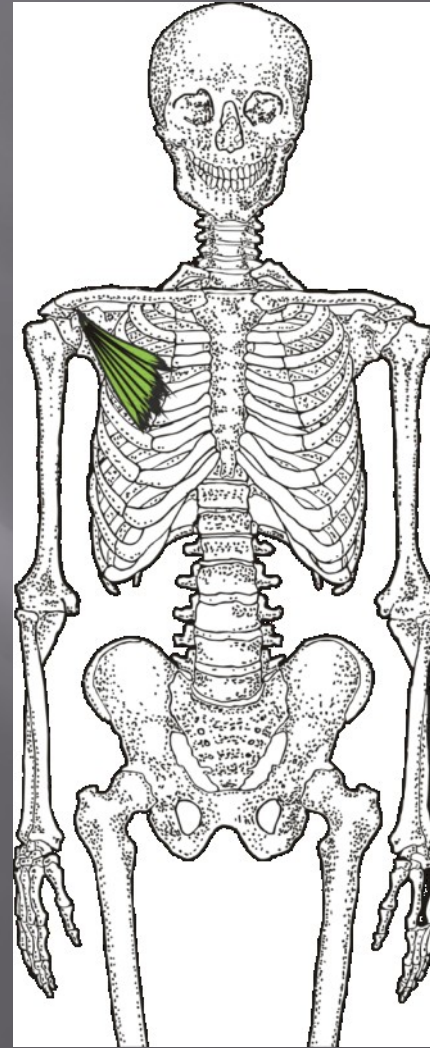
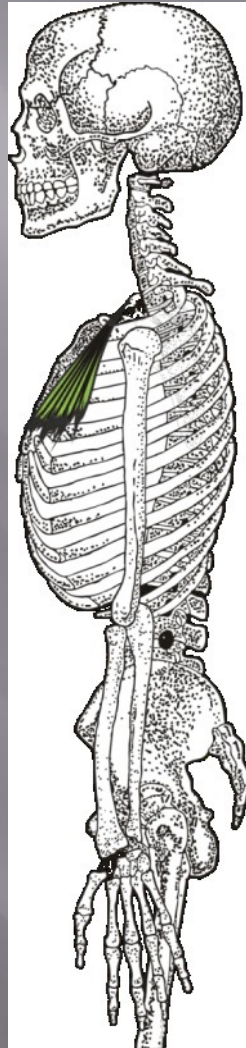
M. pectoralis major (velký sval prsní)

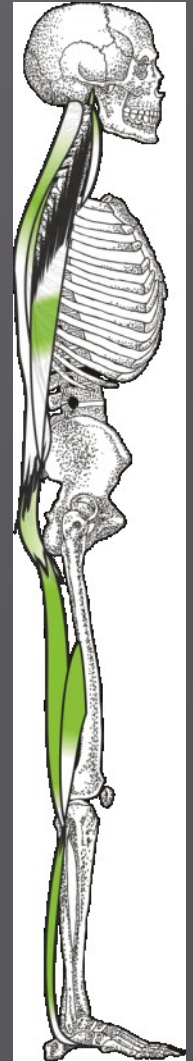


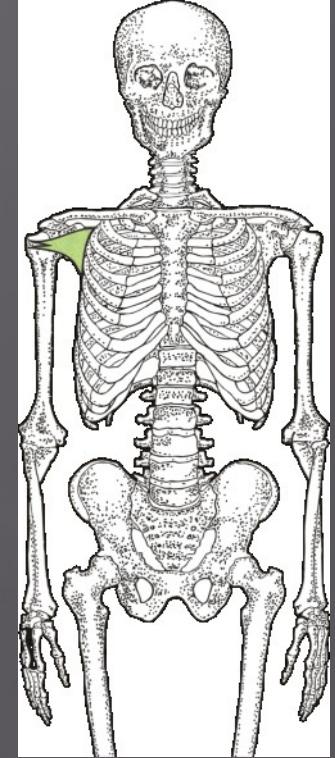
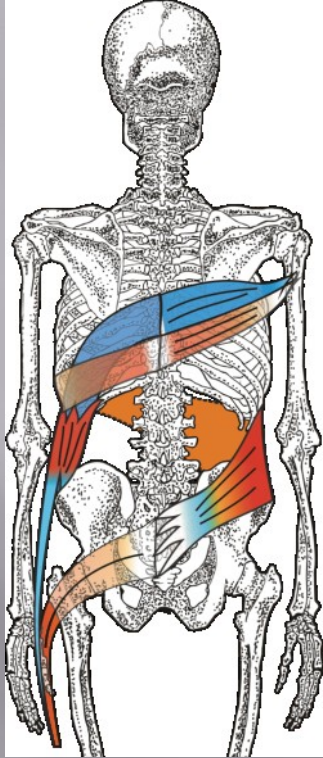
M. subclavius (sval podklíčkový)

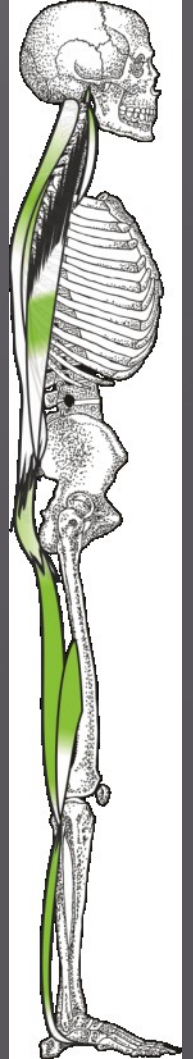
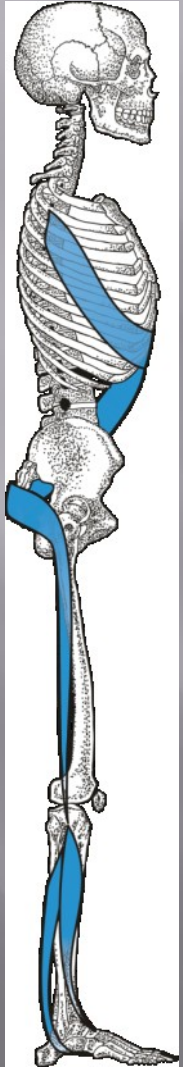


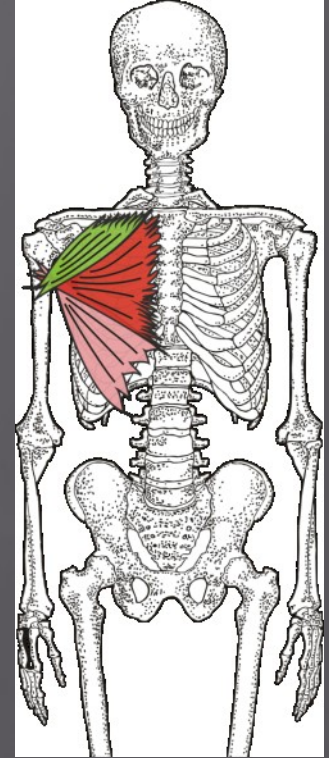
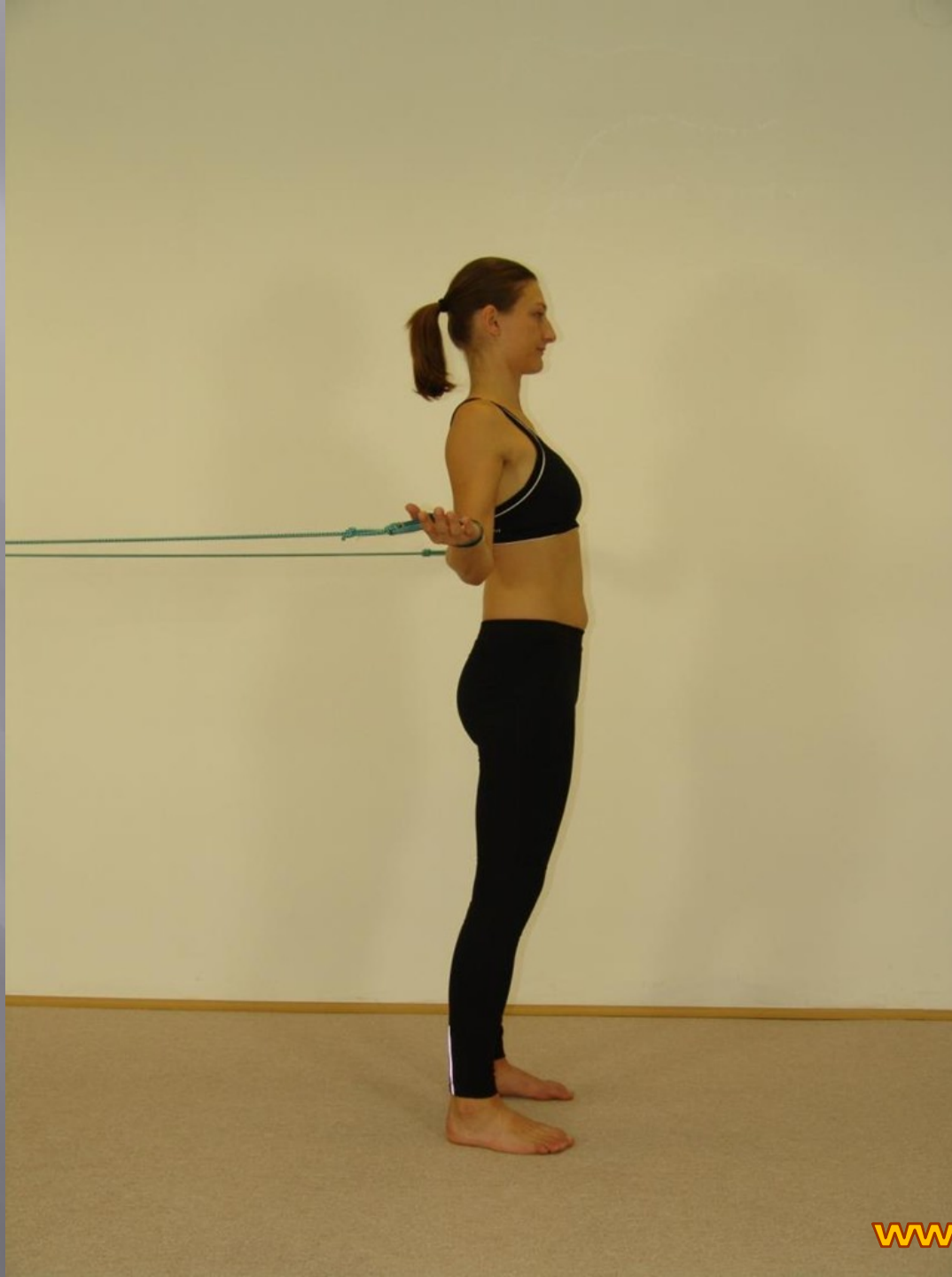
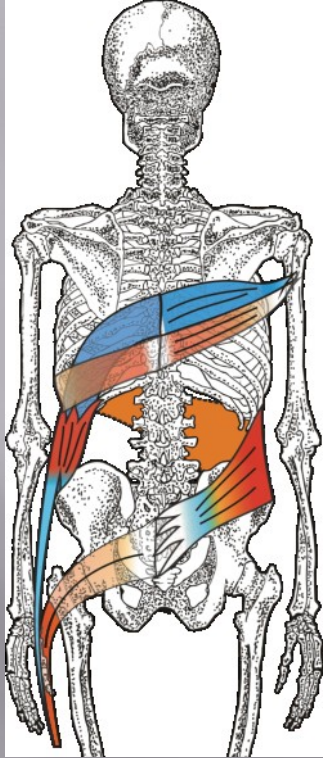
M. pectoralis minor (malý sval prsní)

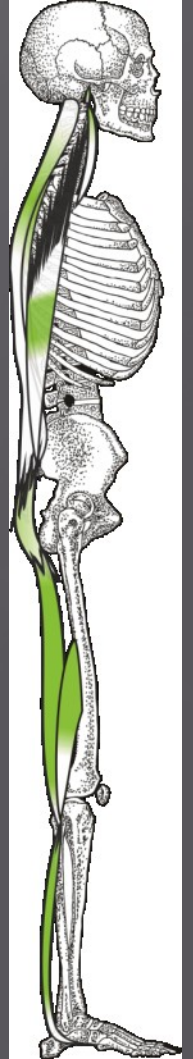
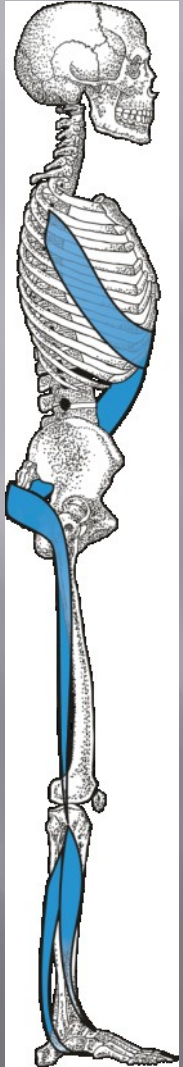


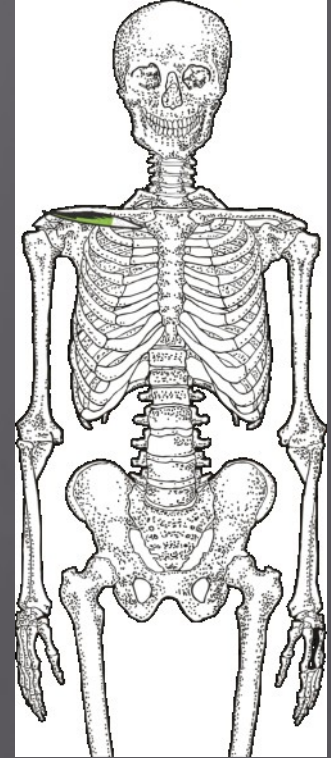
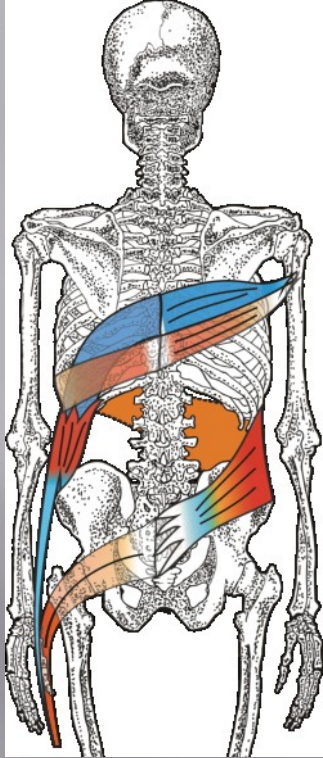


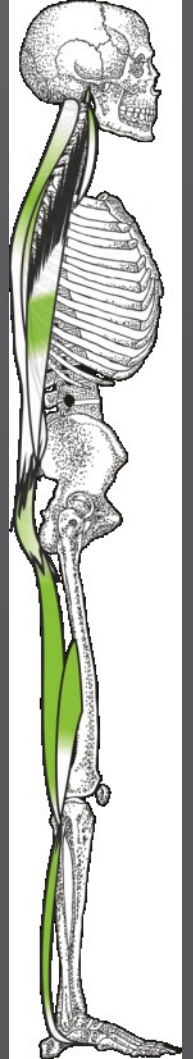
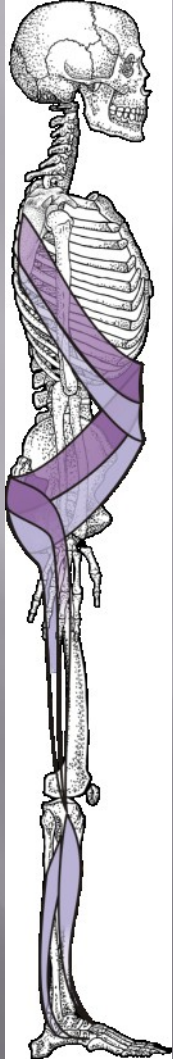


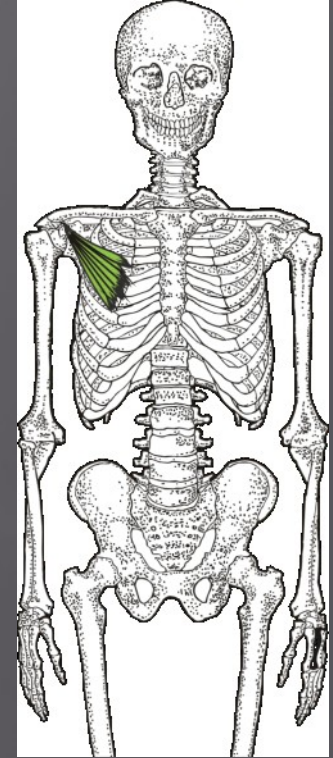
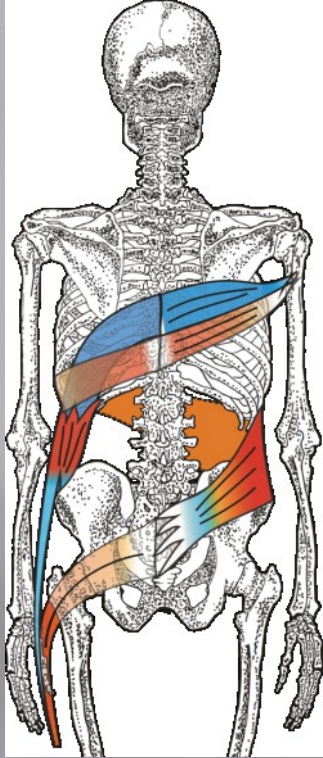










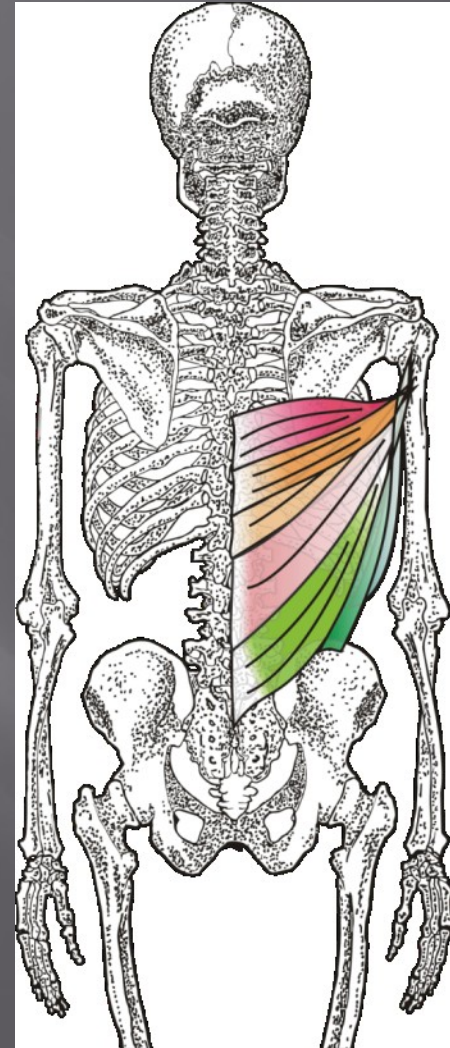
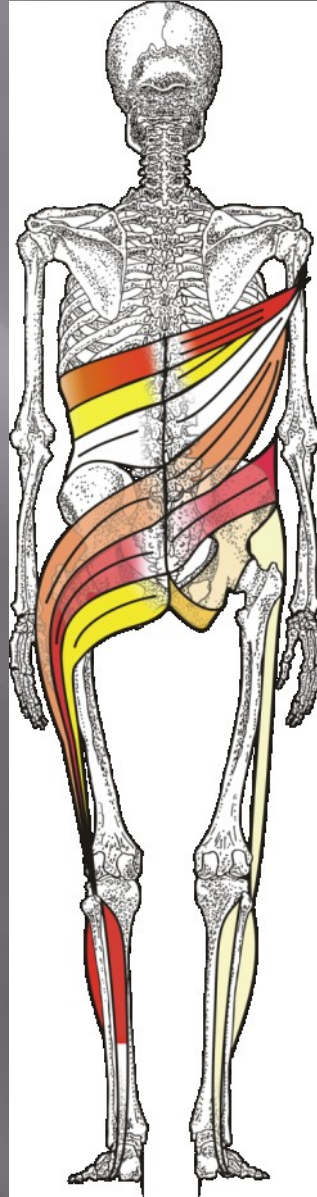
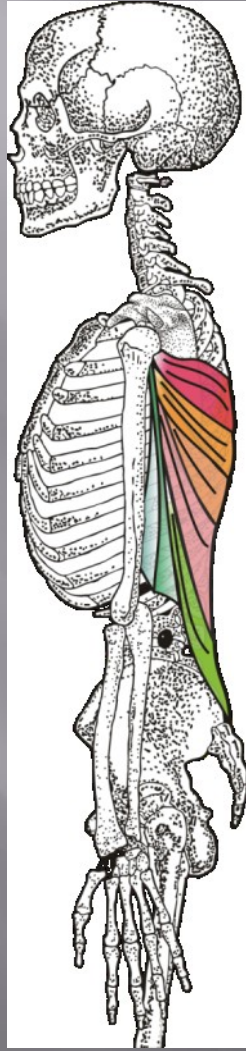


Cviky vsedě

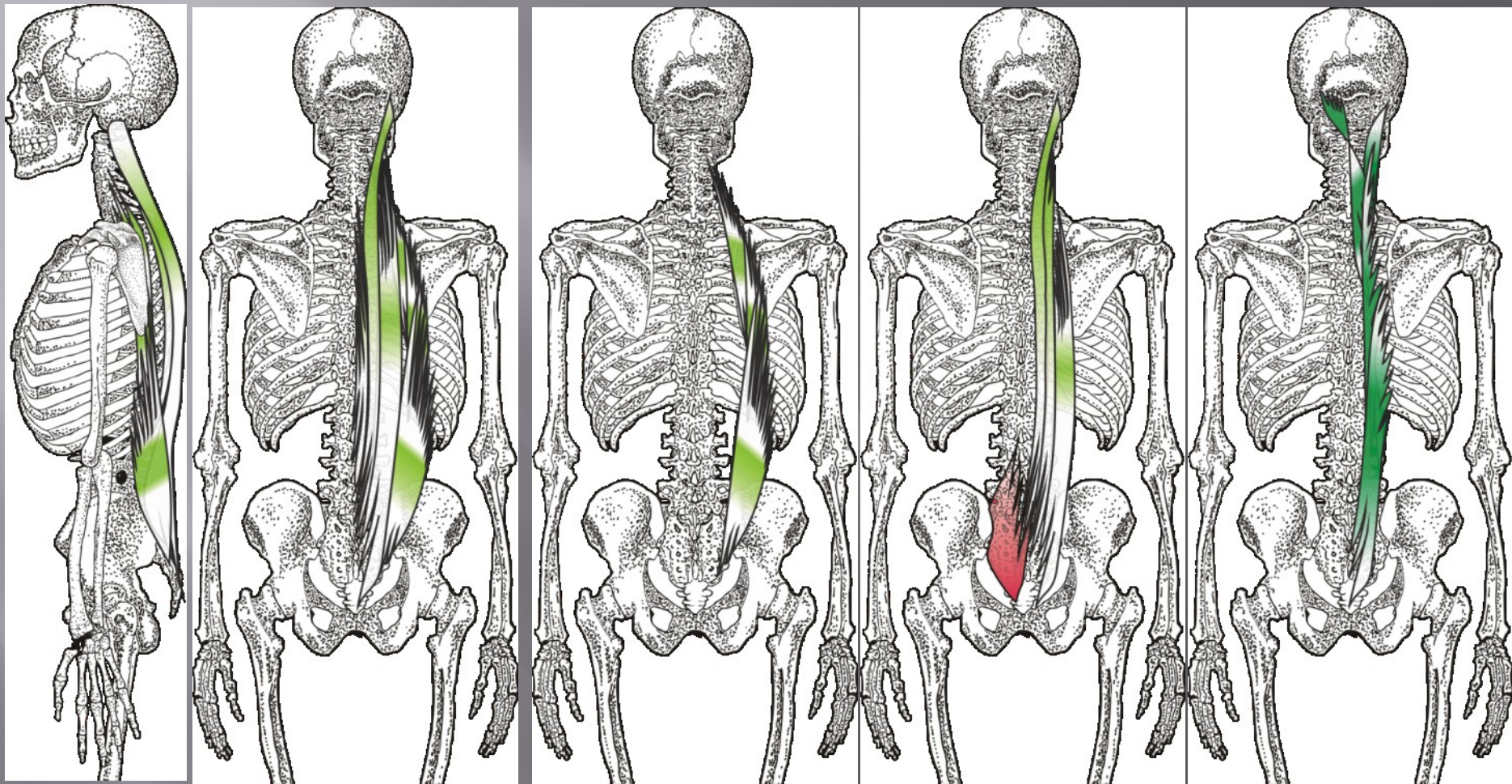
- ▣ Cílová skupina
- ▣ Pro začátečníky, seniory, pro ty co nemohou stát
- ▣ Pozice - sed
- ▣ Vhodné pro korekci lopatek
- ▣ Při zkrácení flexorů kyčle
- ▣ Nácvik aktivace (stabilizace) a relaxace, protažení
- ▣ **Aktivace, stabilizace - spirála LD (latissimus dorsi – široký sval zádový)**
- ▣ **Relaxace a protažení – přední skupina pletence ramenního - svaly paravertebrální**



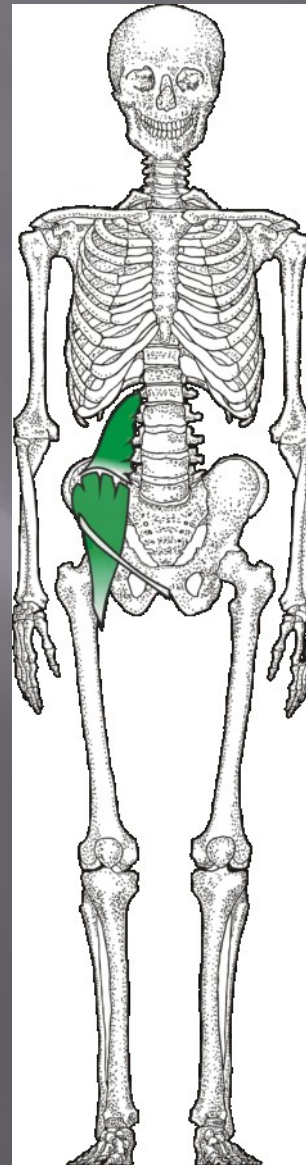
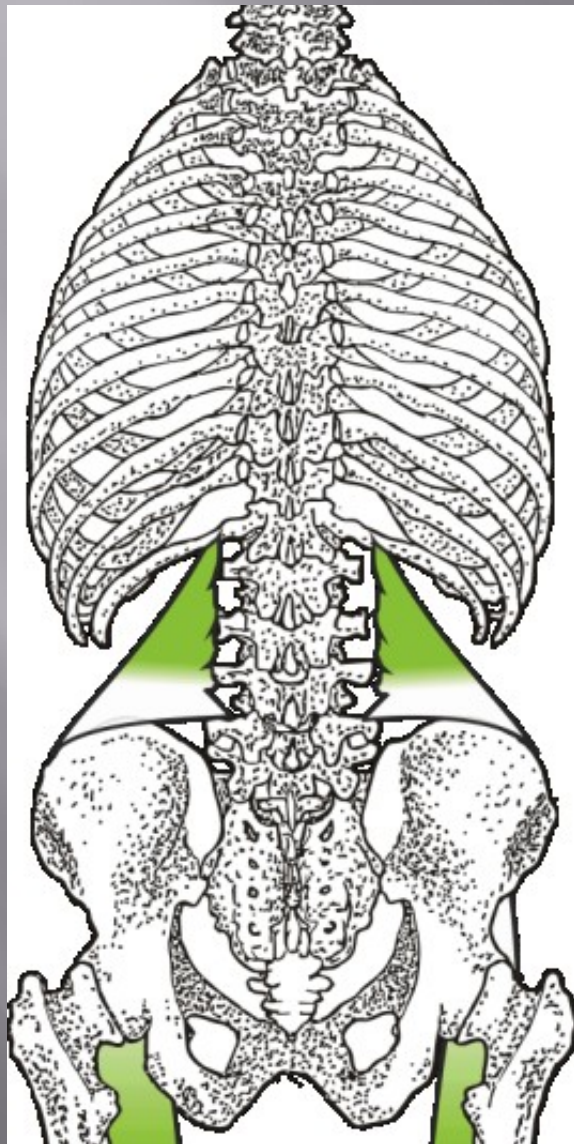
M. latissimus dorsi (široký sval zádový) vnitřní svalová dysbalance

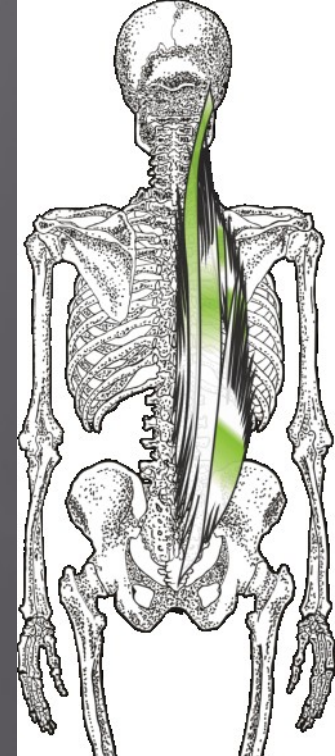


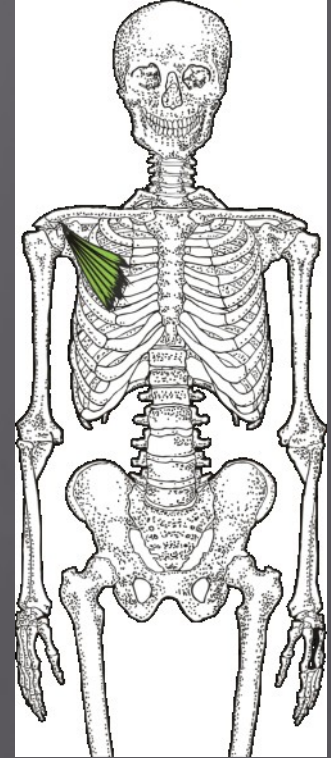
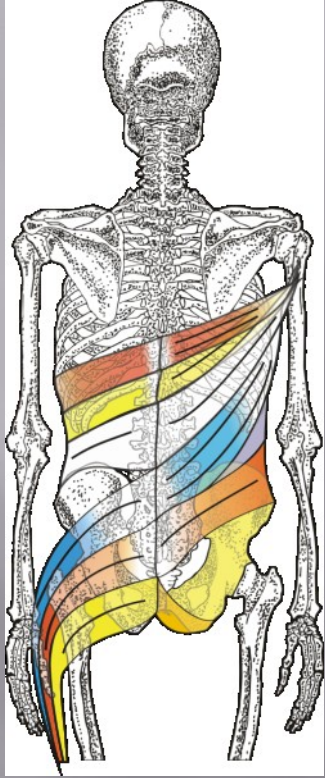
M. erector spinae (vzpřimovač páteře)



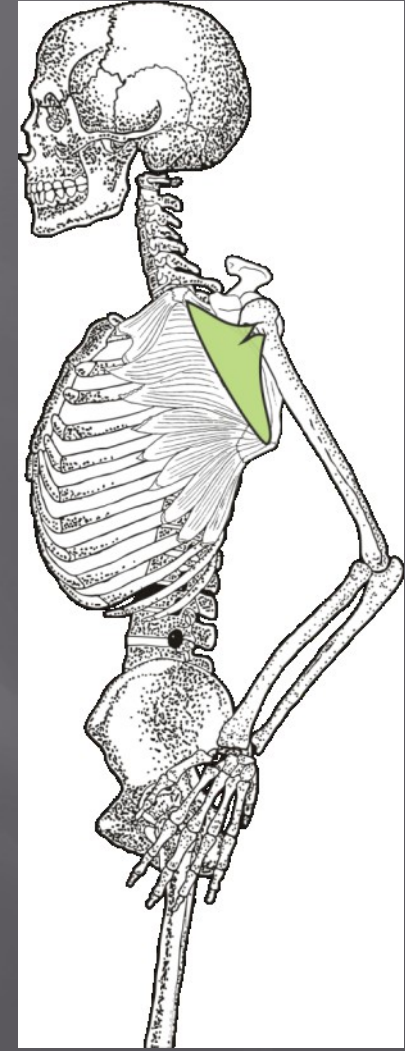
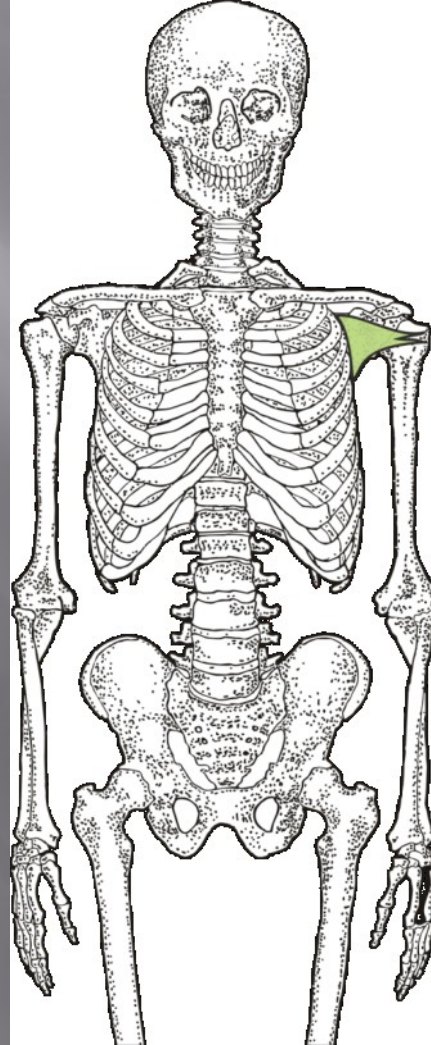
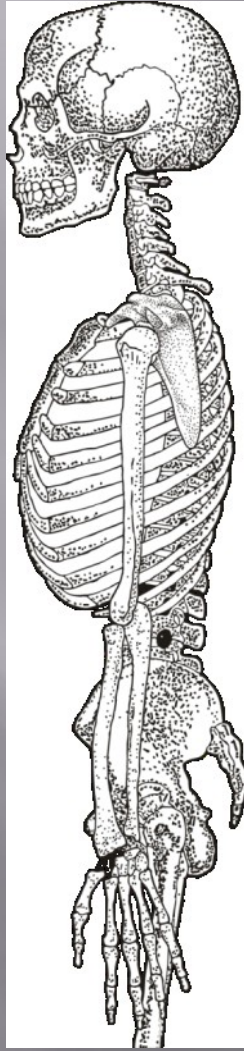
M. quadratus lumborum (čtyřhranný sval bederní)

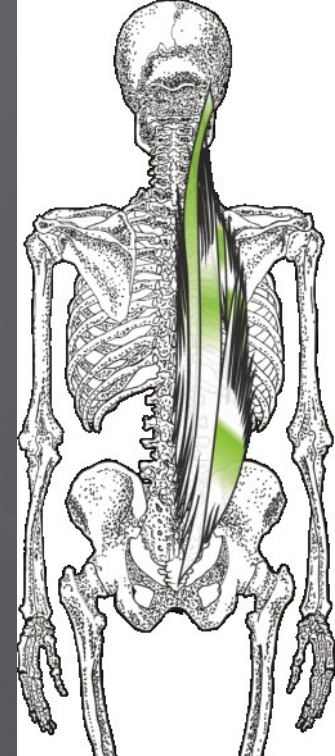


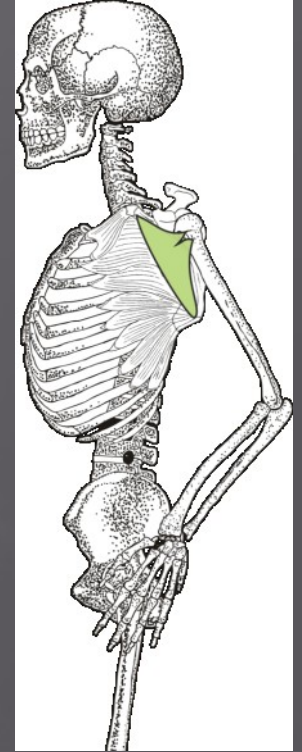
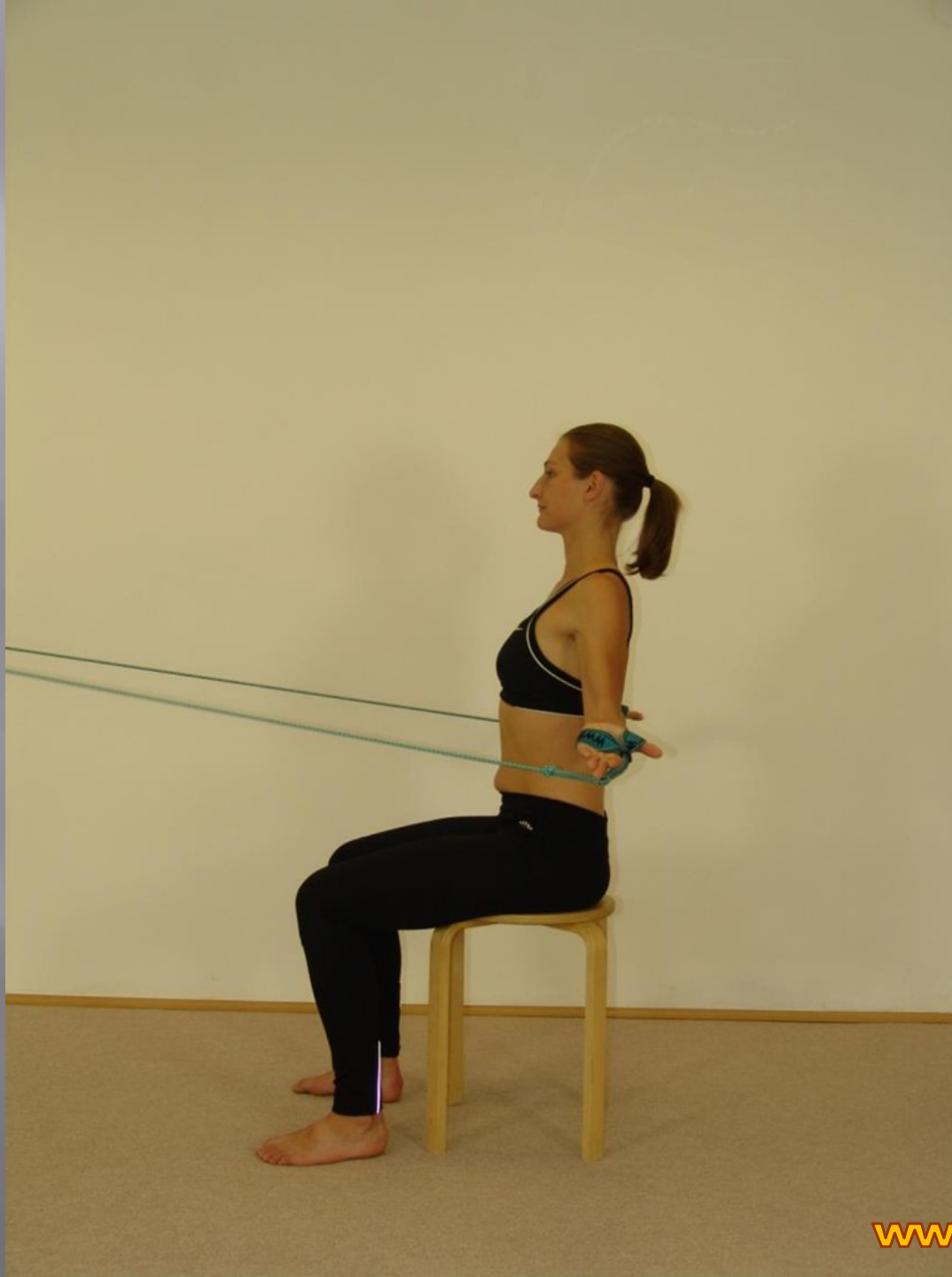
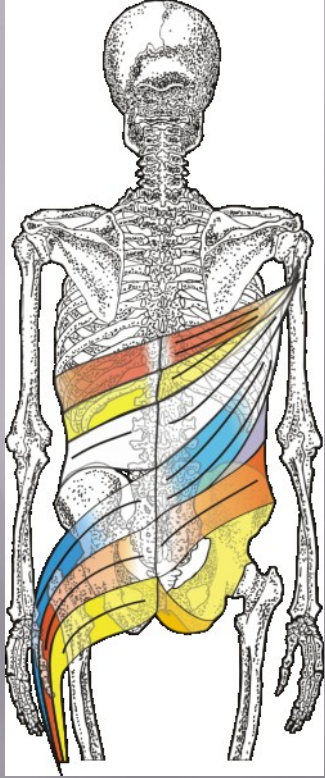


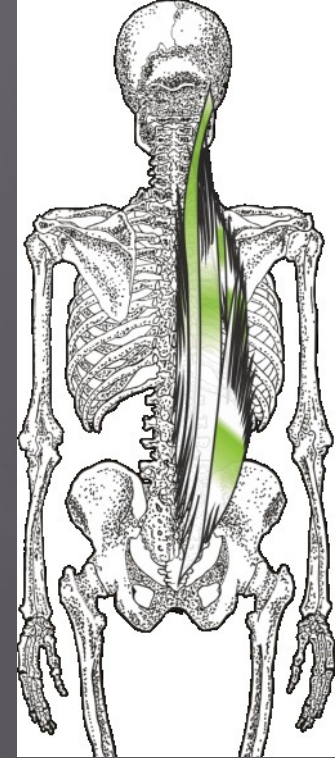
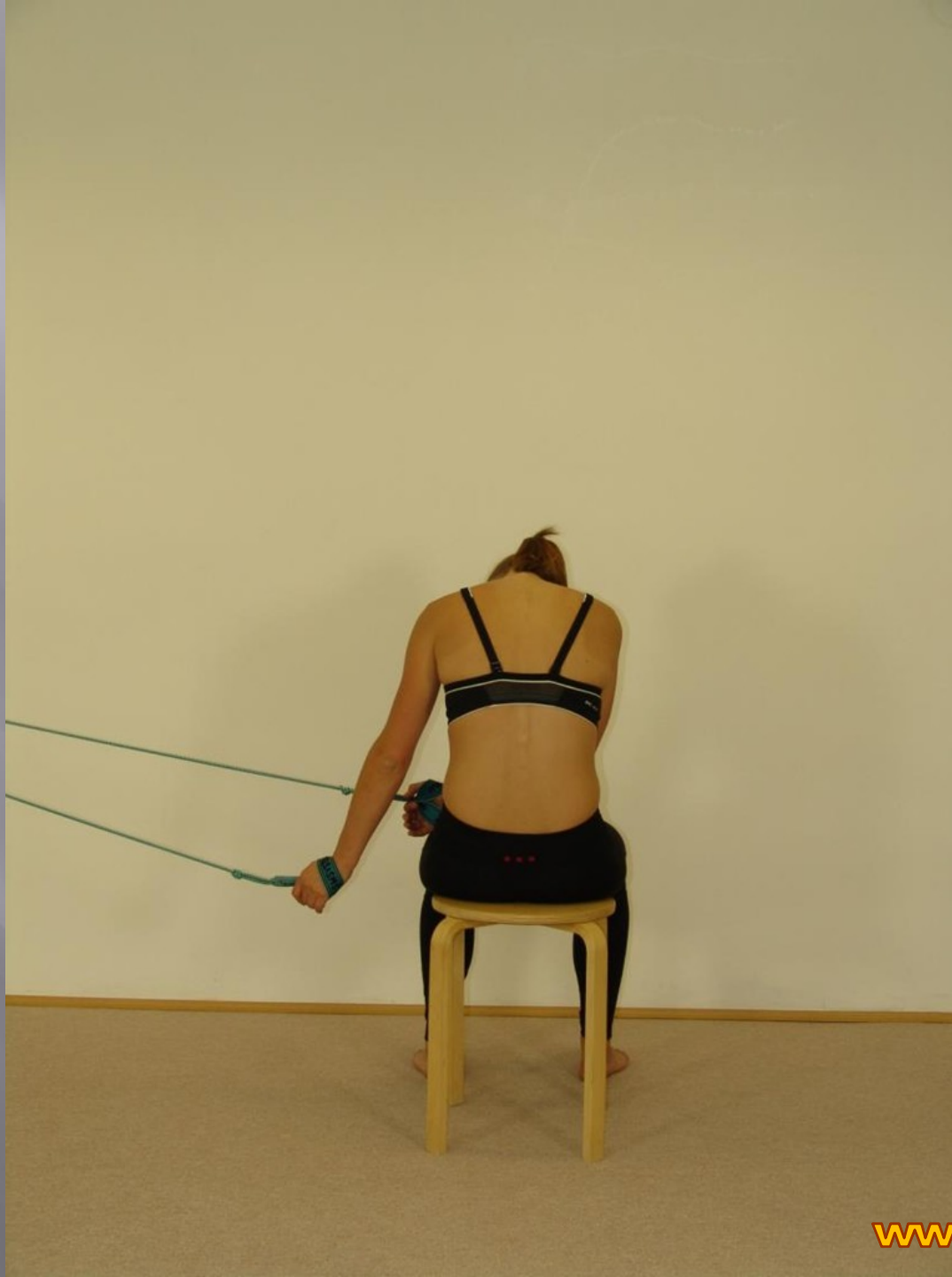


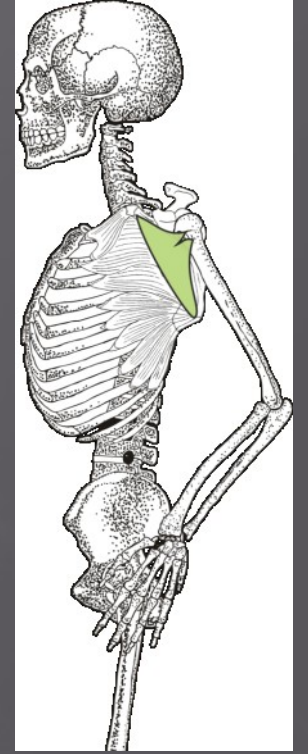
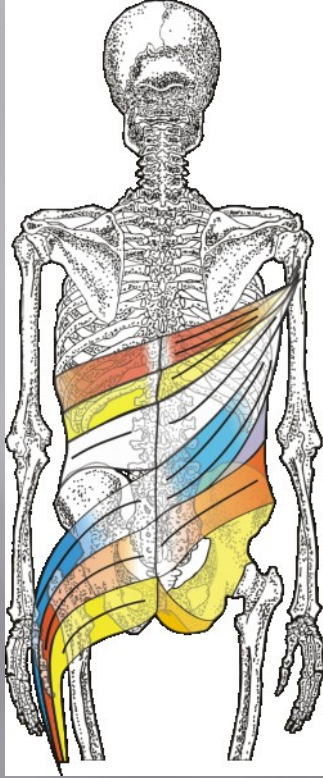
M. subscapularis (sval podlopatkový)

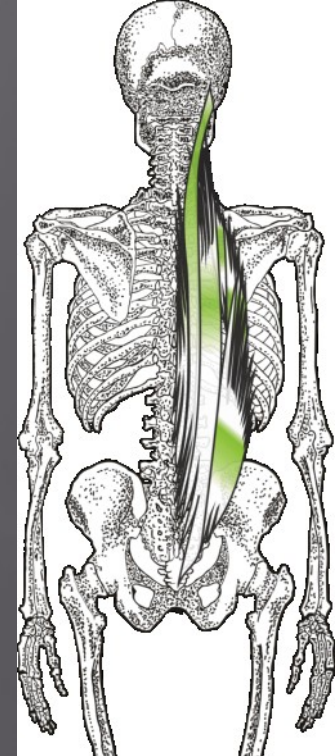


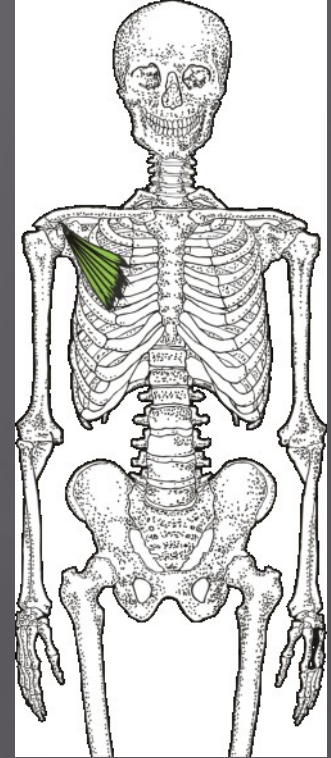
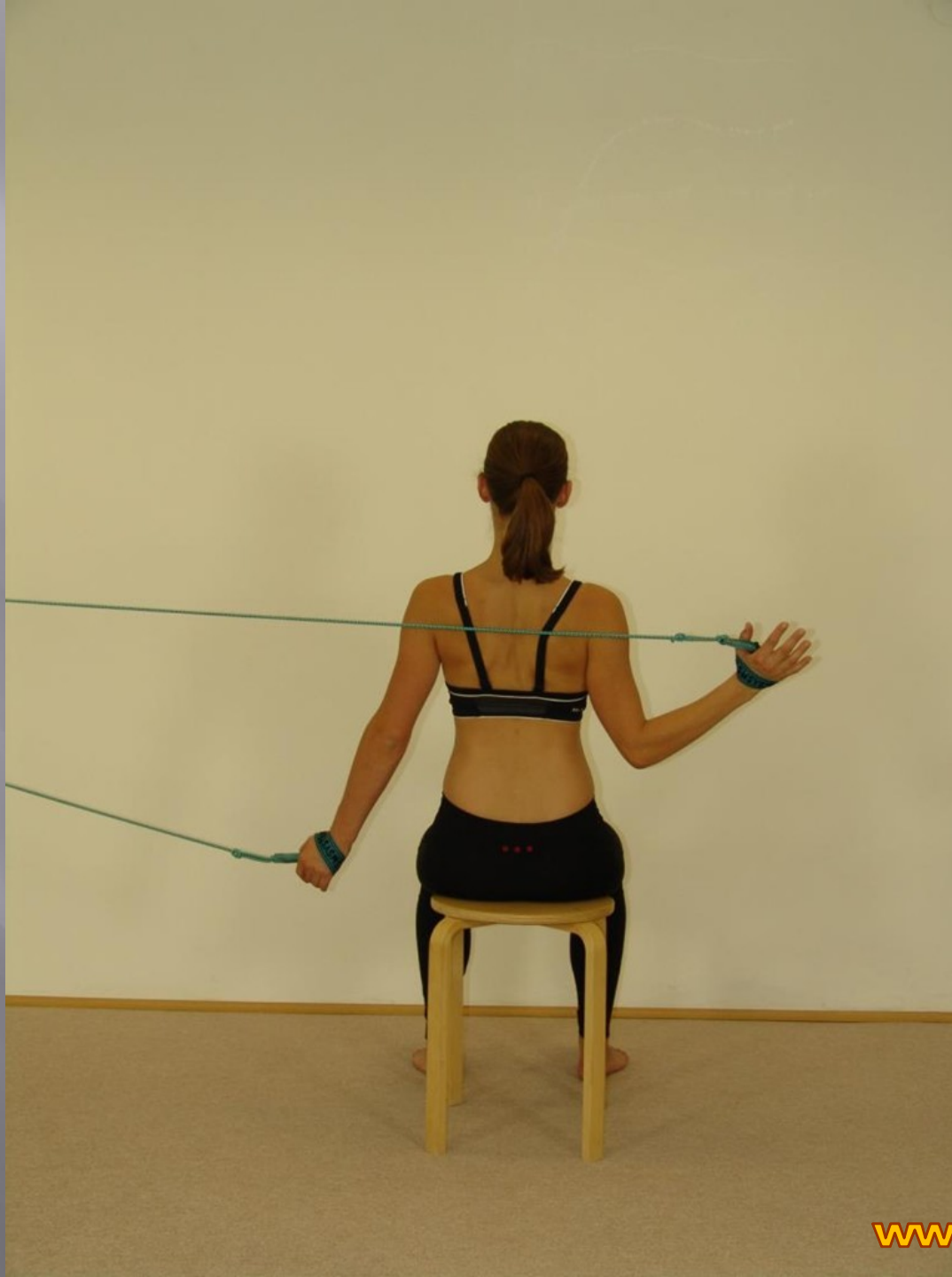
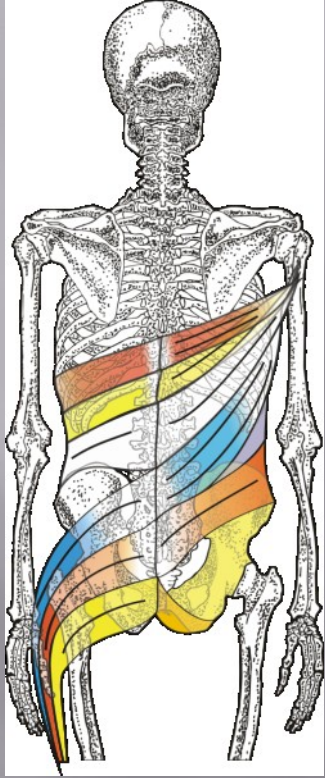


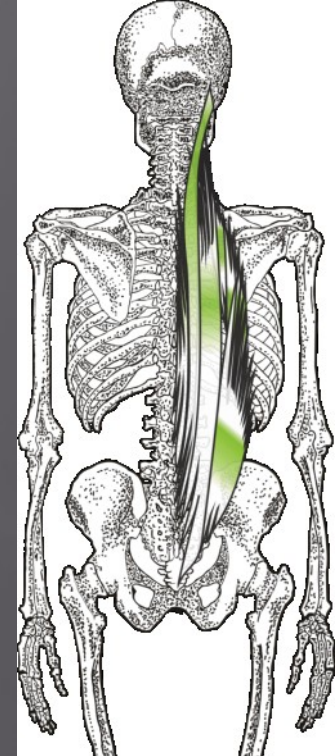


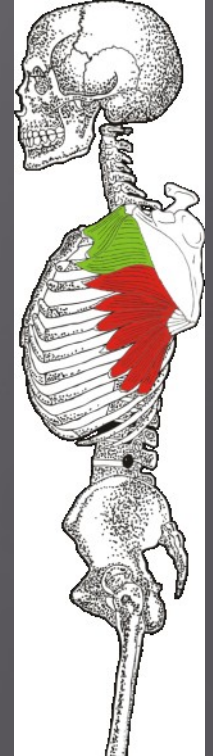
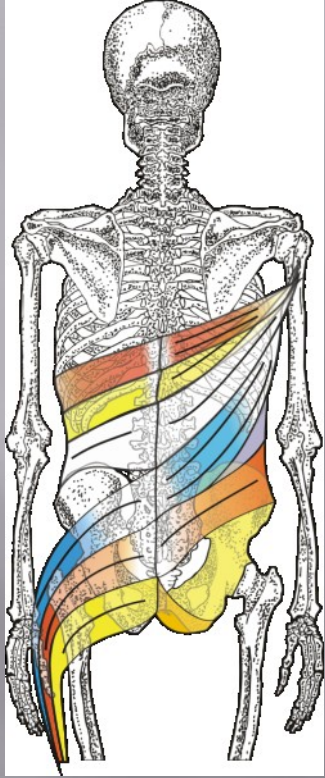


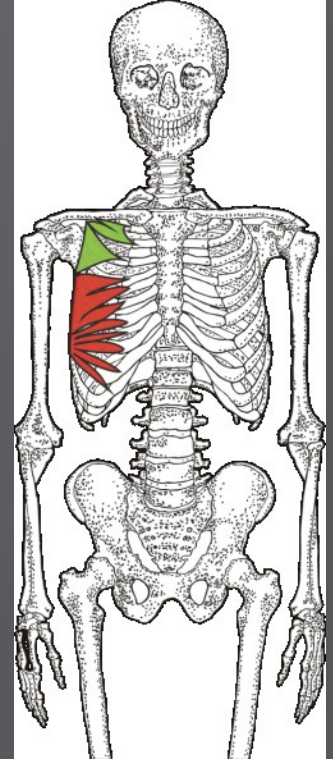
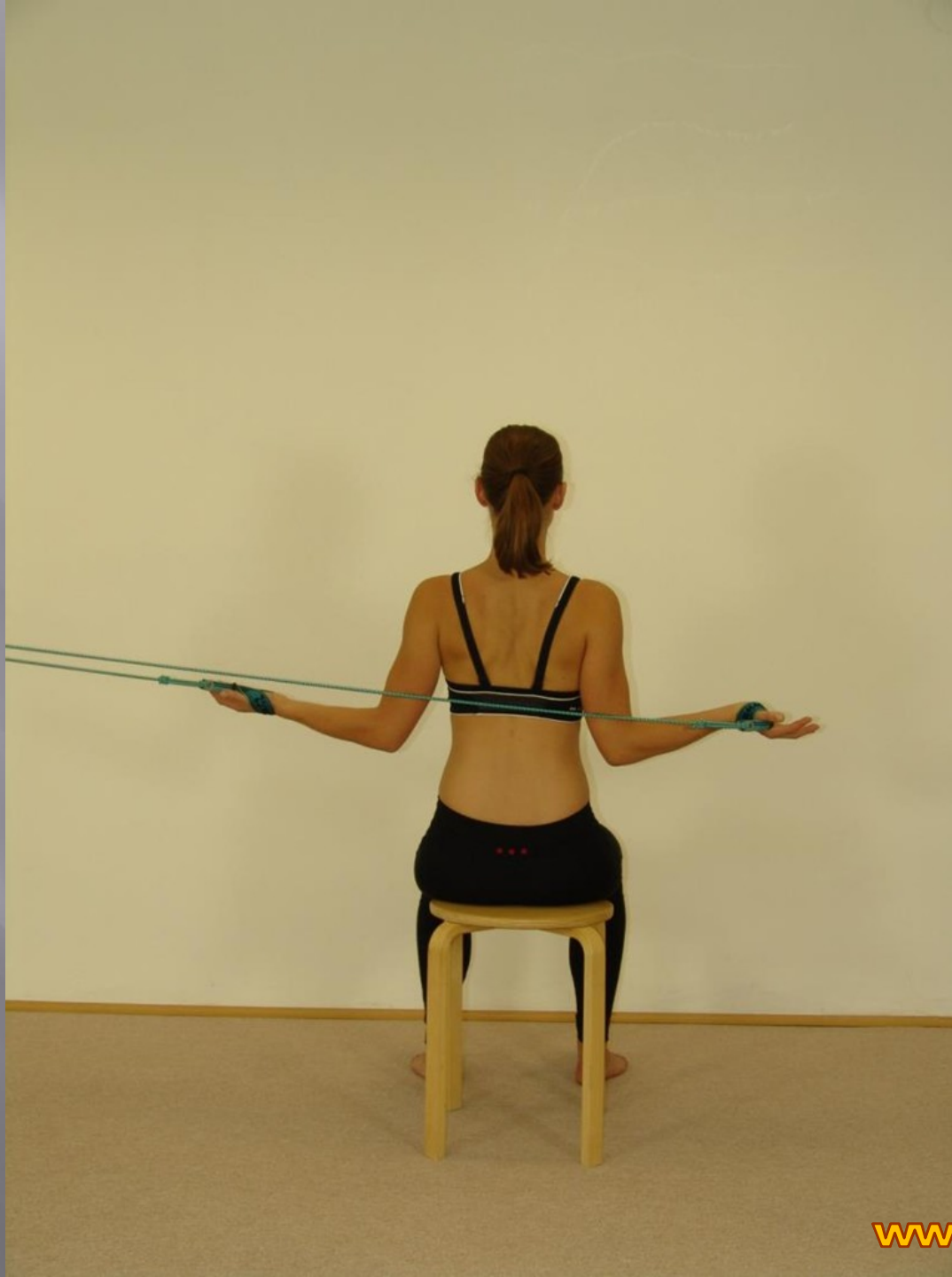
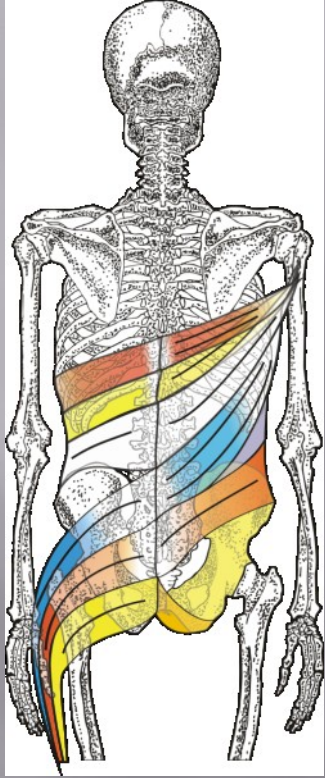




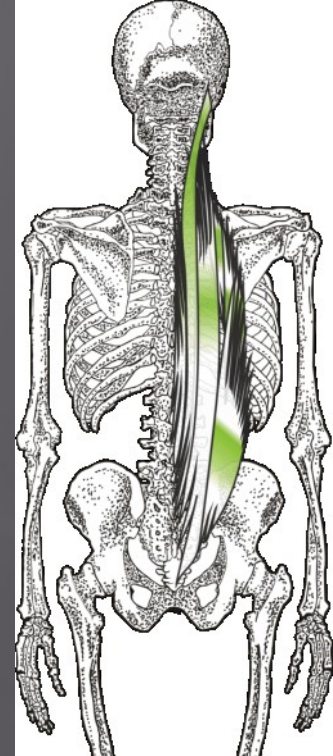
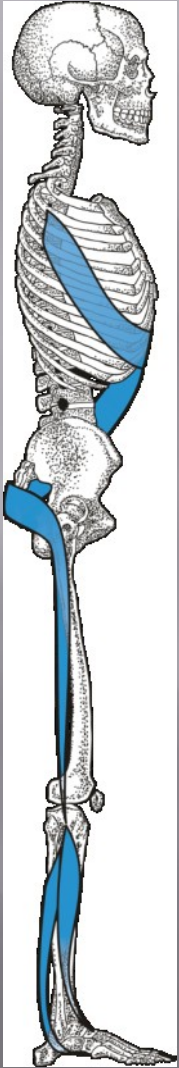


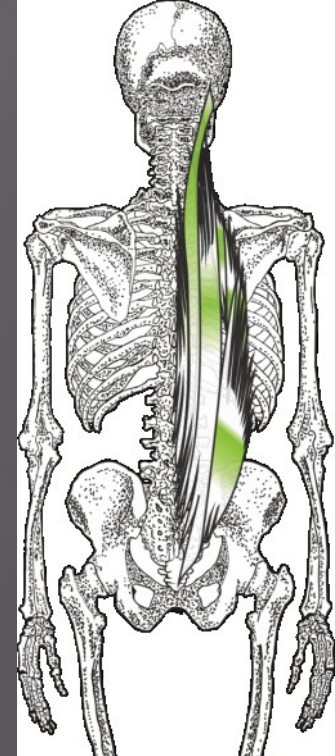


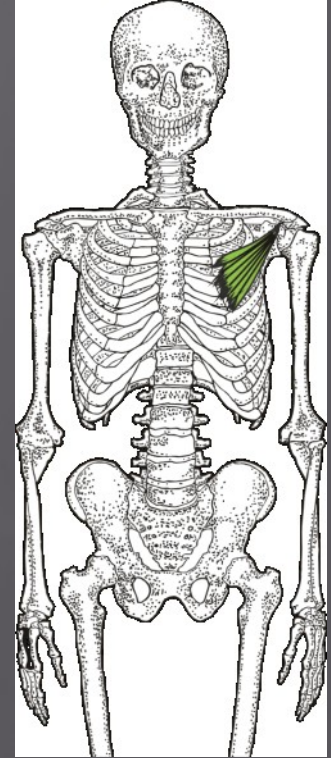
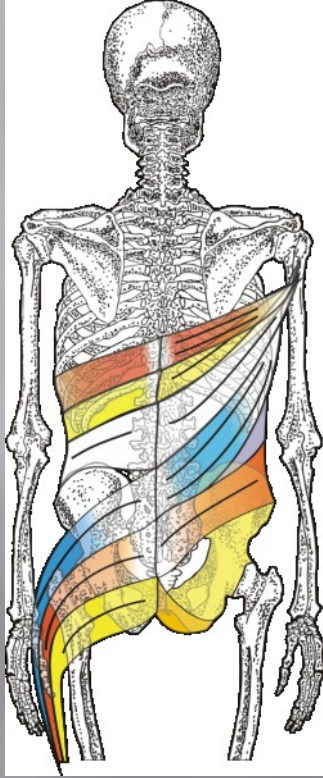


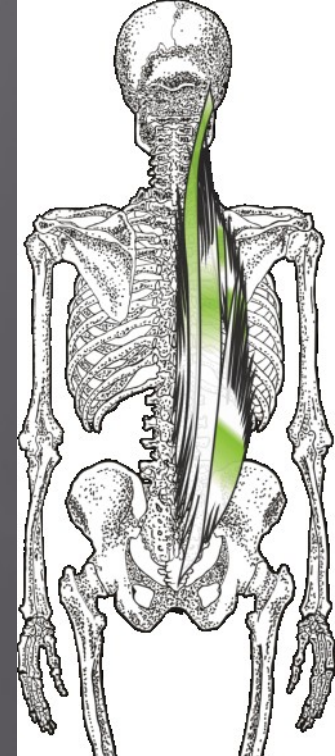


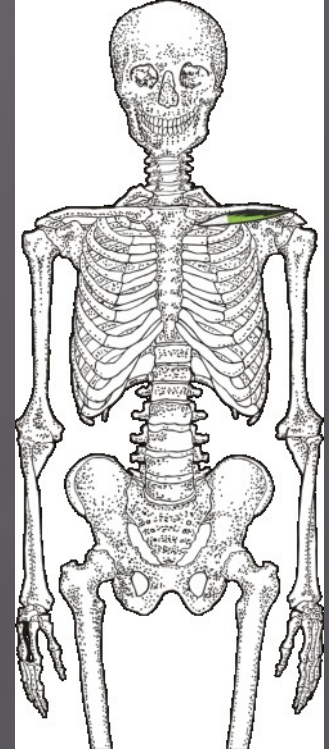
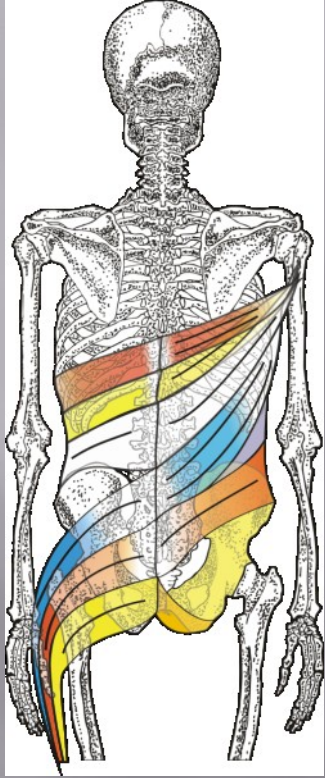


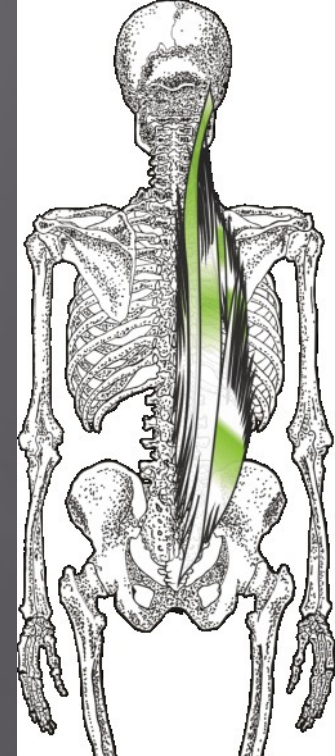


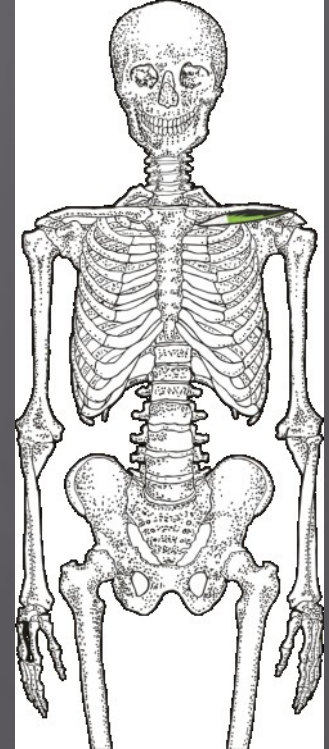
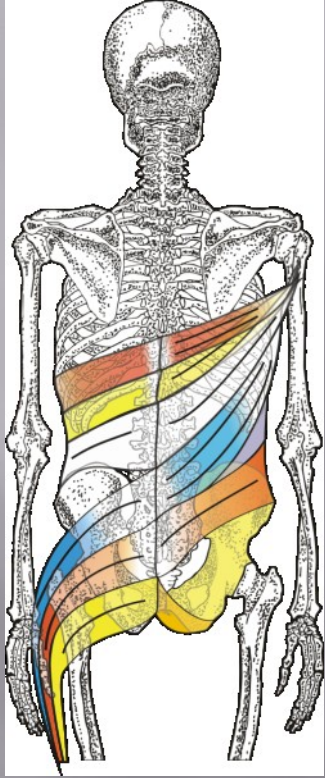




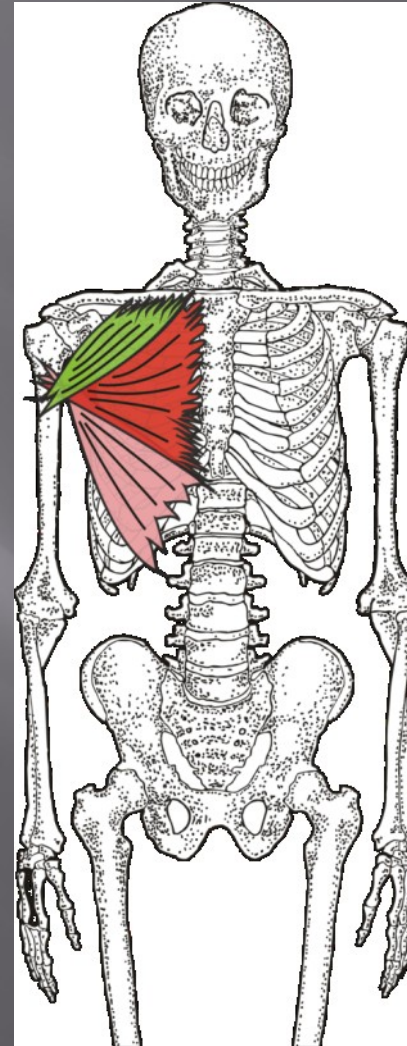
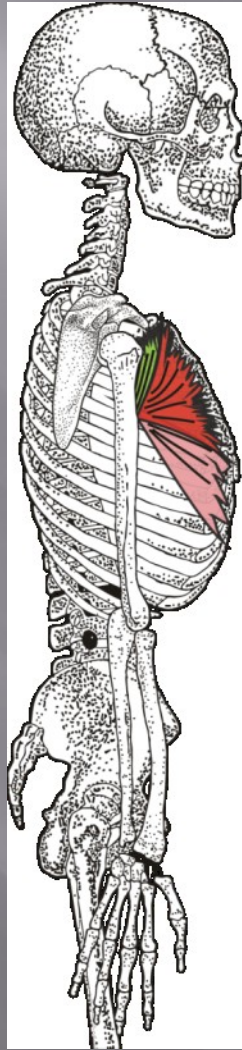




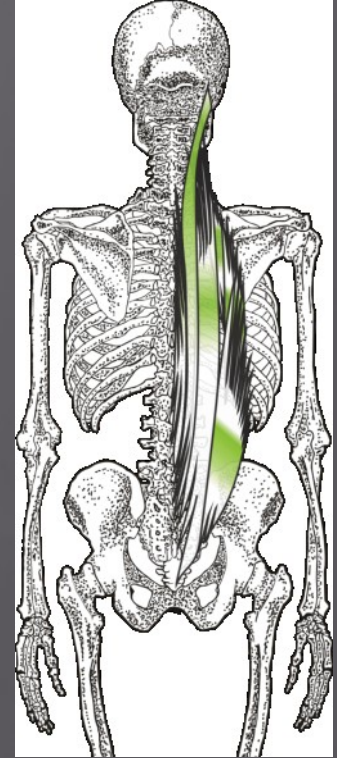
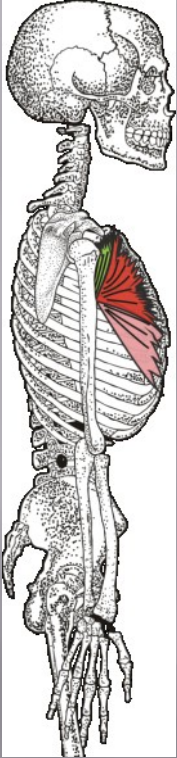




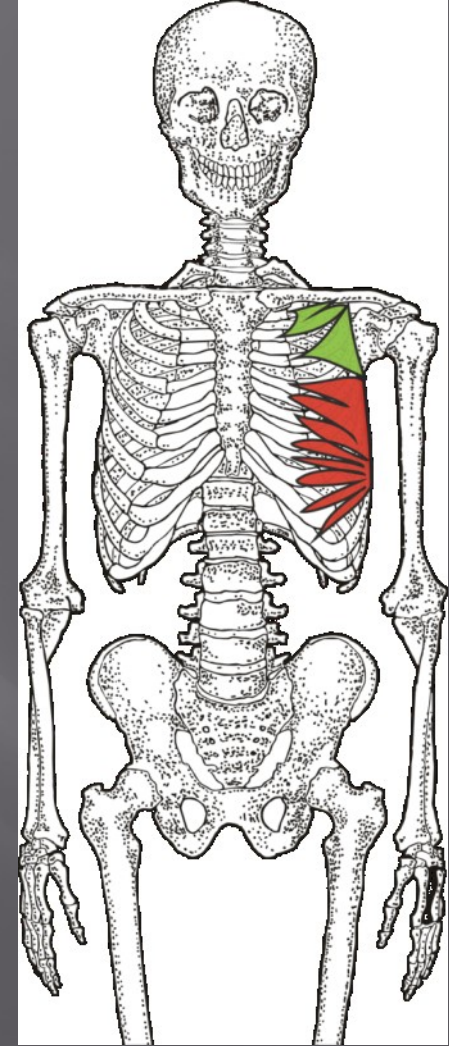
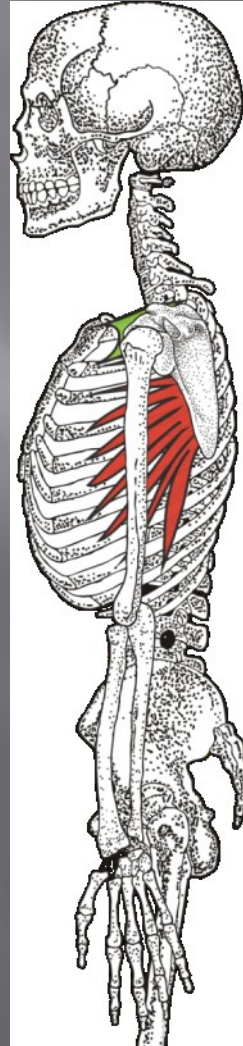
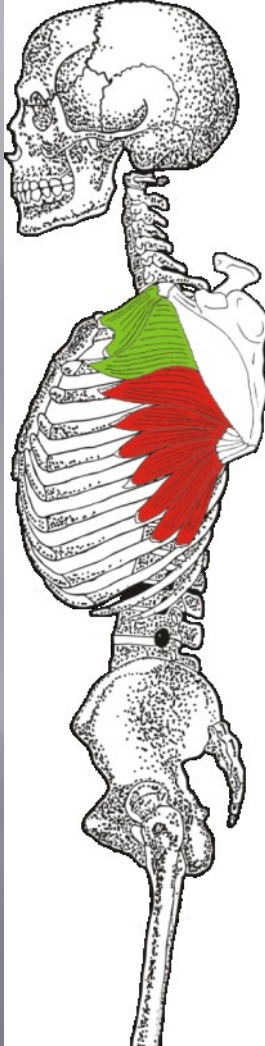
M. pectoralis major (velký sval prsní)

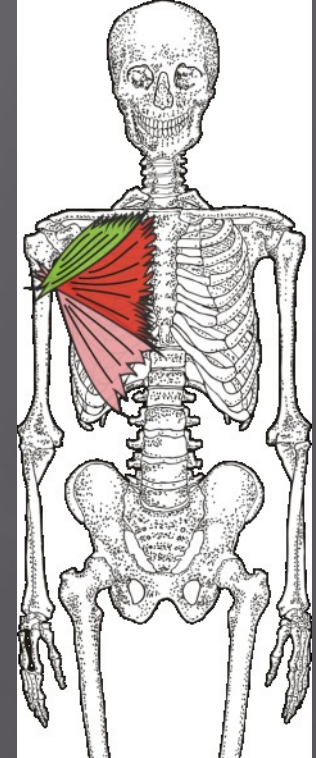


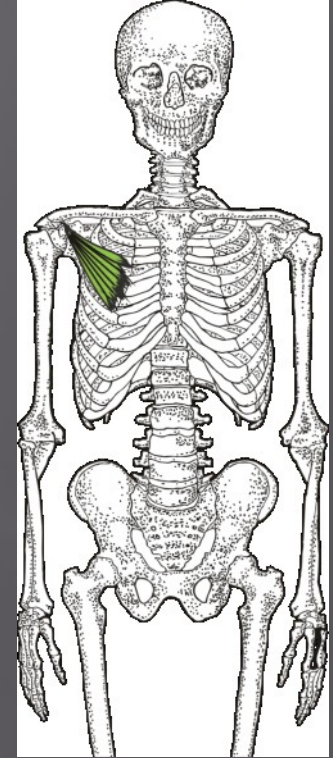
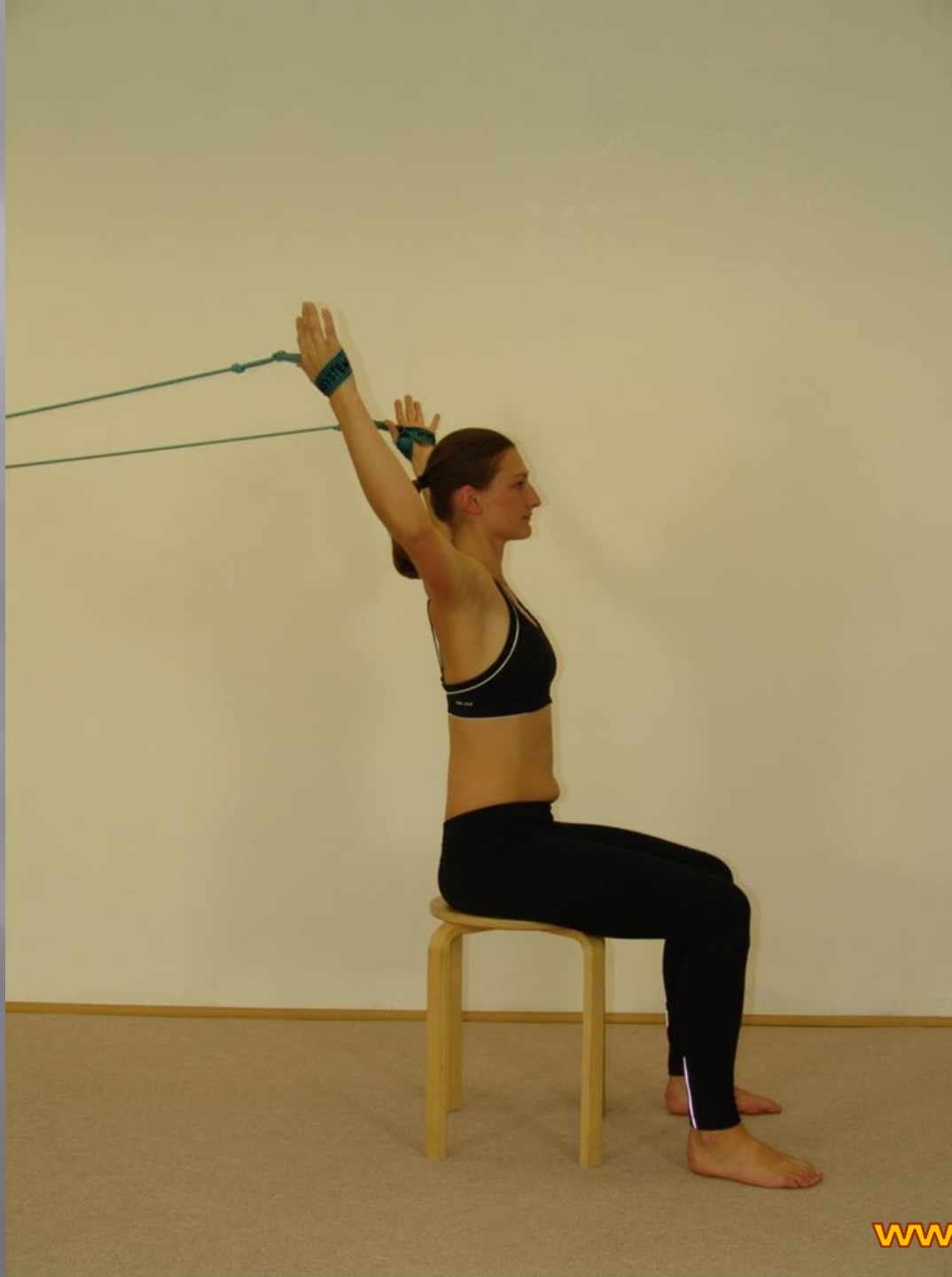
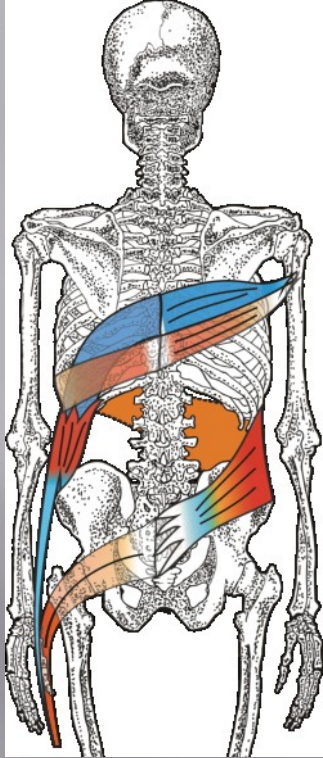


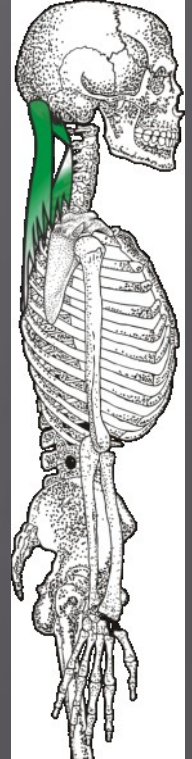


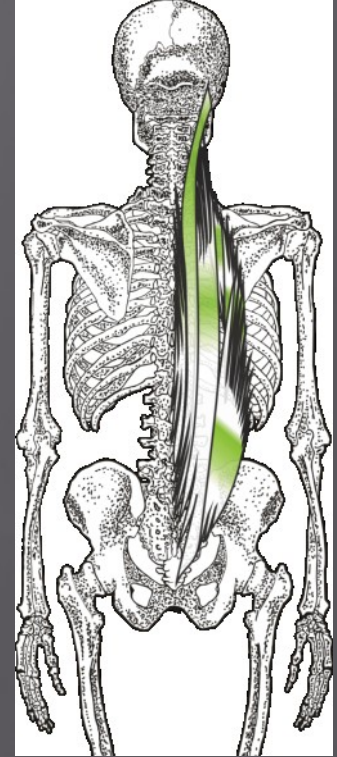
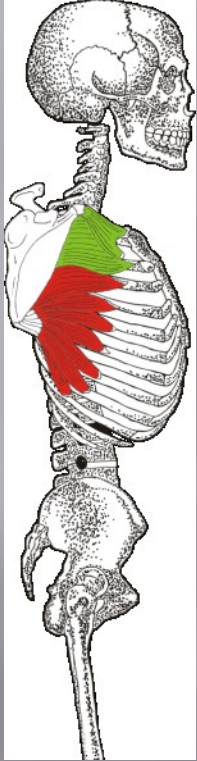
M. serratus anterior (přední sval pilovitý) vnitřní svalová dysbalance

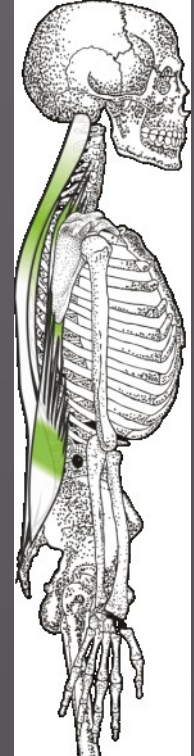


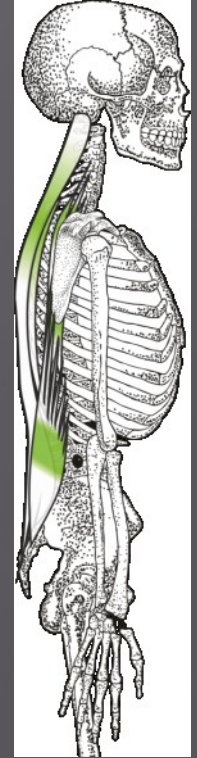
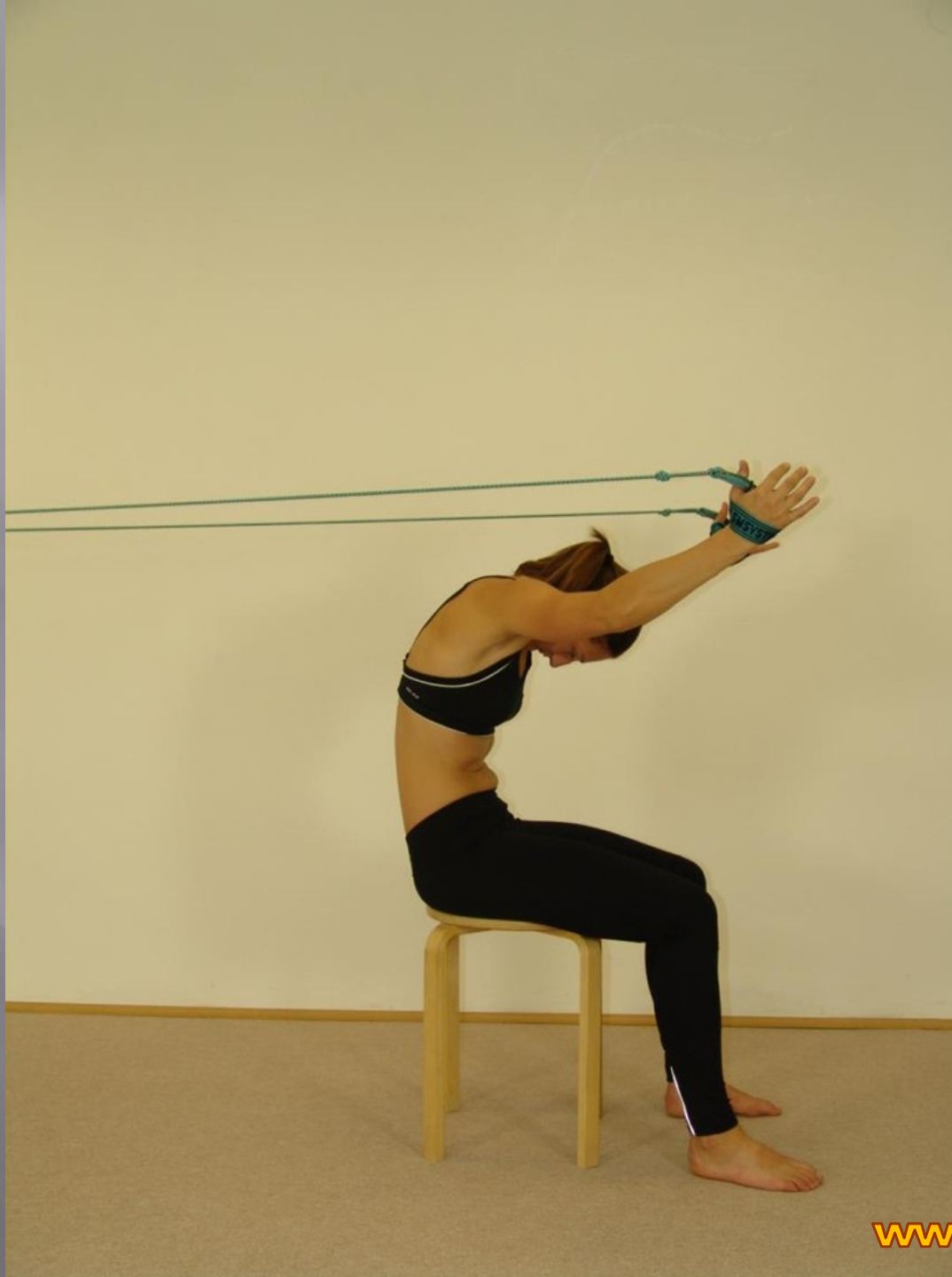
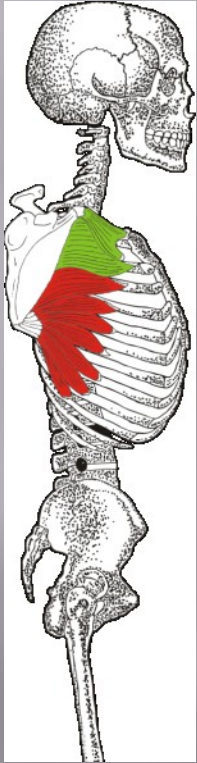


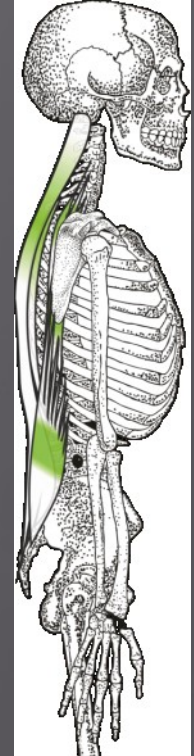
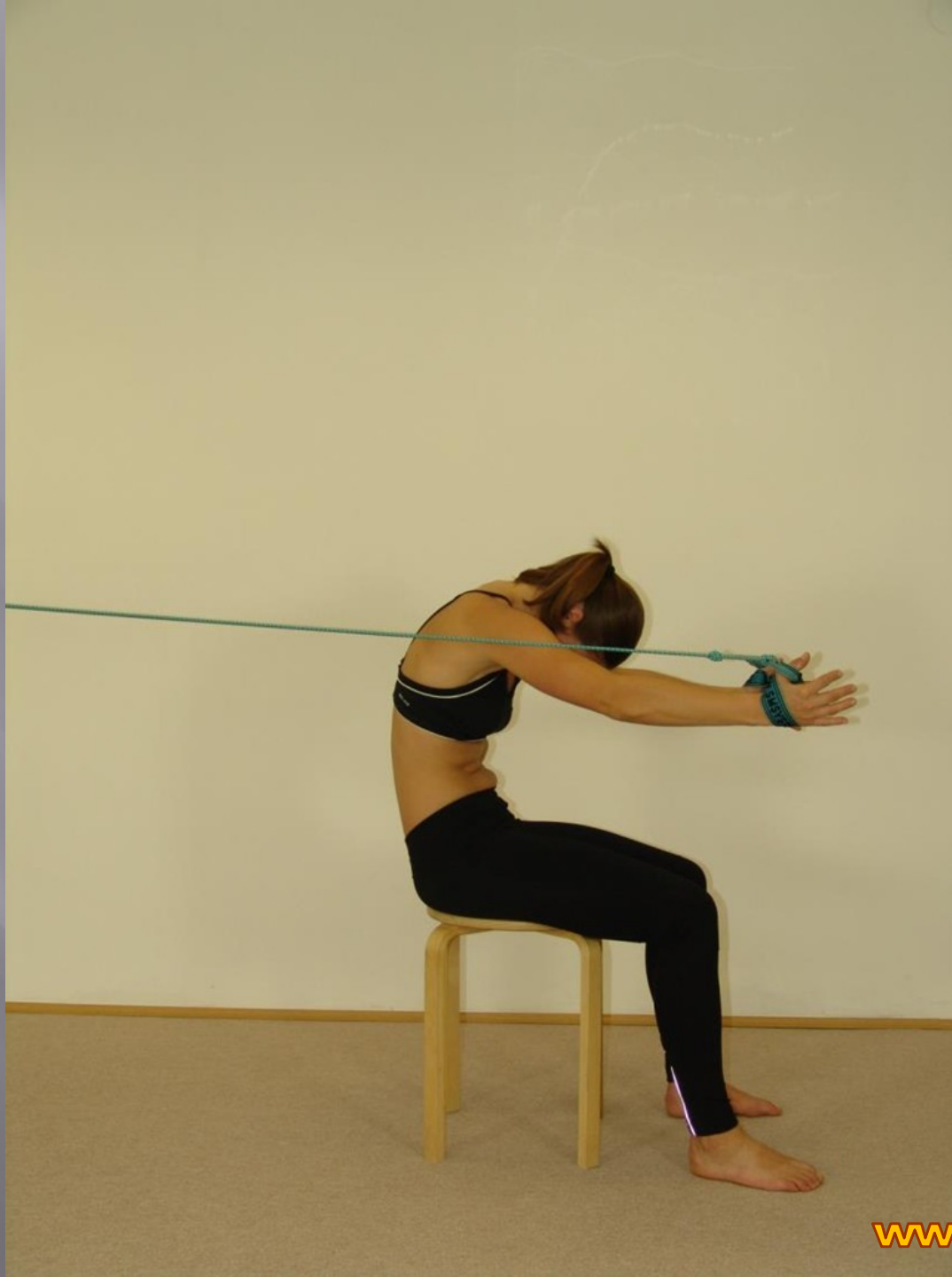


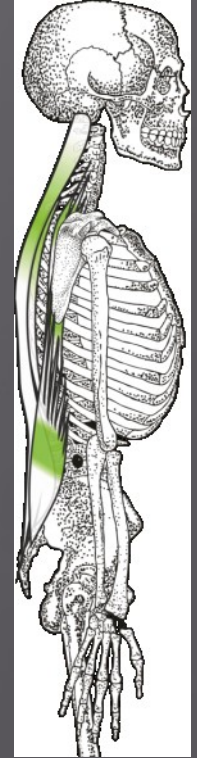
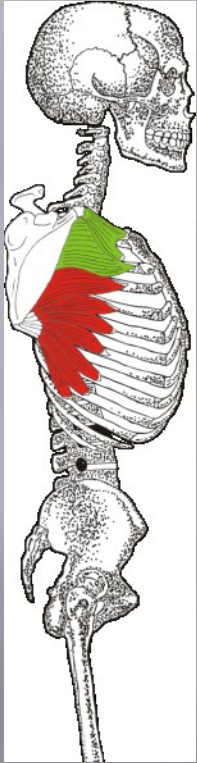


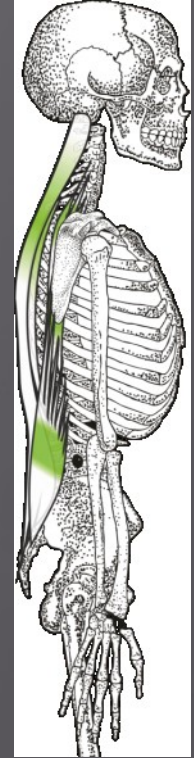
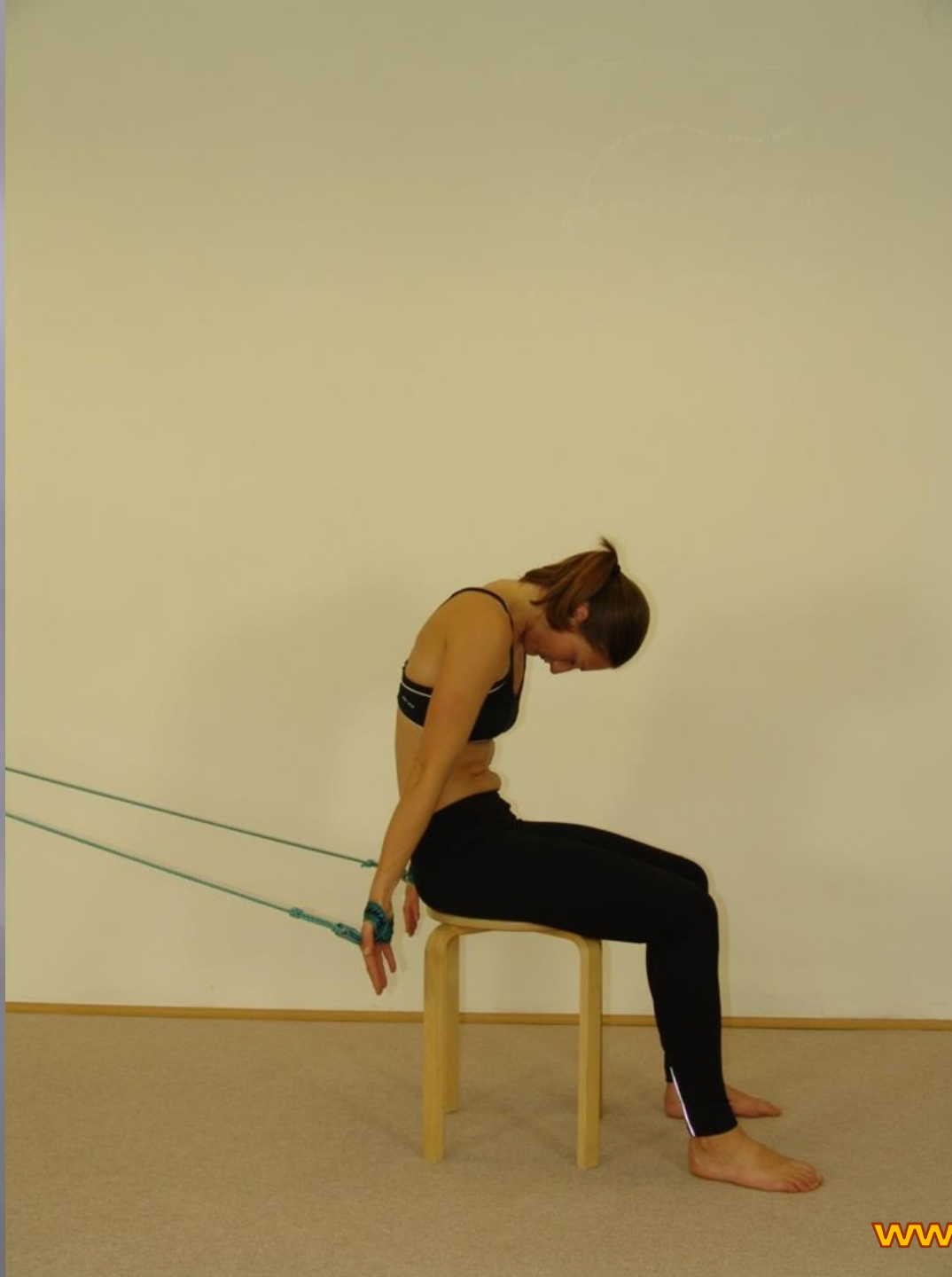


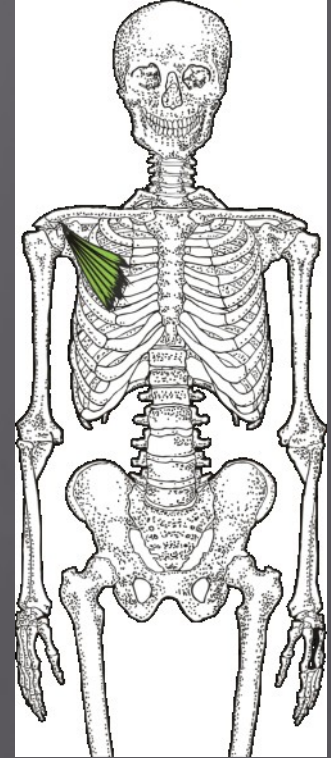
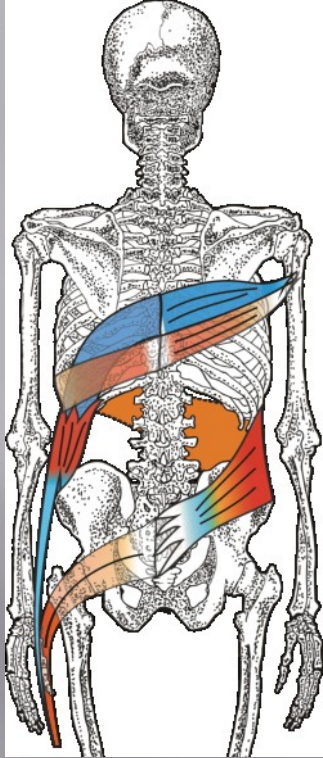


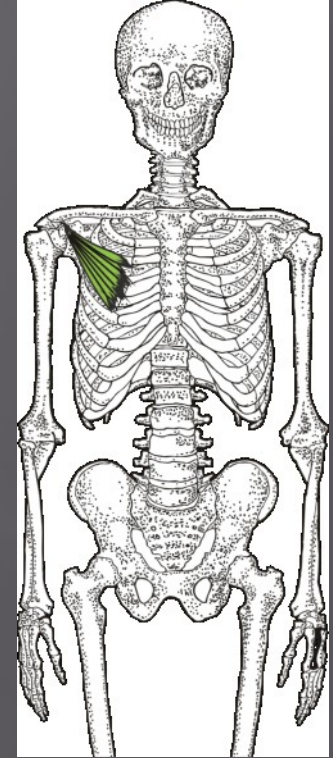
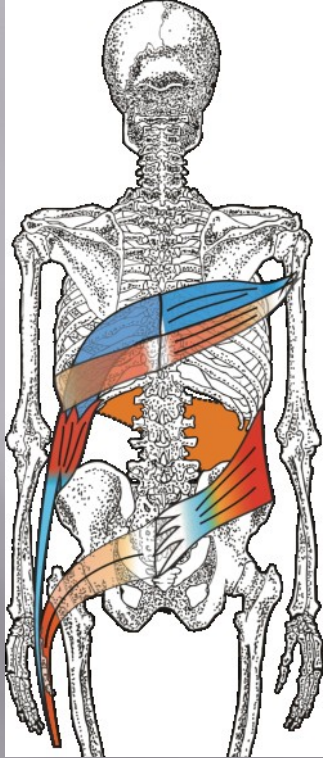


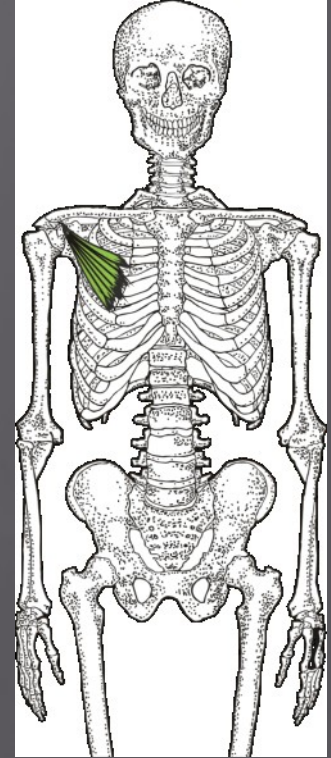
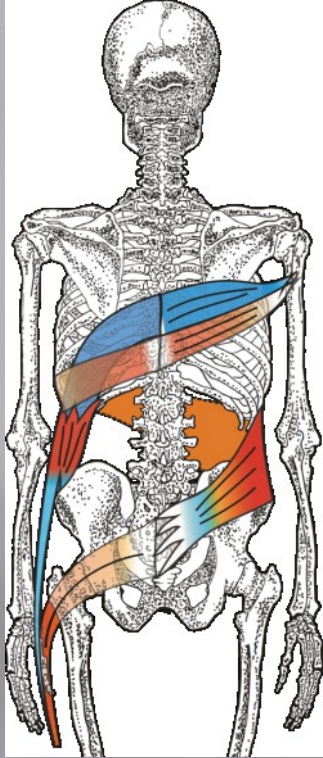


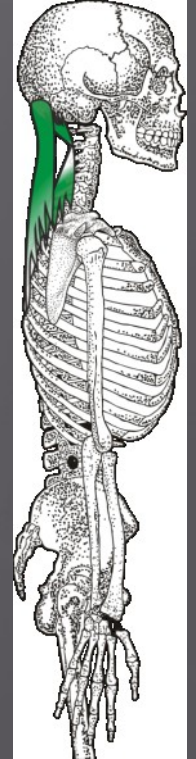
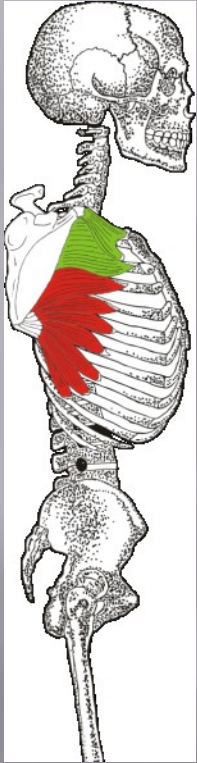


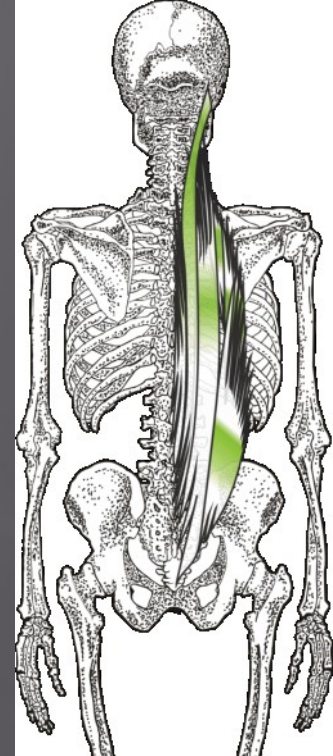


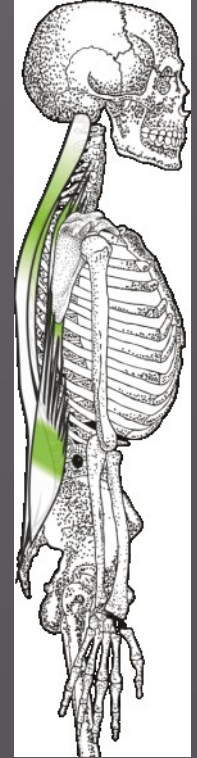
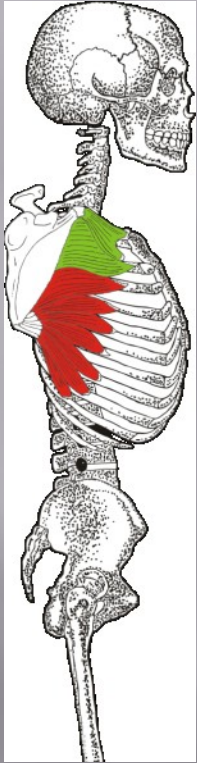


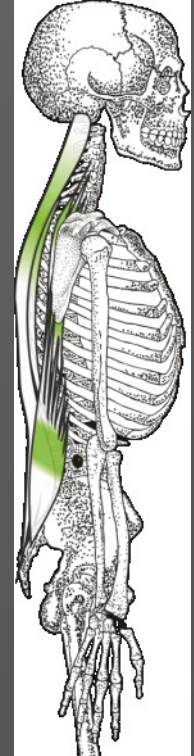
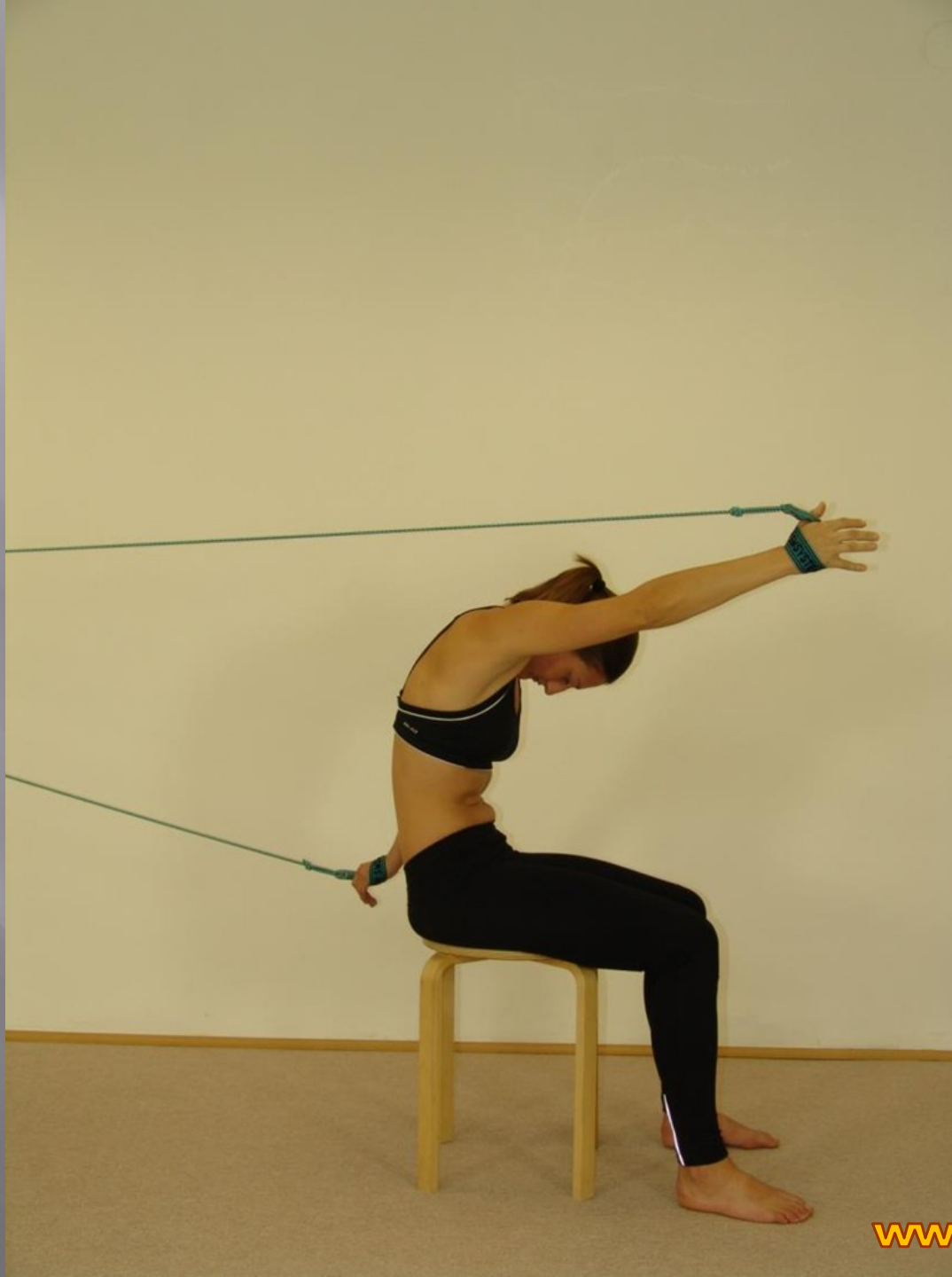


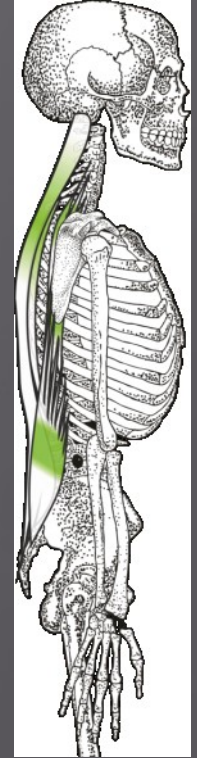
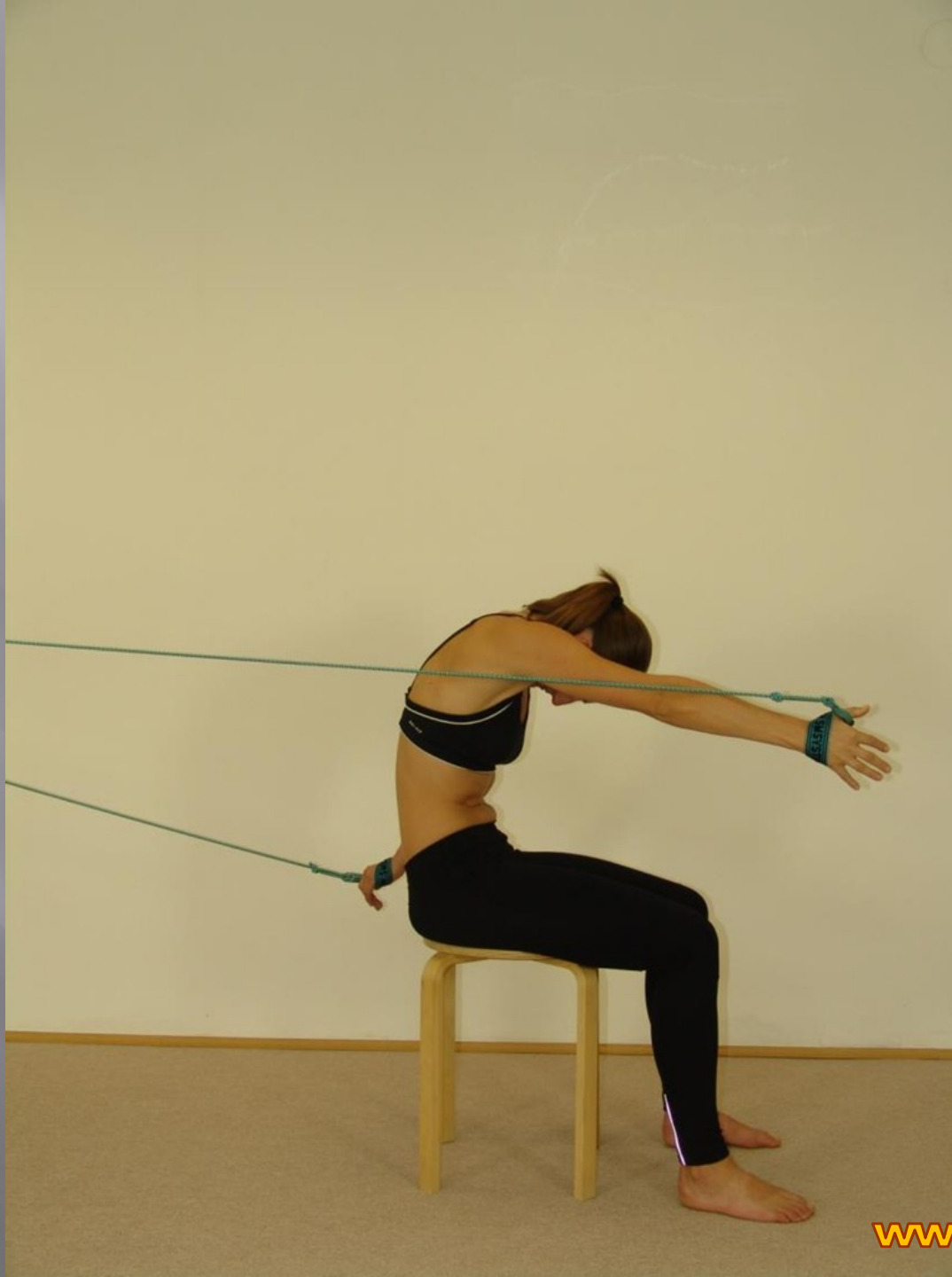
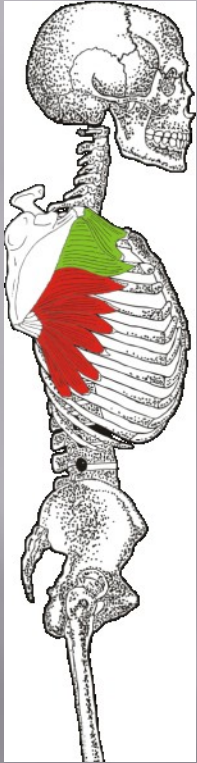


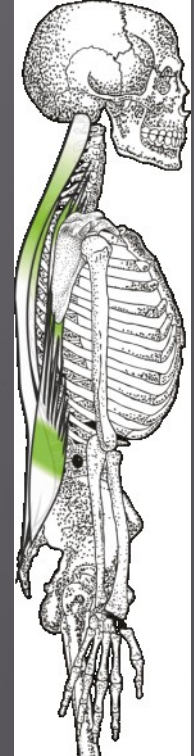
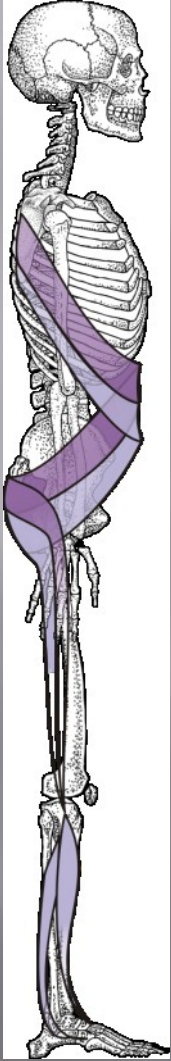


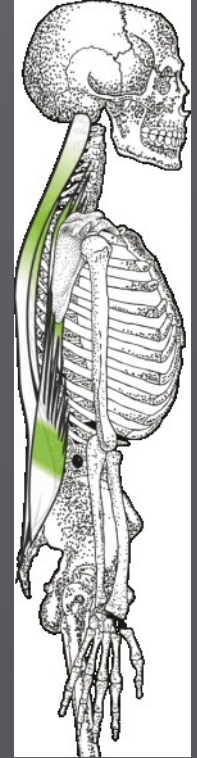
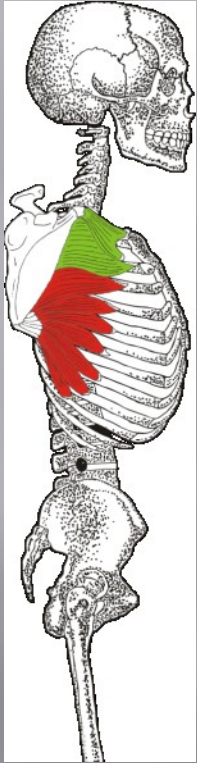


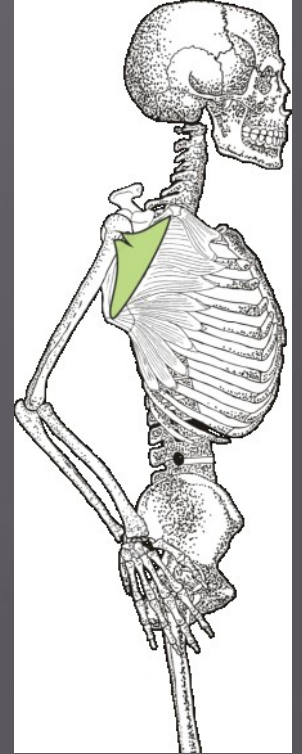
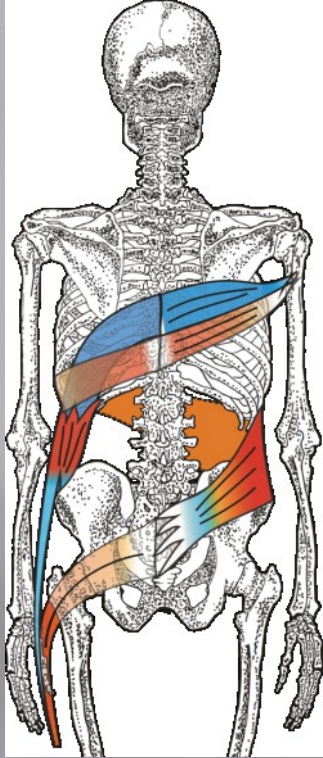


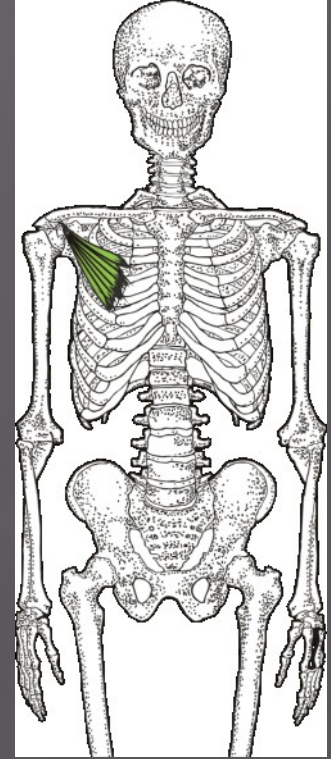
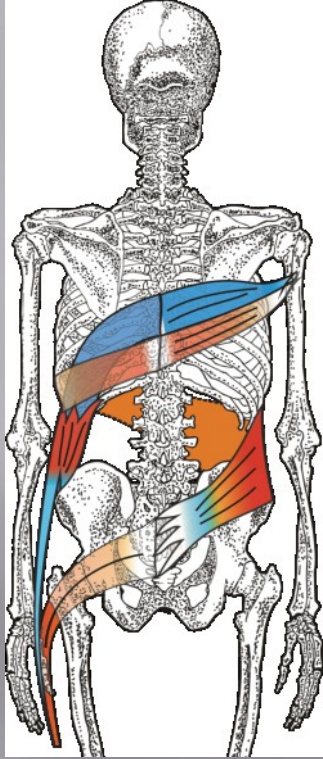


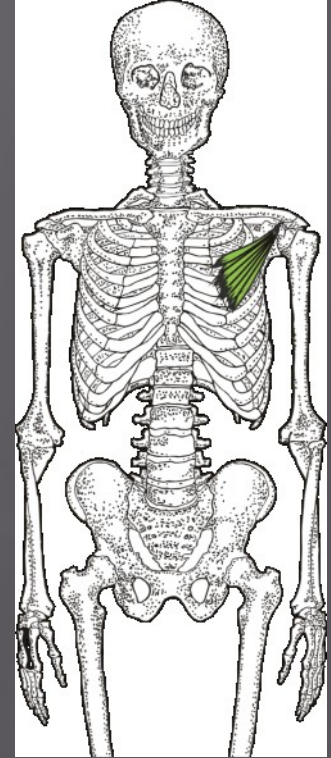
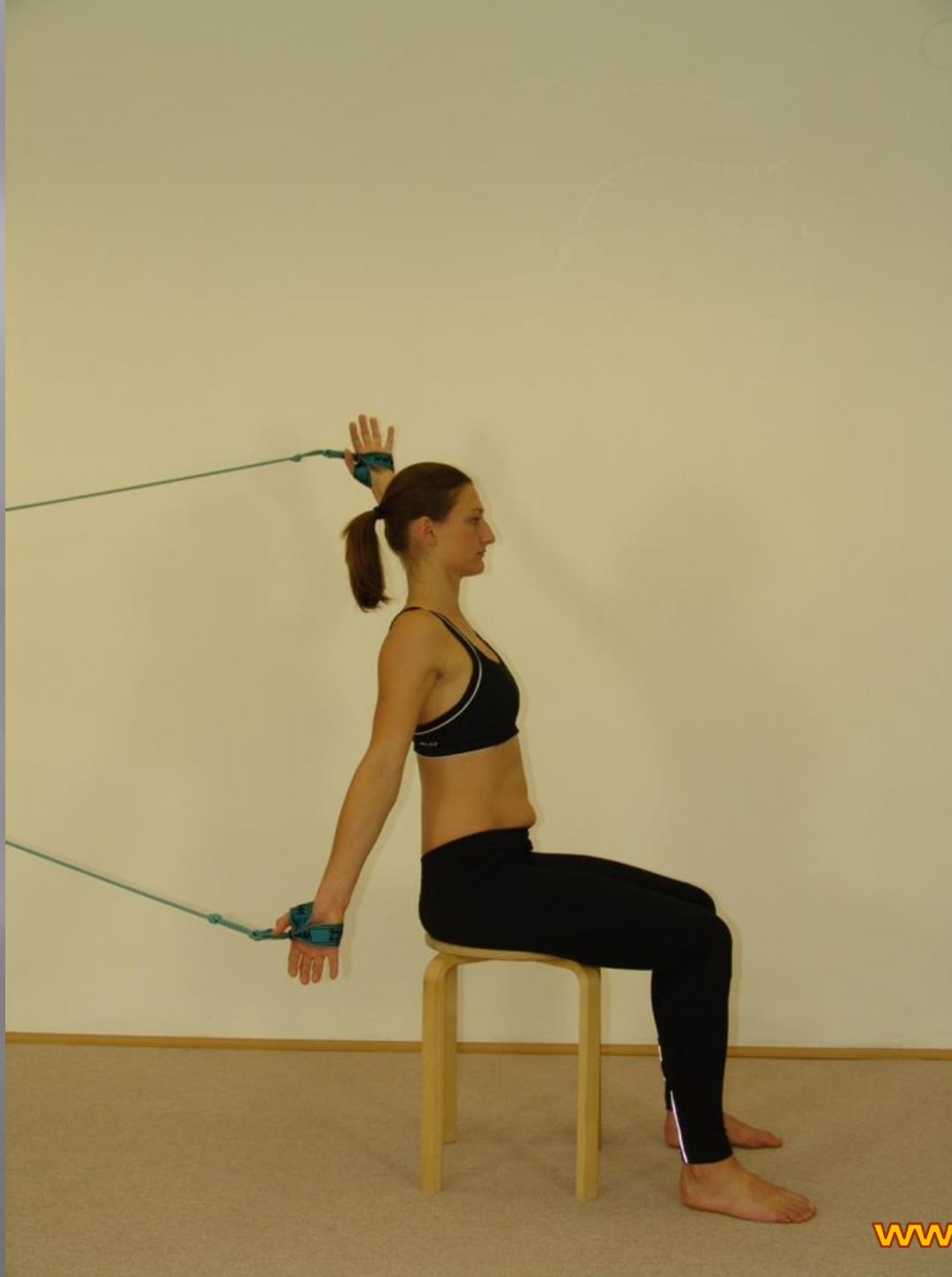
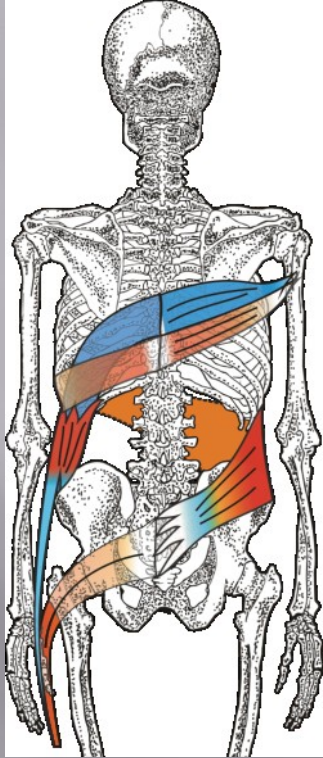


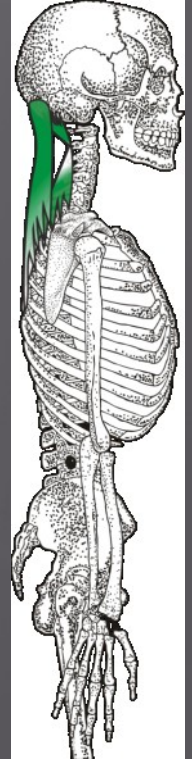
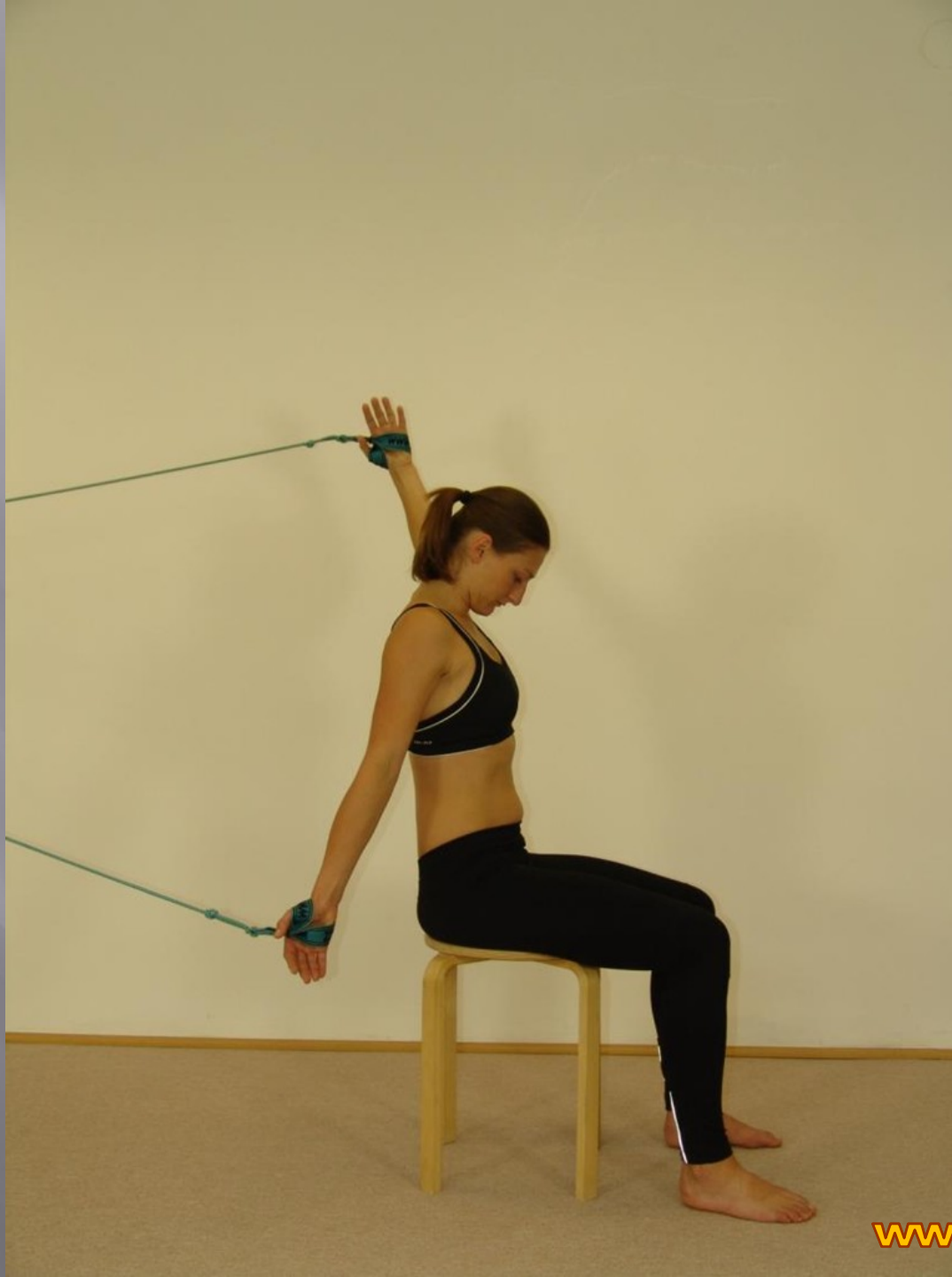
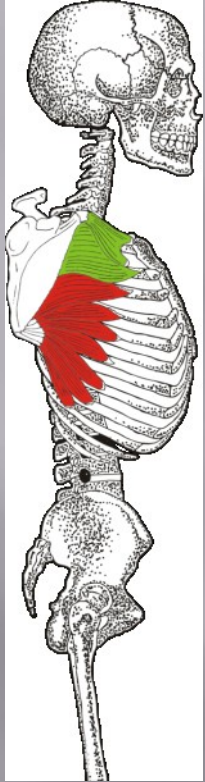


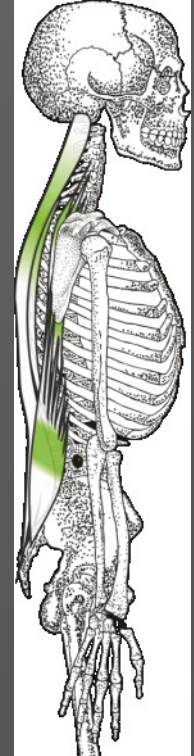
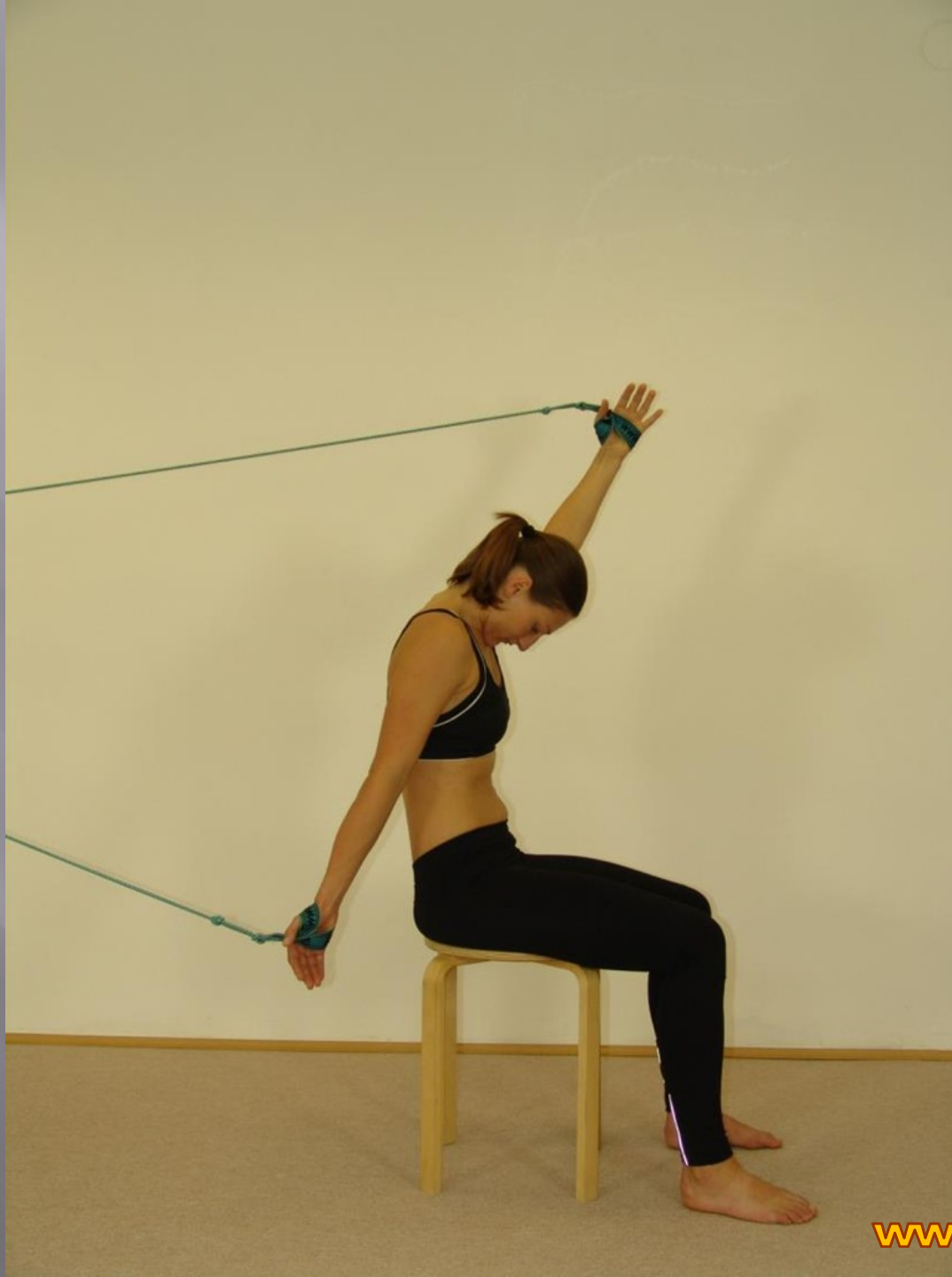


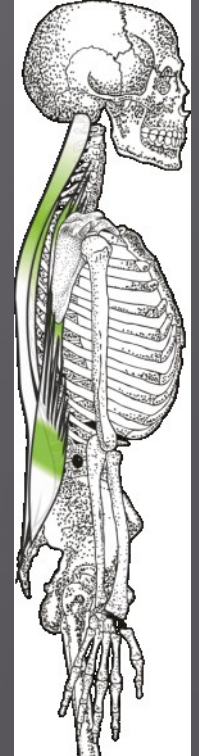
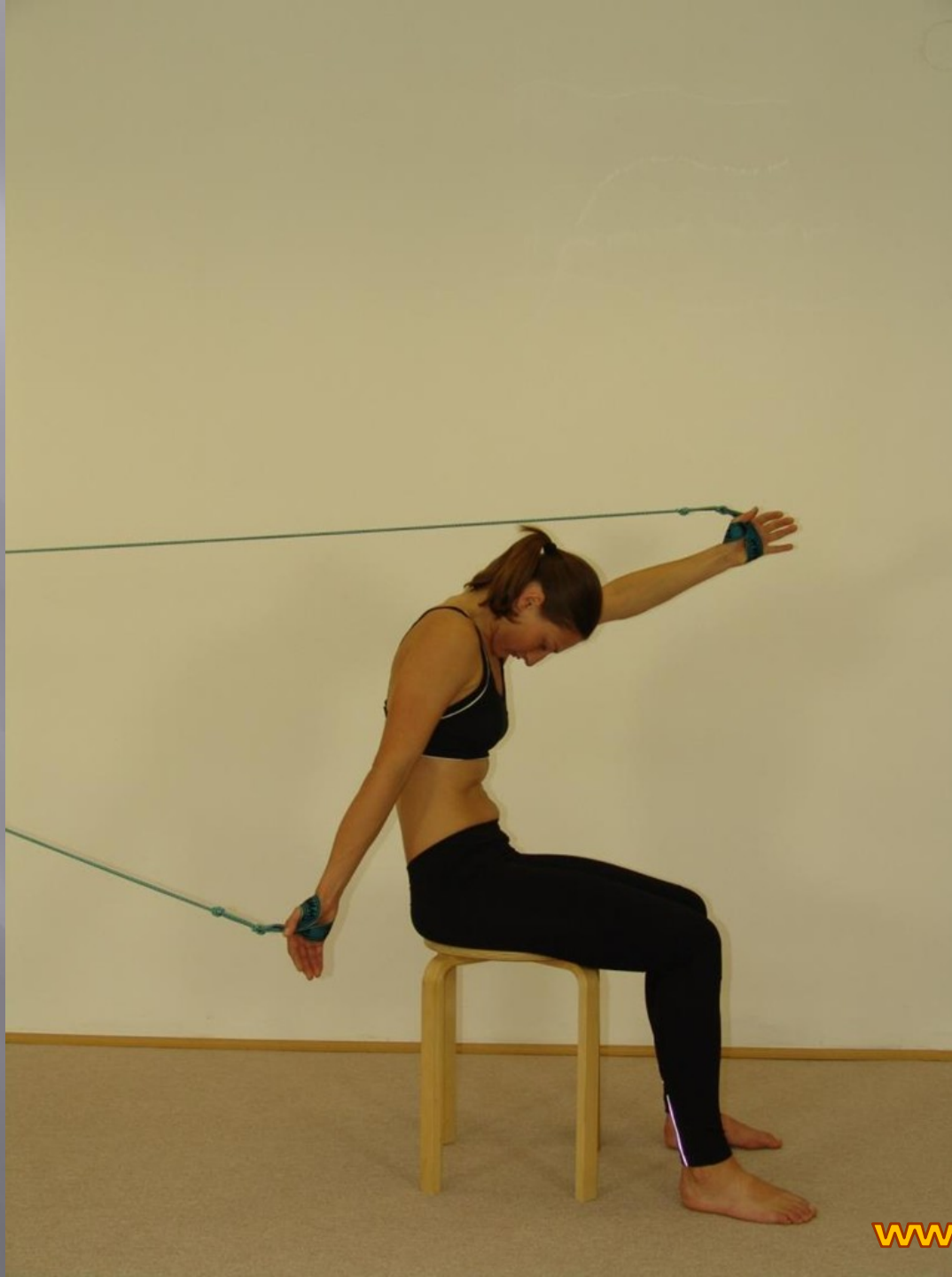
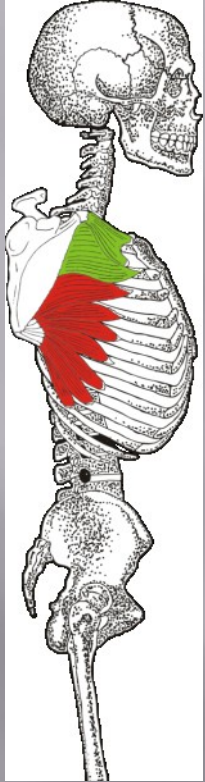


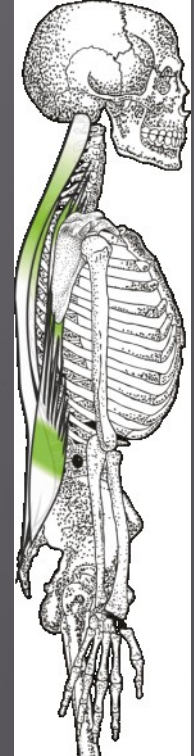


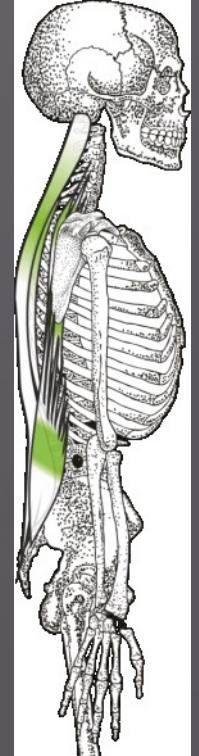
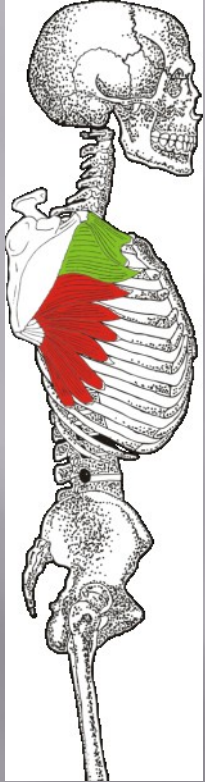


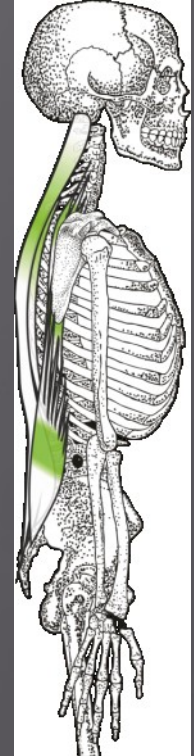
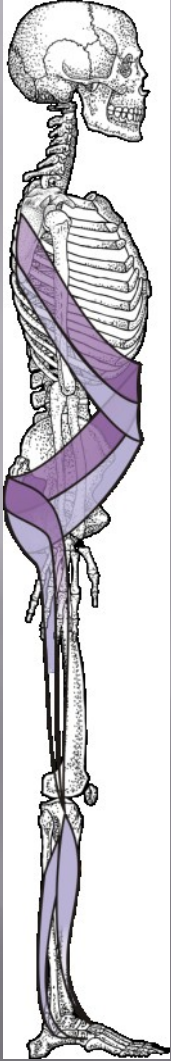


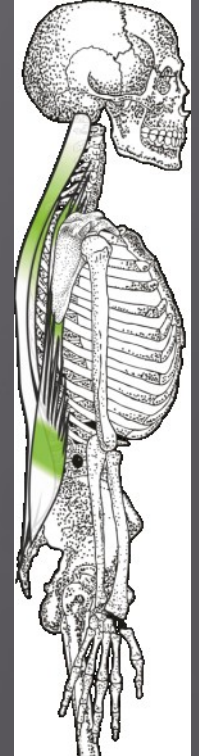
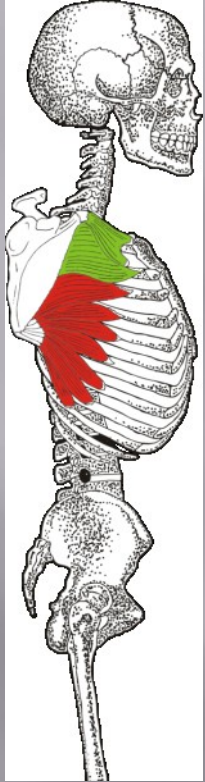






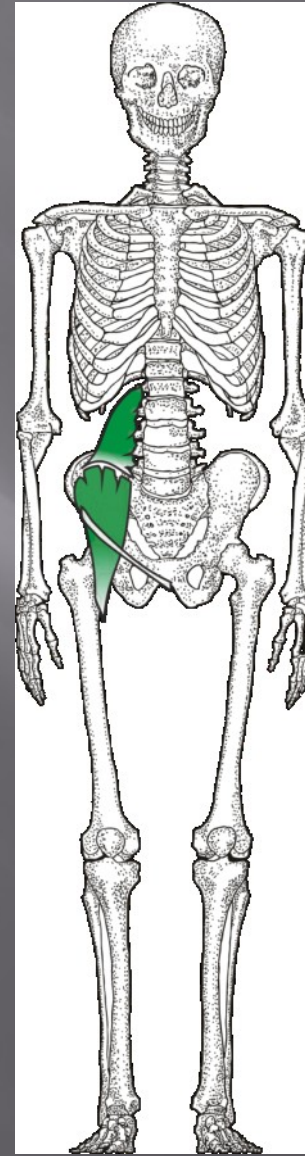
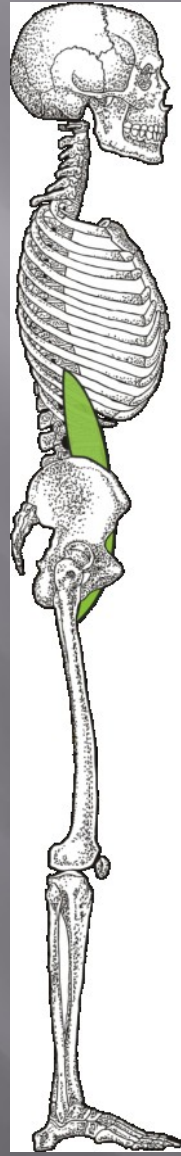
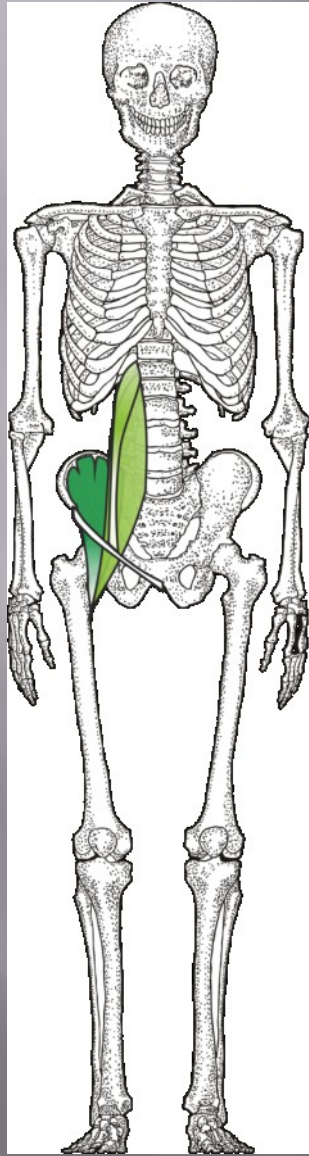






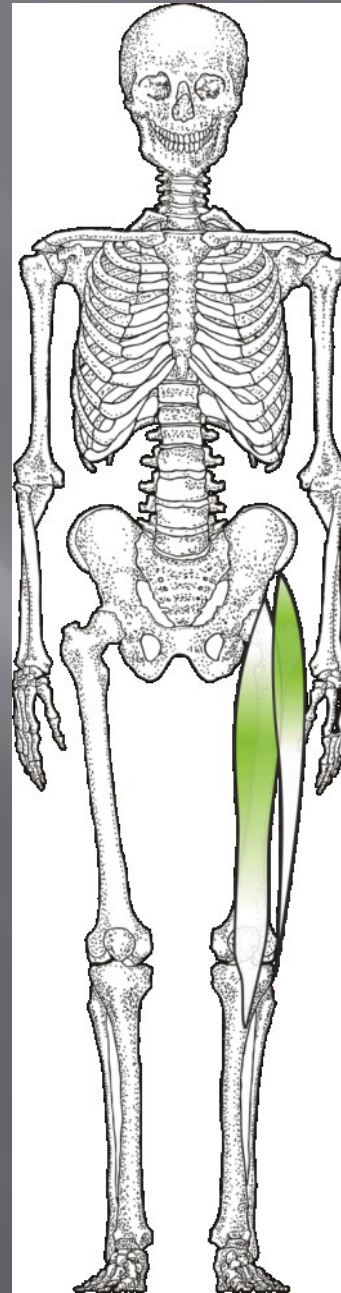
Flexory kyčle:

- m. iliopsoas (sval berokyčlostehenní)

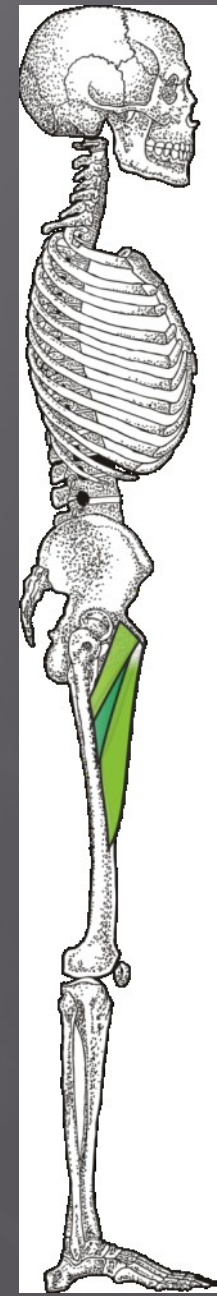
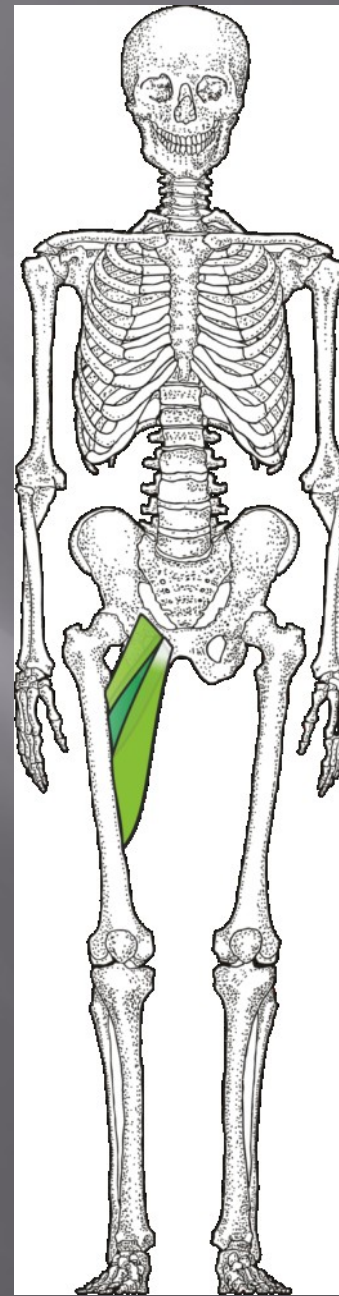


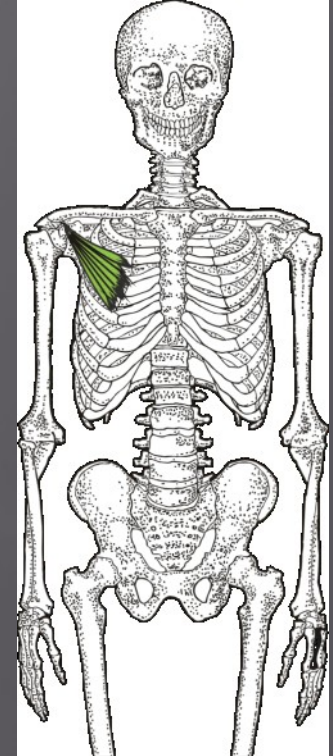
Flexory kyčle:

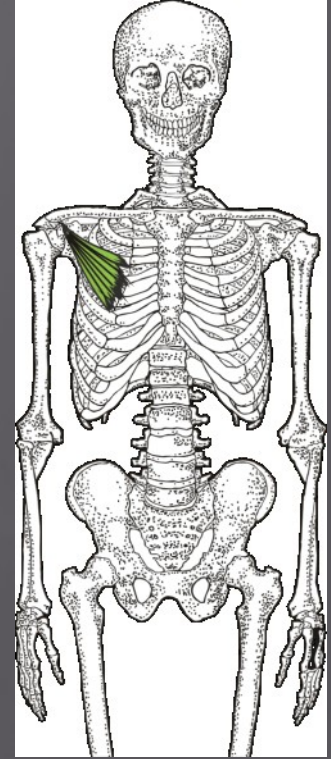
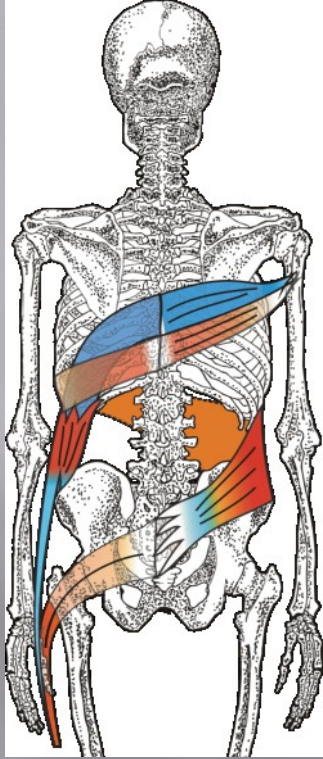
- m. rectus femoris
(přímý sval stehenní)
- m. tensor fasciae latae
(napínmač povázky stehenní)

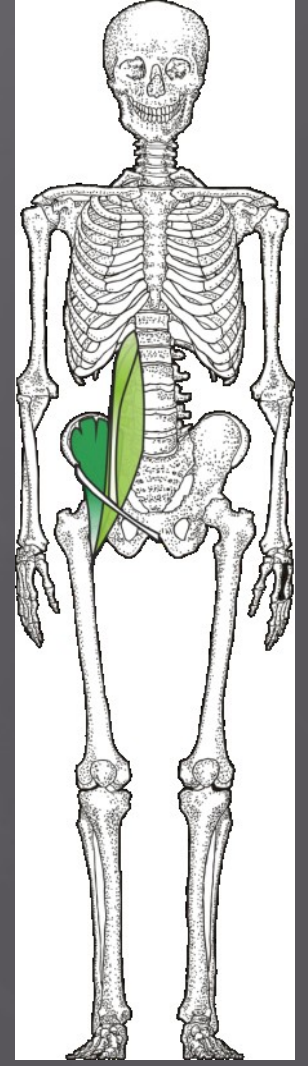
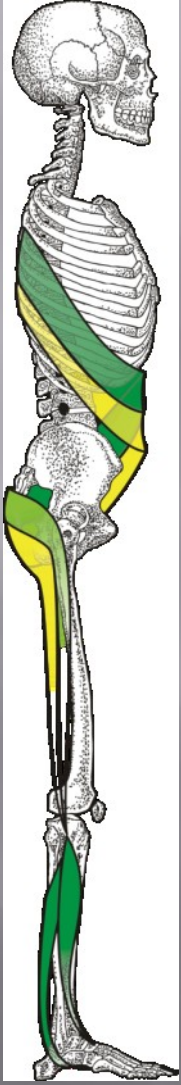


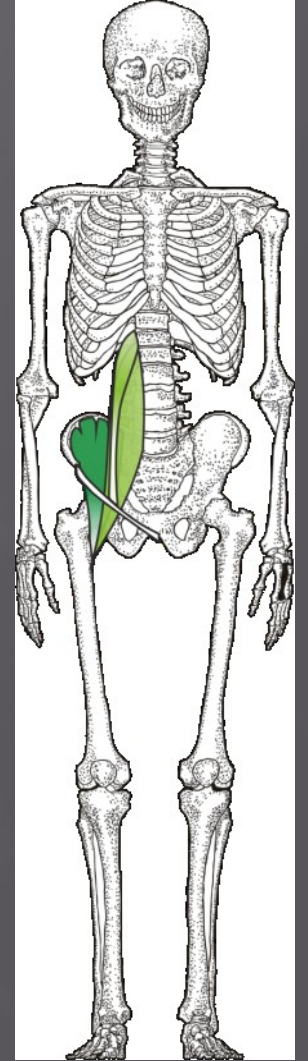
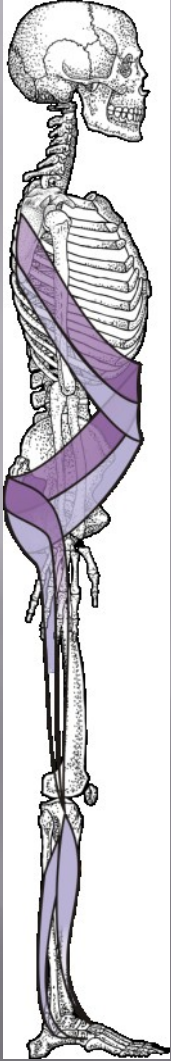
Krátké adductory:
m. pectineus
(sval hřebenový)
m. adductor brevis
(krátký přitahovač)
m. adductor longus
(dlouhý přitahovač)

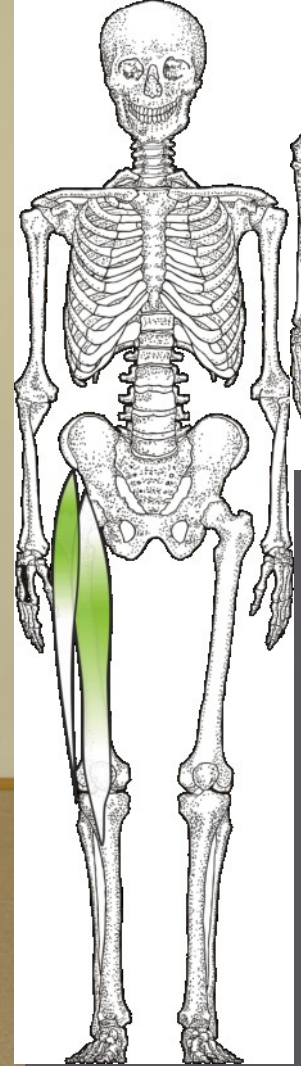
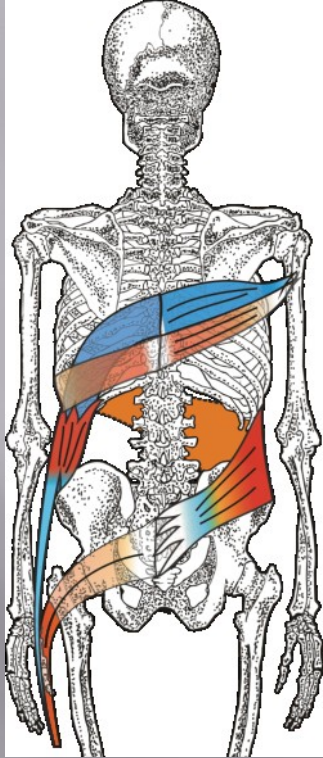


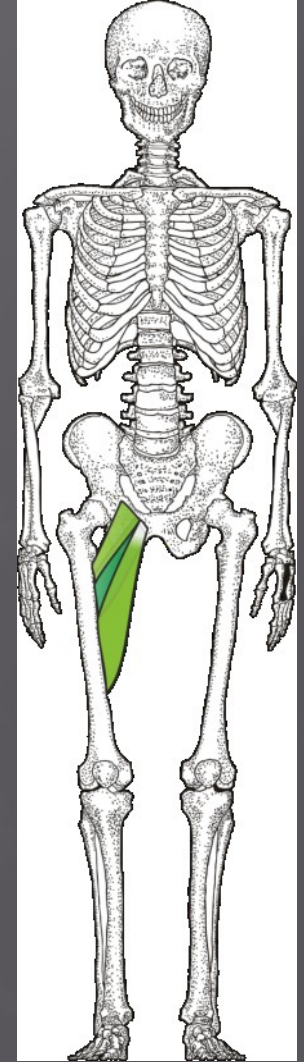
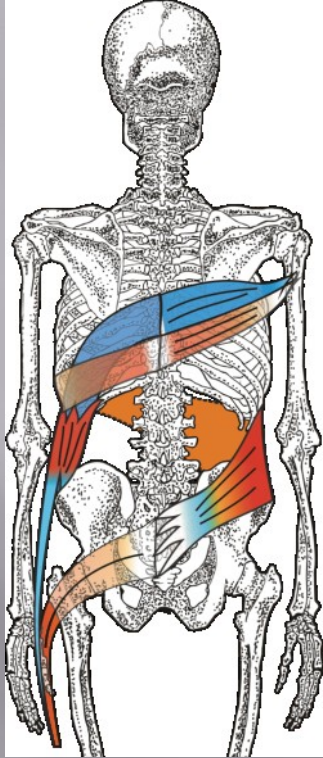


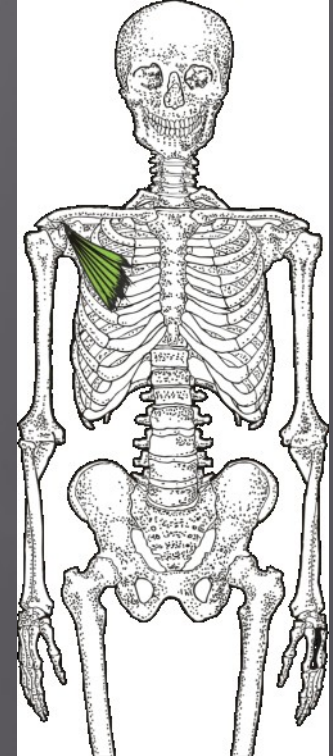


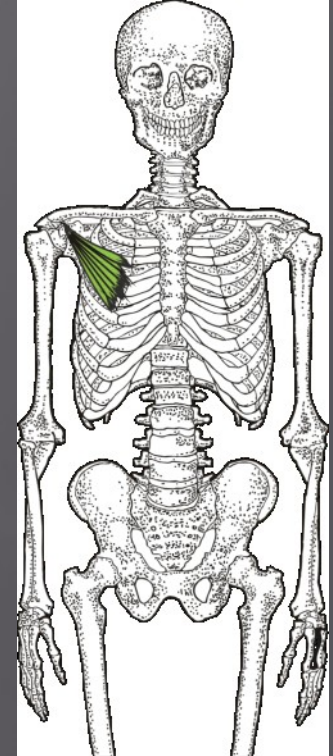


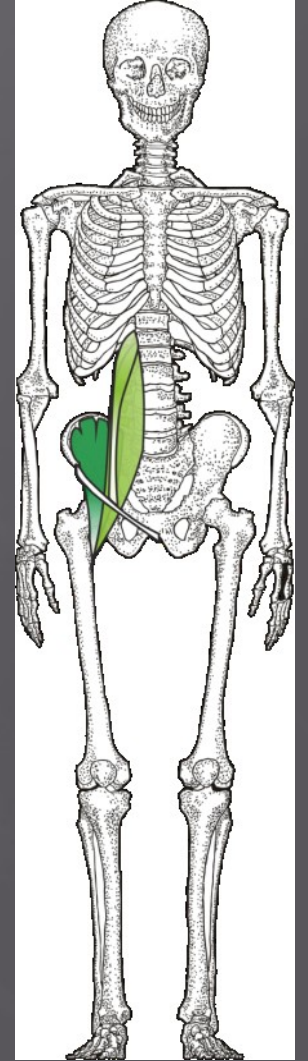


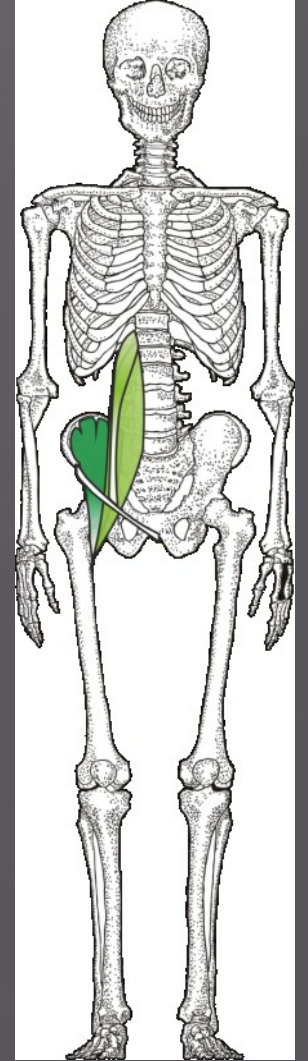
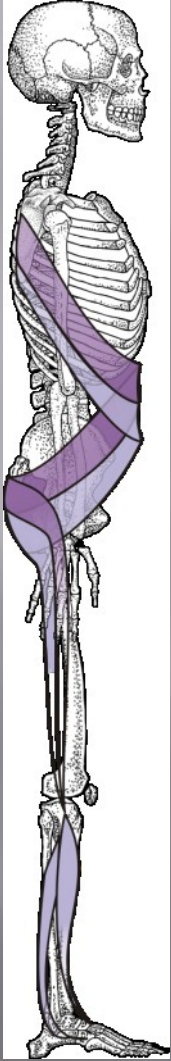


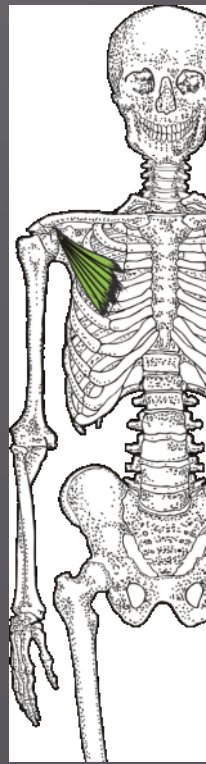
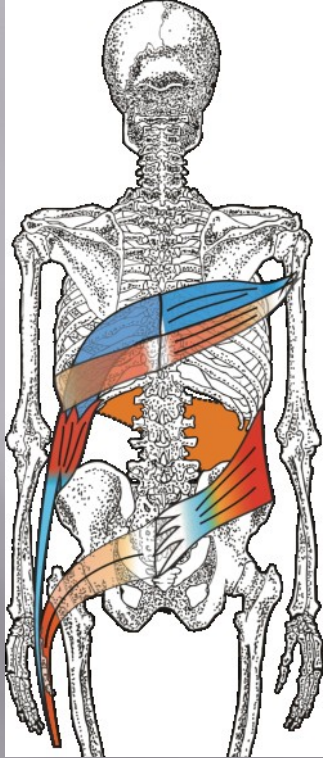


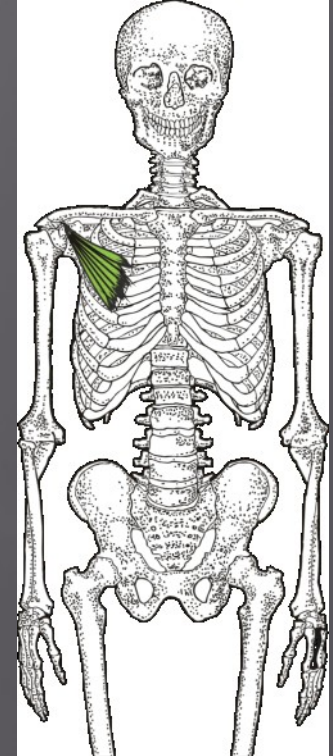
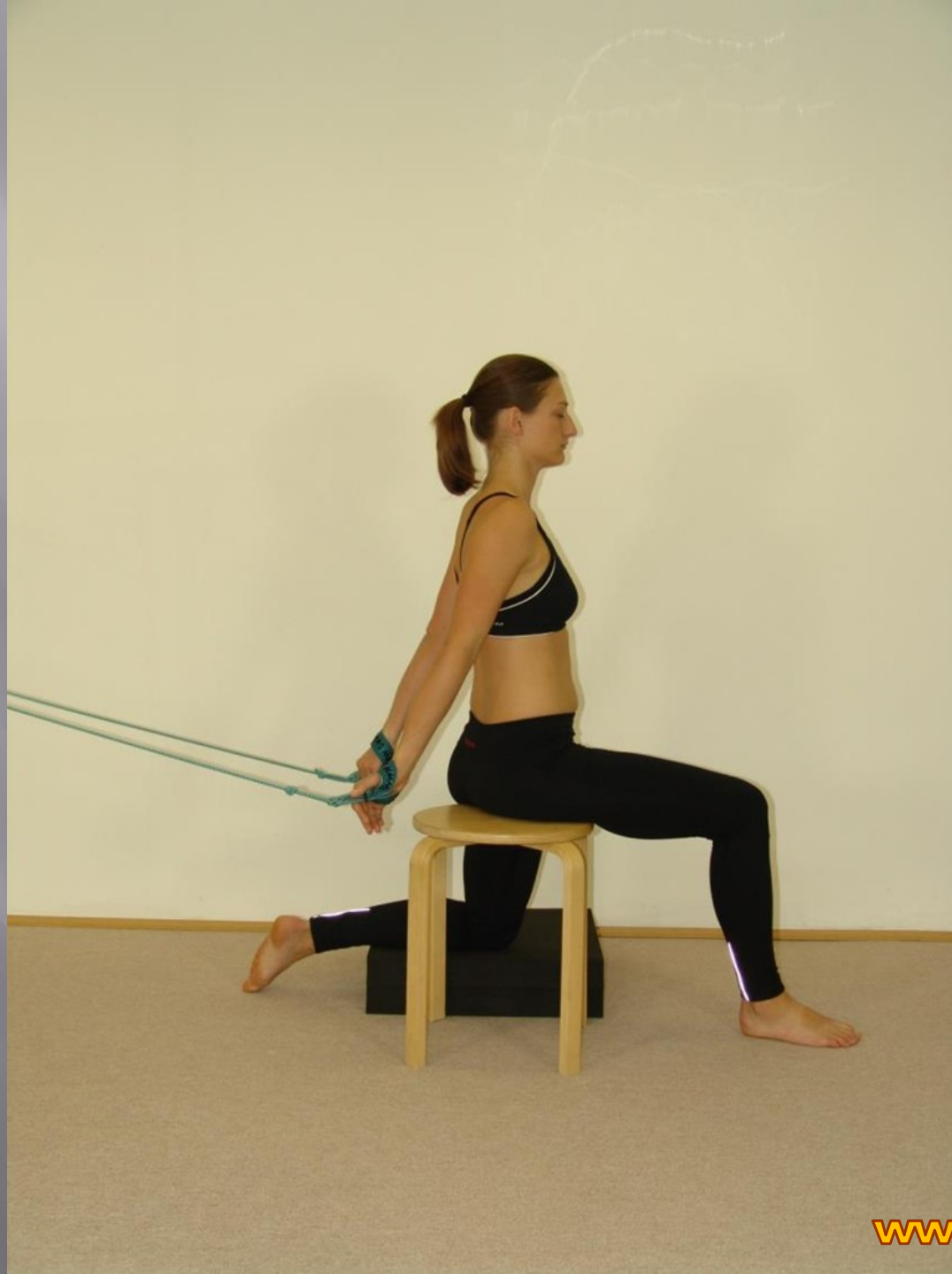


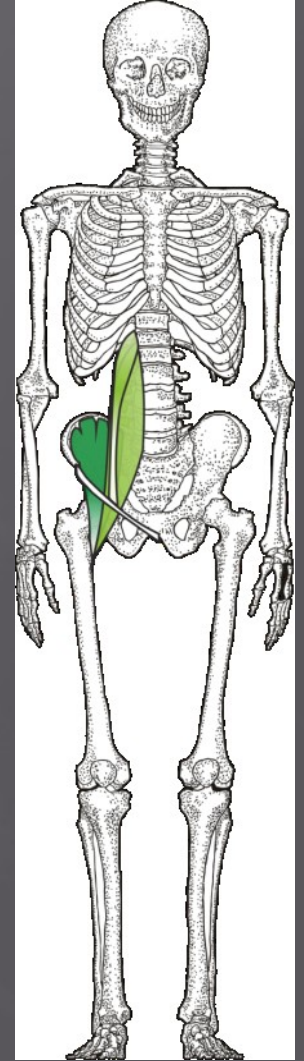
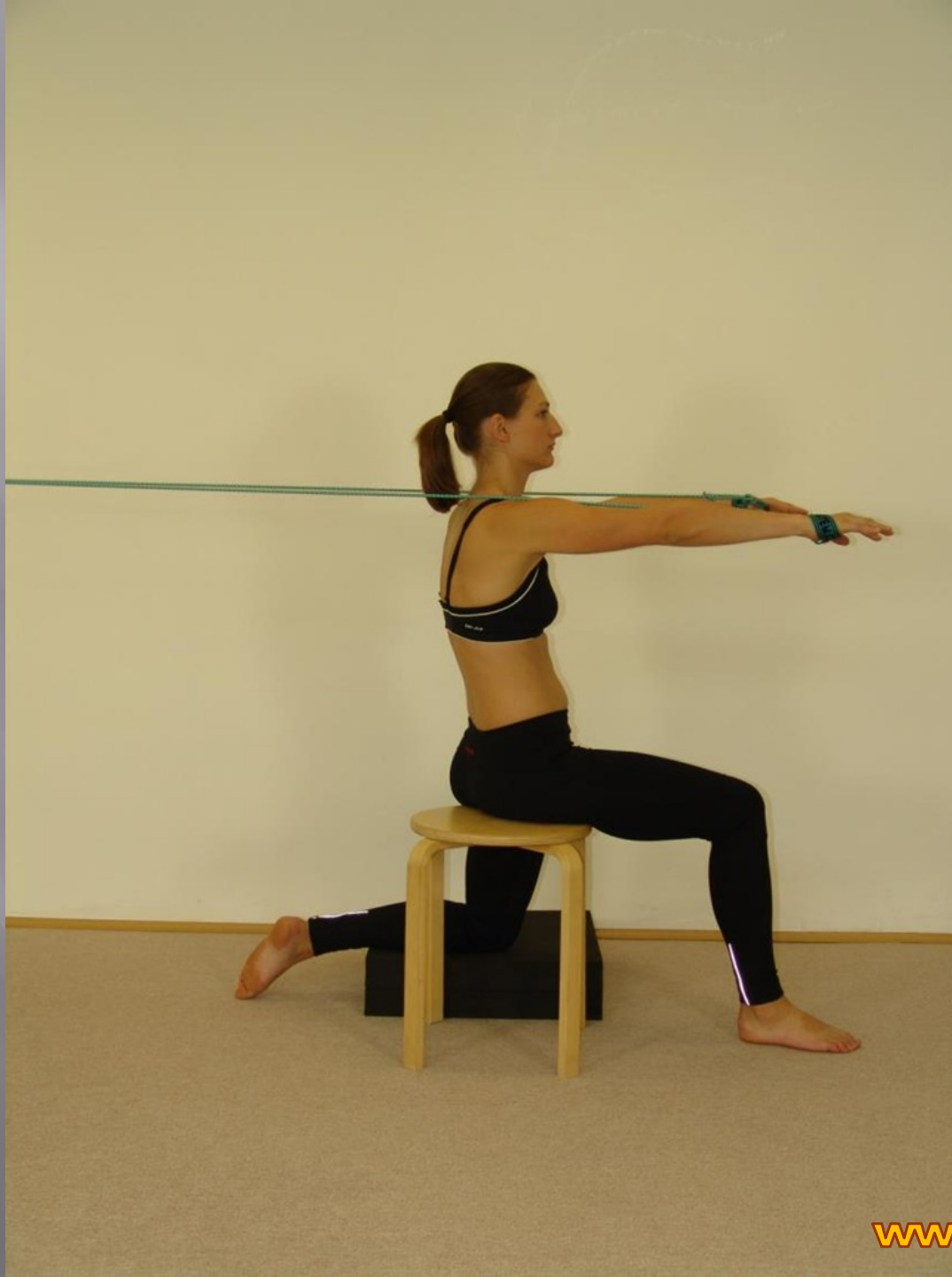
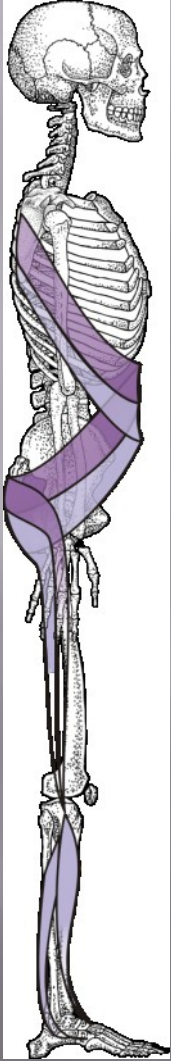


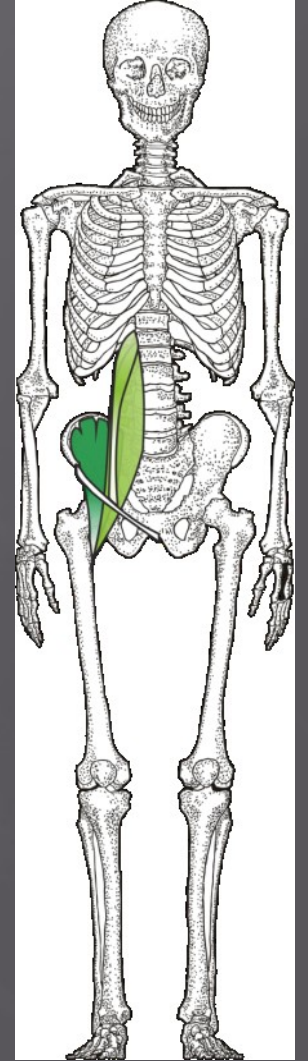
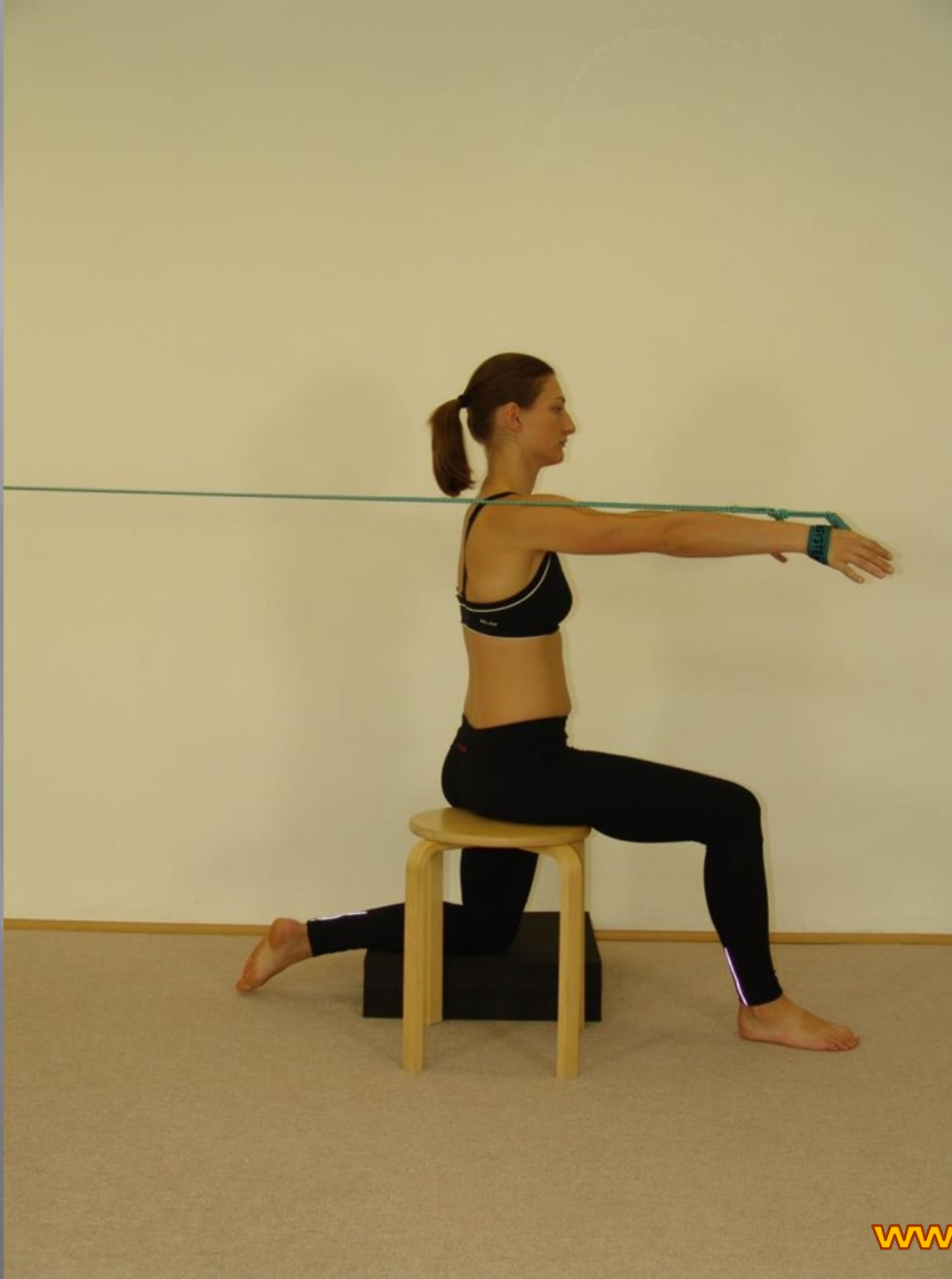


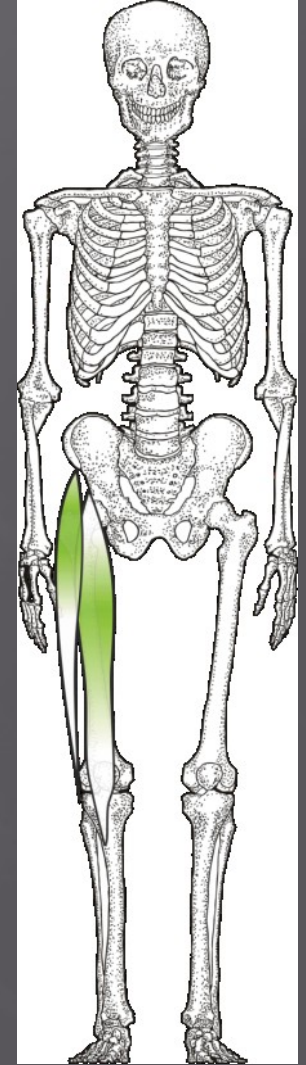
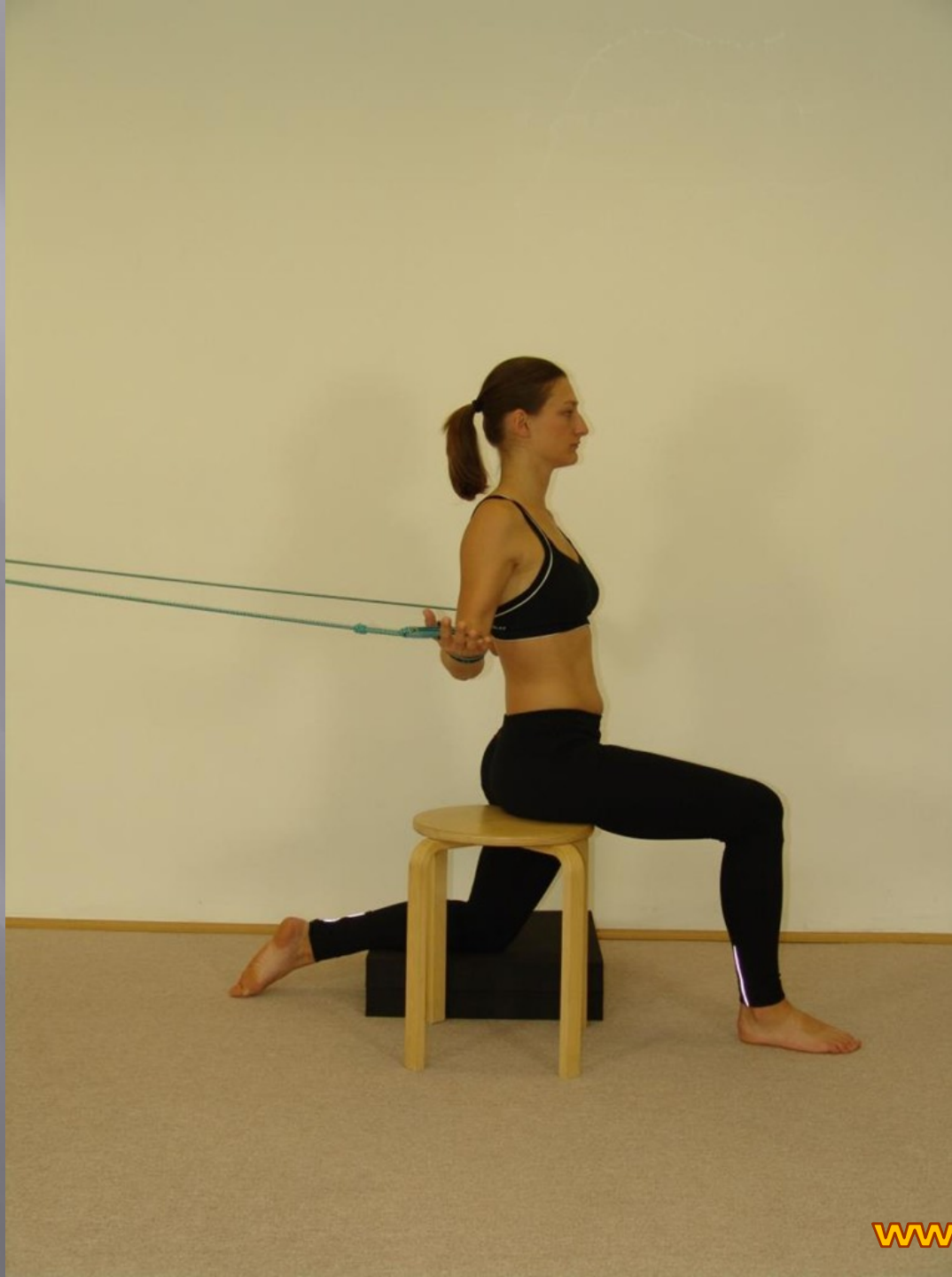
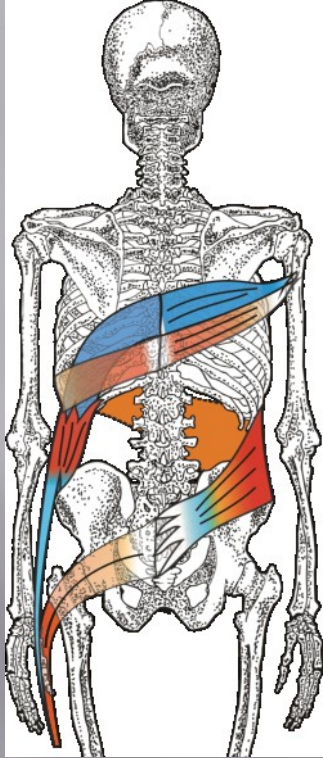


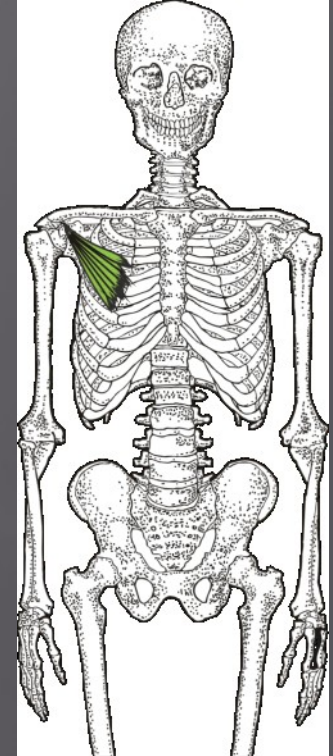
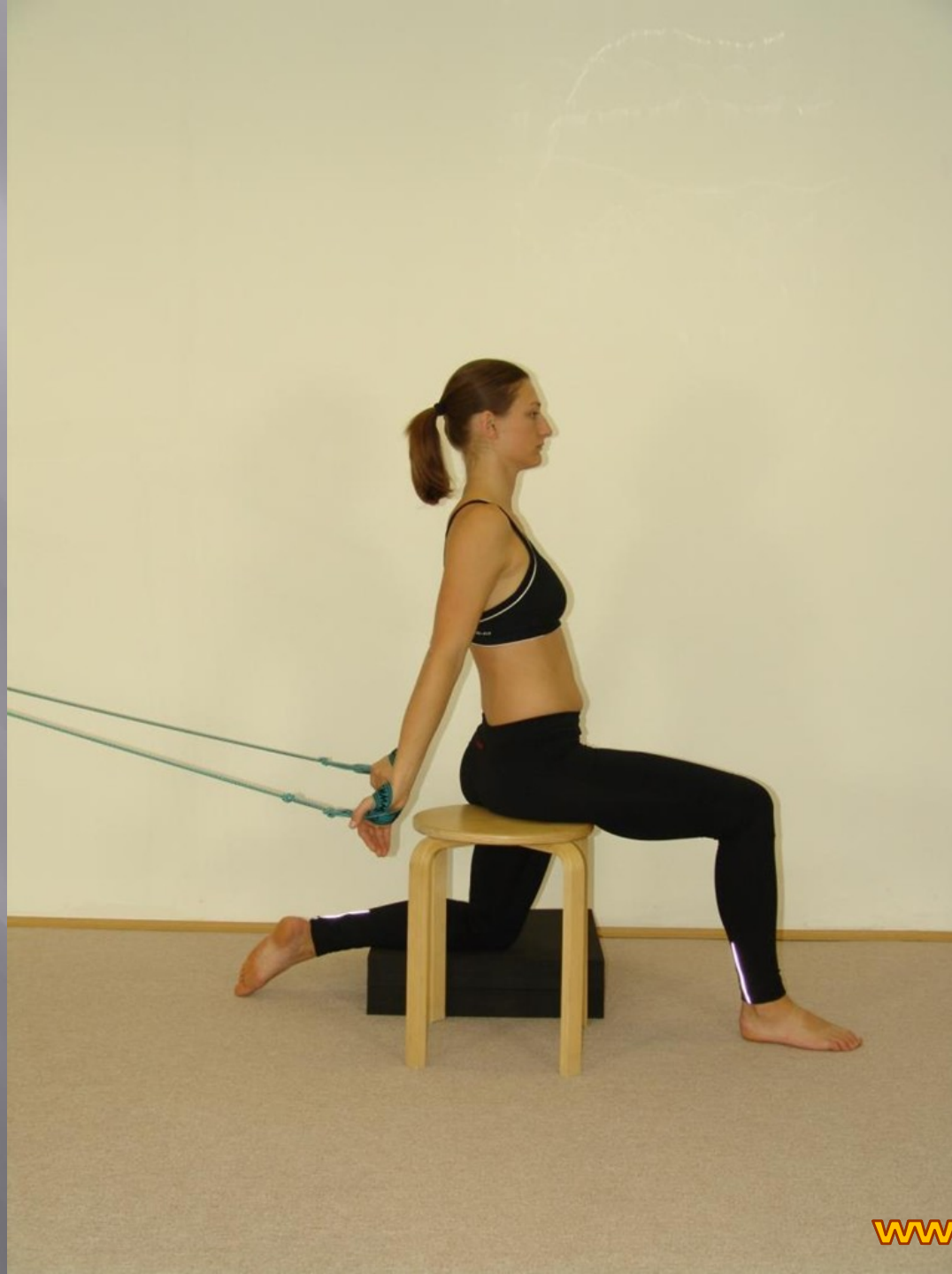


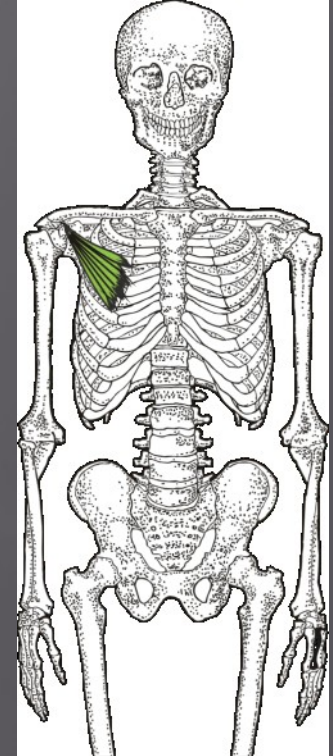


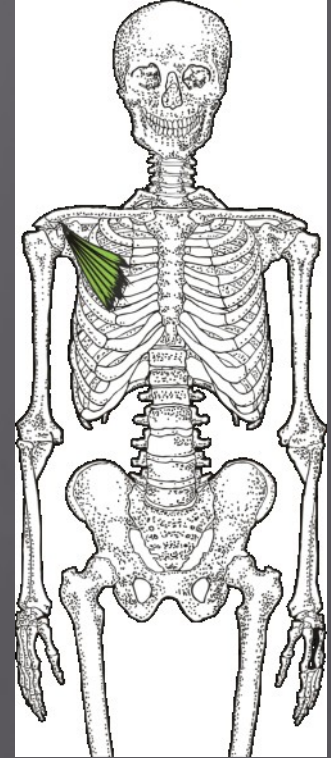
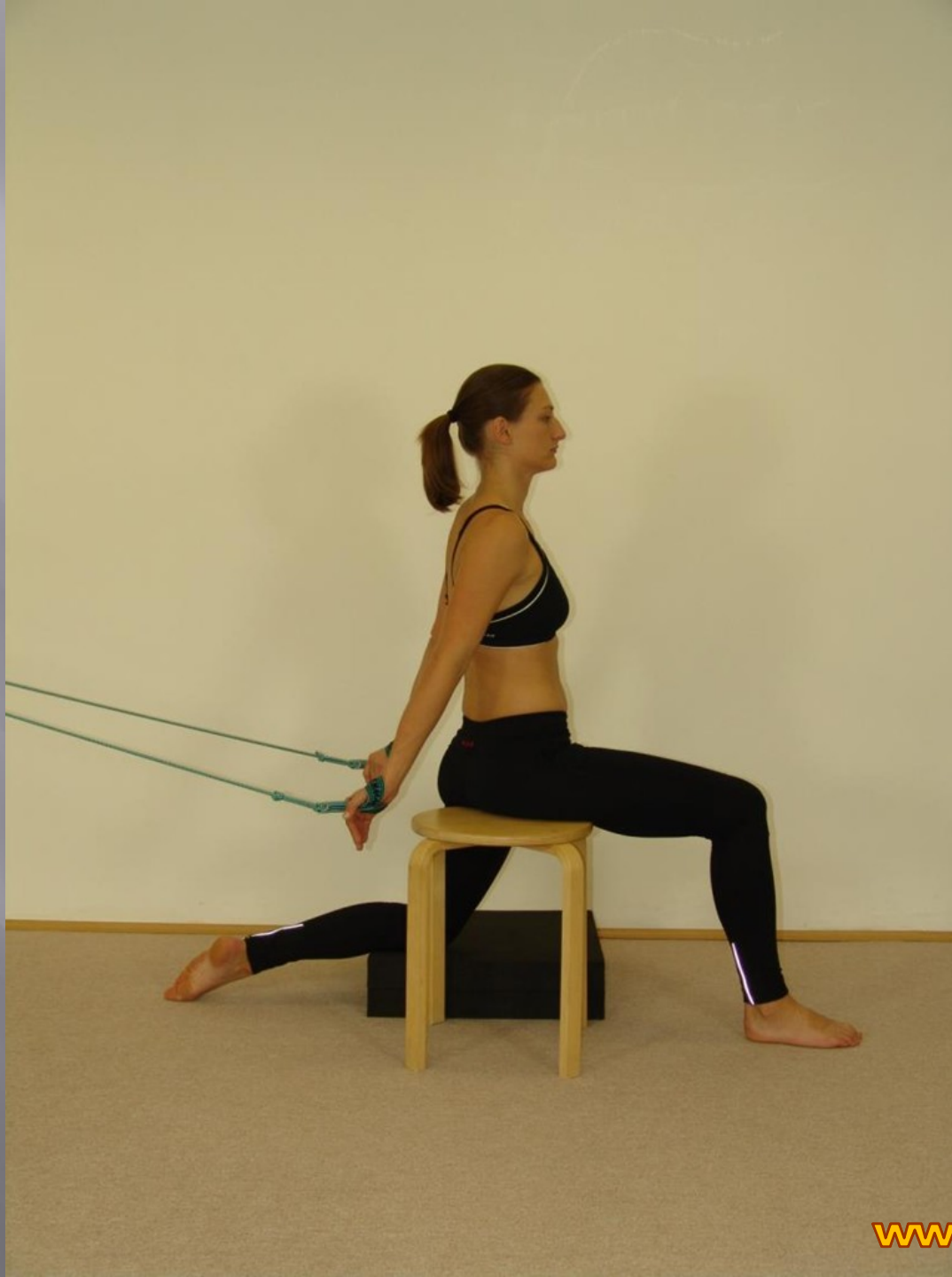
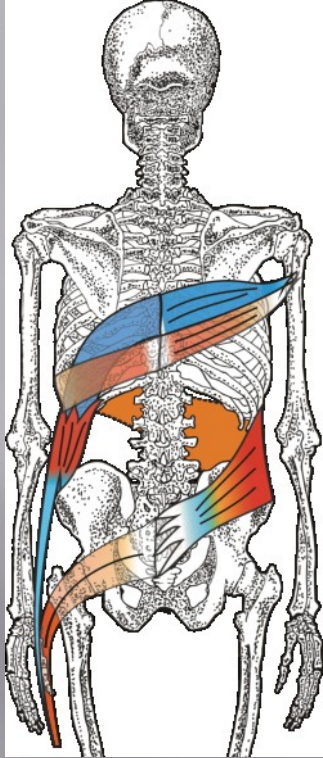


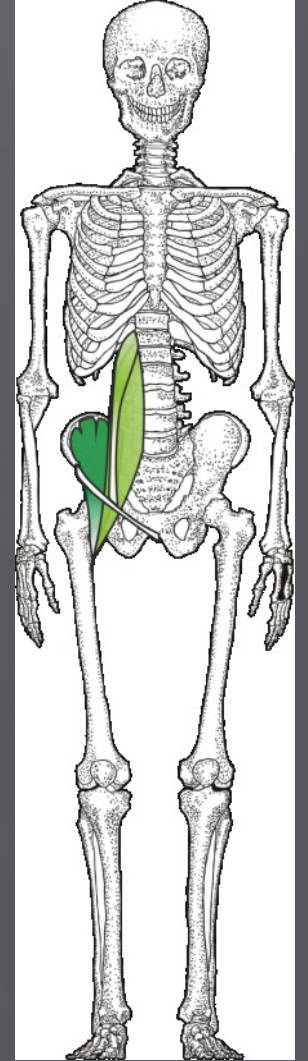
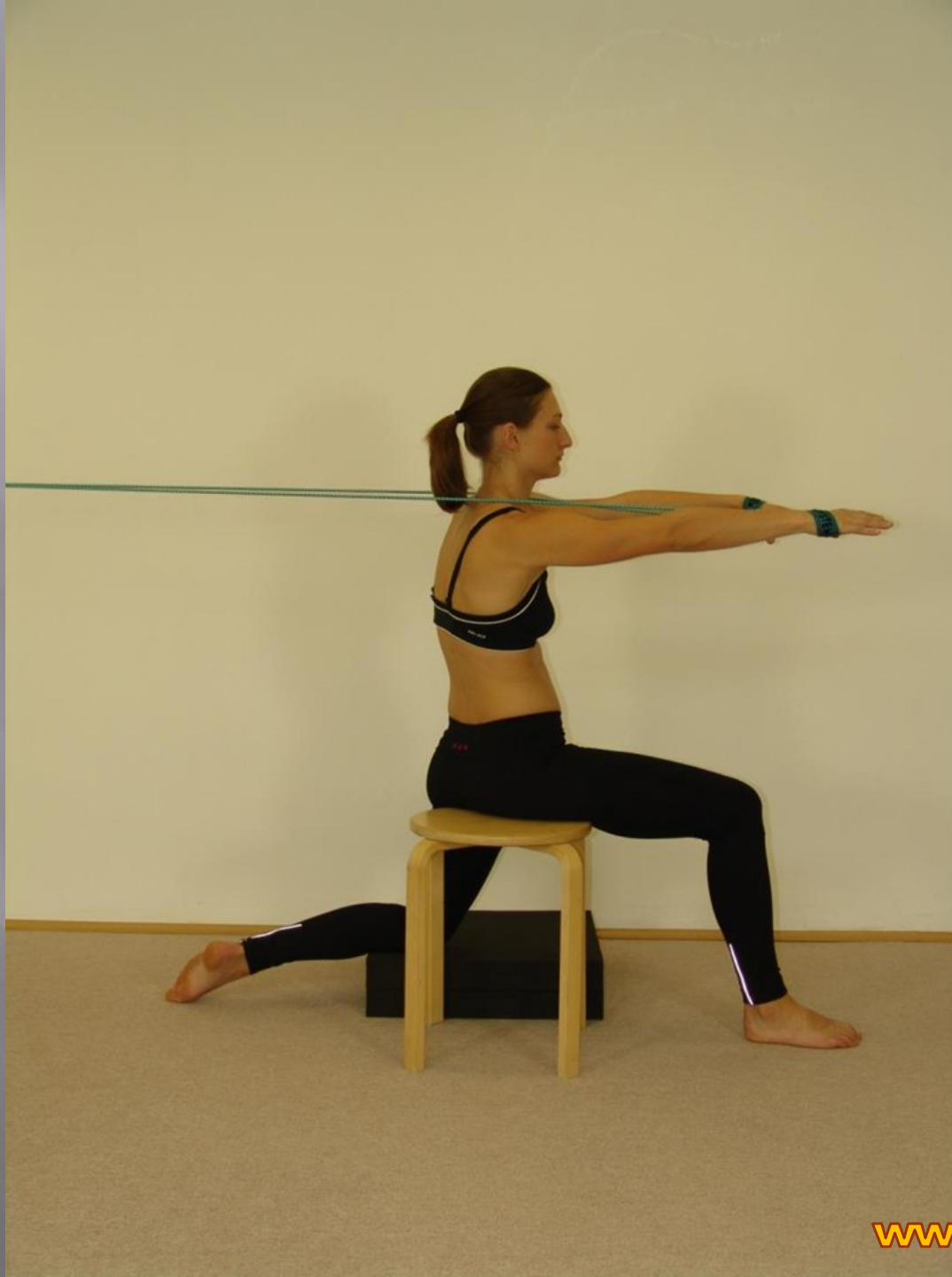


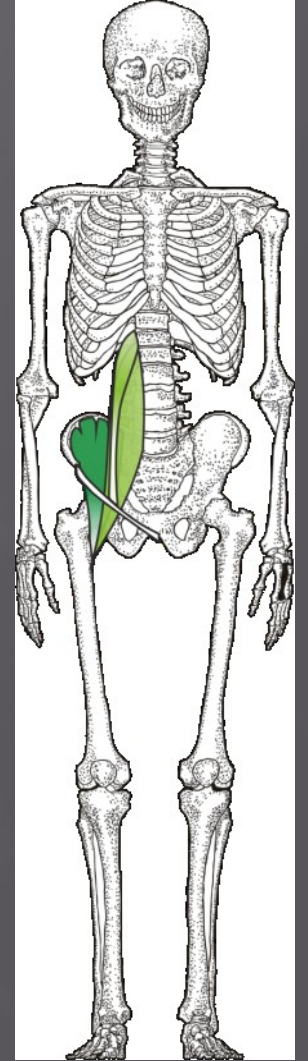
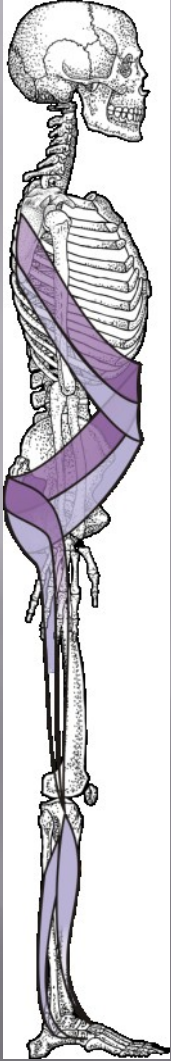


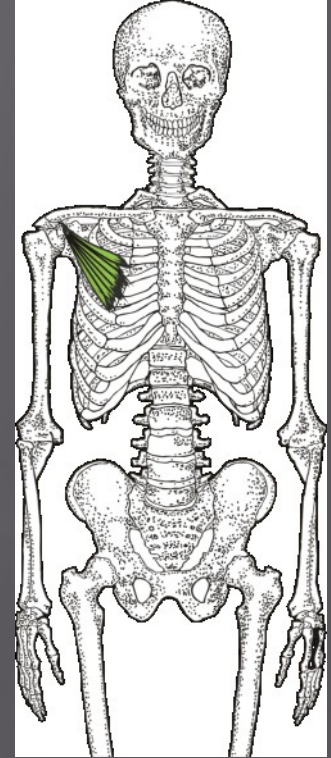
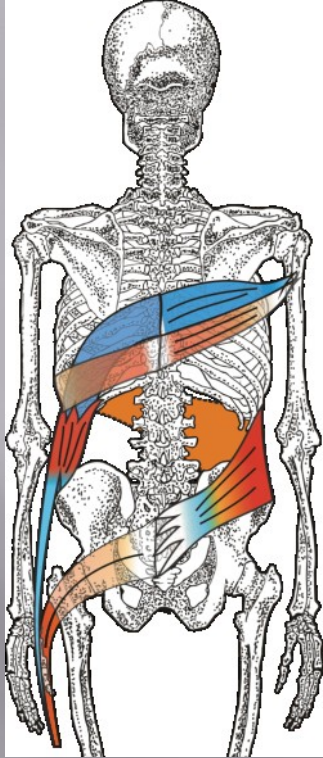








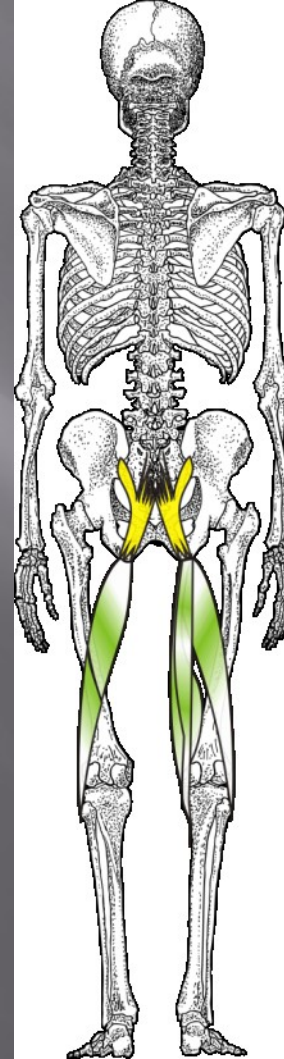




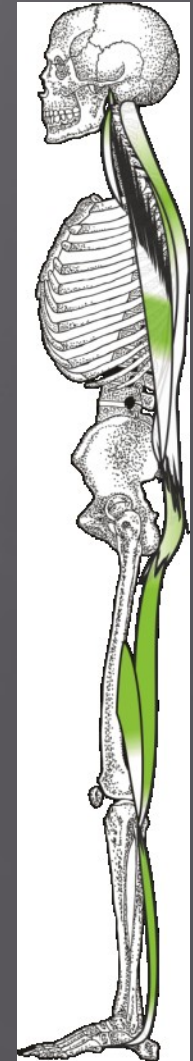
M. biceps femoris (dvojhlavý sval stehenní)

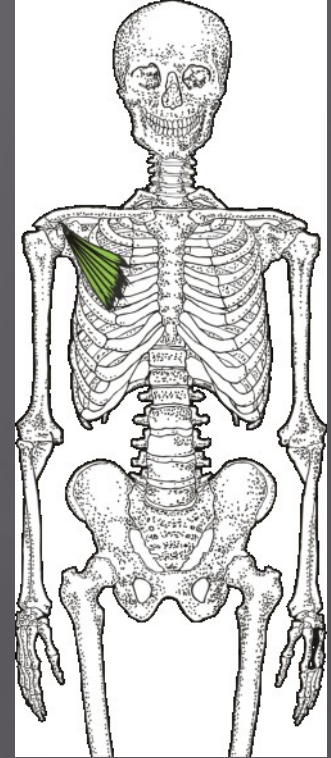
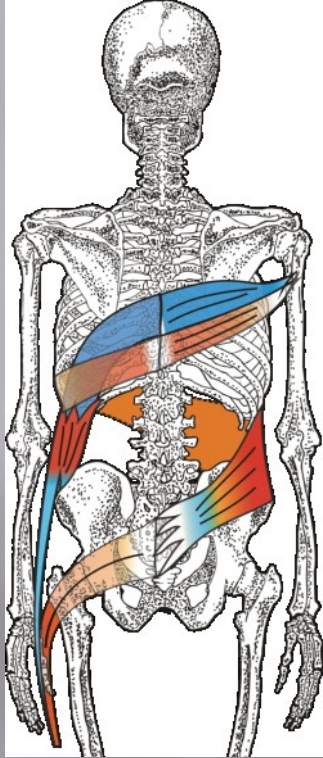
M. semitendinosus (sval pološlašitý)

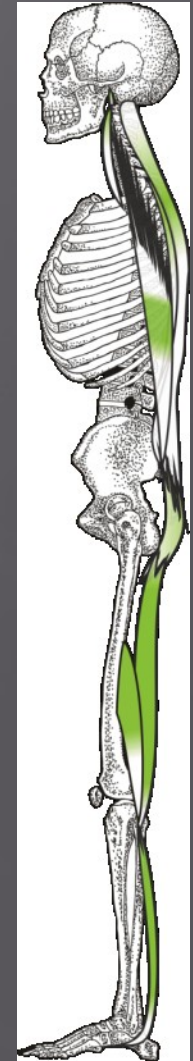
M. semimembranosus (sval poloblanitý)

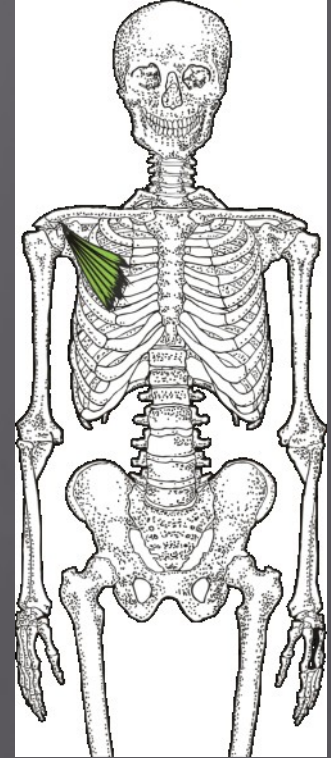
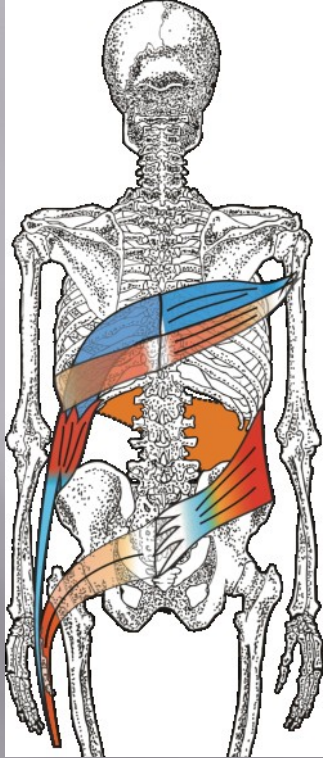


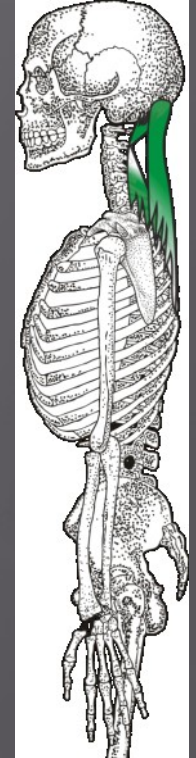
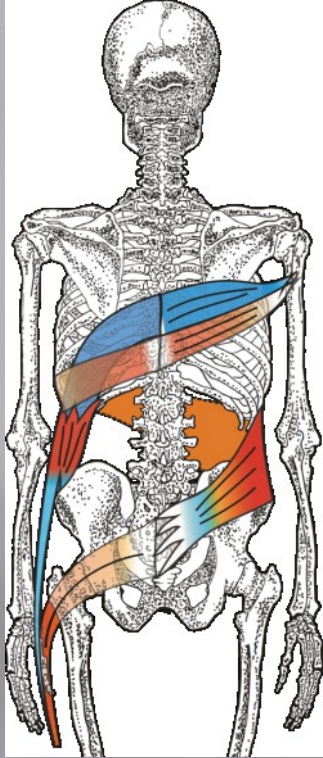


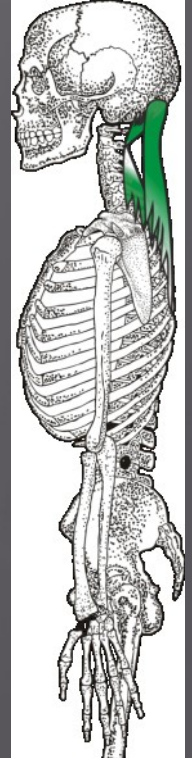
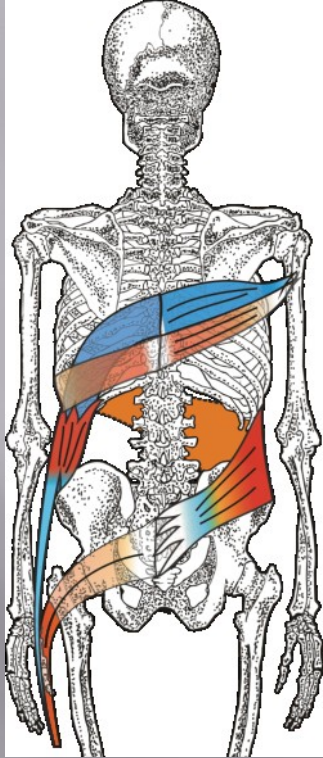


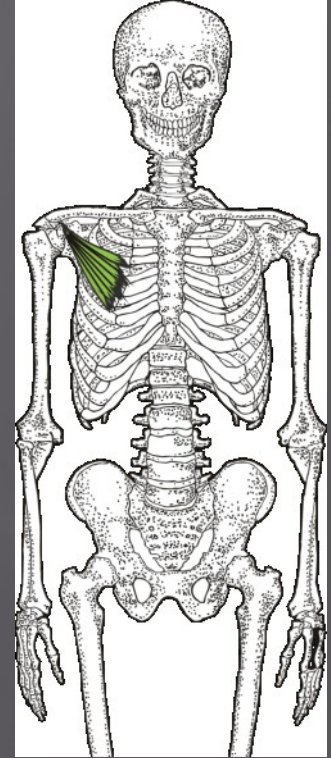
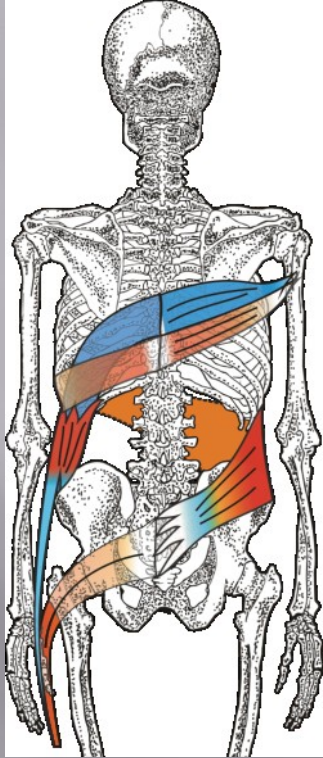




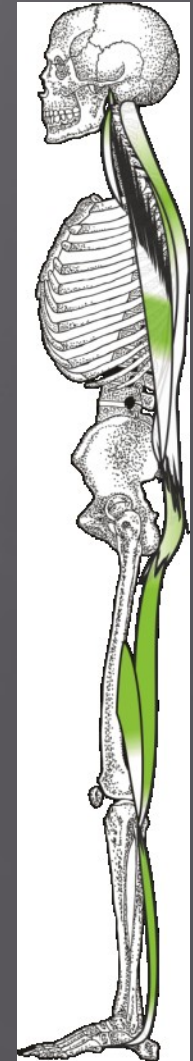


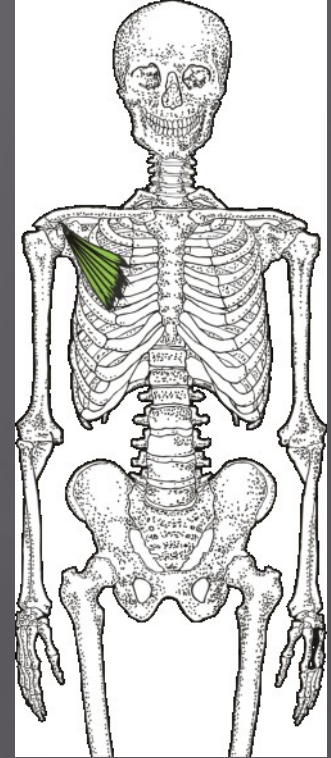
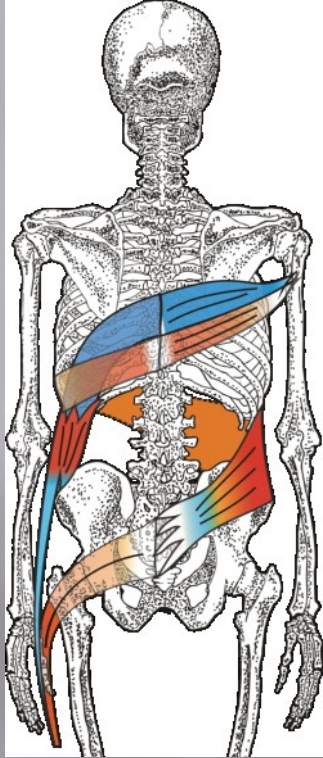


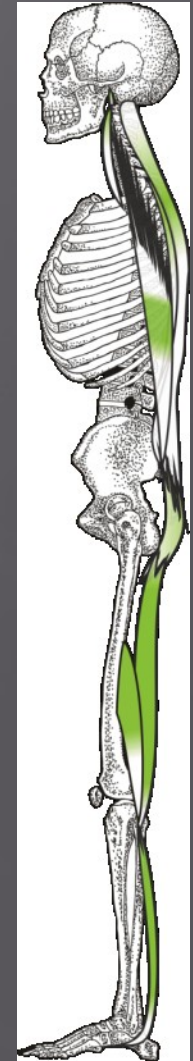


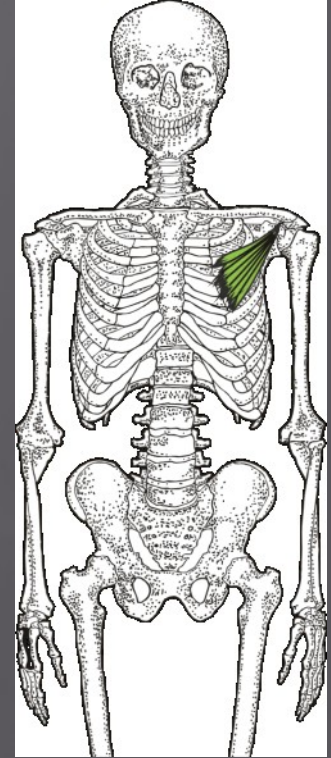
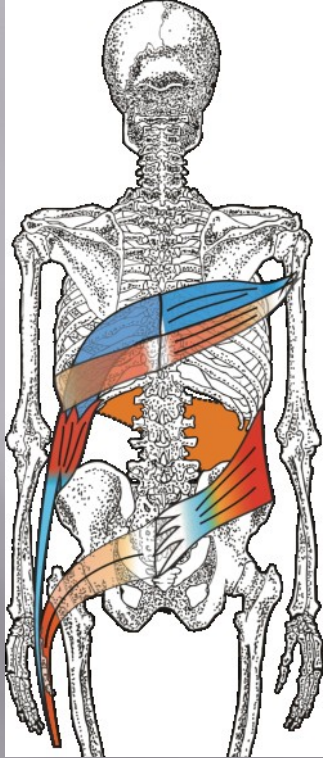


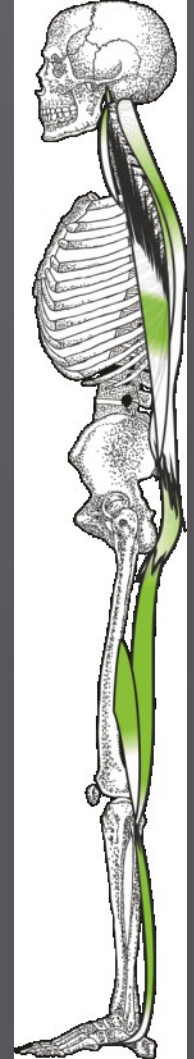


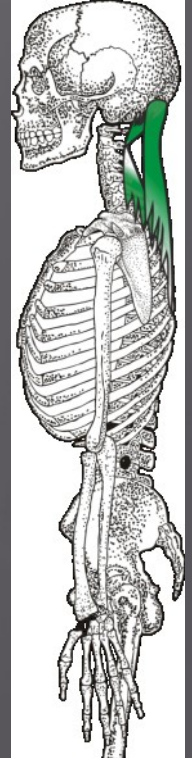
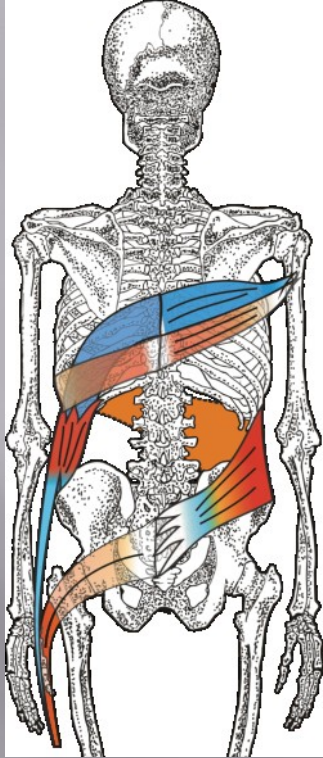


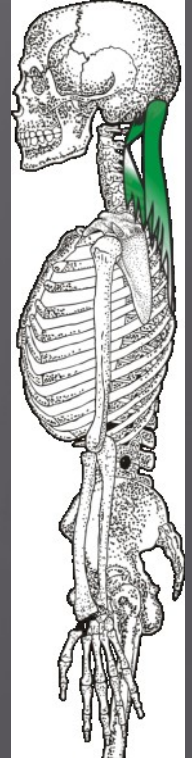
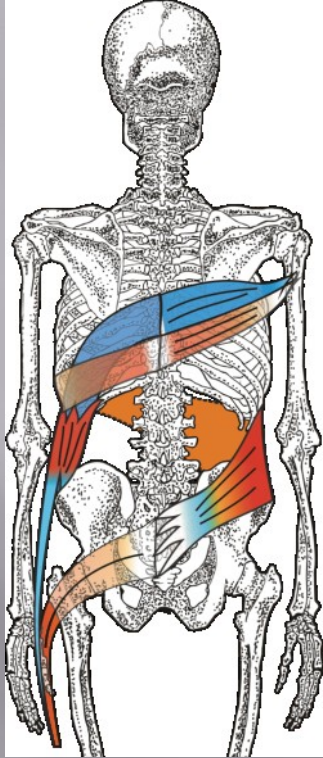


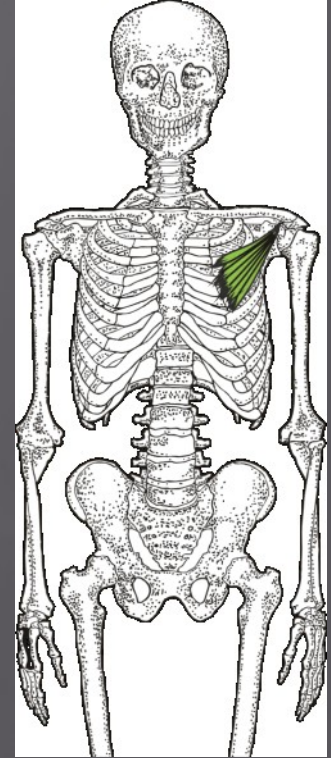
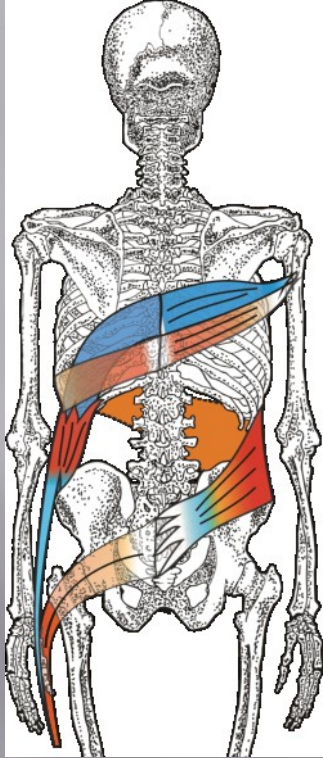












Cviky vsedě – pro pacienty s poruchou ramenního kloubu

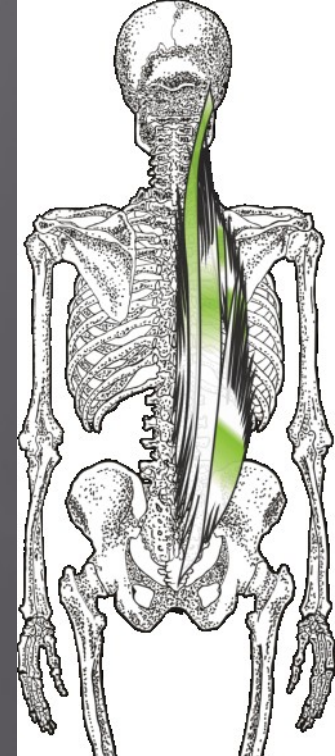
- ▣ Cílová skupina
- ▣ Pro začátečníky, seniory

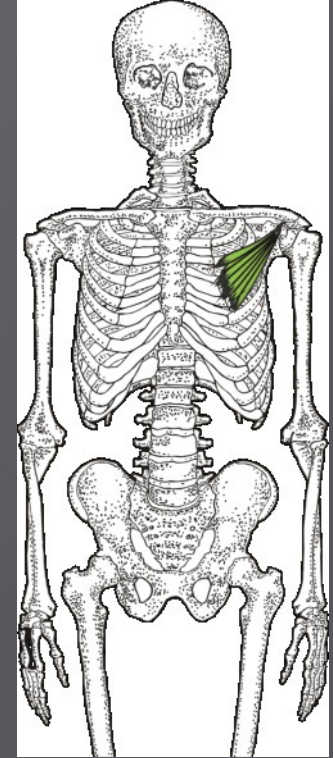
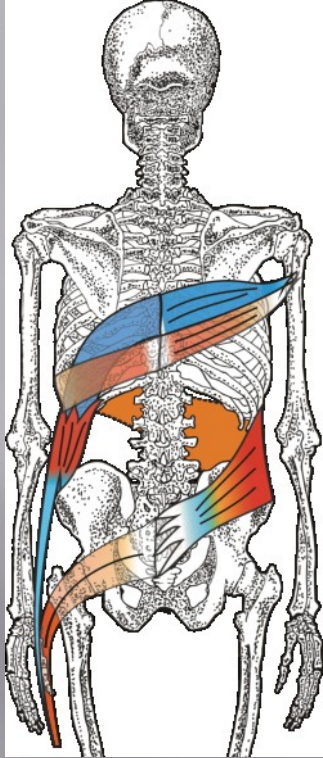
- ▣ Pozice - sed
- ▣ Cviky - cvičení na stoličce

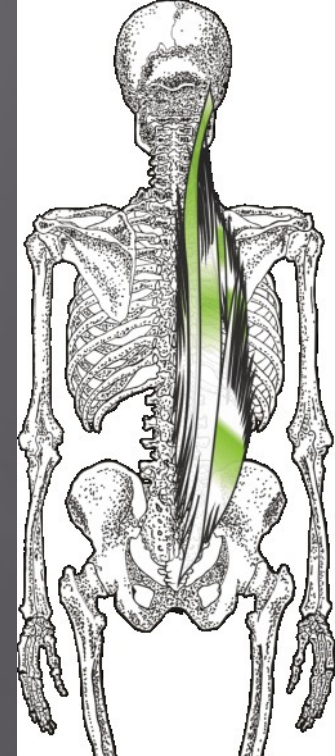
- ▣ Vhodné pro korekci lopatek
- ▣ Při zkrácení flexorů kyčle

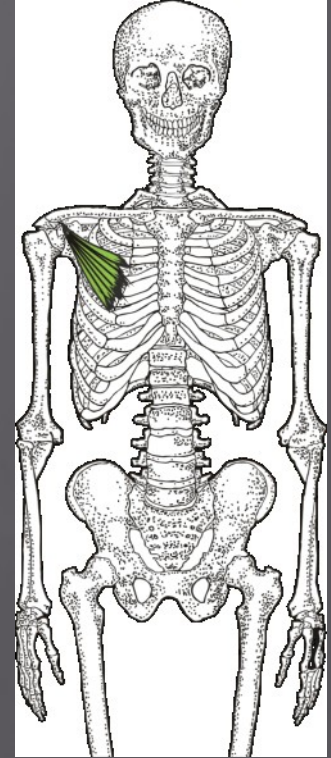
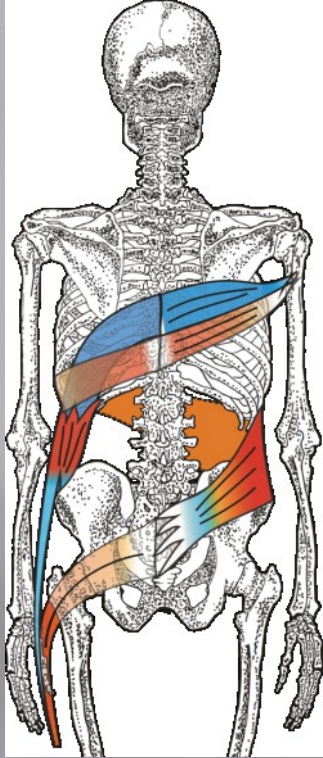
- ▣ Nácvik aktivace (stabilizace) a relaxace, protažení
- ▣ **Aktivace, stabilizace - spirála LD (latissimus dorsi – široký sval zádový)**
- ▣ **Relaxace a protažení – přední skupina pletence ramenního - svaly paravertebrální**

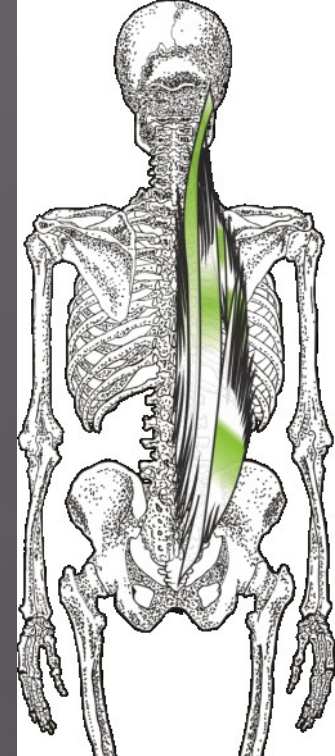


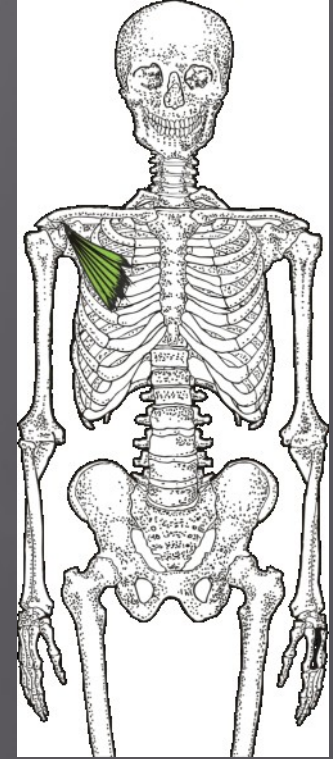
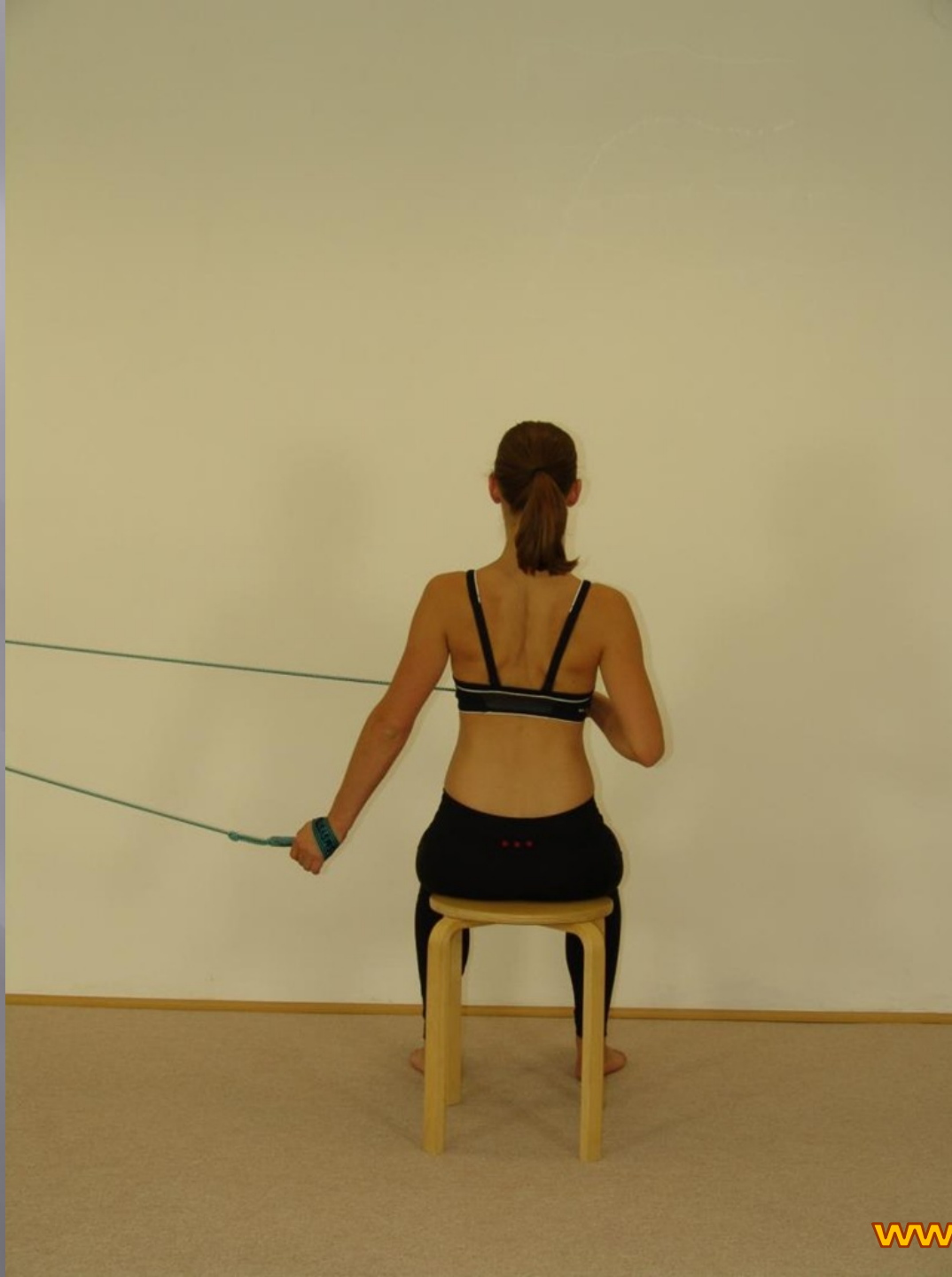
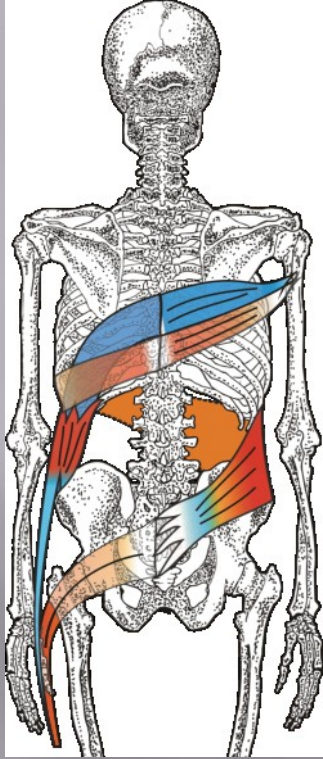




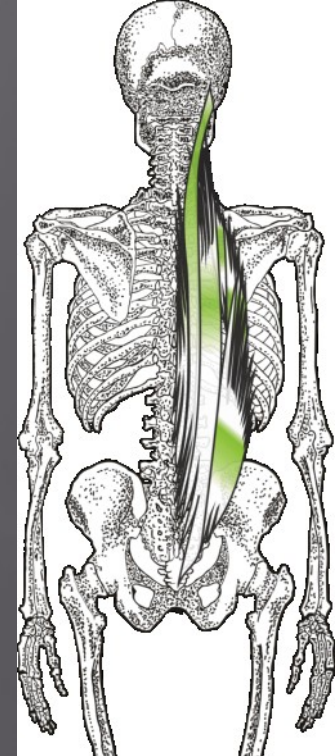
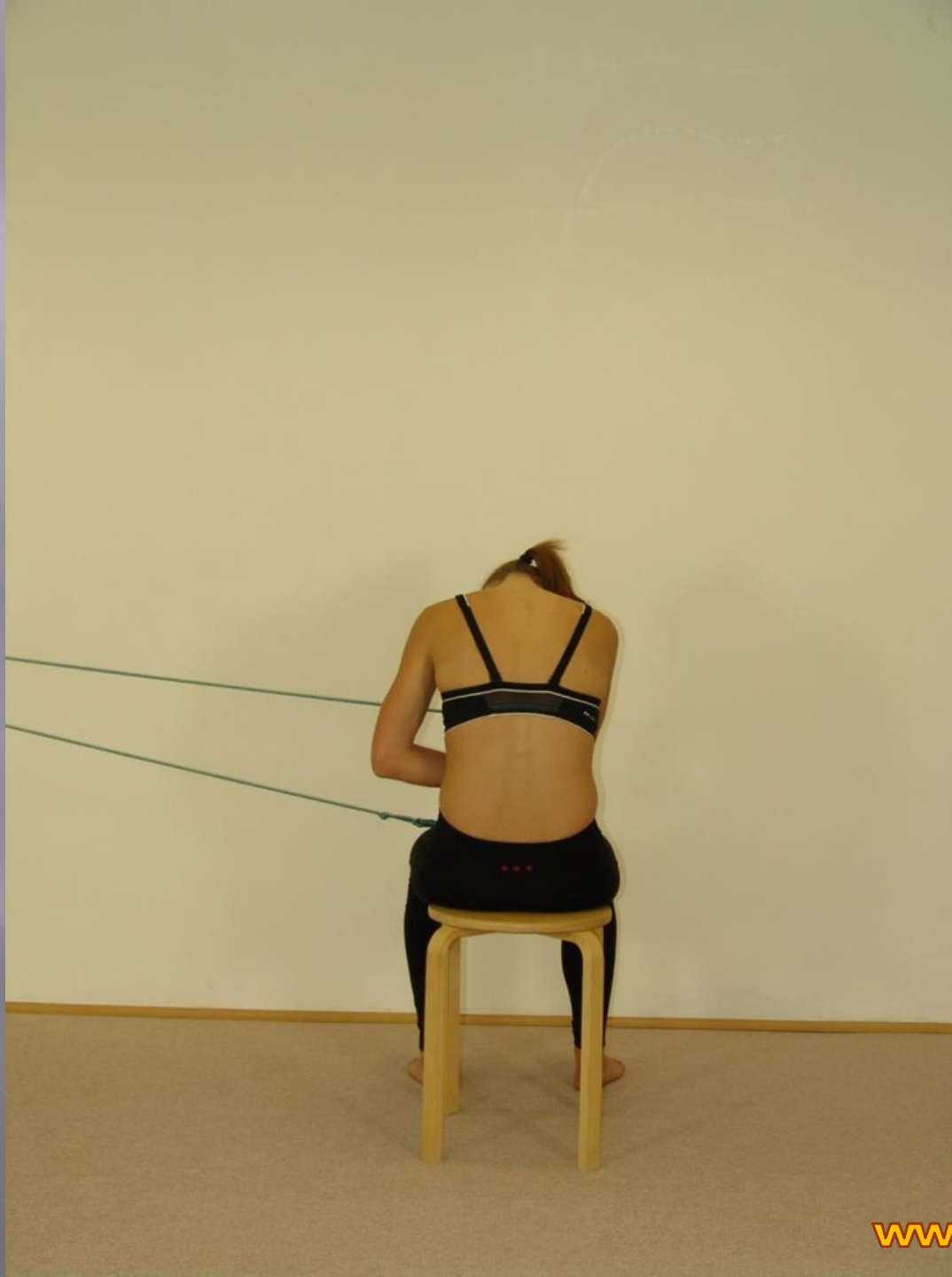


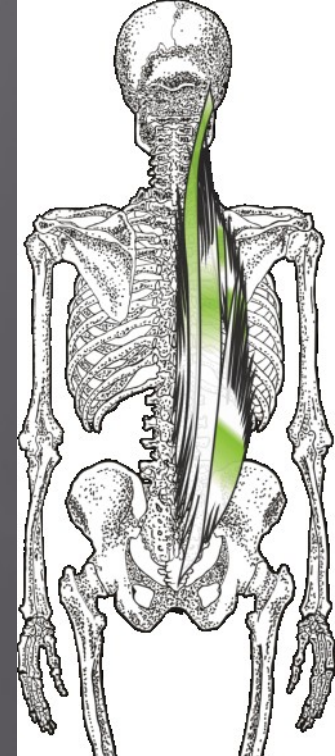


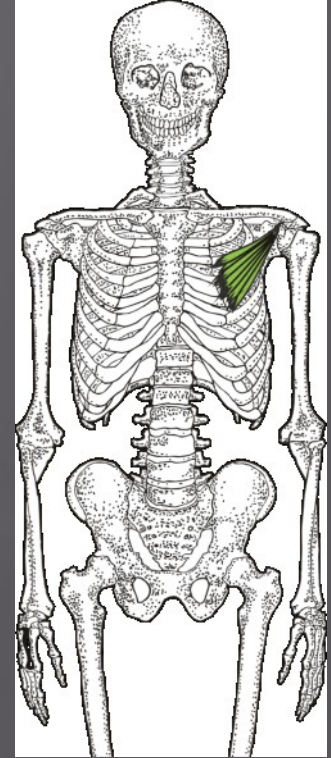
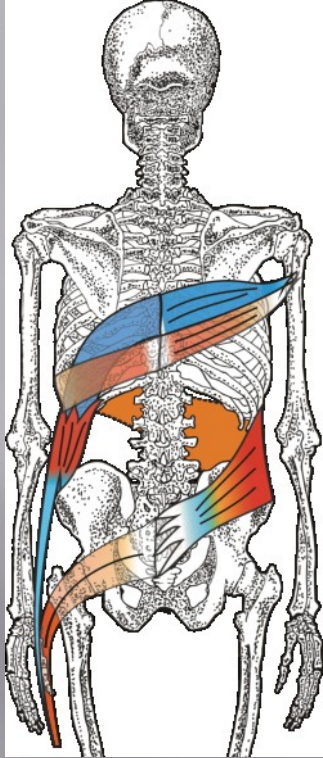


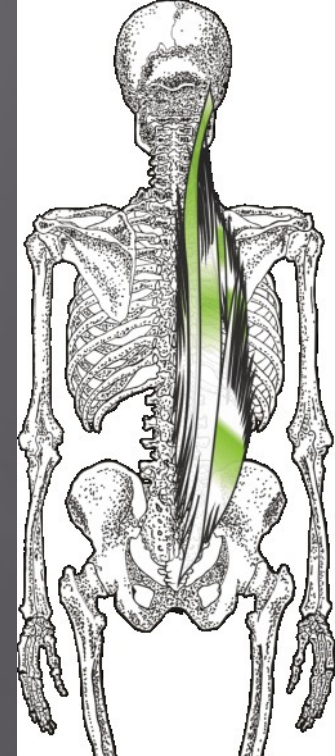




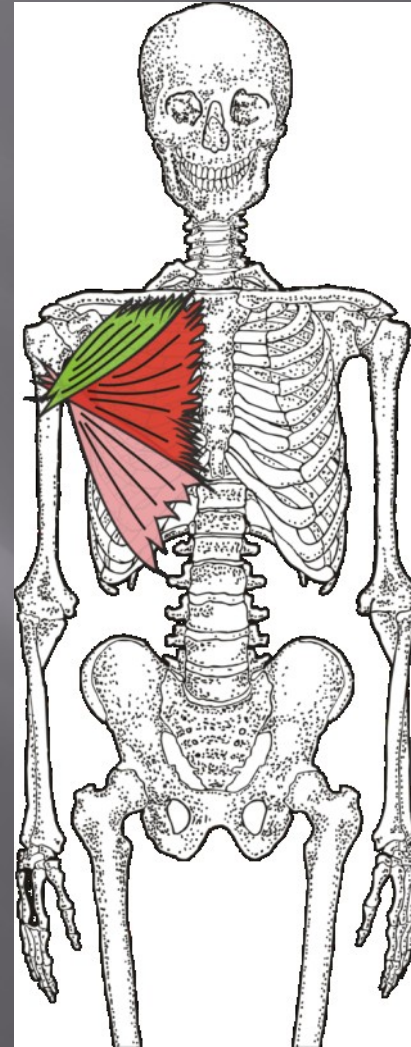
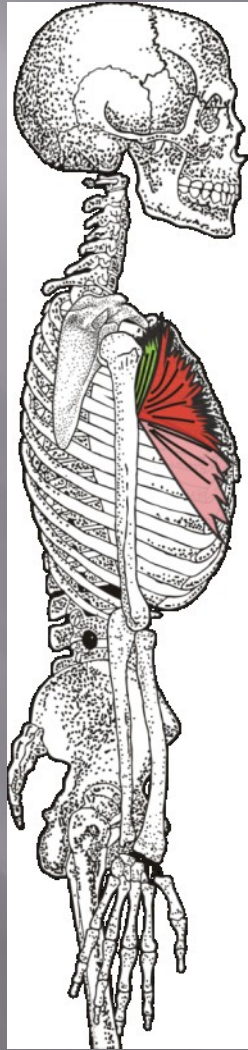




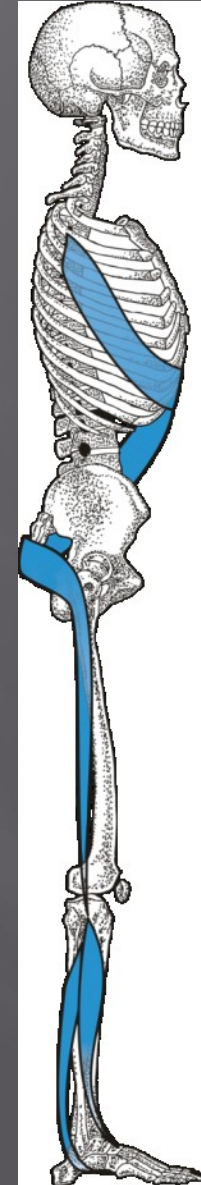
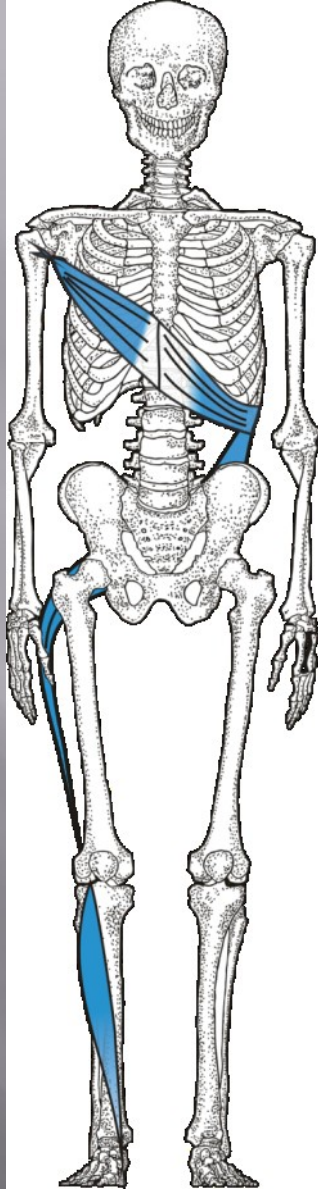


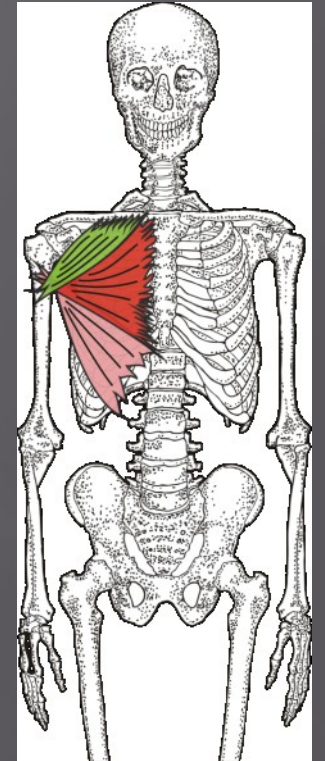


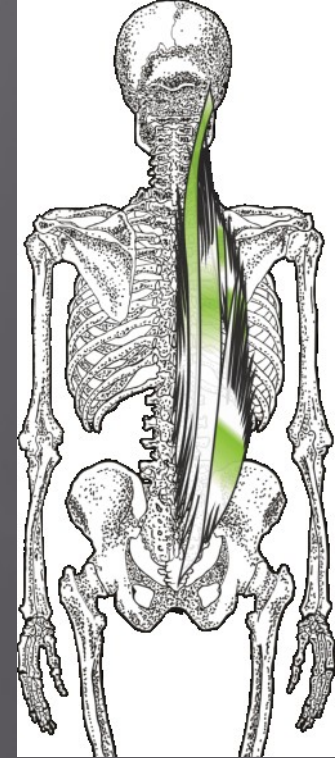
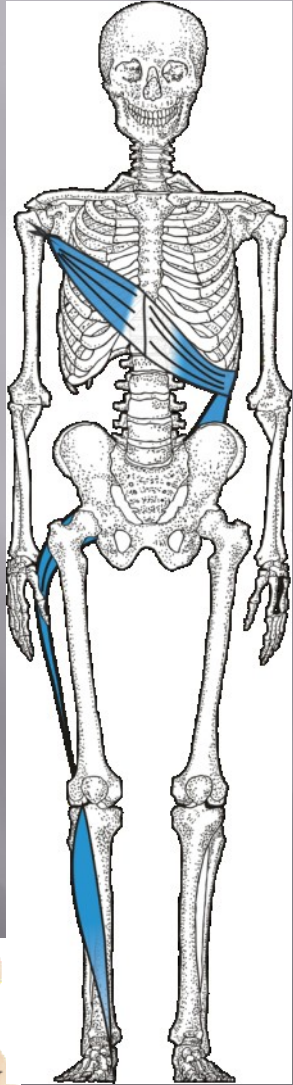
M. pectoralis major (velký sval prsní)

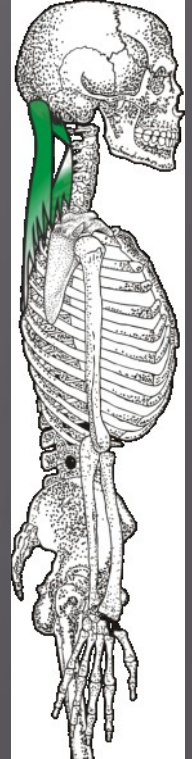


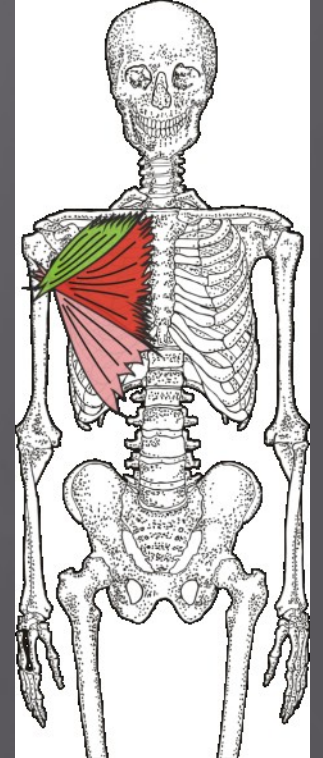
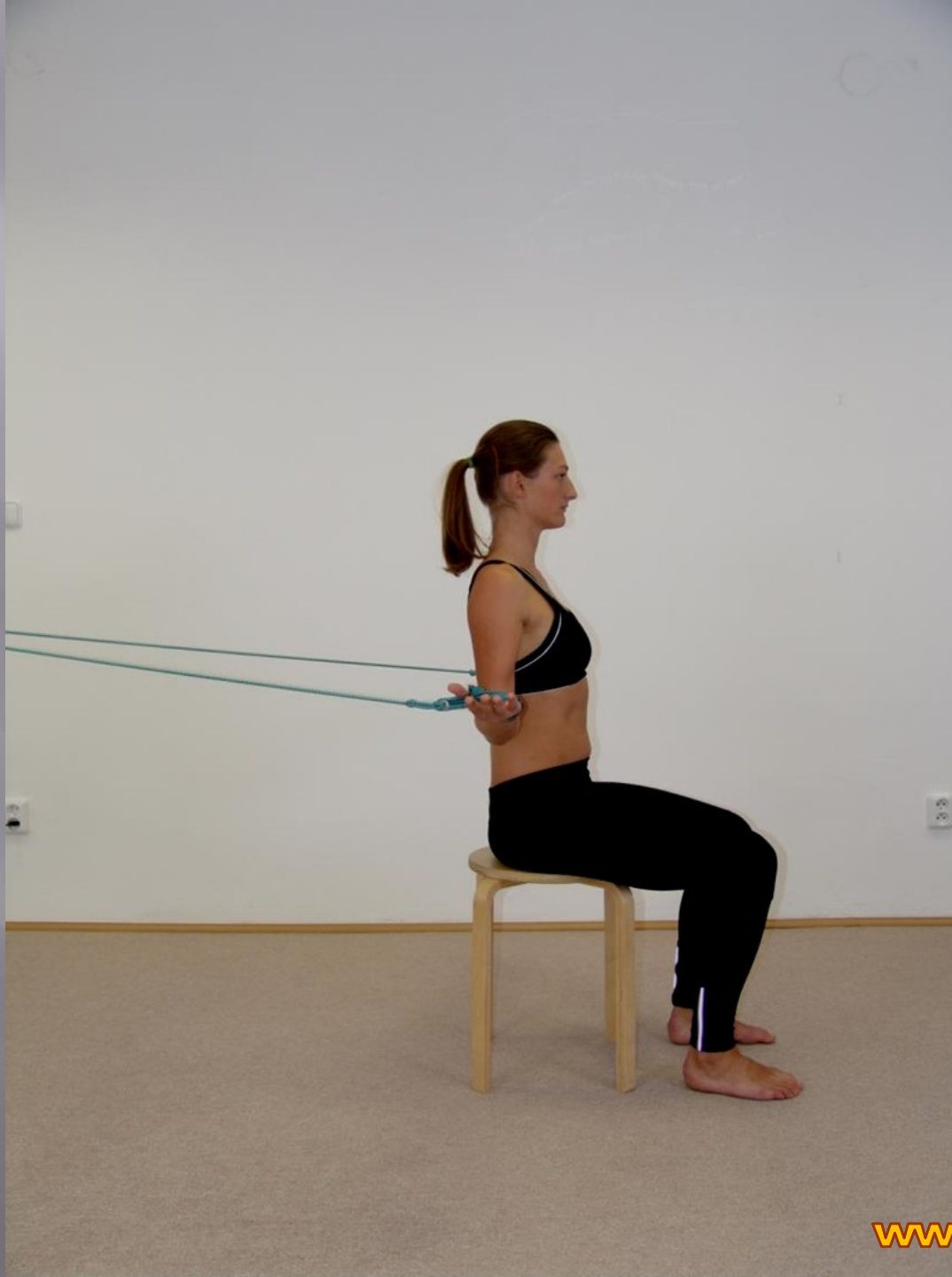
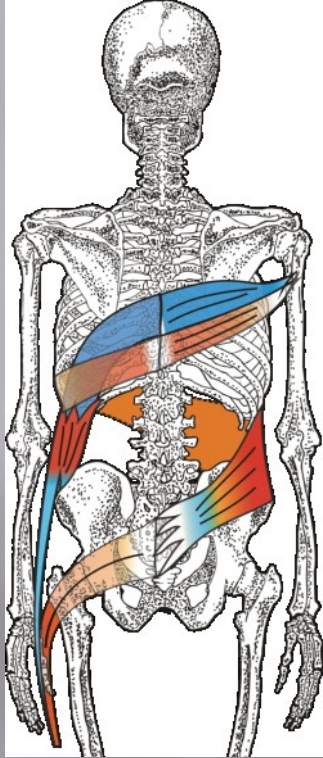
Spirála pectoralis major (velký sval prsní)

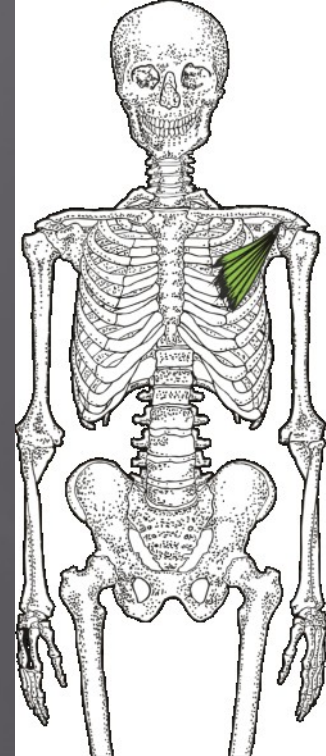


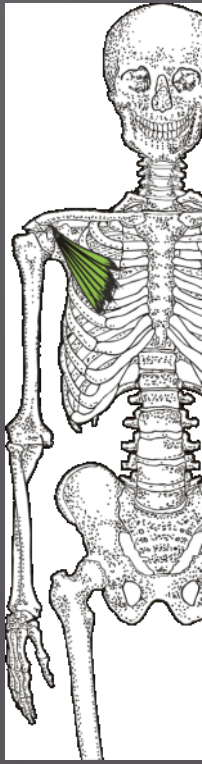


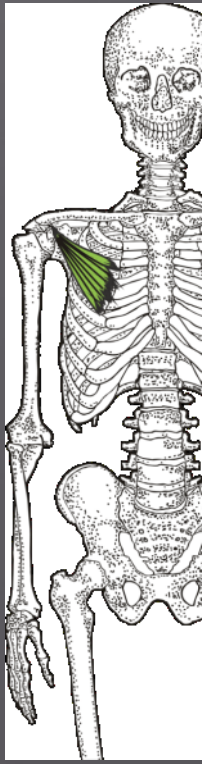


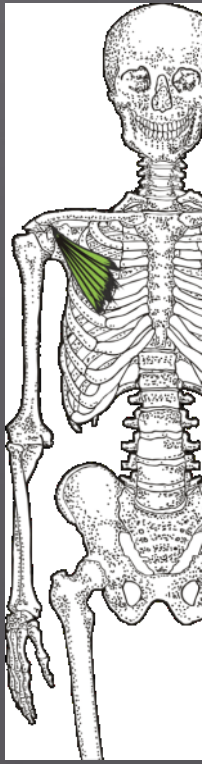
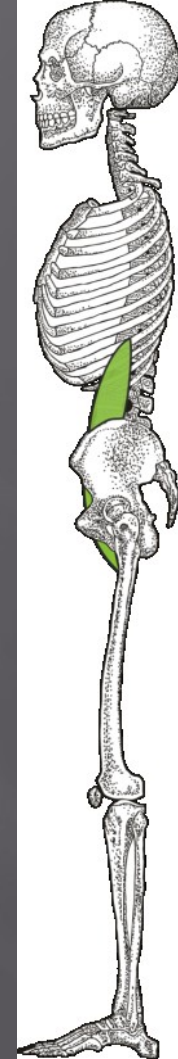
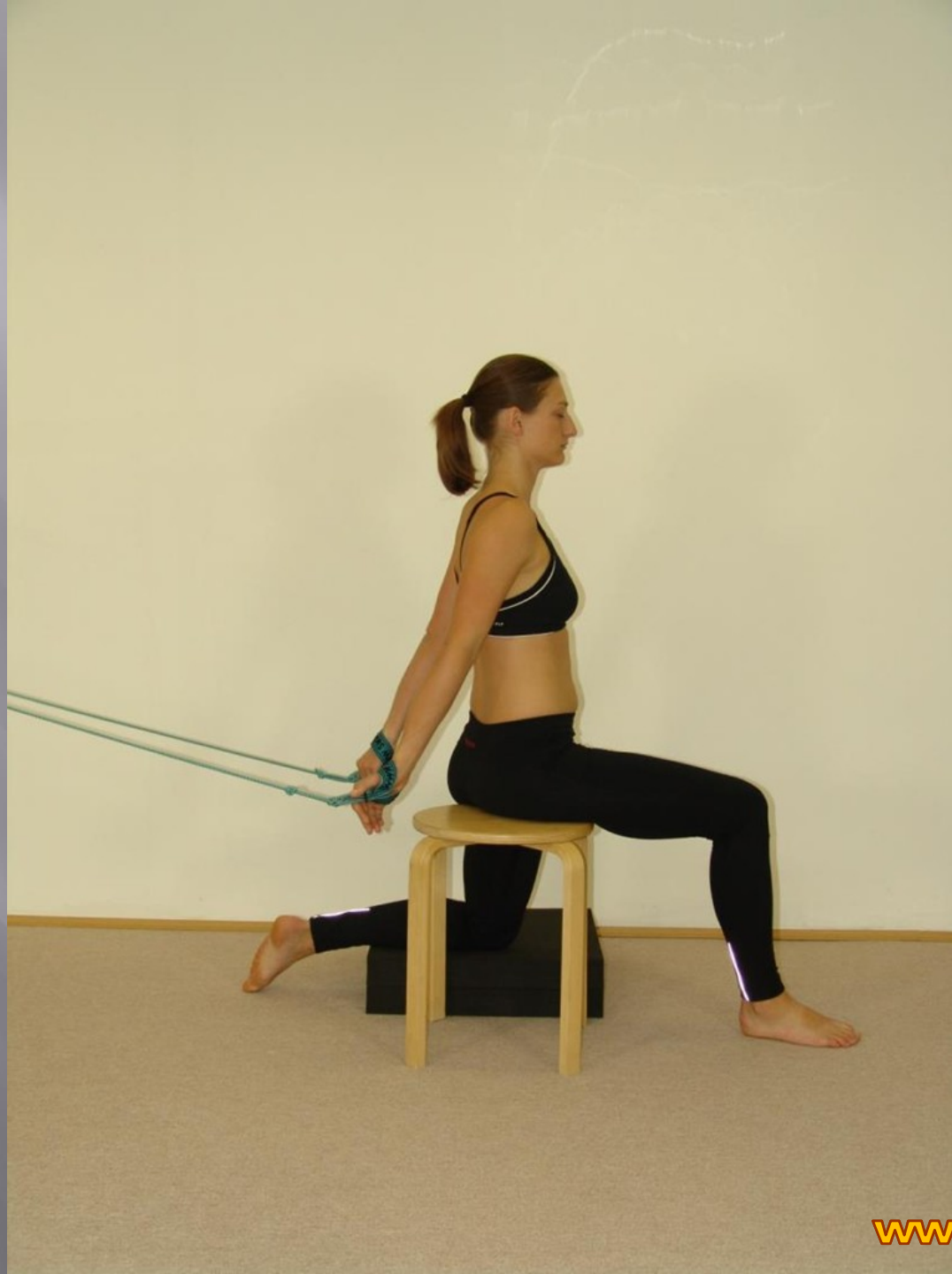


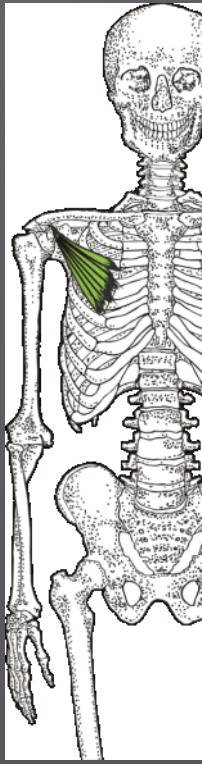
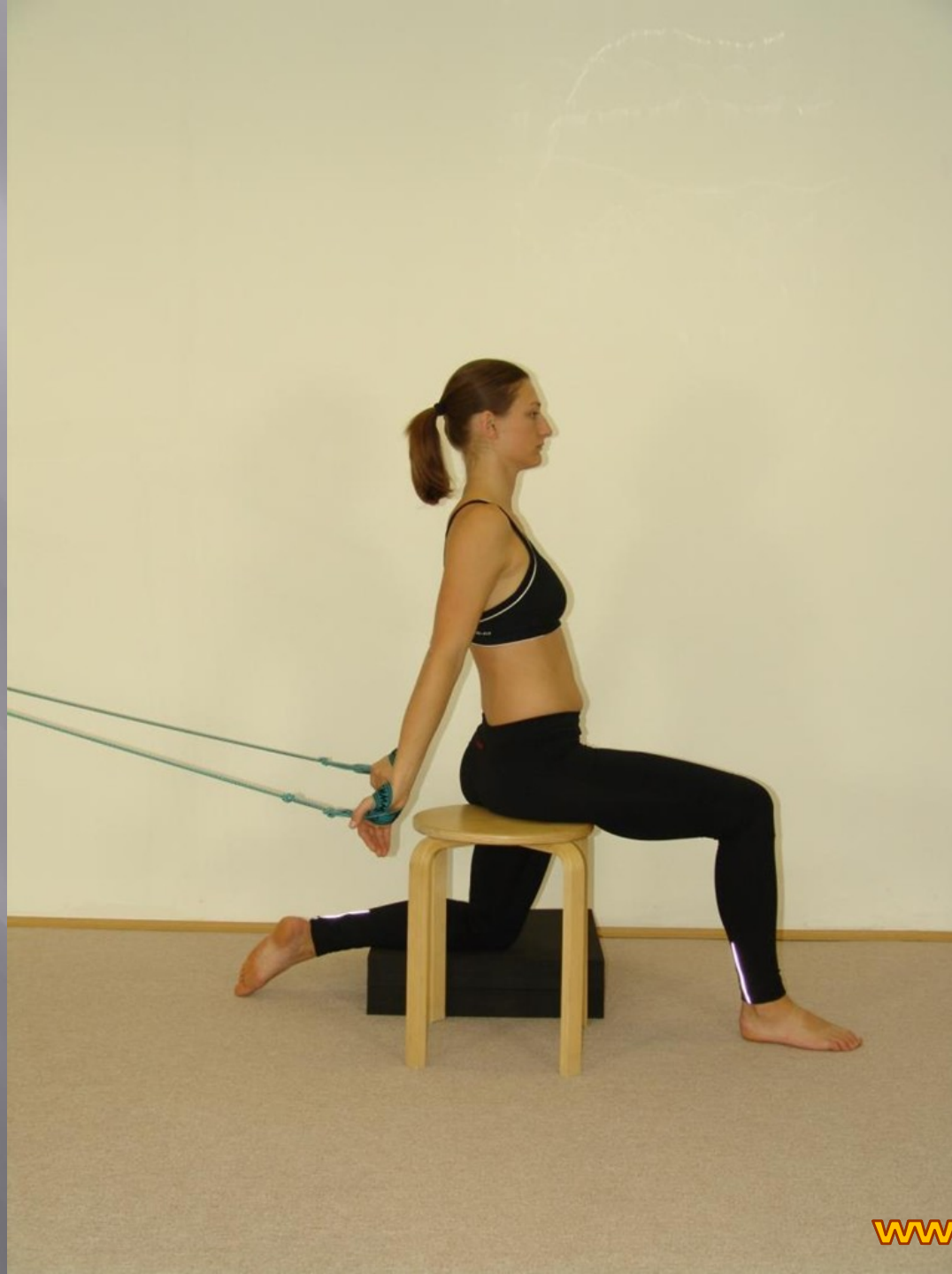


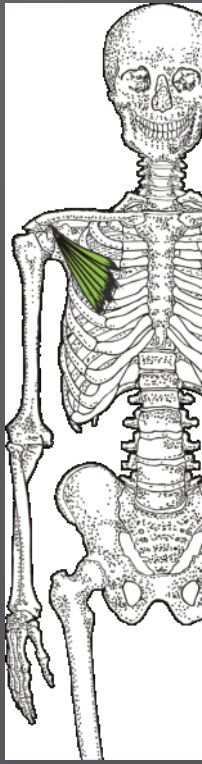


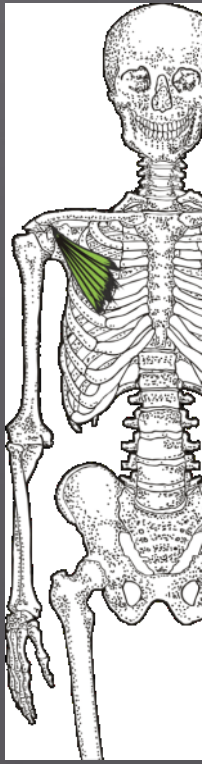
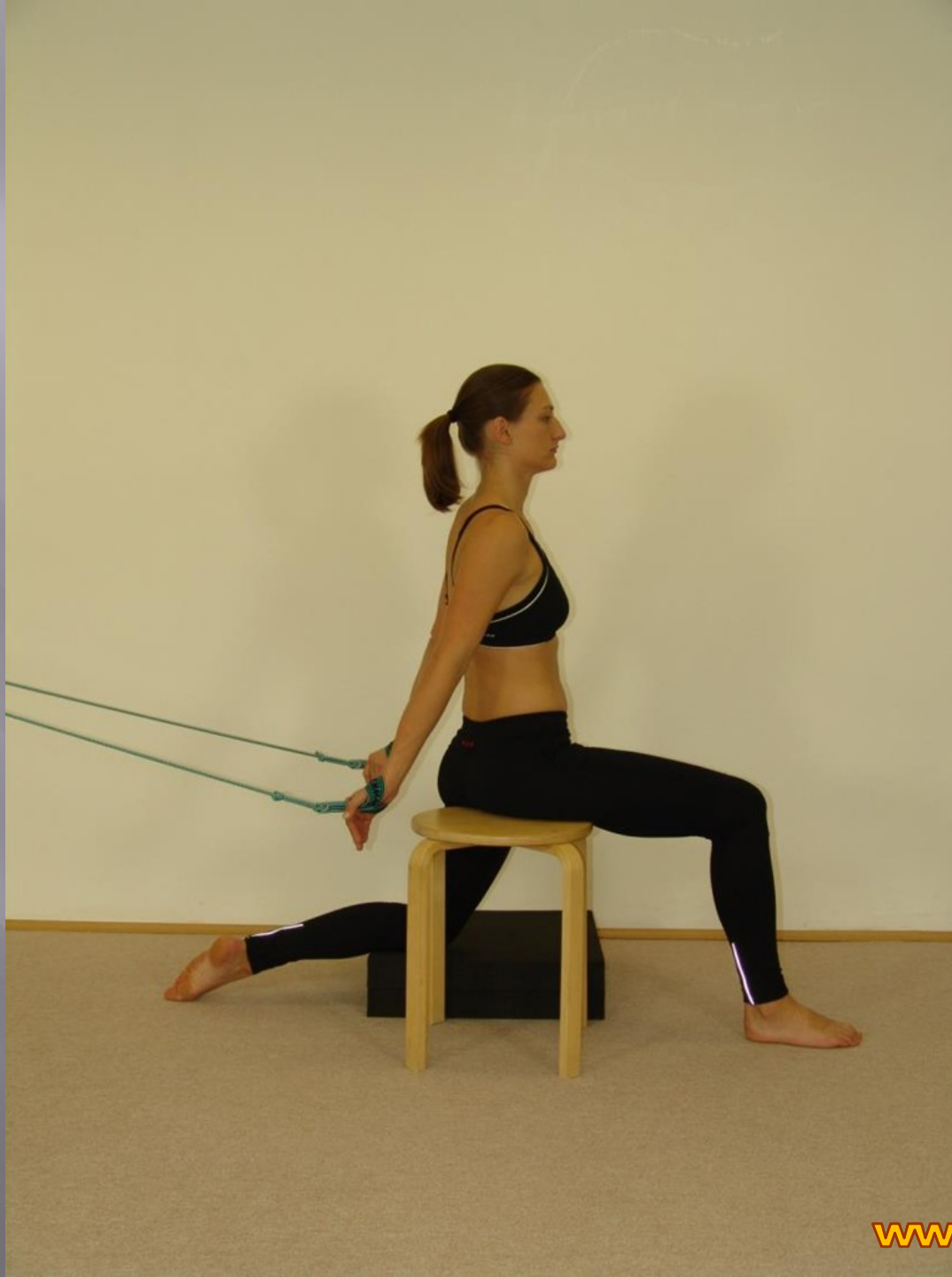










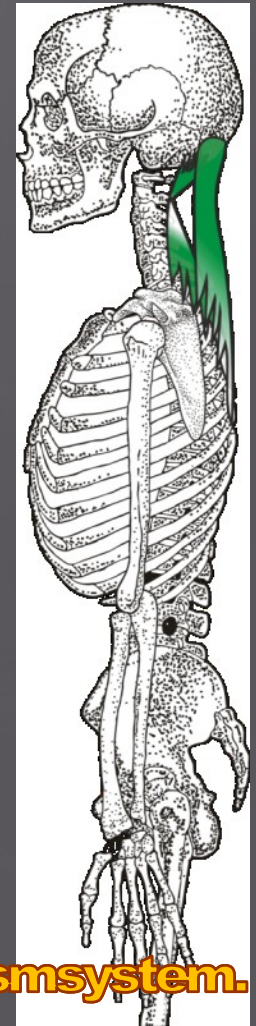
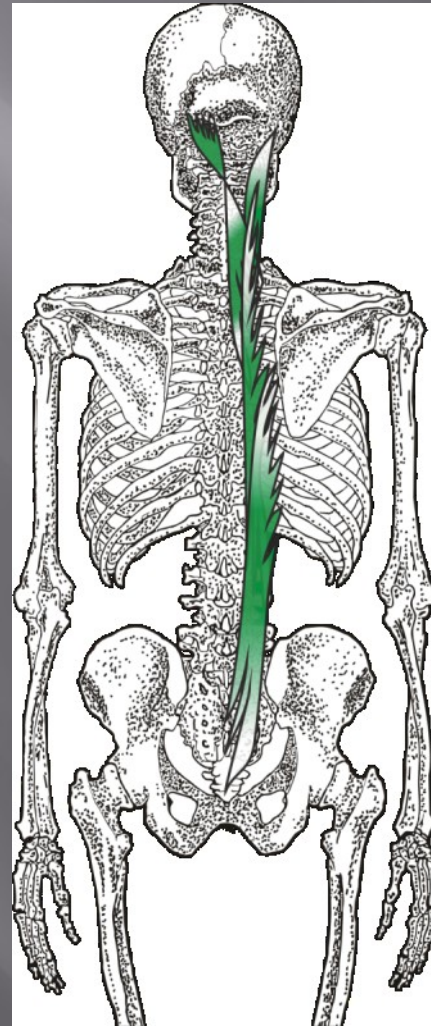
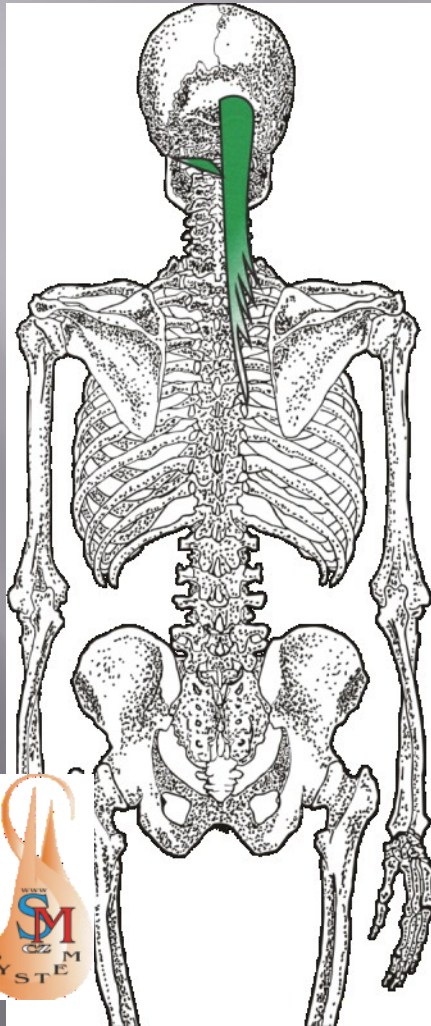


M. semispinalis cervicis (sval polotrnový krční)

M. semispinalis capitis (sval polotrnový hlavový)

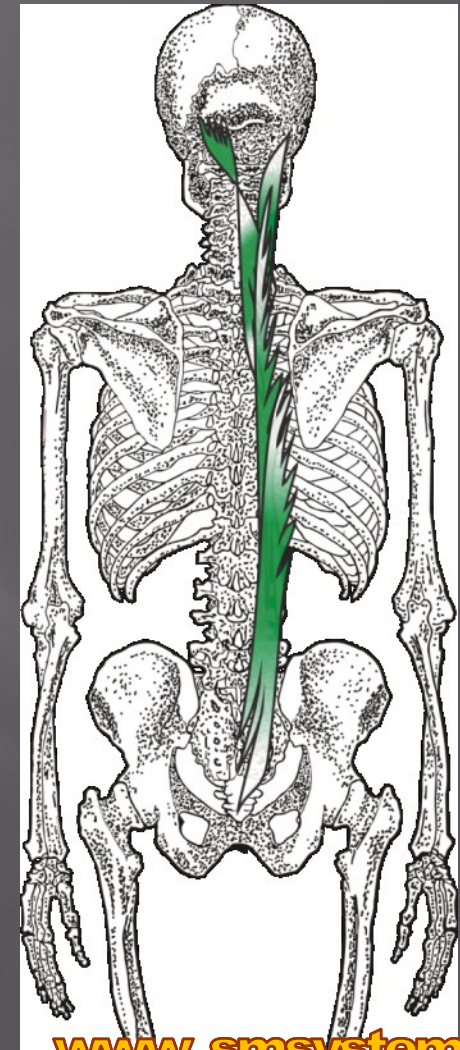
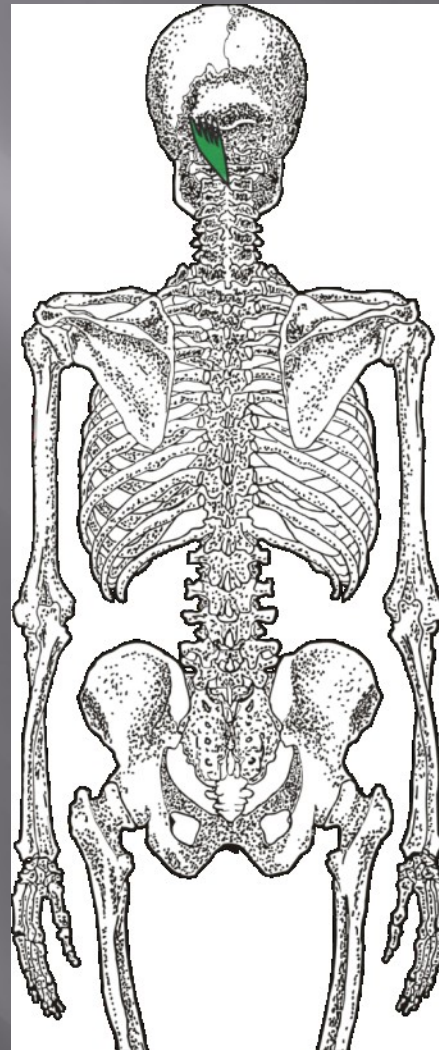
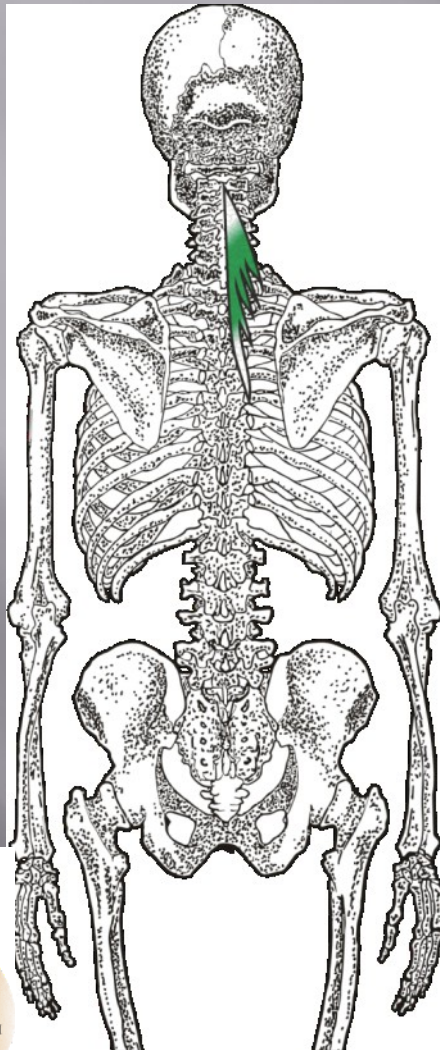
M. rectus capitis posterior major
(velký zadní přímý sval hlavy)

M. obliquus capitis inferior (dolní šikmý sval hlavy)

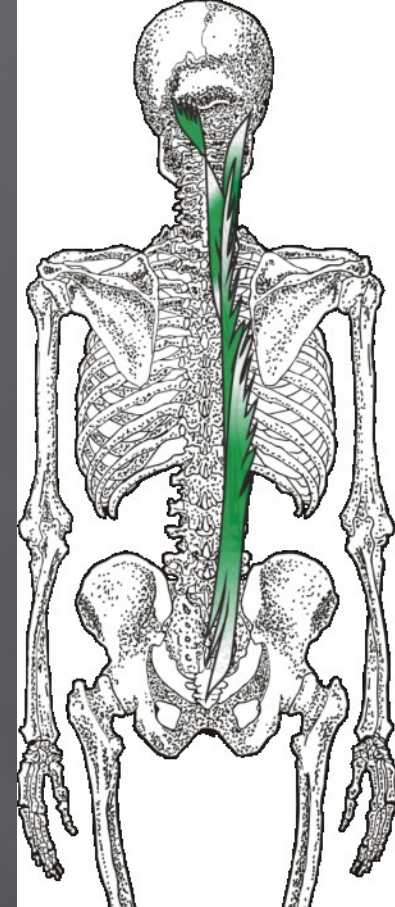


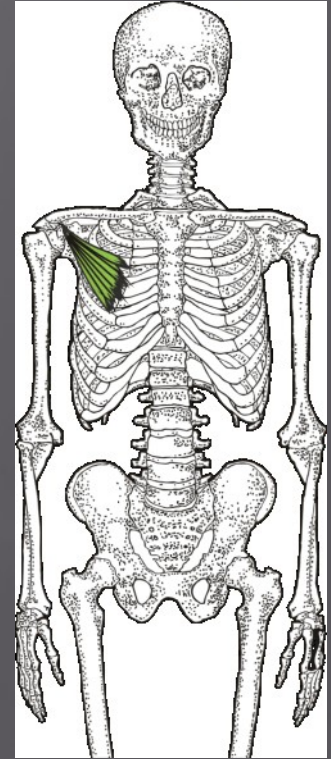
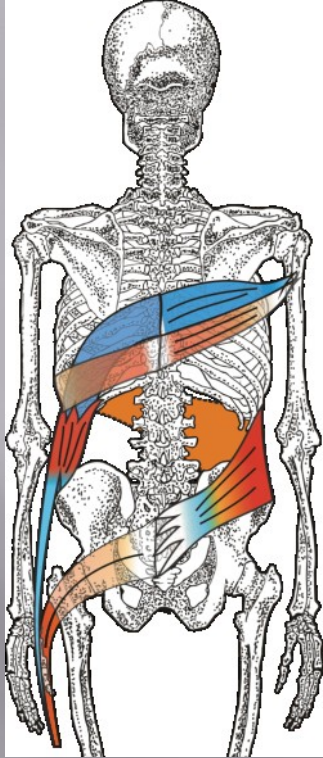
M. semispinalis cervicis
(sval polotrnový krční)

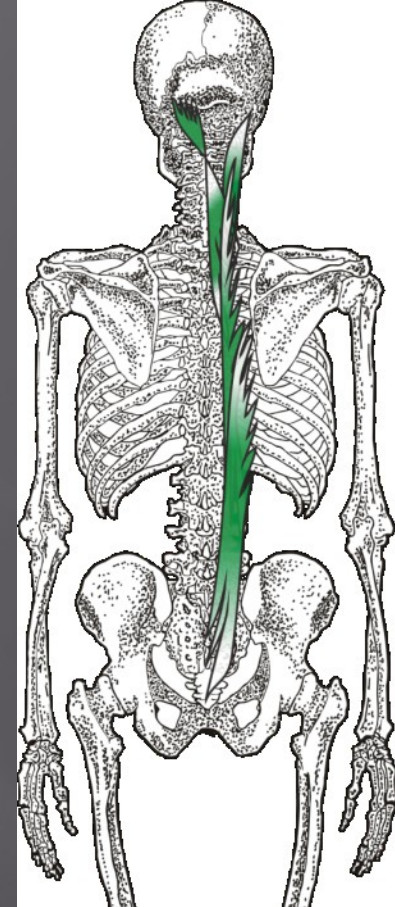
M. rectus capitis posterior major
(velký zadní přímý sval hlavy)

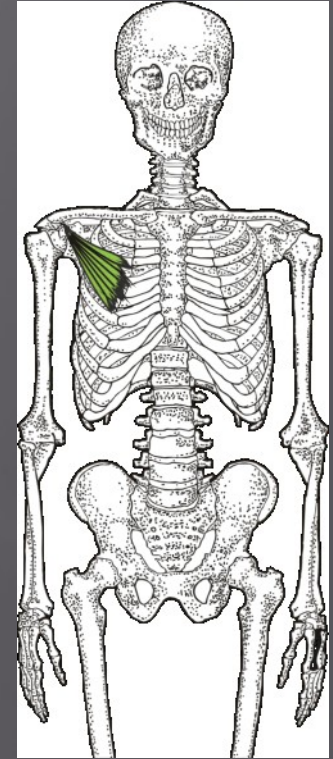
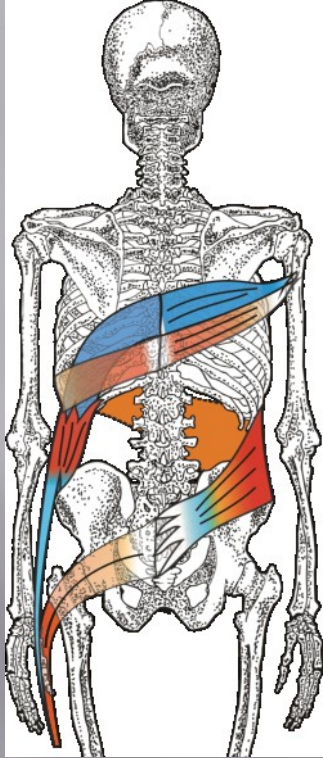


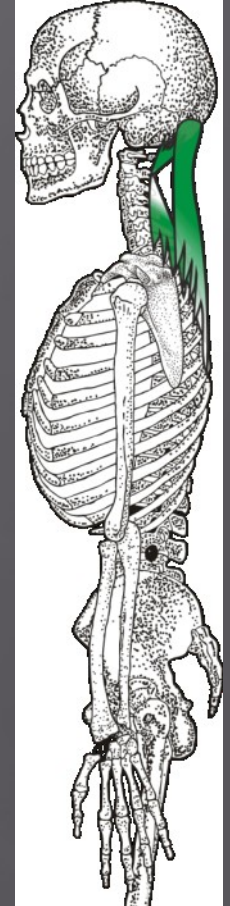
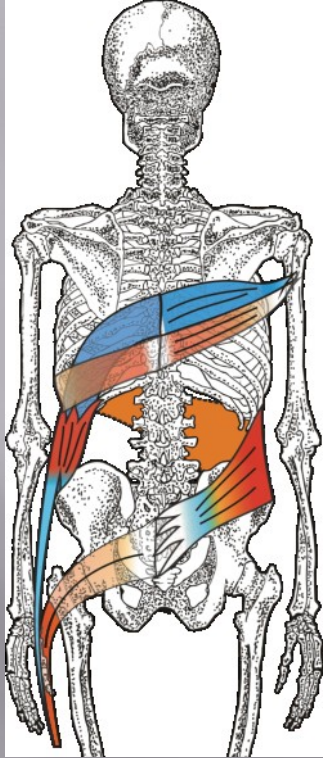


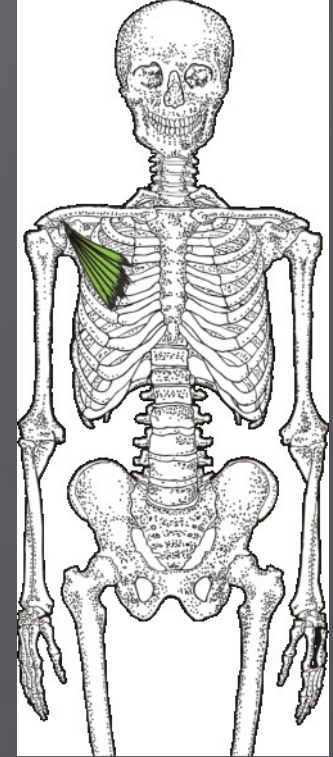
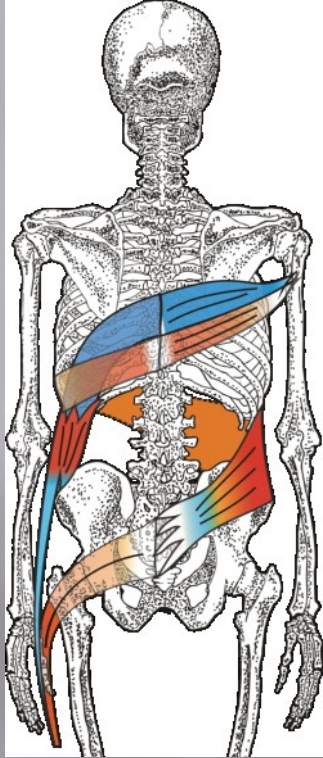




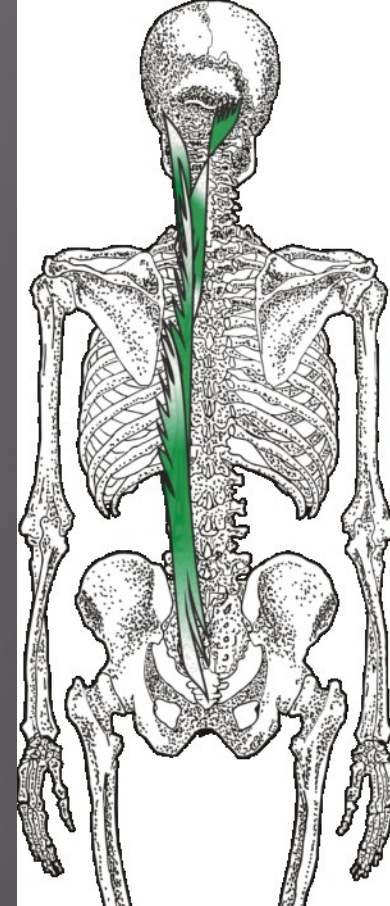


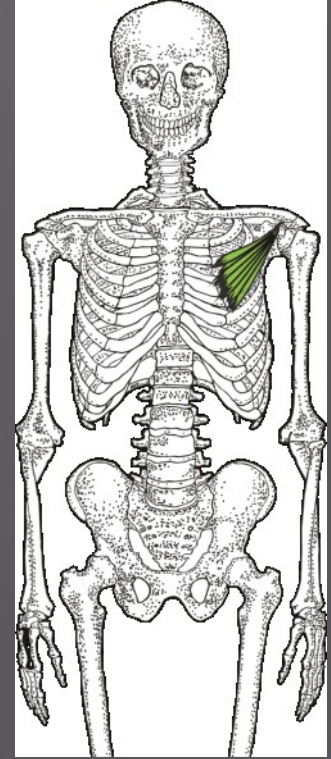
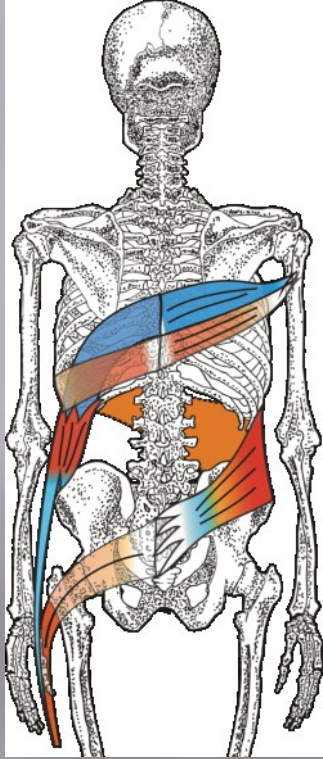


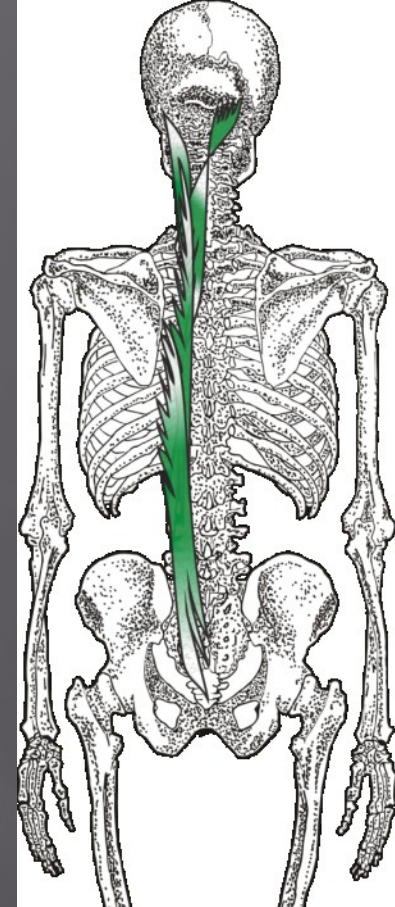


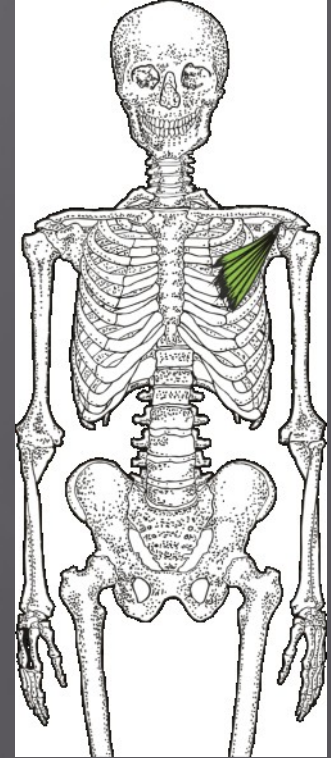
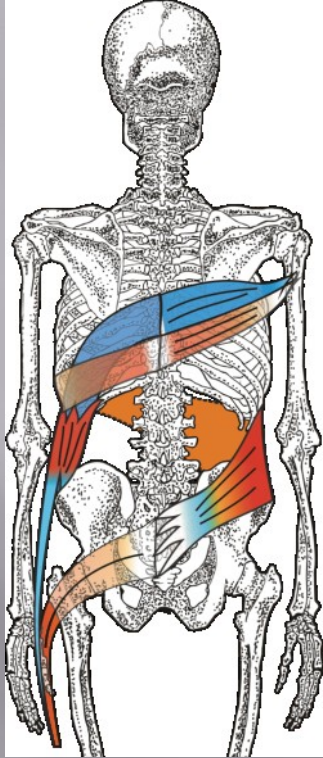


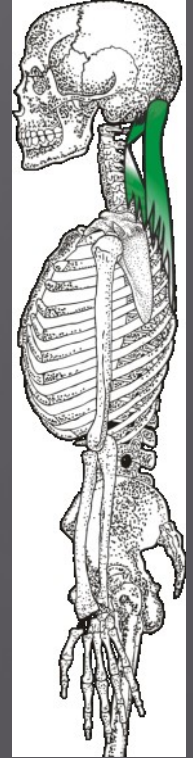
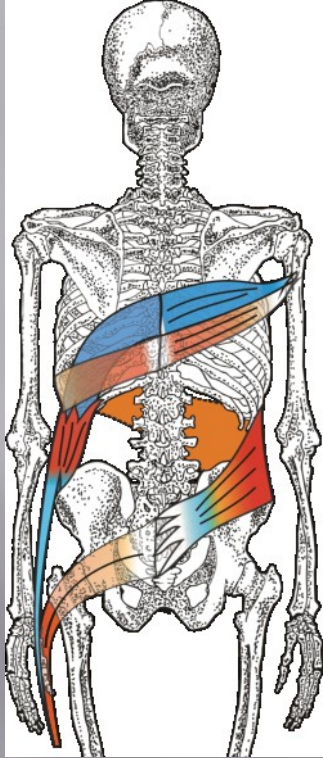


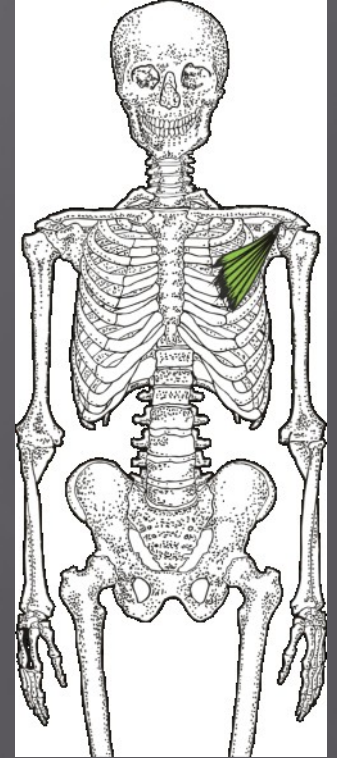
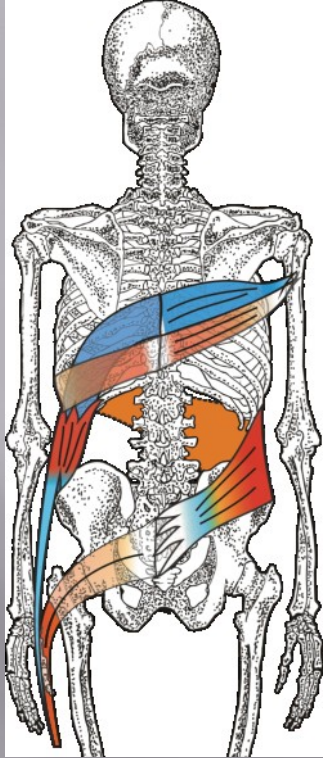












Jeden extenční cvik pro dolní končetiny

- ▣ Cílová skupina
- ▣ Pro začátečníky, seniory

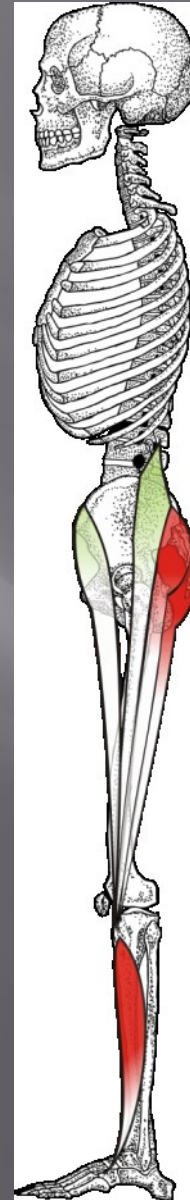
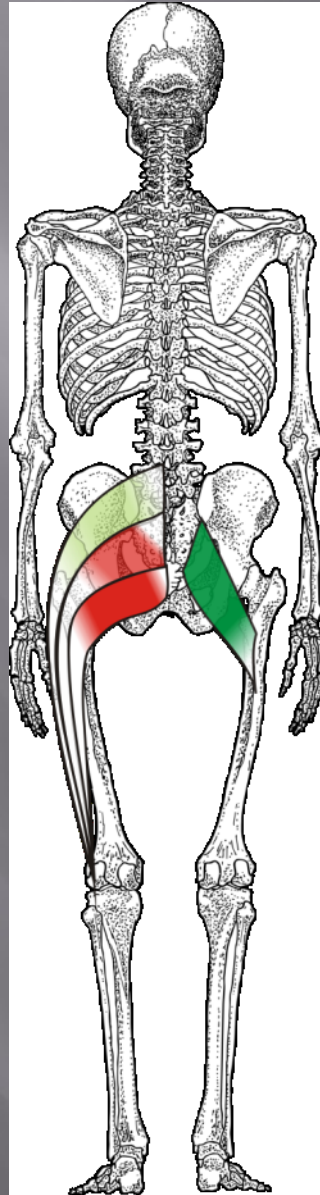
- ▣ Pozice - stoj
- ▣ Cviky - cvičení s holemi, koordinace chůze

- ▣ Vhodné pro posílení hýždí
- ▣ Při zkrácení flexorů kyčle

- ▣ Nácvik aktivace (stabilizace) a relaxace, protažení
- ▣ **Aktivace, stabilizace - spirála LD (latissimus dorsi – široký sval zádový) – stabilizace chůze**
- ▣ **Relaxace a protažení – přední skupina pletence ramenního
- přední skupina pletence pánevního**

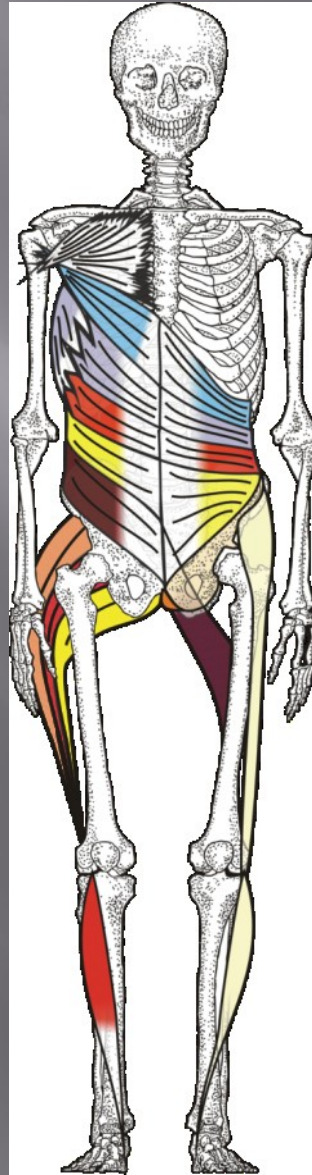
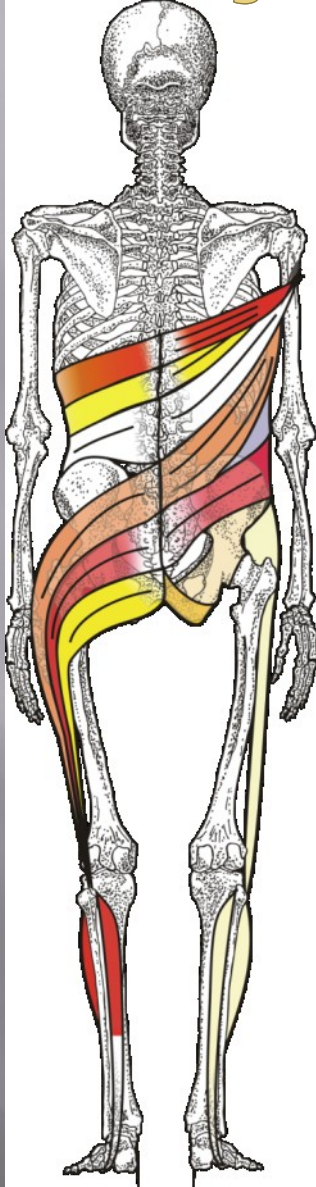


M. gluteus maximus (velký sval hýžd'ový)

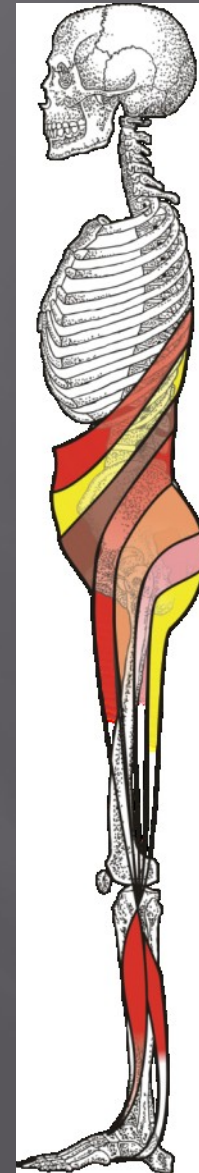
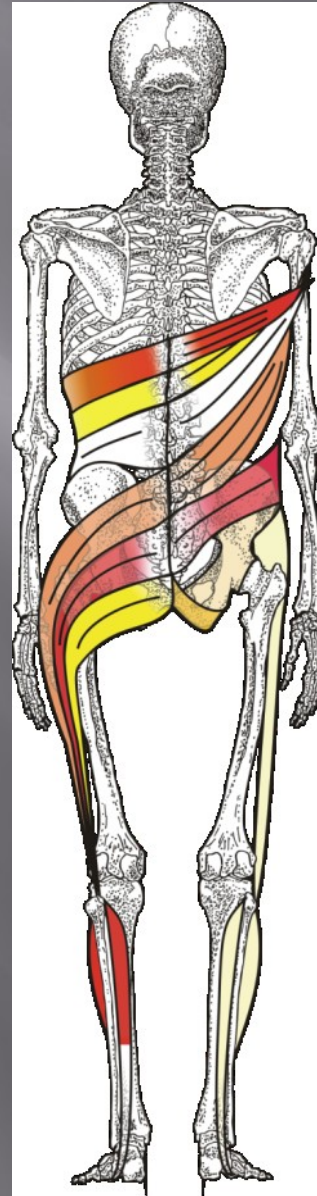
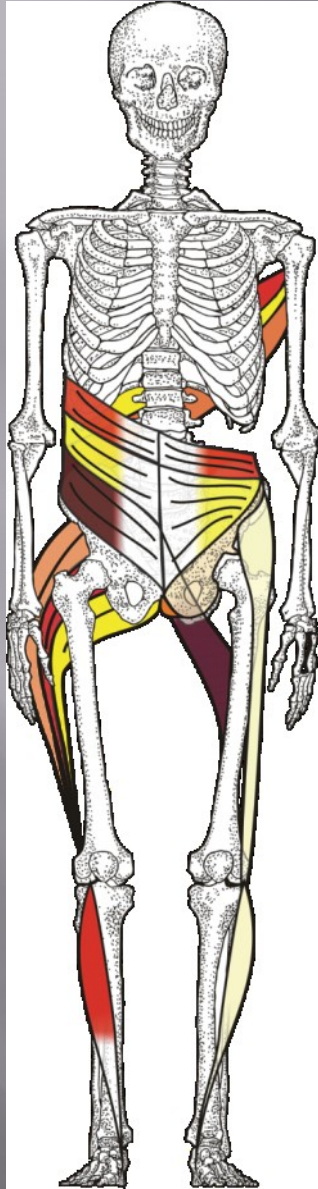


Spirály LD, SA, PM

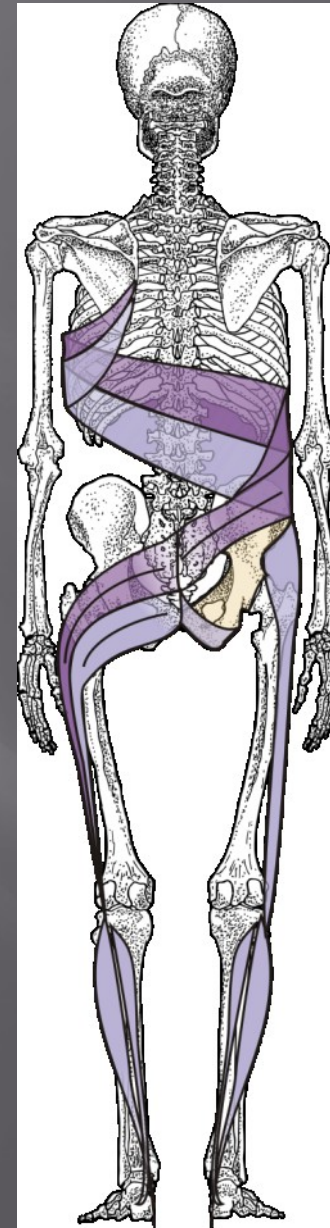
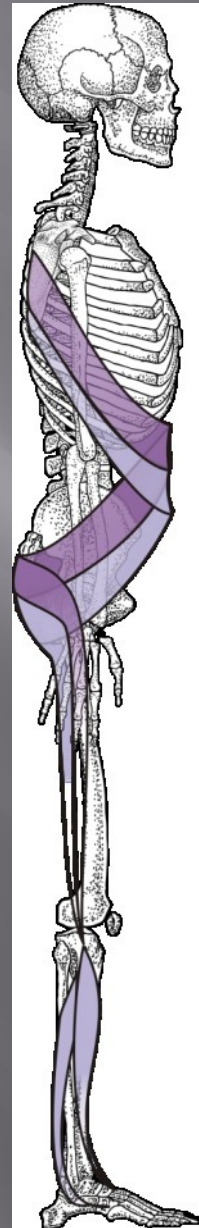
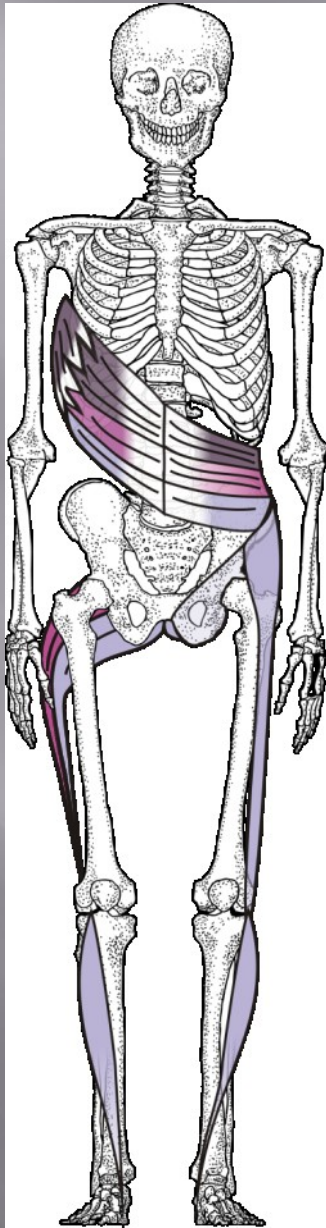
M. gluteus maximus (velký sval hýžd'ový)



Spirála latissimus dorsi LD (široký sval zádový)



Spirála serratus anterior (přední sval pilovitý)



Spirála pectoralis major (velký sval prsní)

