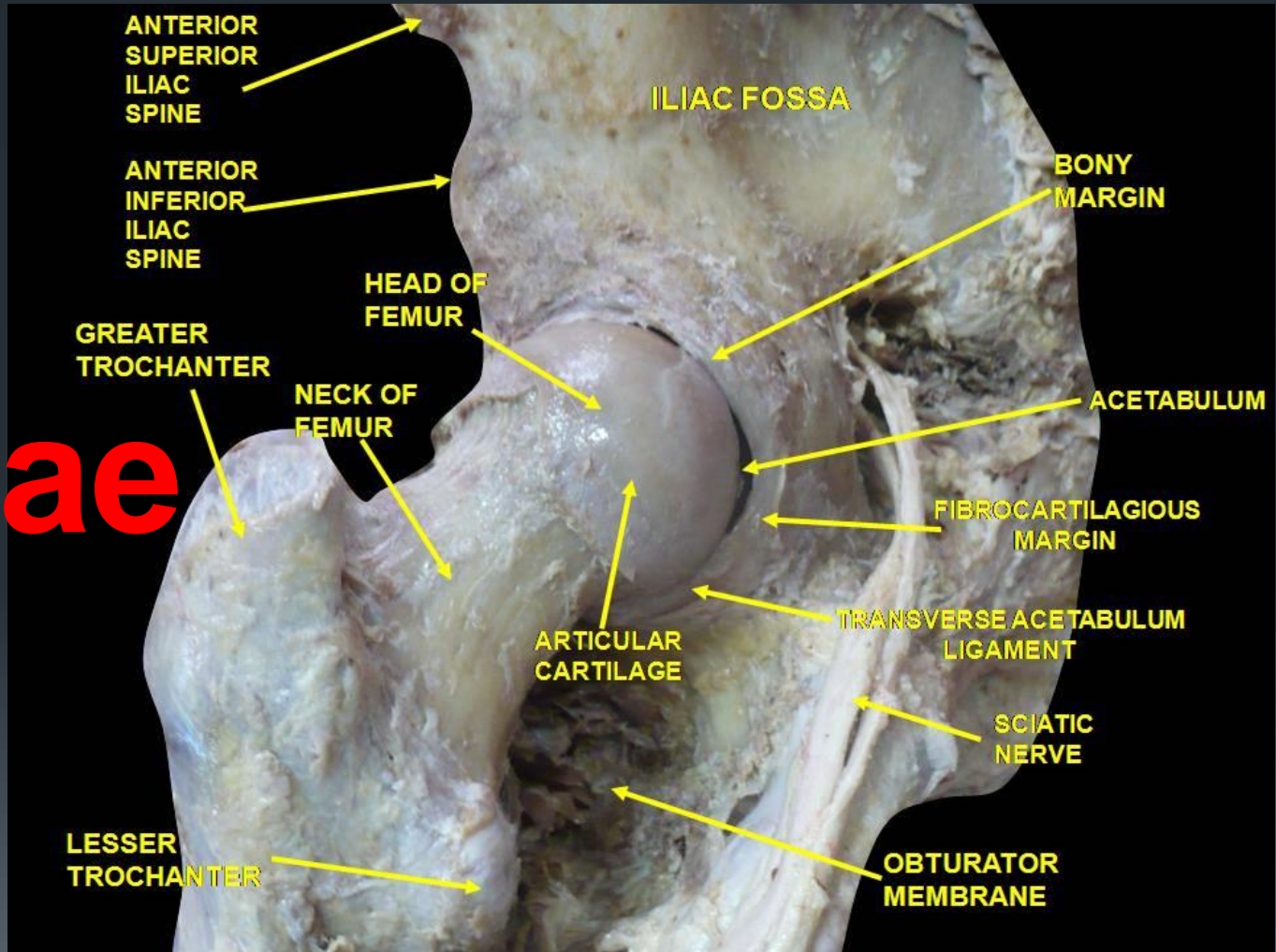


KINESIOLOGIE

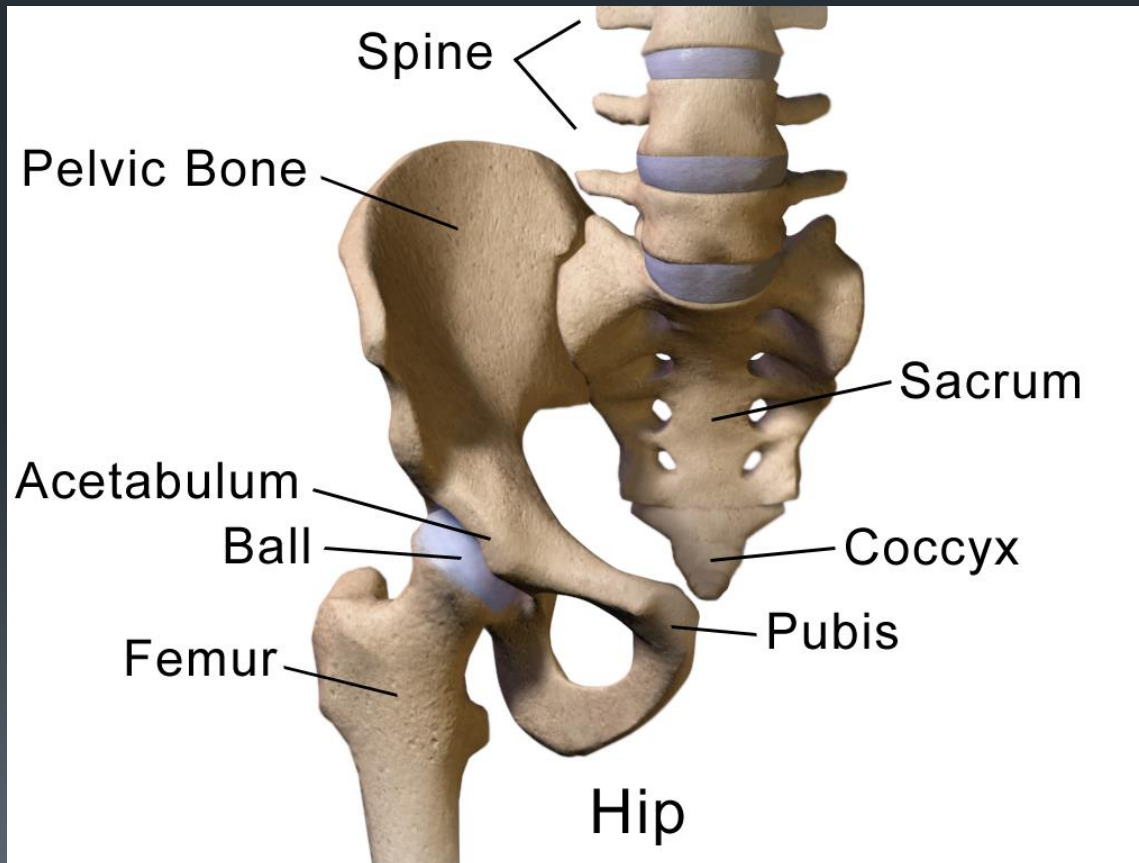
Art. coxae

Petr Pospíšil



Art. coxae

- Synovální
- Sférický (Triaxiální)
- ROM ↔ Stabilita
- Kompres. ↔ tensilní síly



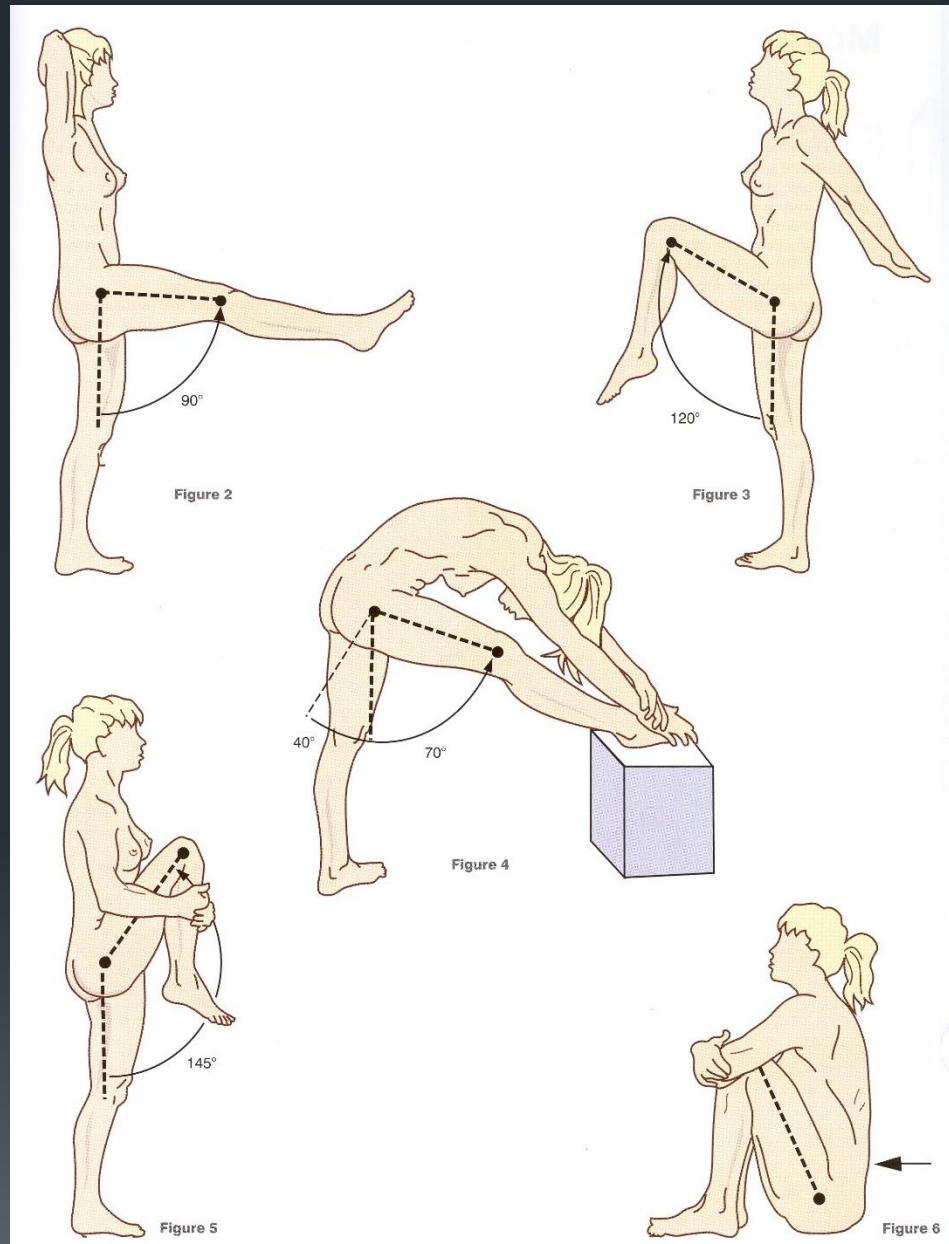
By BruceBlaus - Own work, CC BY 3.0, <https://commons.wikimedia.org/w/index.php?curid=29987033>

ROM

- Flexe 145°
- Extenze 30°
- Abdukce 45°
- Addukce 30°
- Vnitřní rotace 30°
- Zevní rotace 60°

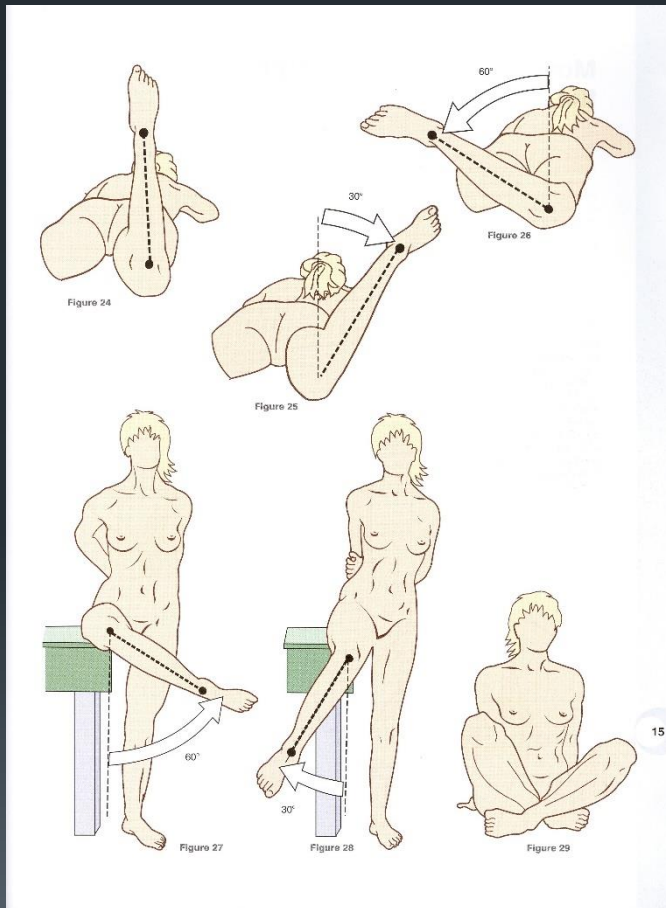
Kl. vzorec:

1. Vnitřní rotace
2. Extenze
3. Flexe
4. Zevní rotace

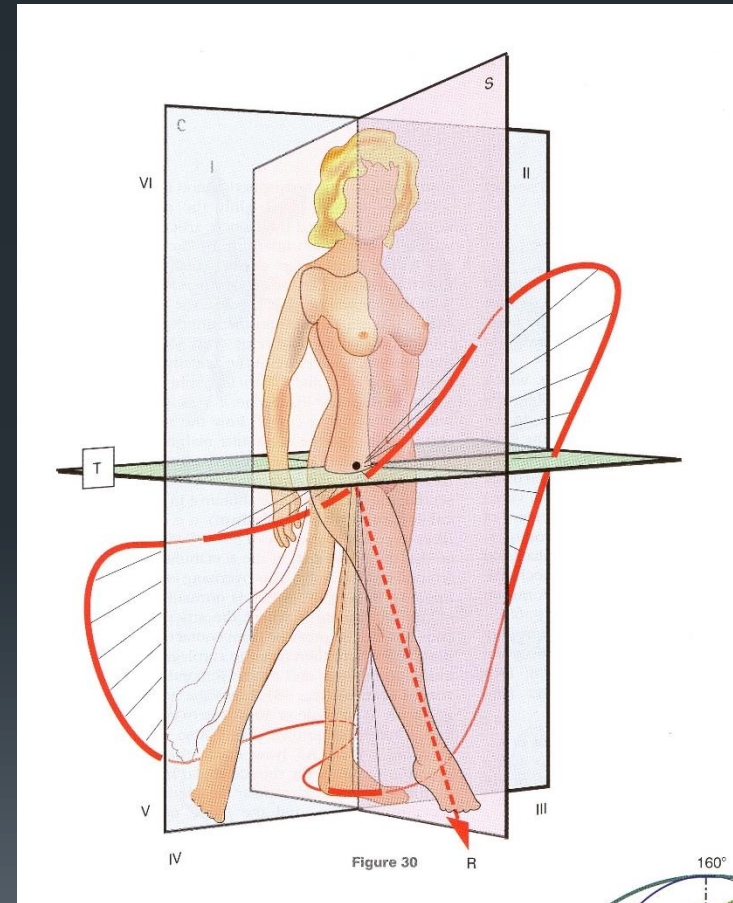


ROM

ROTACE



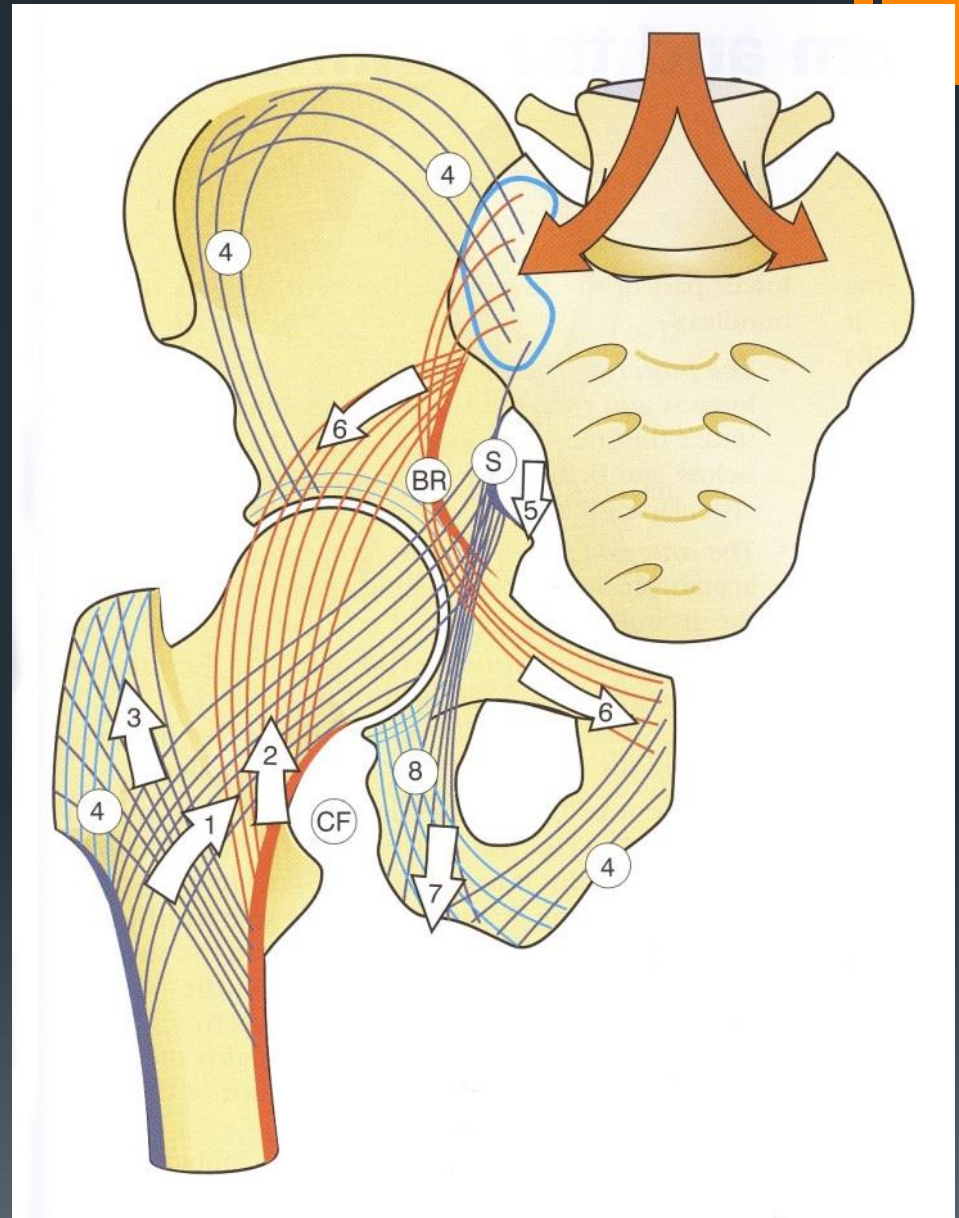
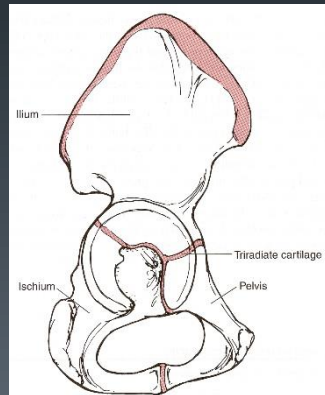
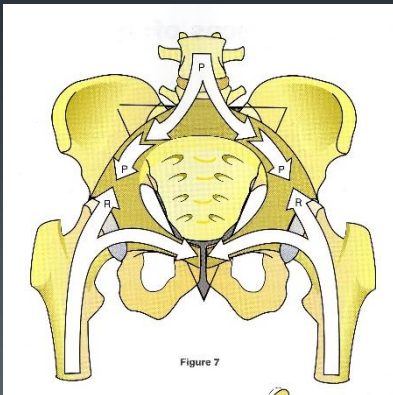
CIRKUMDUKCE



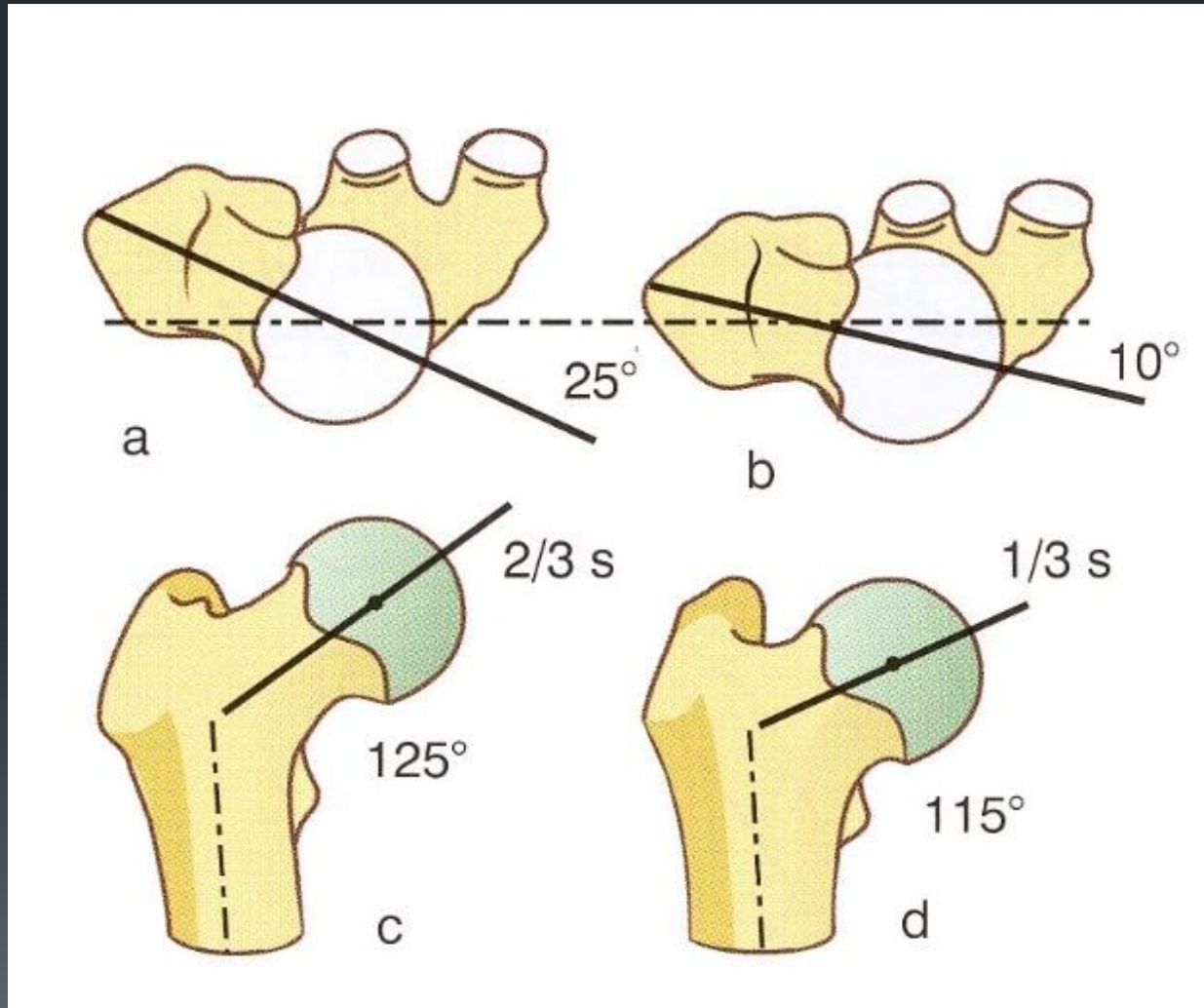
Adaptace na zátěž

Formativní vliv aktivní stabilizační komponenty na stabilitu pletence pánevního

– trabekulární struktura aj.

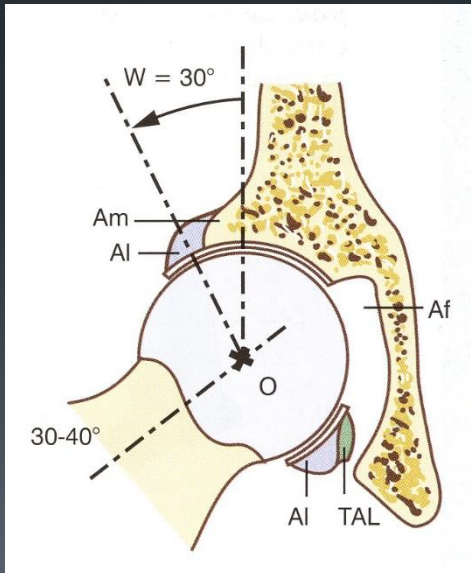


ROM vs. stabilita/síla

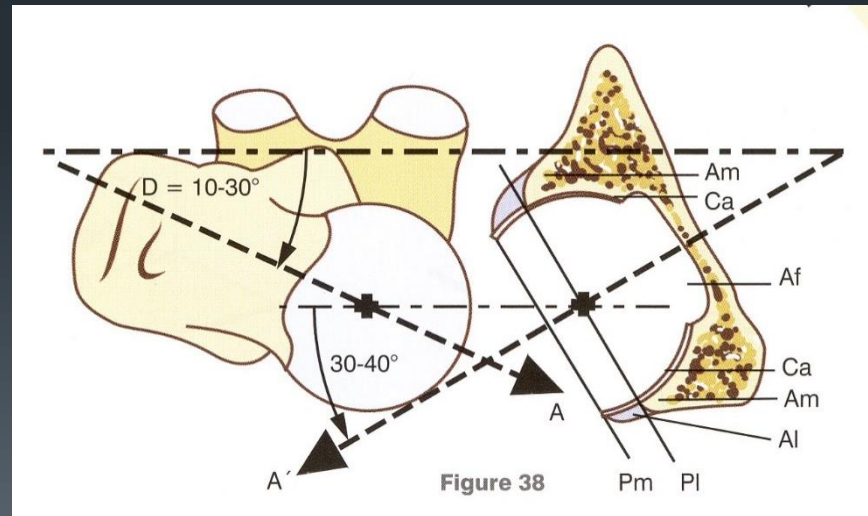


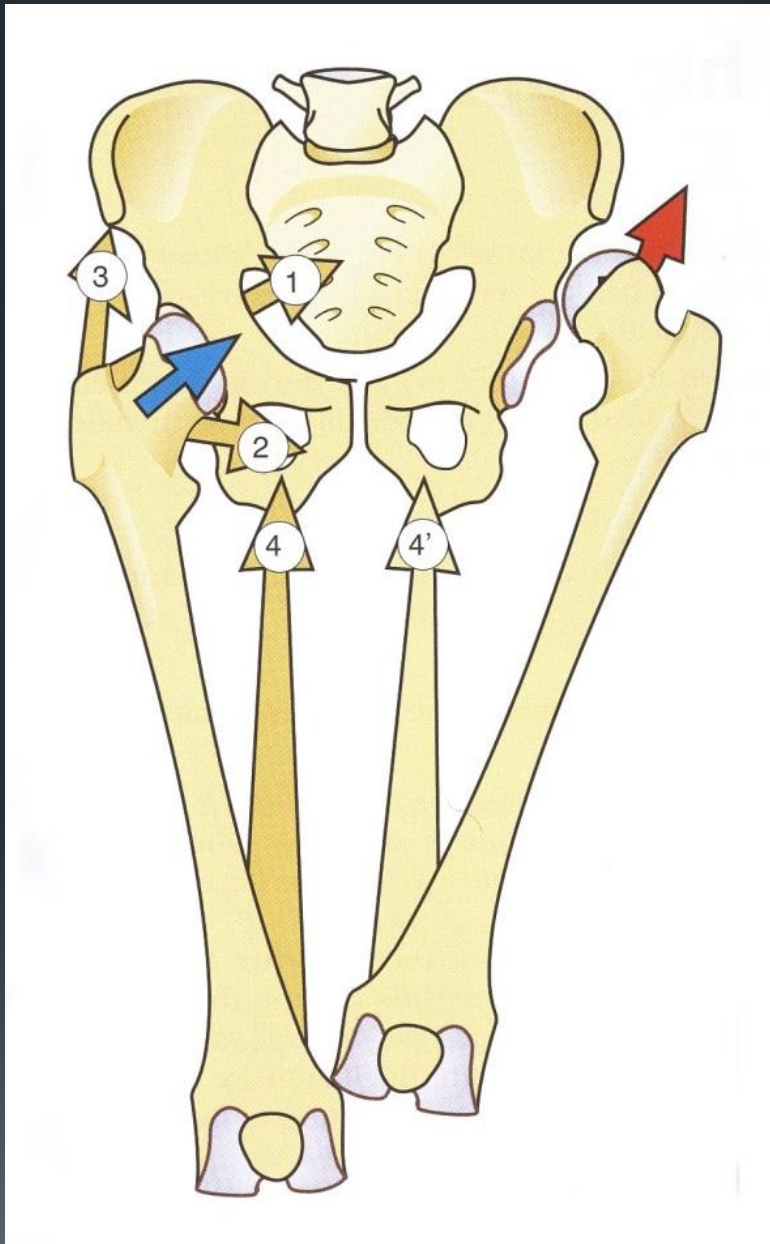
Dysplázia kyčle

- Wibergův úhel inklinace



- Úhel anteverzce



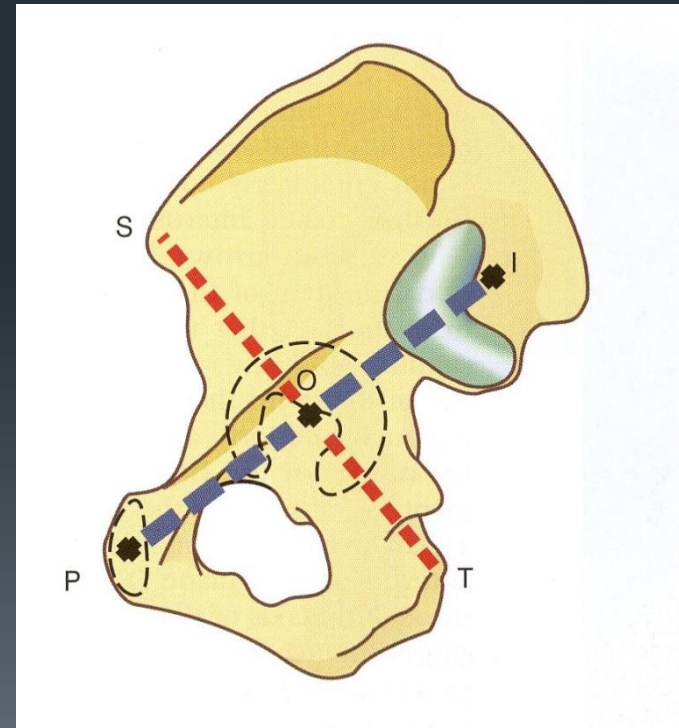


„Funkce
dělá
orgán“



Globální pohybové vzory

Tilt pánve ve vztahu:
diaphragma pelvis - diaphragma thoracis - diaphragma oris.

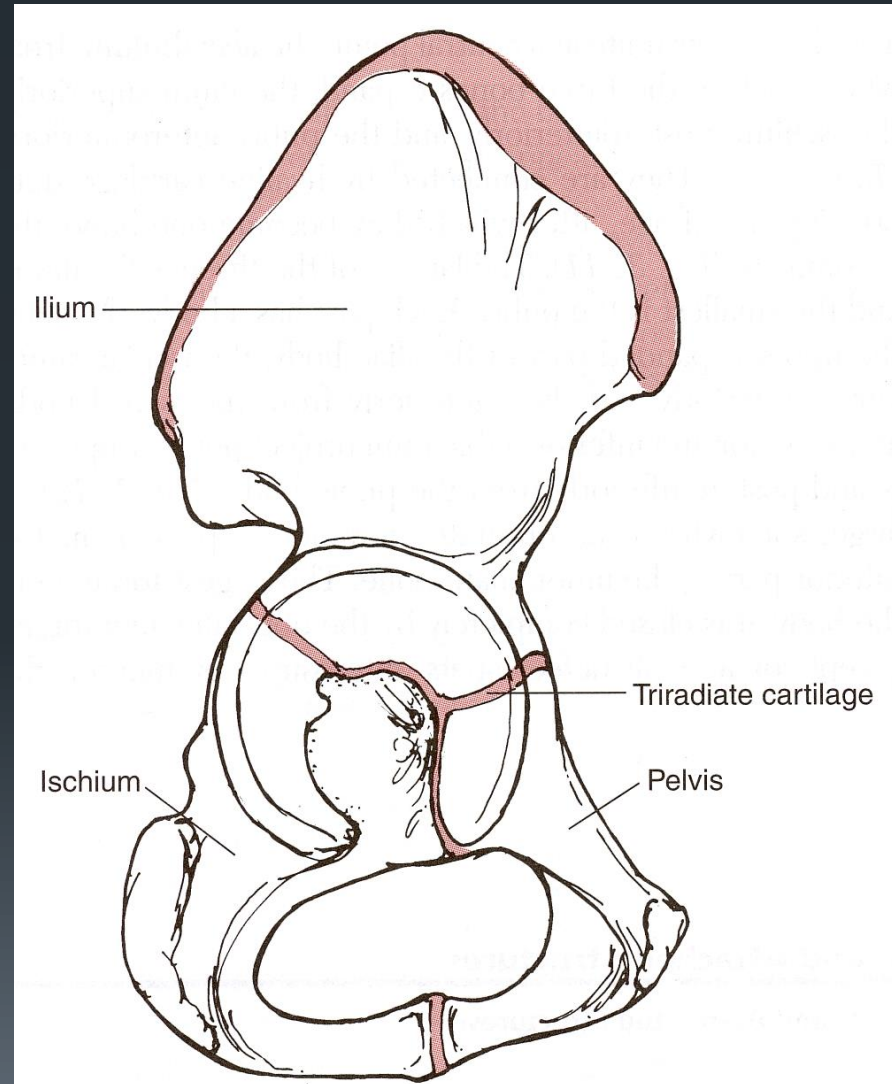


Structure of „pelvic girdle“

Formative effect
of active
component on
stability on
pelvic girdle

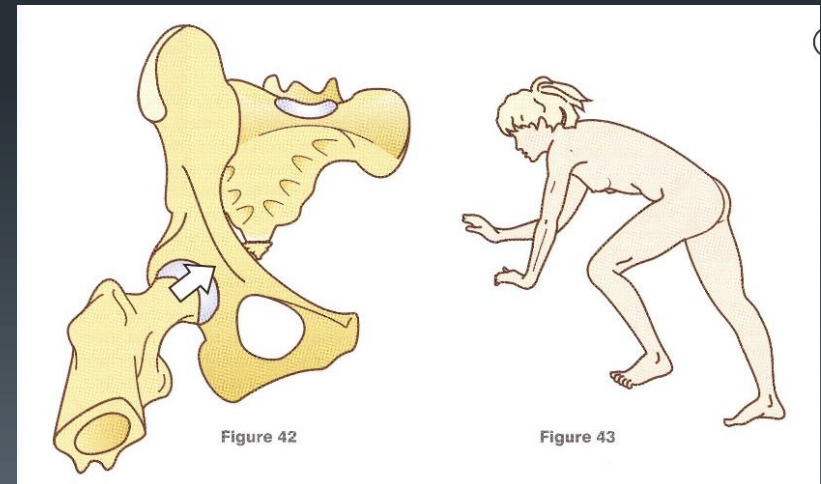
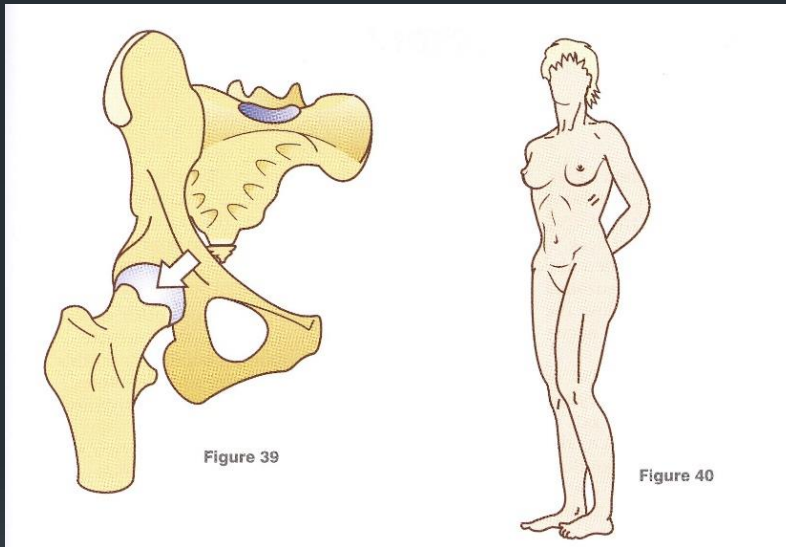
3D position of
the pelvis in
relation to thorax
(diaphragma
thoracis), head
(diaphragma
oris) etc.

Hip joint
dysplazia

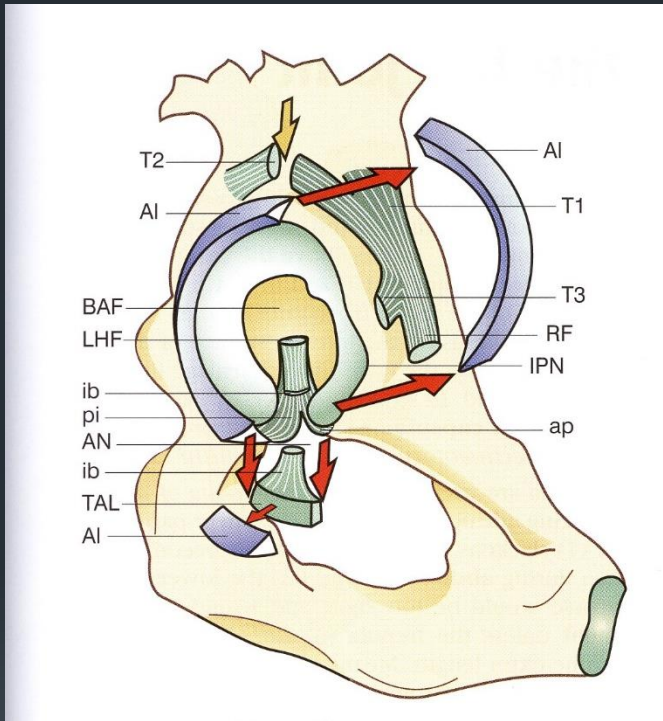


Vztah kloubních povrchů

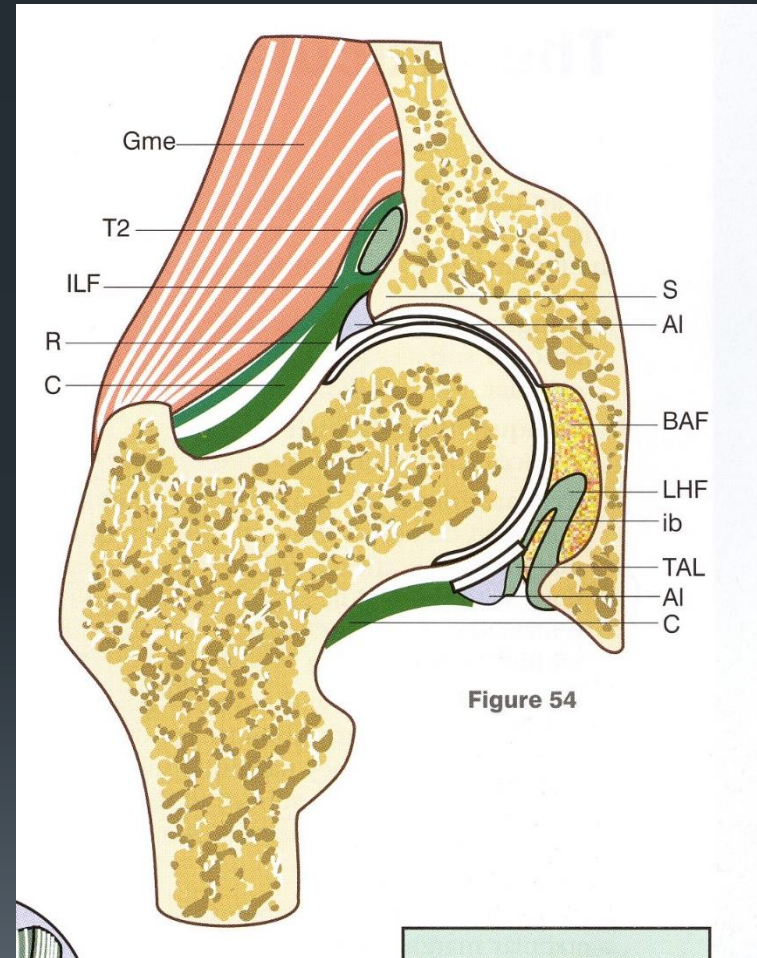
- Střední postavení v kloubu – evoluce?



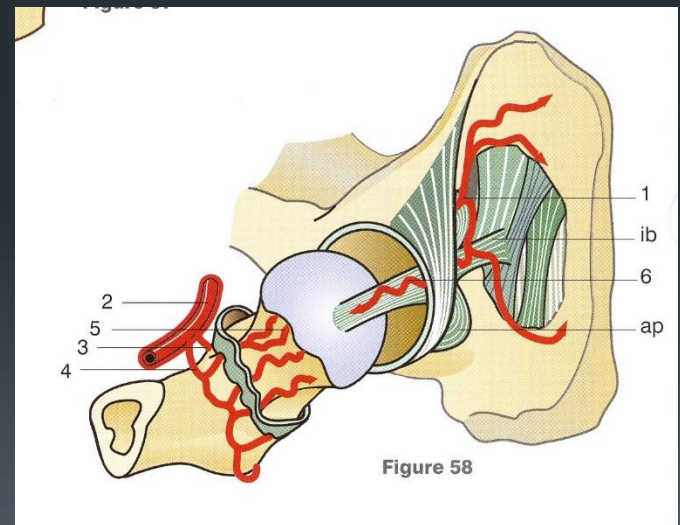
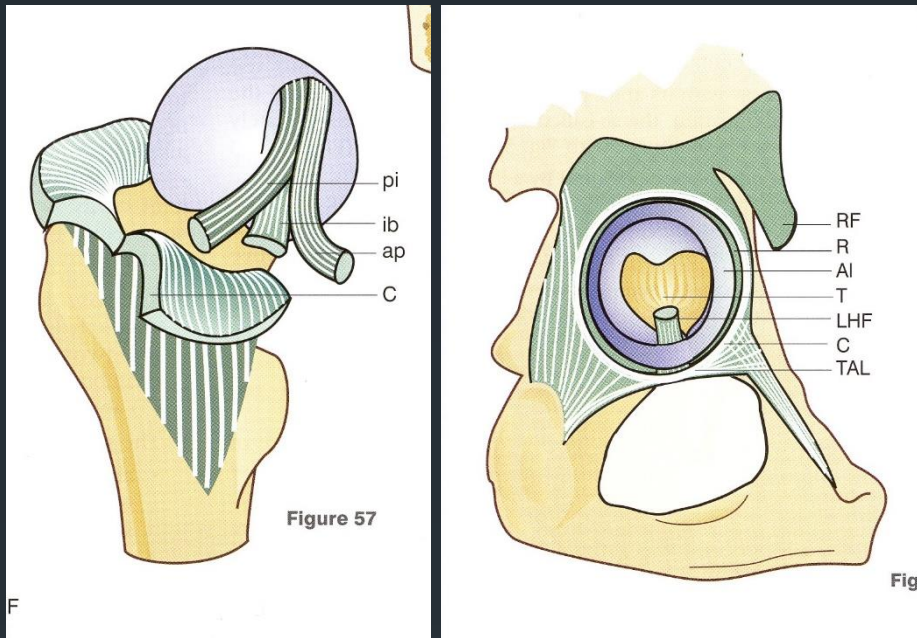
Labrum



T1, 2, 3 – origo m. quadr. fem.

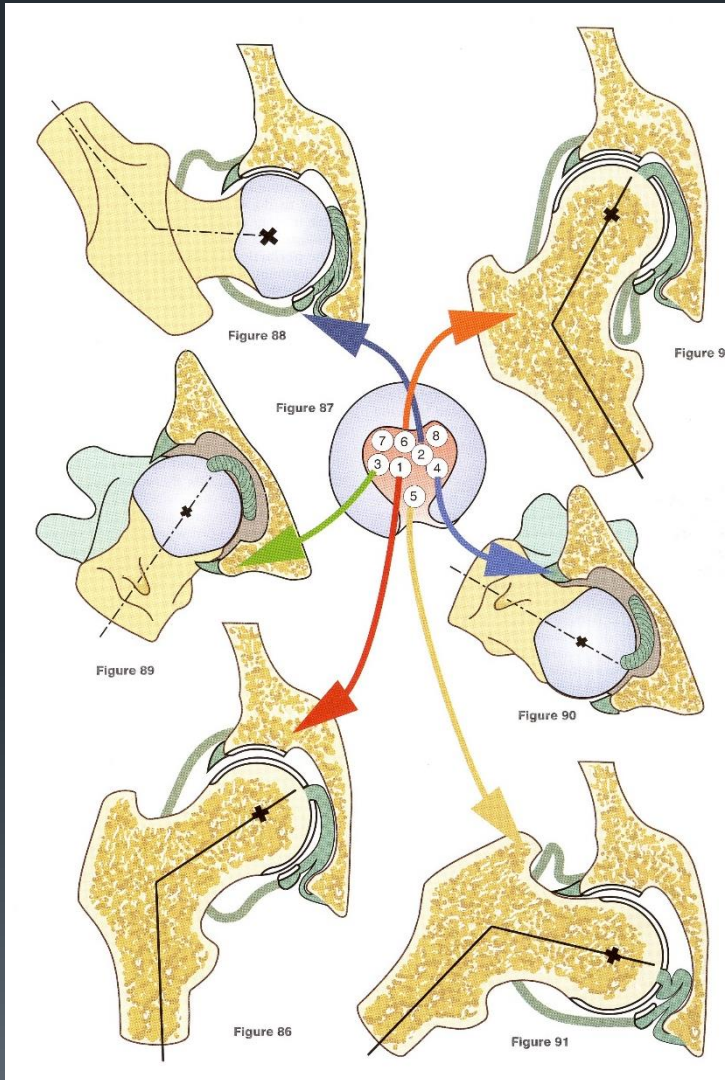


Lig. capitis femoris



Cévní zásobení cpt. femoris

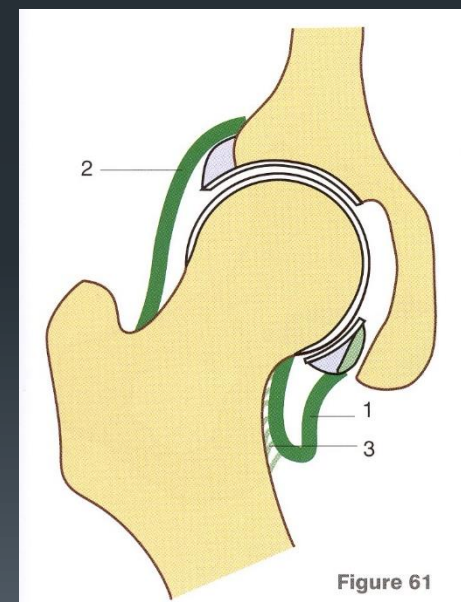
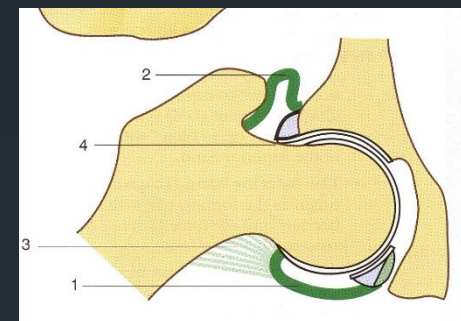
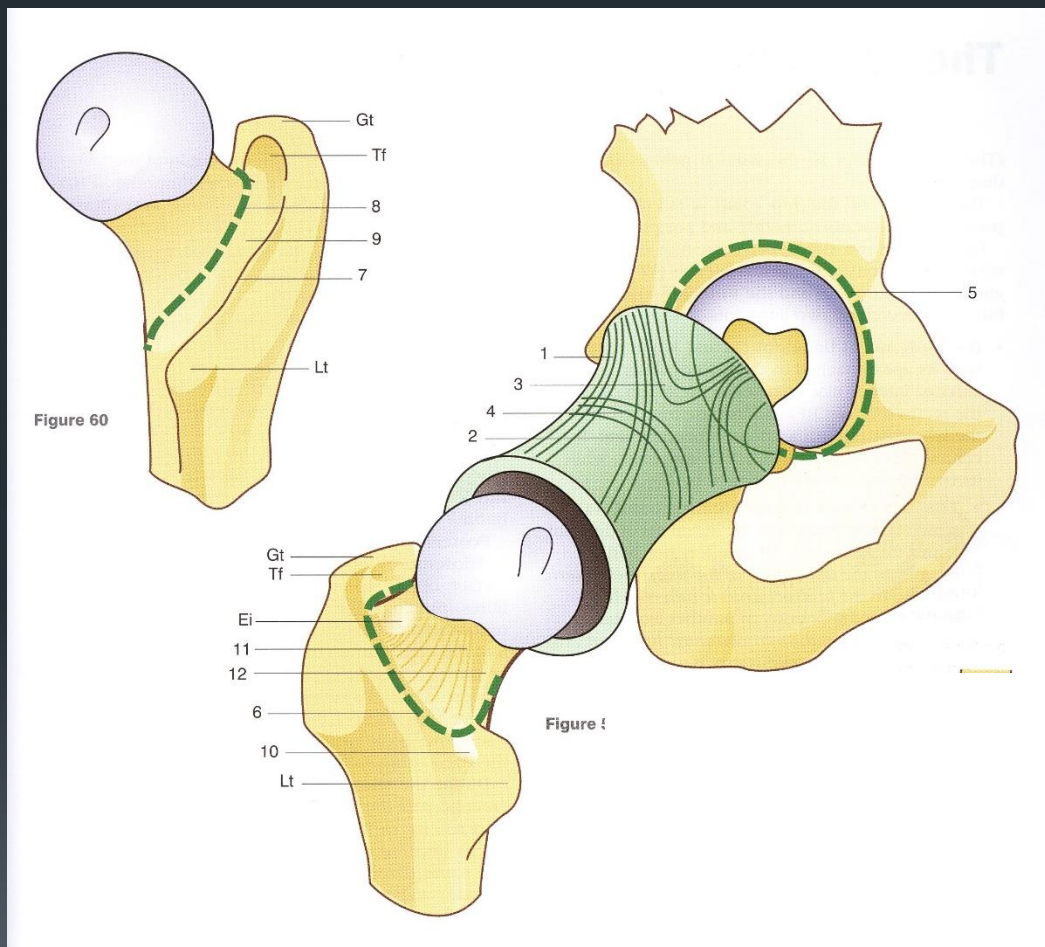
Lig. capitis femoris



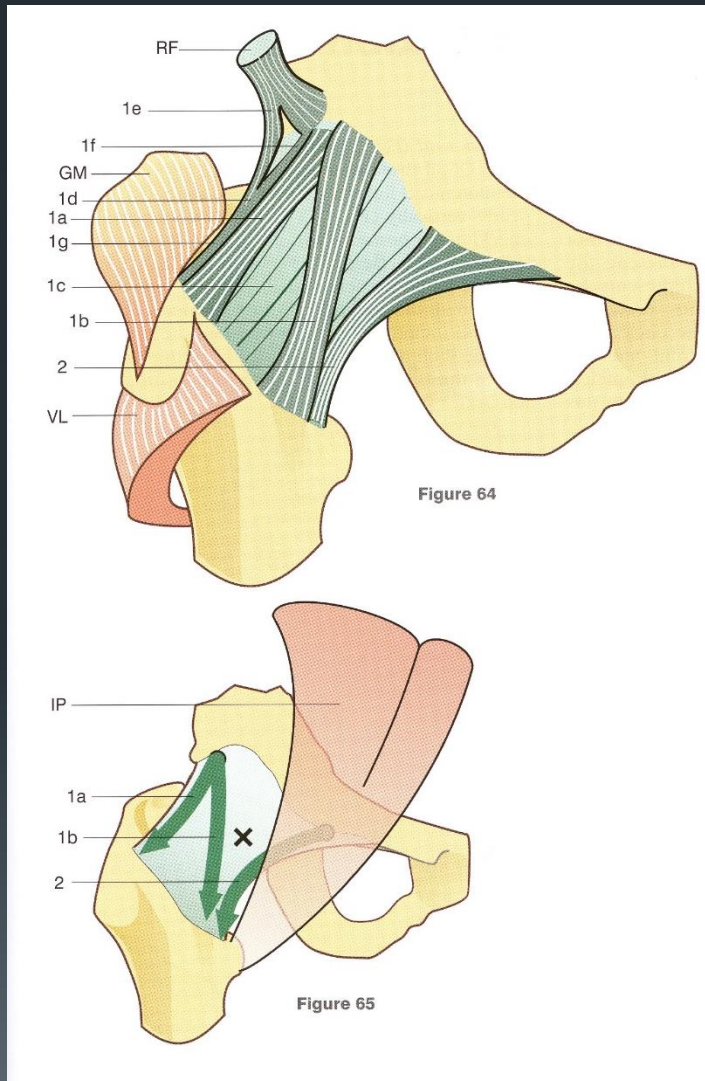
Kritická pozice:

ADDUKCE

Kloubní pouzdro



Kloubní vazy



Ant. aspekt - „Z“ tvar

- Lig. iliofemorale – pars superior
 - míší se s m. gluteus minimus (1f)
 - míší se s m. vastus lateralis se (1g)
- Lig. iliofemorale – pars inferior
- Lig. pubofemorale
 - míší se s m. pectineus

Post. aspekt

- Lig. ischiofemorale
 - společný úpon s m. obt. ext.

Evolve bipedální lokomoce

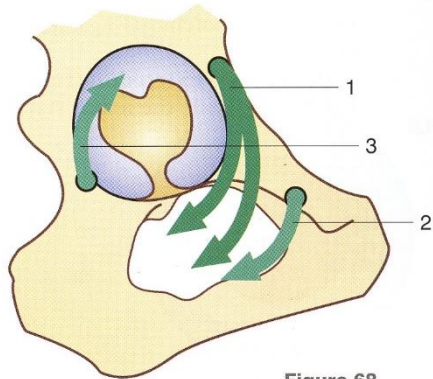


Figure 68

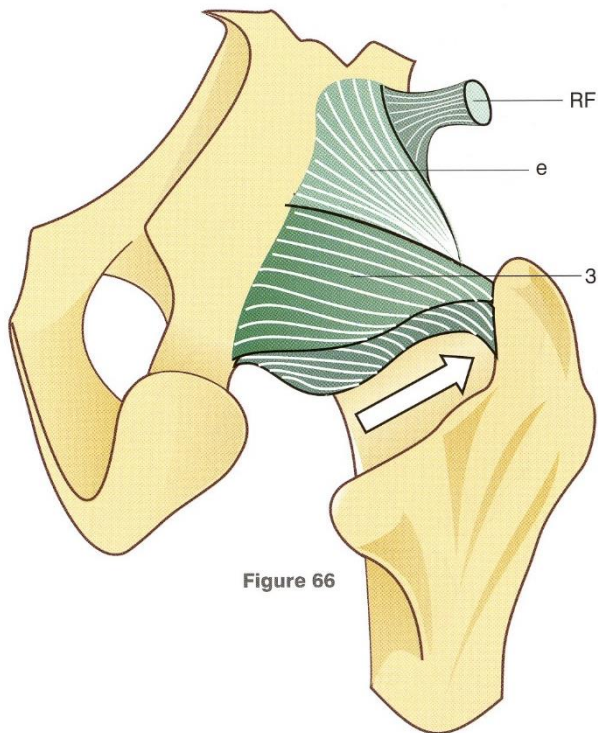


Figure 66

Předpětí všech ligament. struktur

- Lig. iliofemorale – pars superior
- Lig. iliofemorale – pars inferior
- Lig. pubofemorale
- Lig. ischiofemorale

Střední poloha v kyčelním kl.

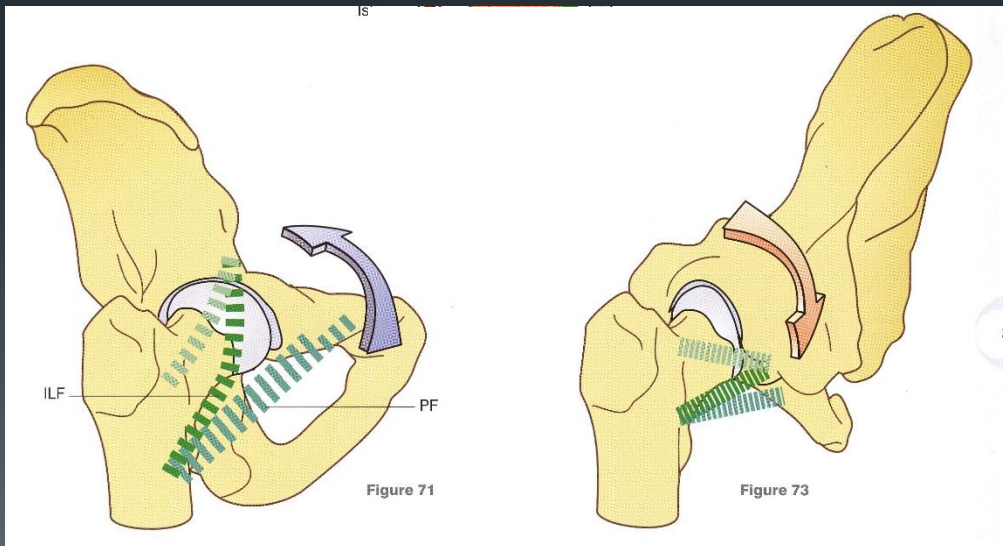
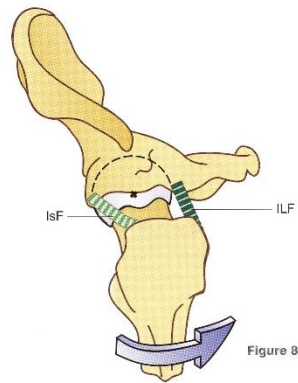
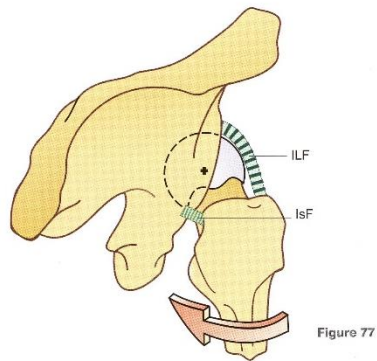
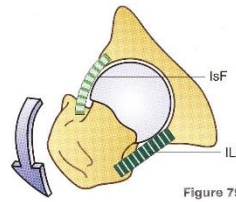
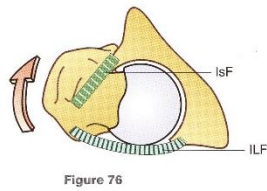
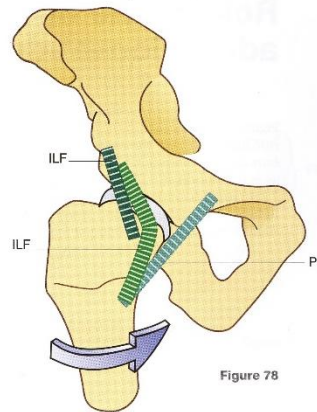
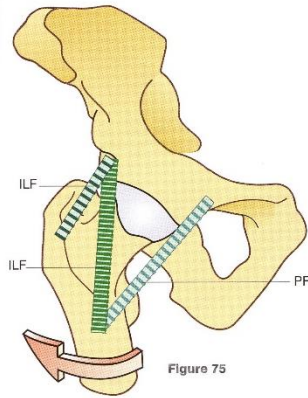


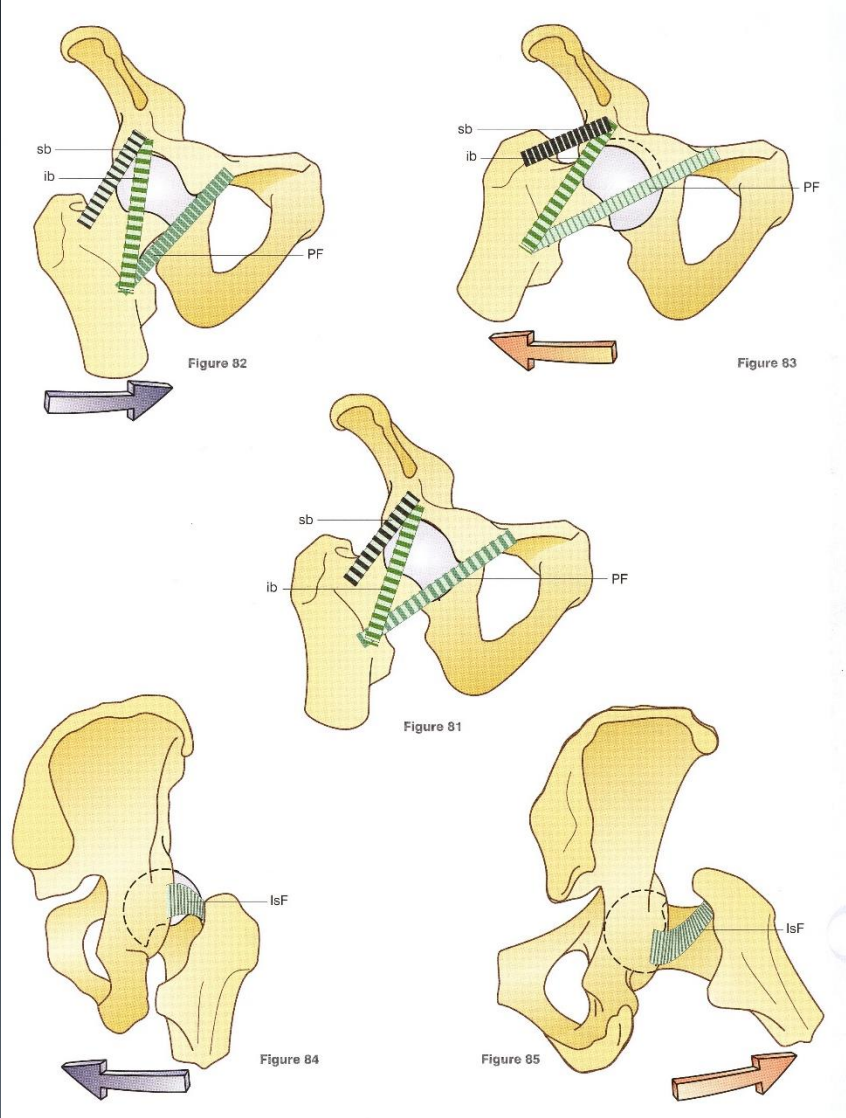
Figure 71

Figure 73

Laterální – mediální rotace



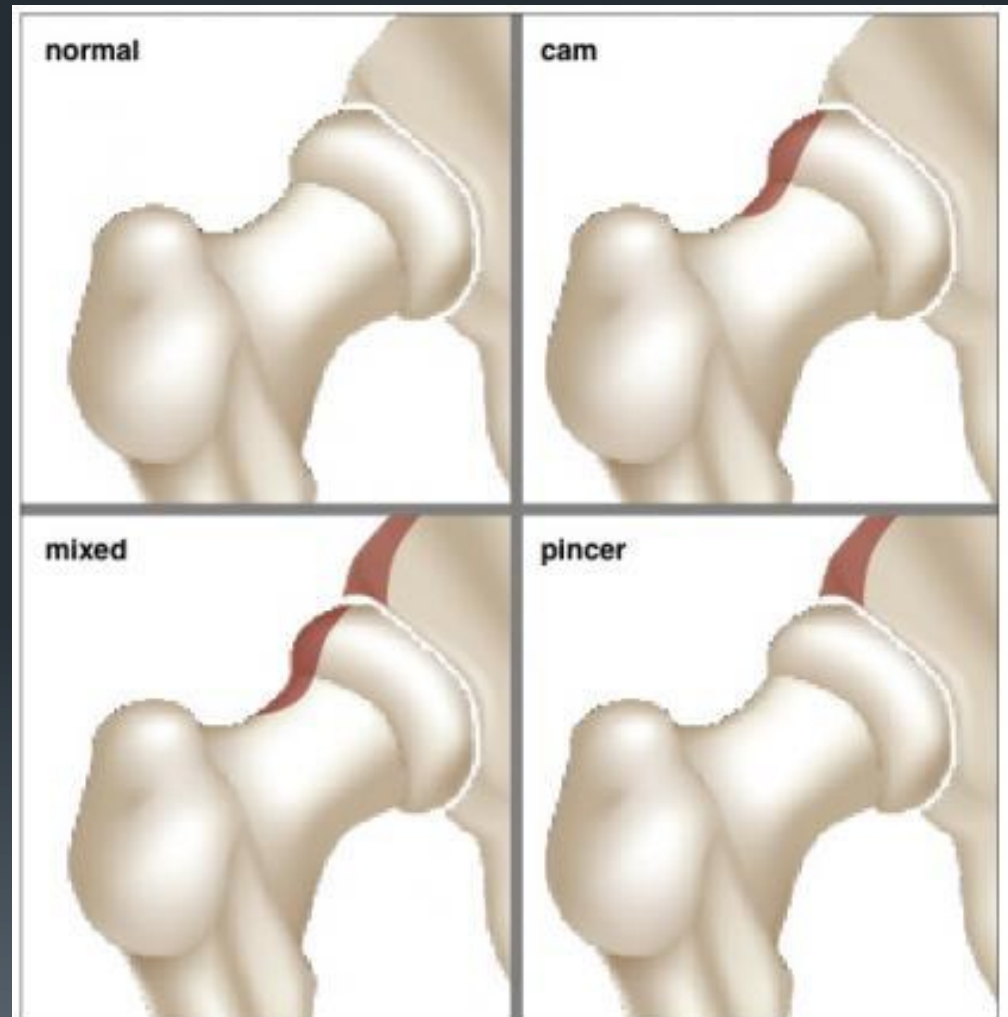
ABD - ADDukce



Impingement sy coxae

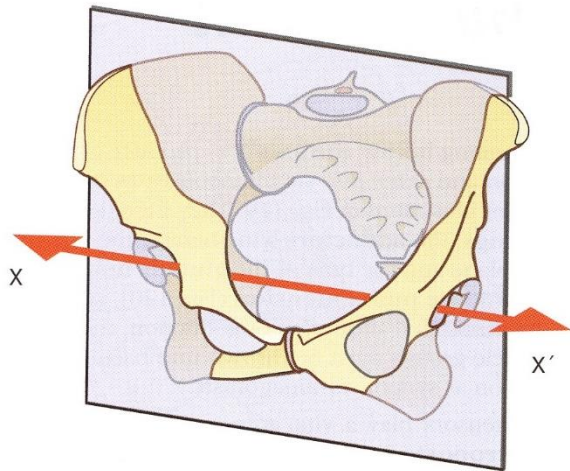
- Cam type
- Pincer type type
- Mixed type

- Diagnostika
(FADIR-FABER)

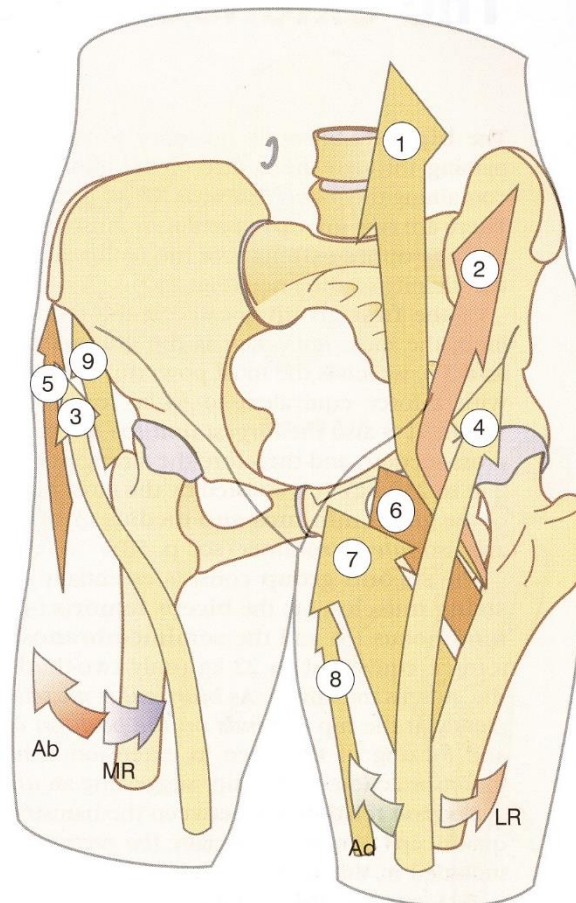


Flexory kyčle

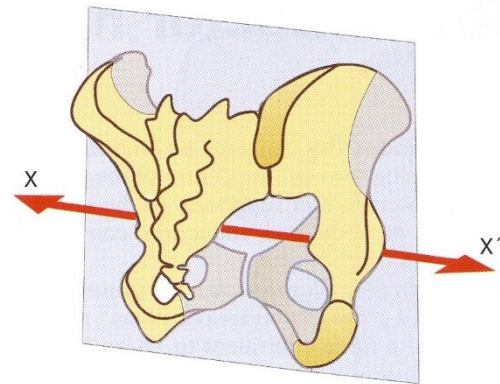
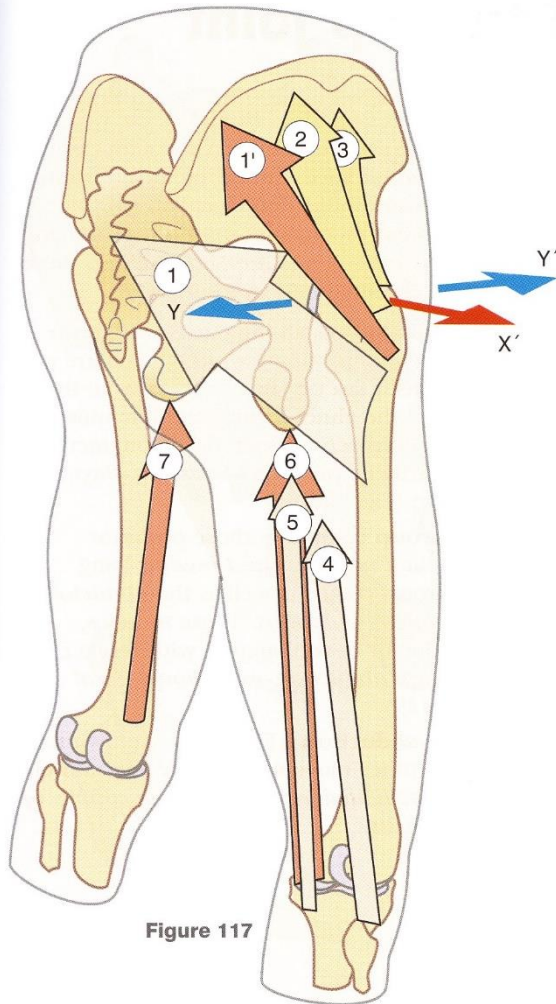
- m. iliopsoas
- m. add. longus
- m. pectineus



- m. glut. min.
- m. glut. med.
- m. tensor f. l.

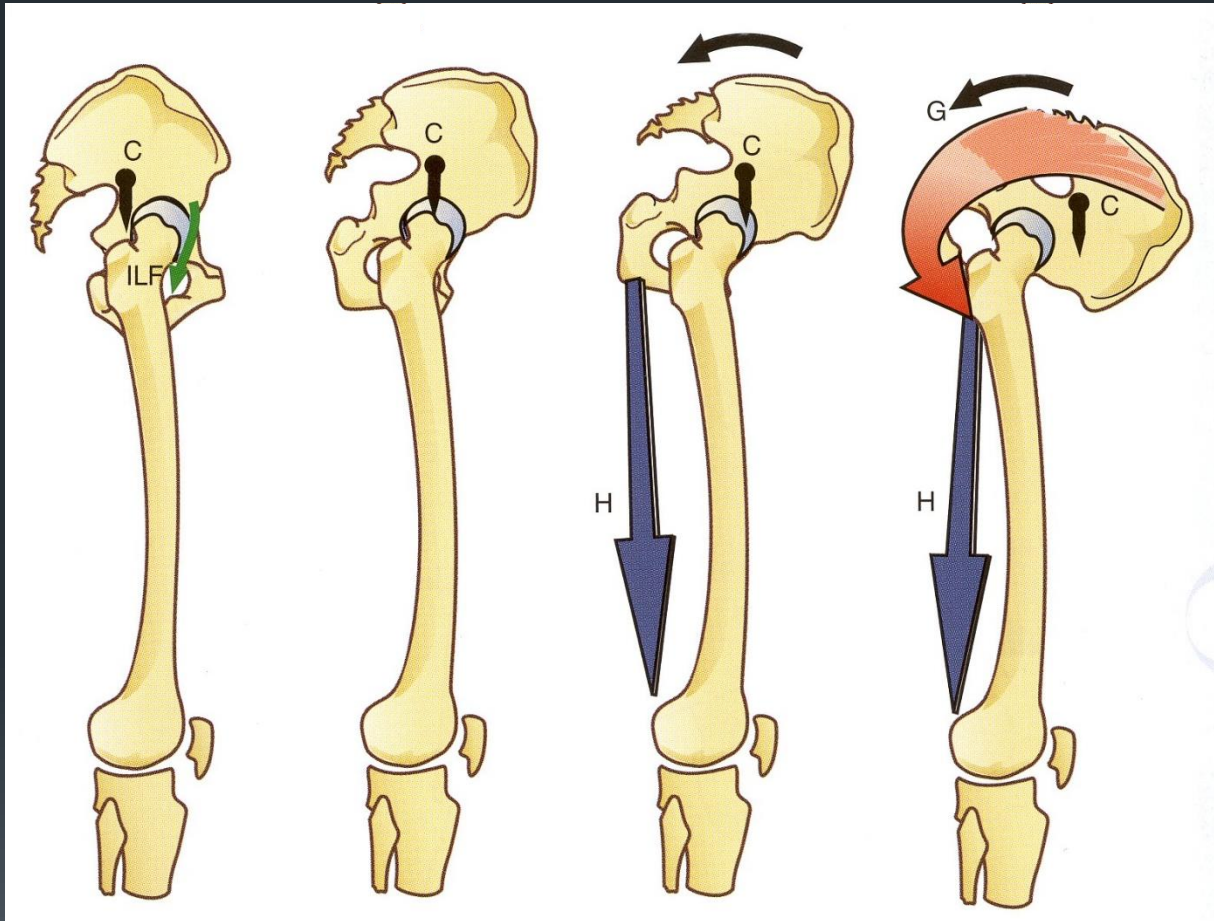


Extensory kyčle



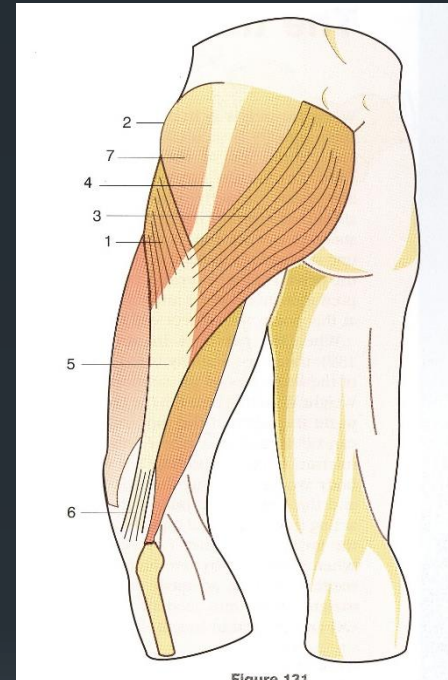
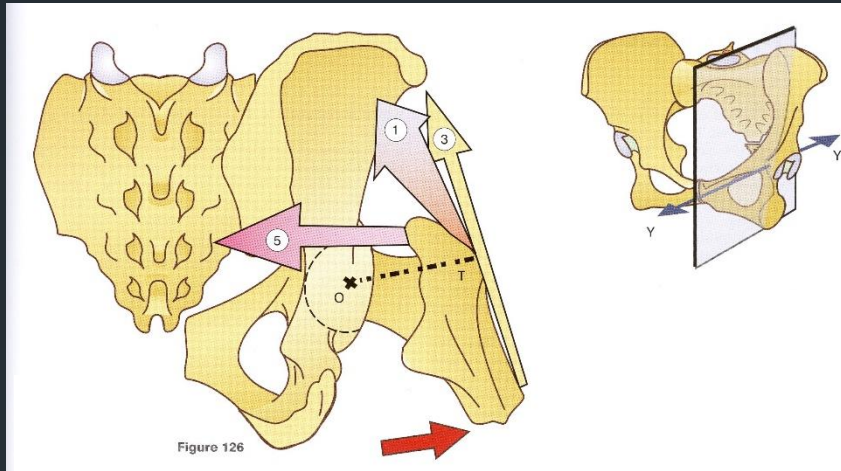
- jednokloubové
- dvoukloubové

AP stabilita pánve

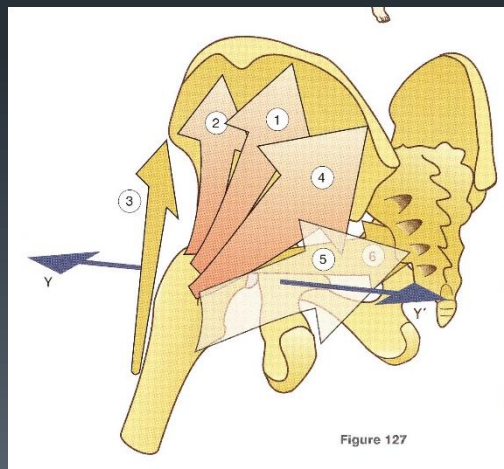


- RV pánve ve stoji limitována iliofemorálním ligamentem
- rovnováha - nestabilní
- AV pánve ve stoji limitována a odraz při chůzi realizován hamstringy
- odraz při chůzi do kopce, běhu a skocích realizován hamstringy a m. glut. max.

Abduktory kyčle

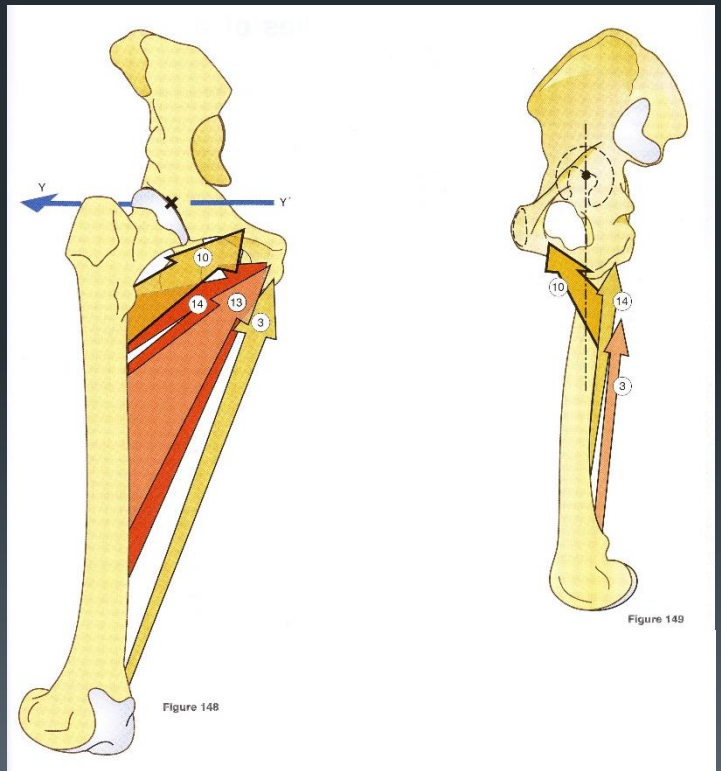
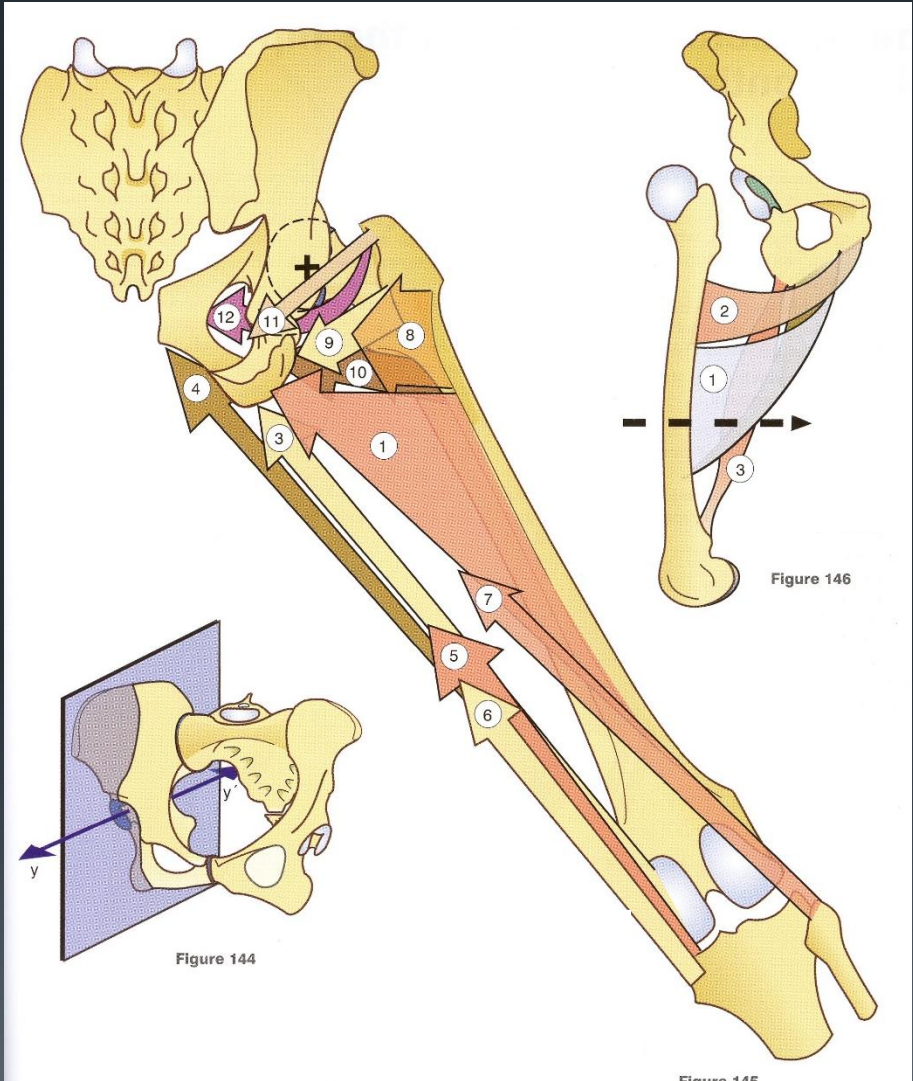


„m. deltoideus coxae“

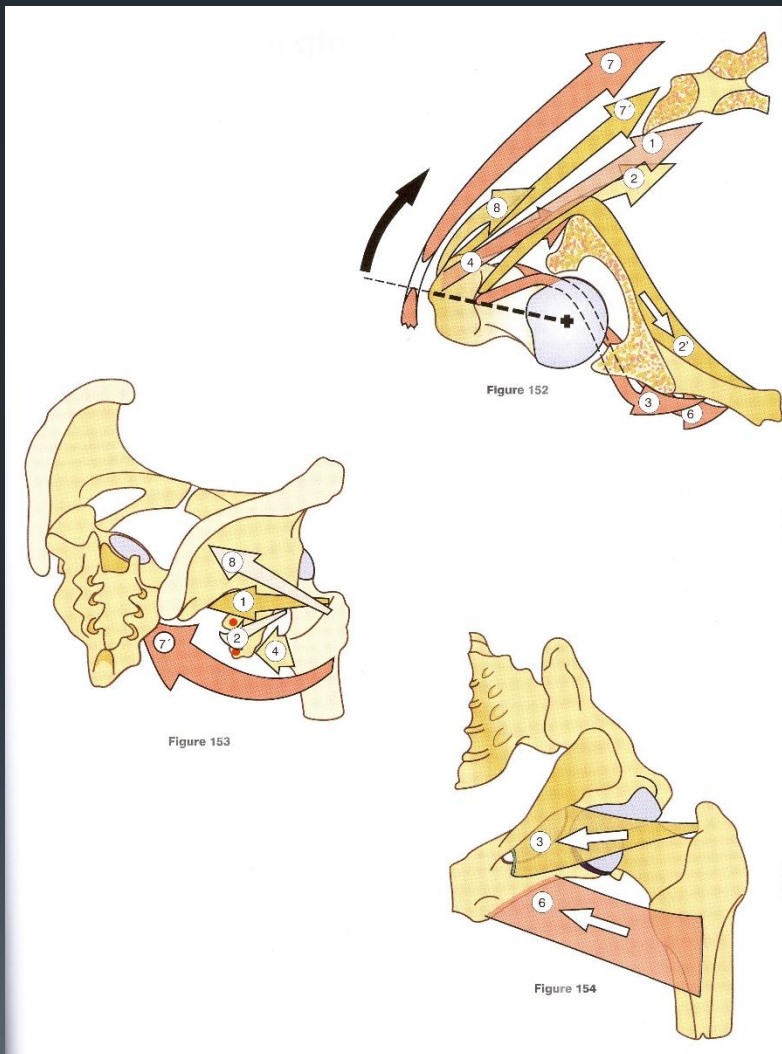


- ABD+FL+VR: pars ant. 1-2, 3
- ABD+EXT+ZR: pars post 1-2, 4
- iniciální ABD: 1+4
- následná ABD: 1 (max. efektivita při 35°)

Adduktory kyčle



Externí rotátory



1. m. piriformis
2. m. obturator internus
3. m. obturator externus
4. m. quadratus femoris
5. m. gemellus inf.
6. m. gemellus sup.
7. m. pectineus
8. m. glut. max.
9. m. glut. min. et med.
10. m. biceps fem.
11. m. add. longus, magnus, brevis
12. m. tensor f. l.