

A térd ízületei és mozgásai.

dr. Hanics János

Térdízület (articulatio genus):

Típus: Trochoginglymus

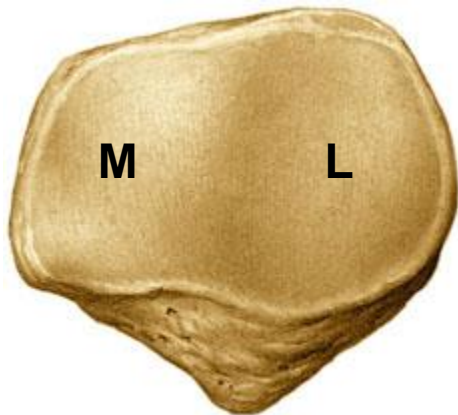
Mozgásai:

- Flexio, extensio
- Medialis és lateralis rotáció (hajlított helyzetben)

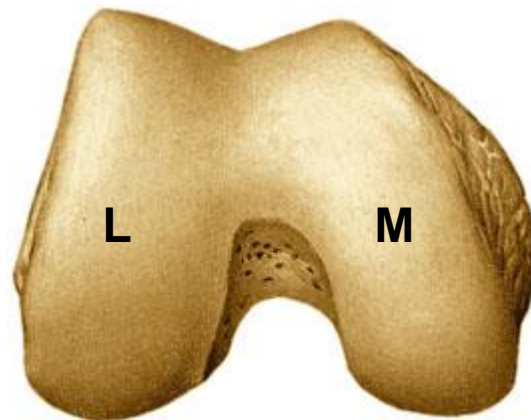
A megbeszélés logikai sorrendje:

- Csontos részek
- Kiegészítő képletek
- Ízületi tok
- Szalagok
- A mozgások leírása
- Mozgásokat kivitelező izmok

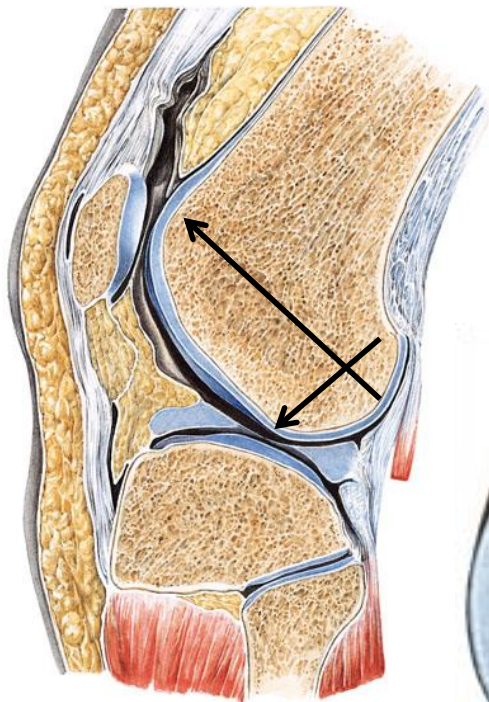
Csontos részek – kiegészítő képletek



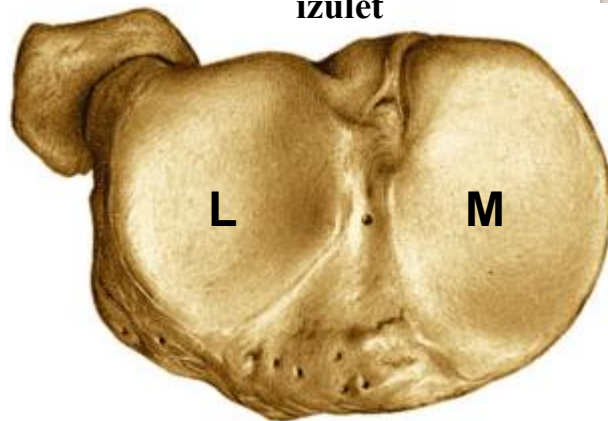
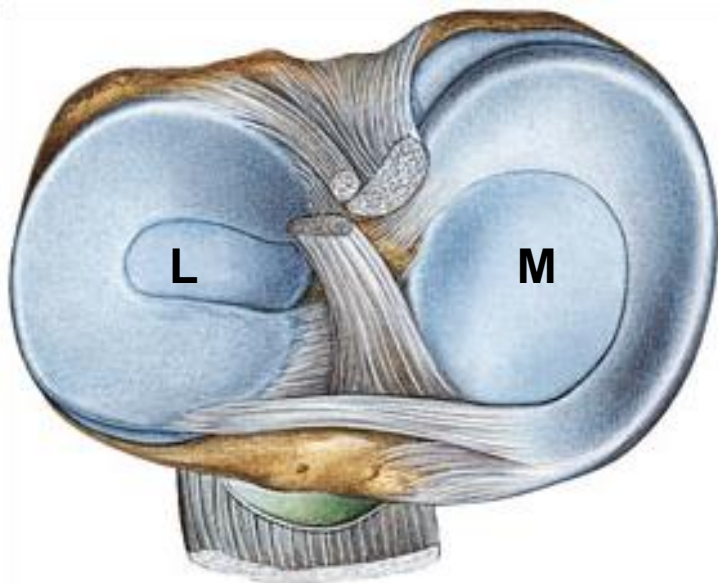
Femoro-
patellaris
ízület



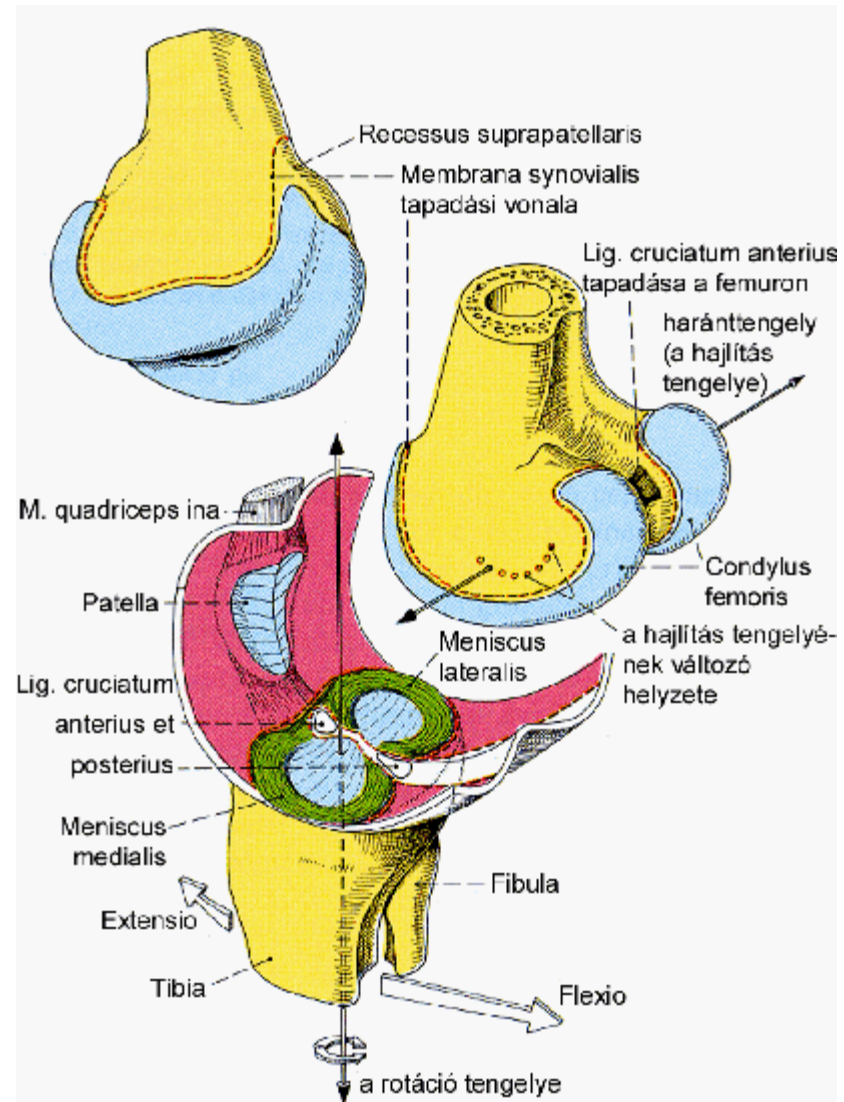
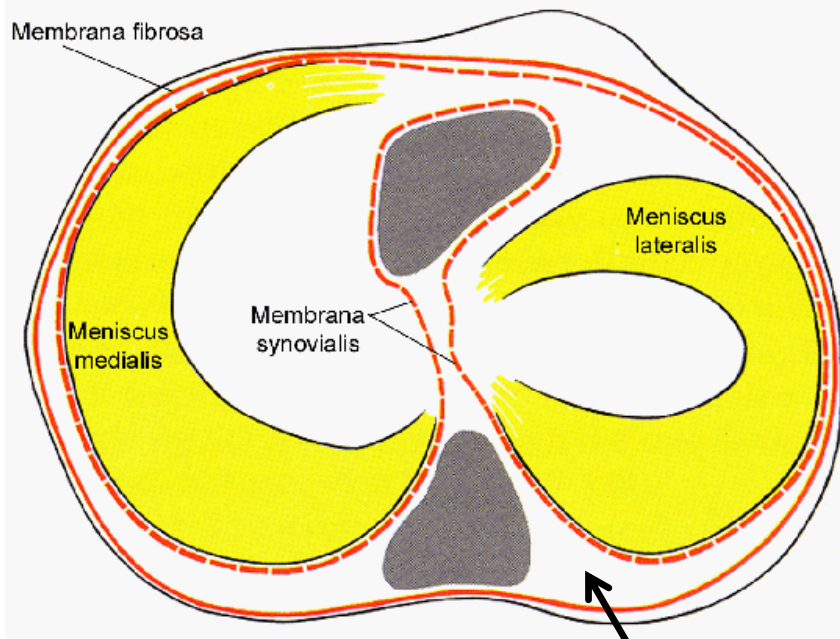
Femoro-tibialis
ízület



incongruenciák

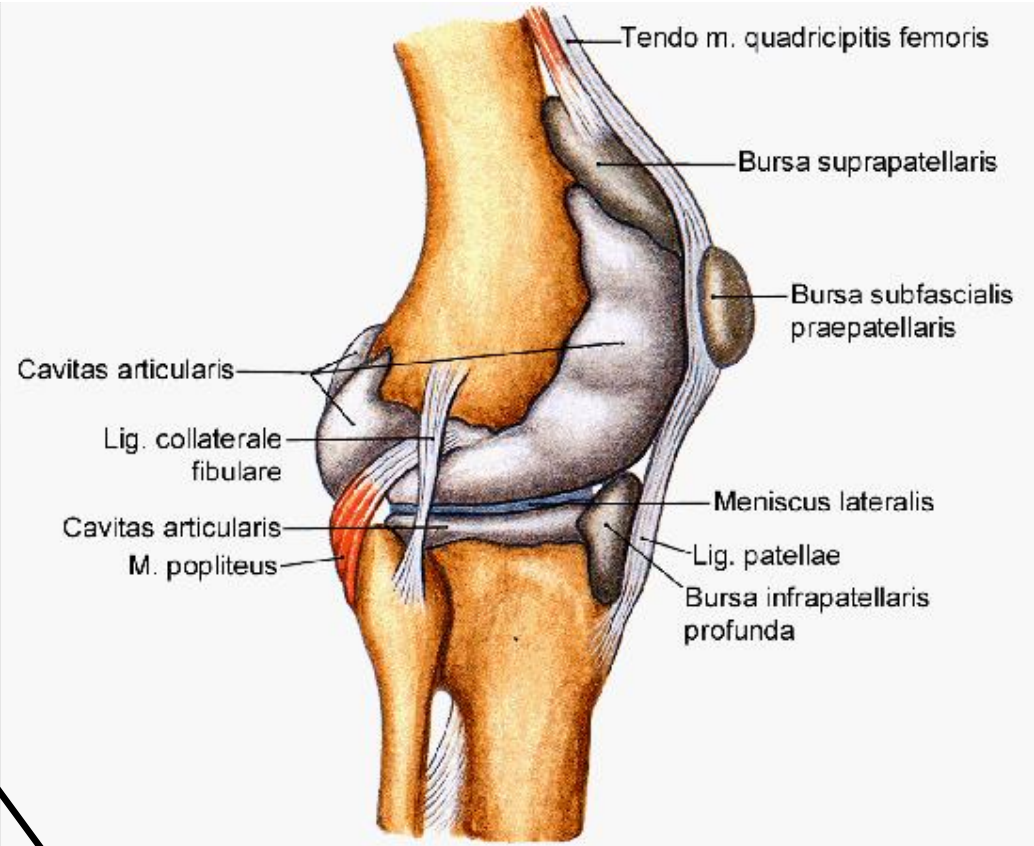
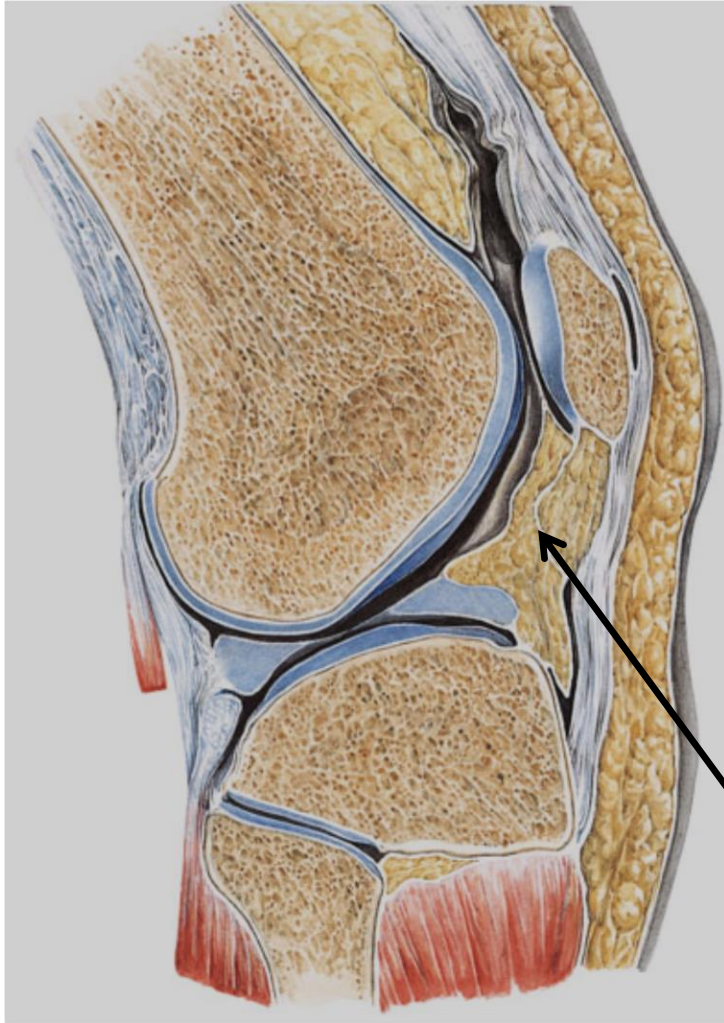


Ízületi tok 1/2



A tok két rétege közötti rés zsírszövettel kitöltött

Ízületi tok 2/2



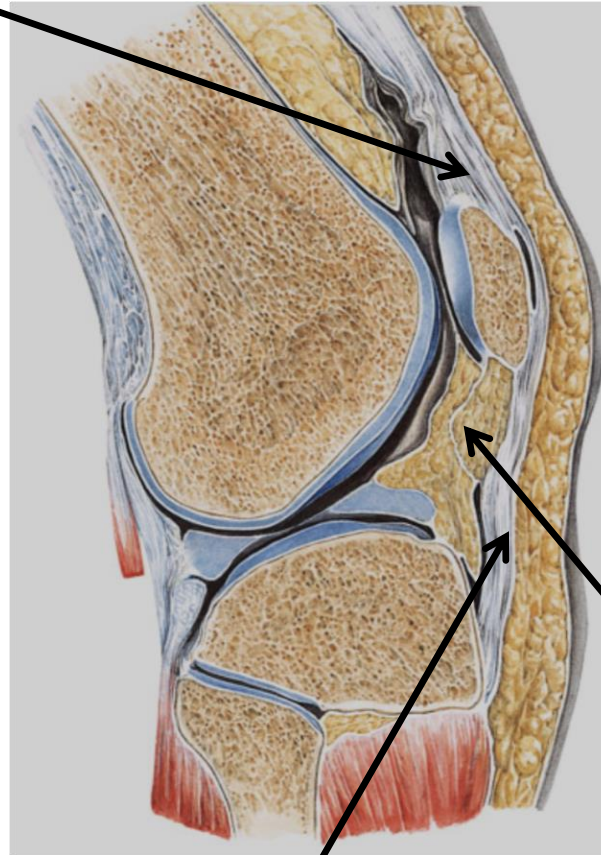
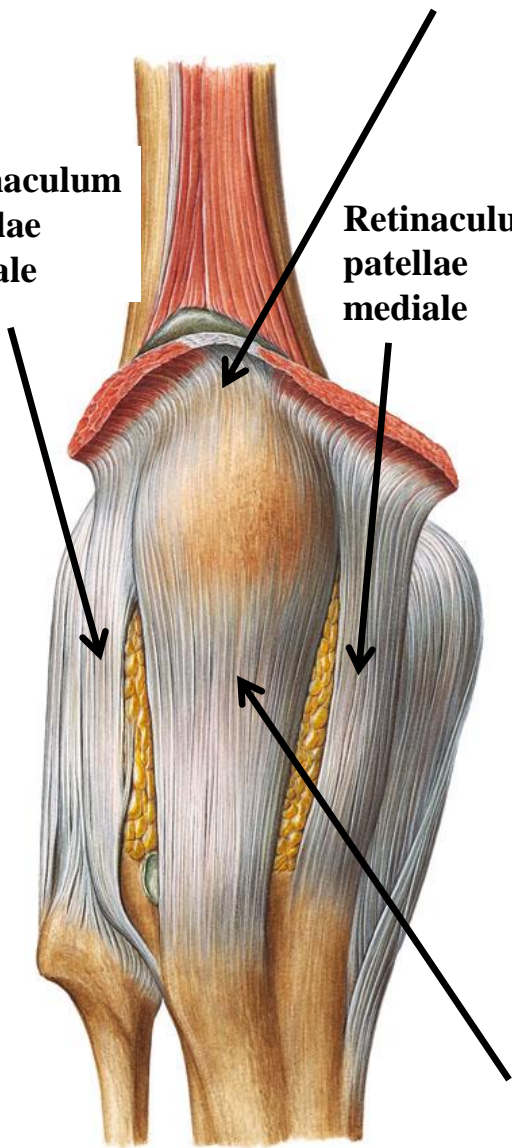
Corpus adiposum infrapatellare

Szalagok 1/3

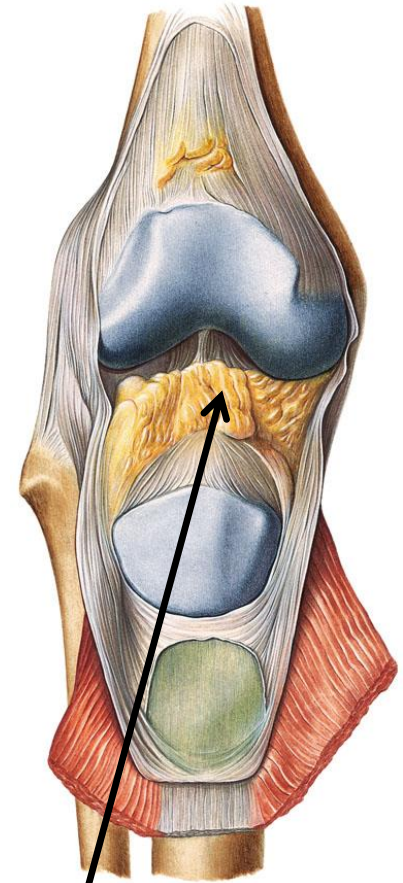
m. quadriceps femoris, tendo

Retinaculum
patellae
laterale

Retinaculum
patellae
mediale

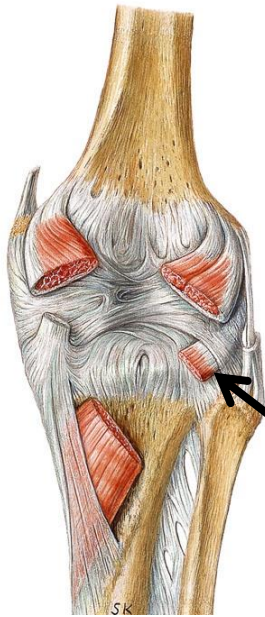
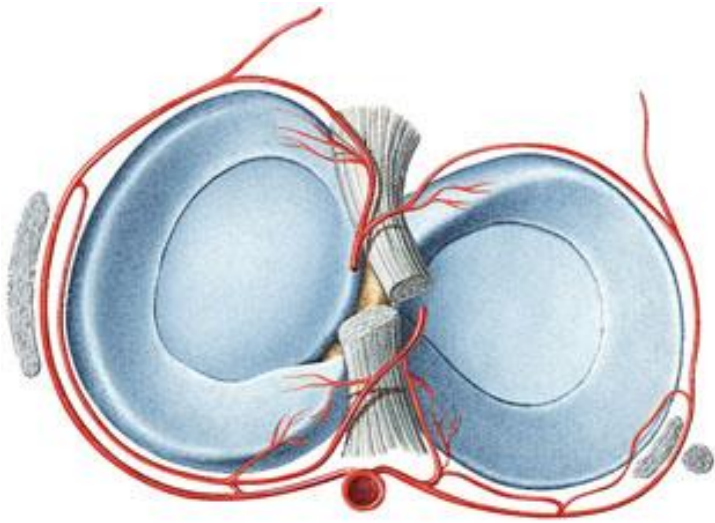


Lig. patellae

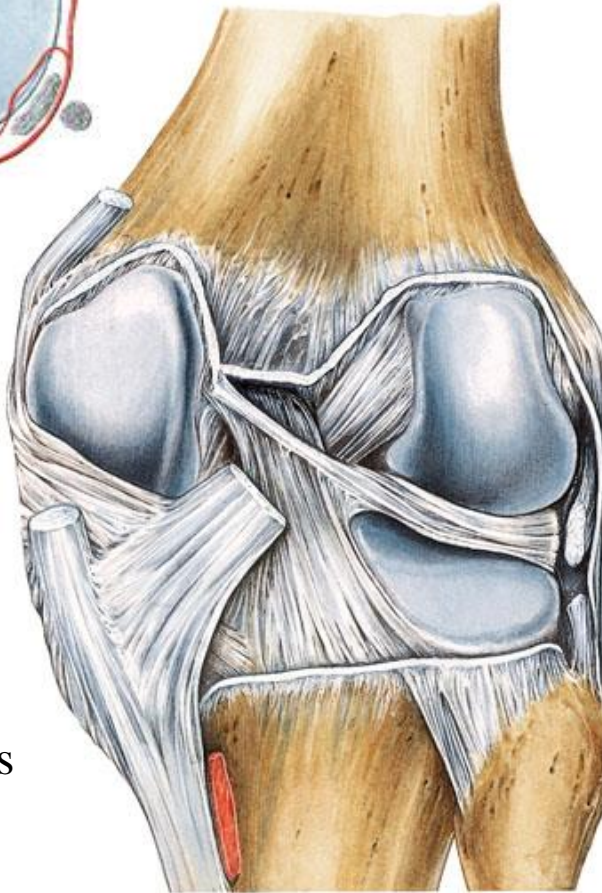


Corpus adiposum
infrapatellare

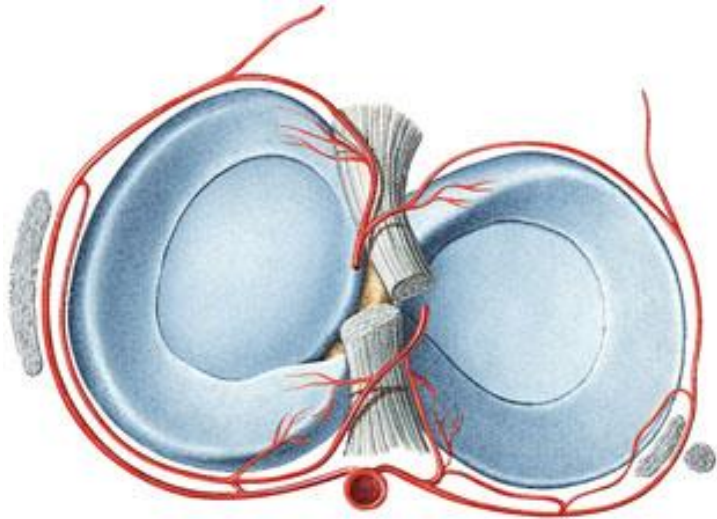
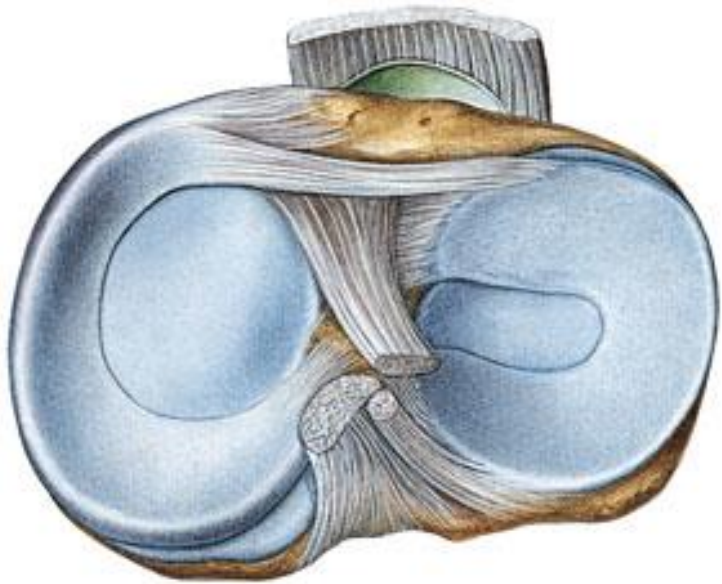
Szalagok 2/3



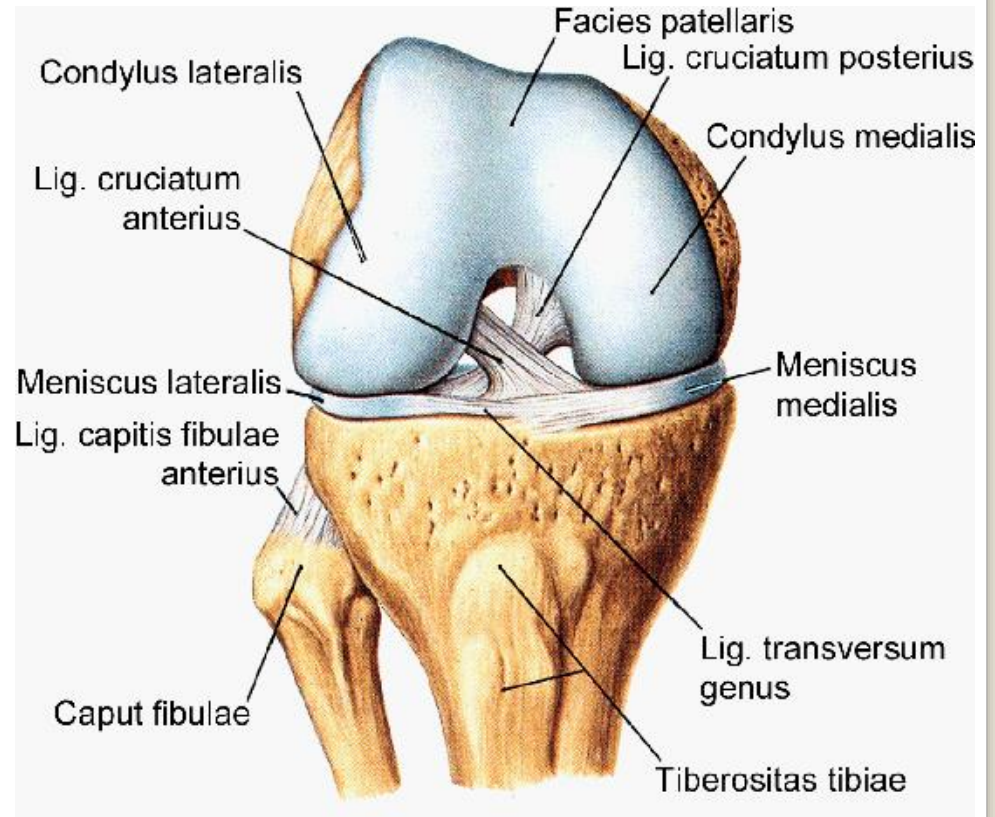
m. popliteus



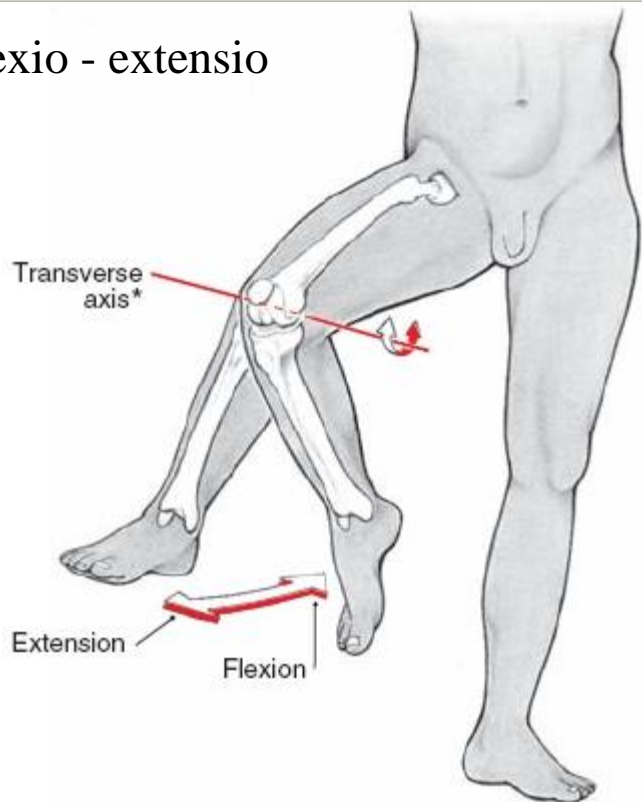
Szalagok 3/3



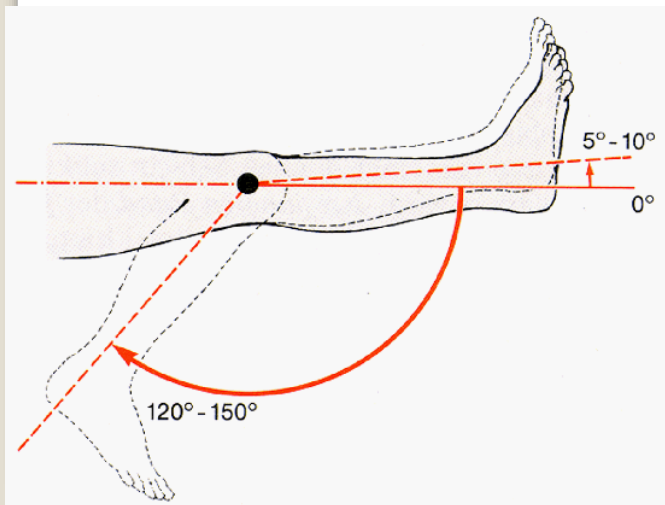
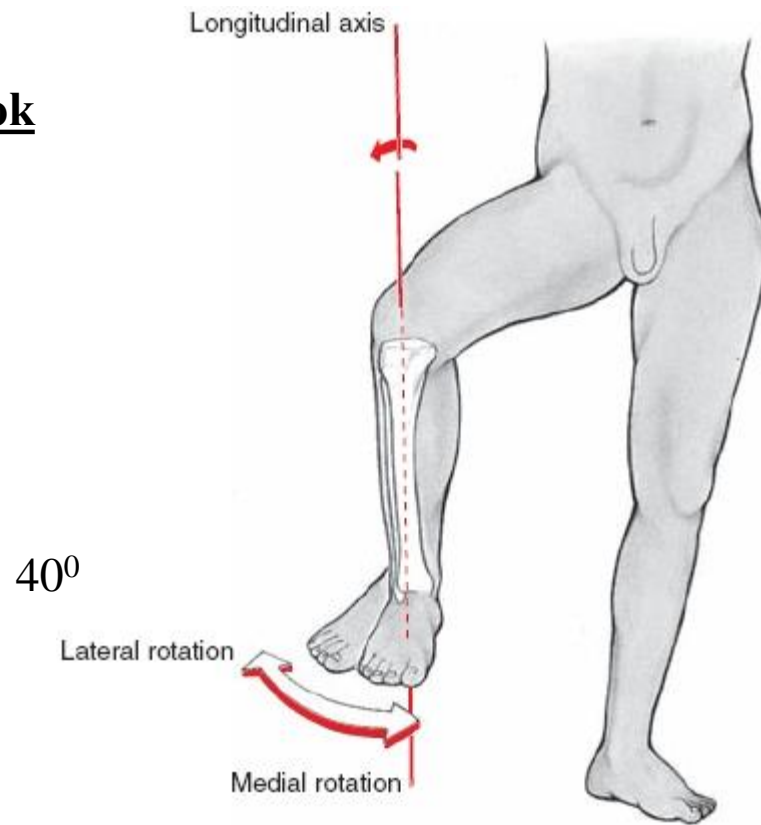
Keresztszalagok



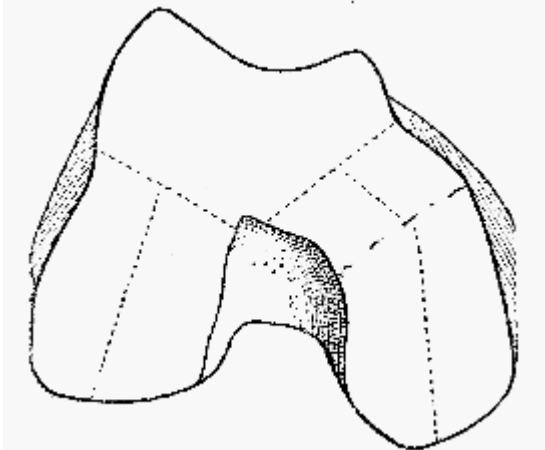
Flexio - extensio



Mozgások

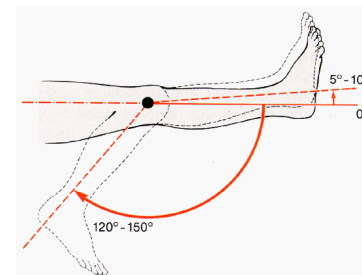


„akaratlagos rotáció”



Kényszerrotáció (5°) /”passzív rotáció”/

Az extensio utolsó 10°-nál.

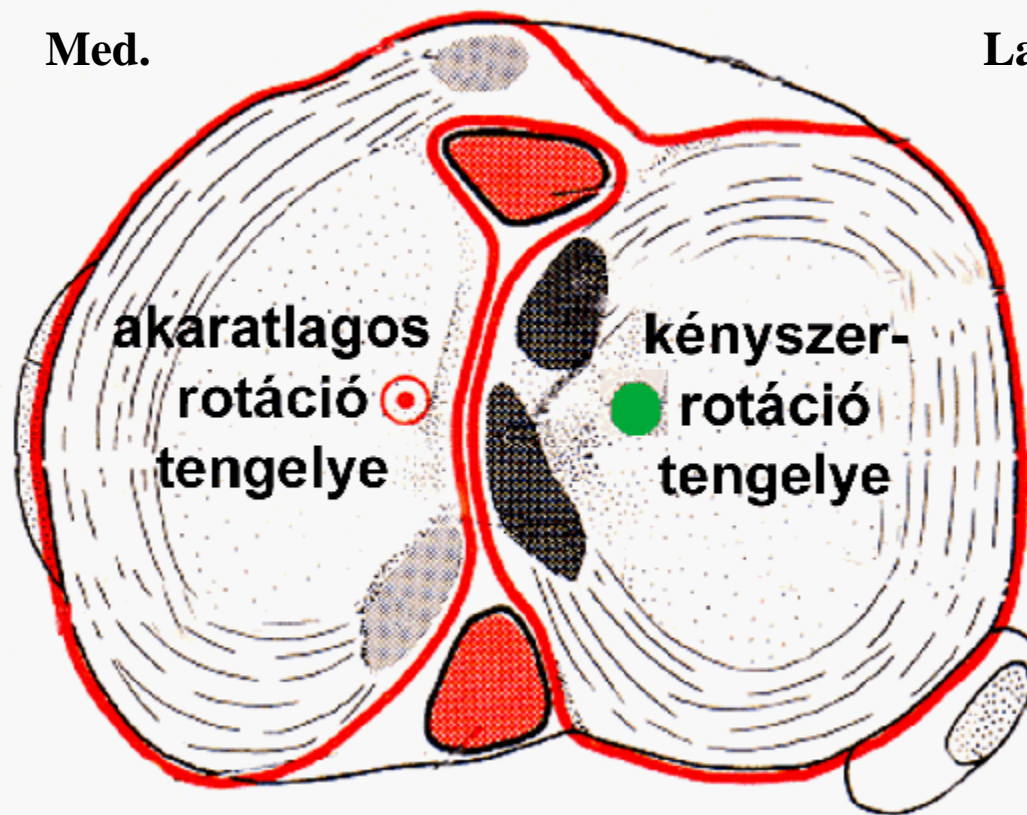


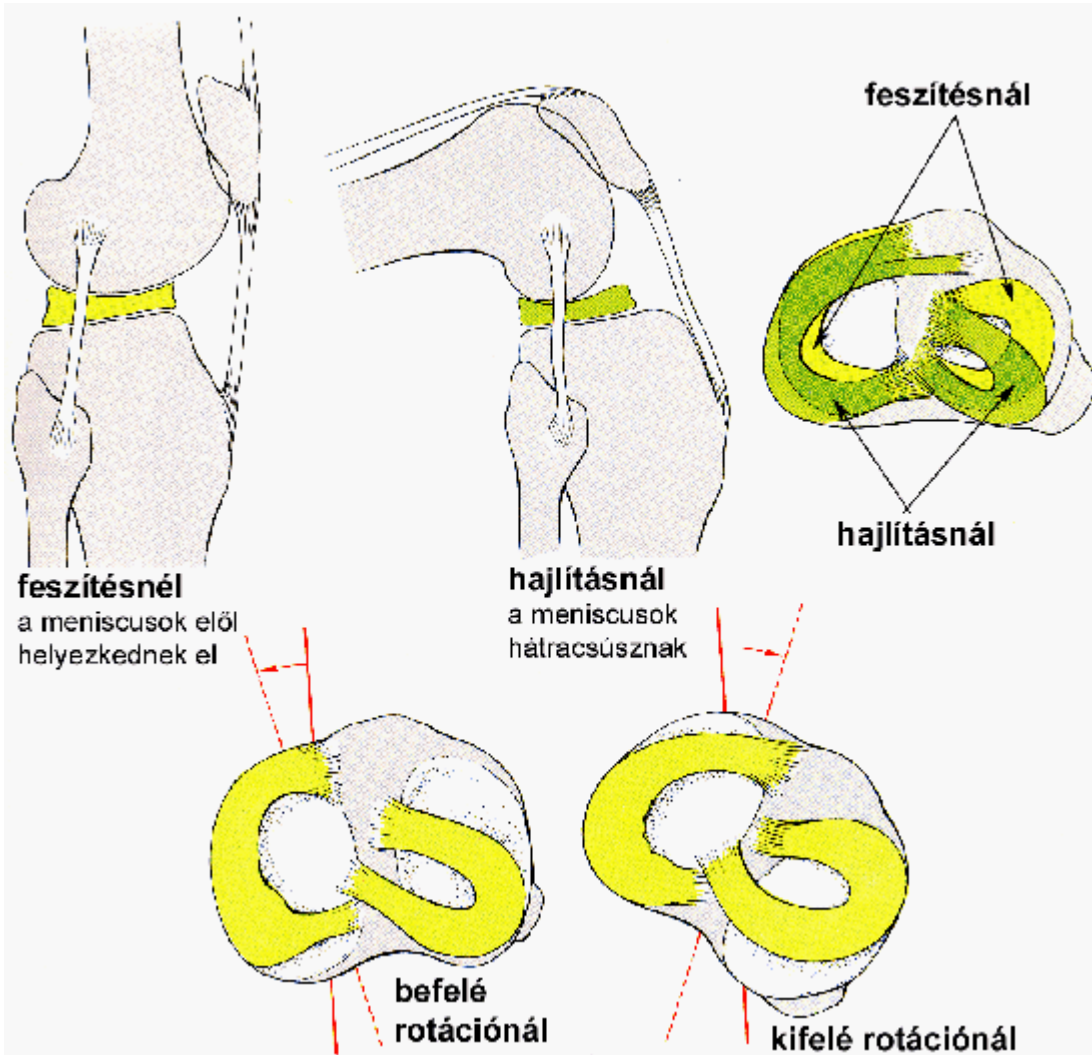
**A térdizület kényszer-rotációjának,
a vég- és kezdeti rotációnak okai:**

- 1.) a condylus medialis femoris kb. 2 cm-rel hosszabb, mint a condylus lateralis,
- 2.) a lig. cruciatum anterius rövidebb, mint a lig. cruciatum posterius.

Med.

Lat.





A térdízületre ható izmok

A lábszár feszítő (extensor)

izmai:

(max. 180°)

m. quadriceps femoris,

m. tensor fasciae latae

A lábszár hajlító (flexor)

izmai: (max. 130°)

m. semimembranosus,

A) *m. semitendinosus,*

m. biceps femoris,

B) *m. gracilis,*

C) *m. sartorius,*

m. popliteus,

D) *m. plantaris*

m. gastrocnemius.

A lábszár befelé forgató (rotáló)

izmai: (10°)

m. semimembranosus,

m. semitendinosus,

m. gracilis,

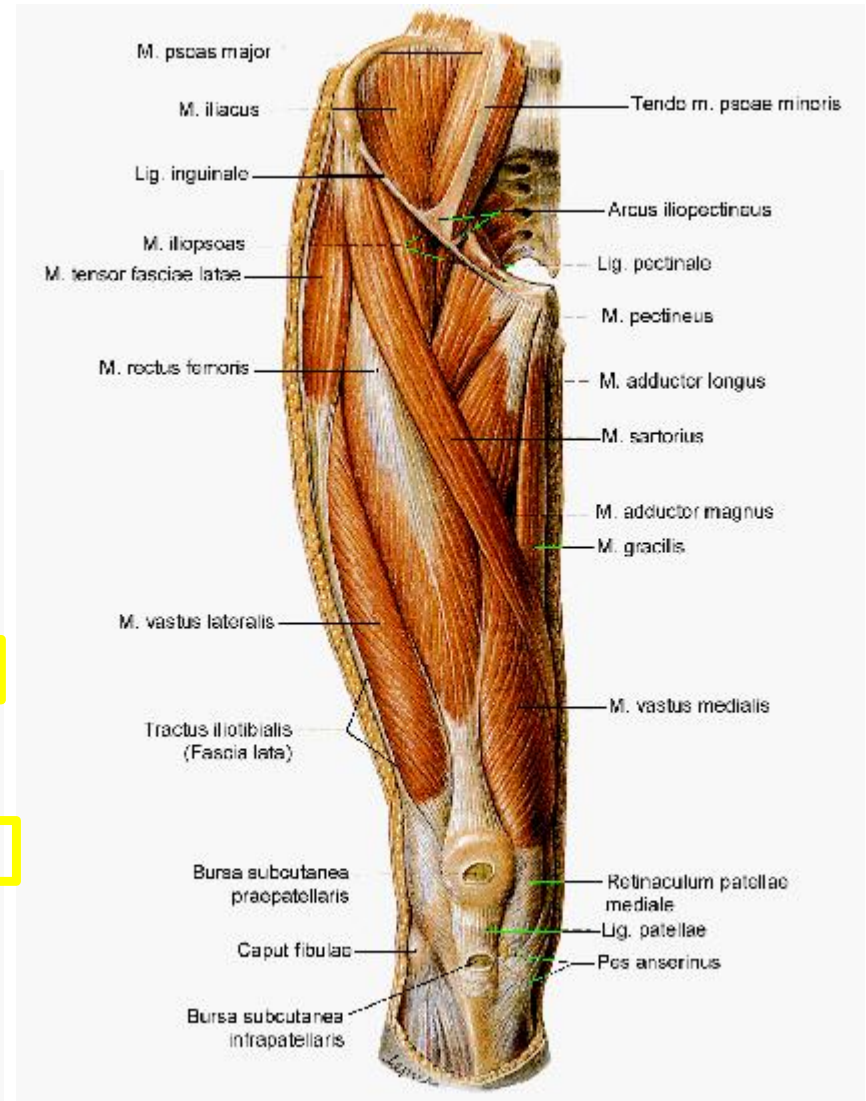
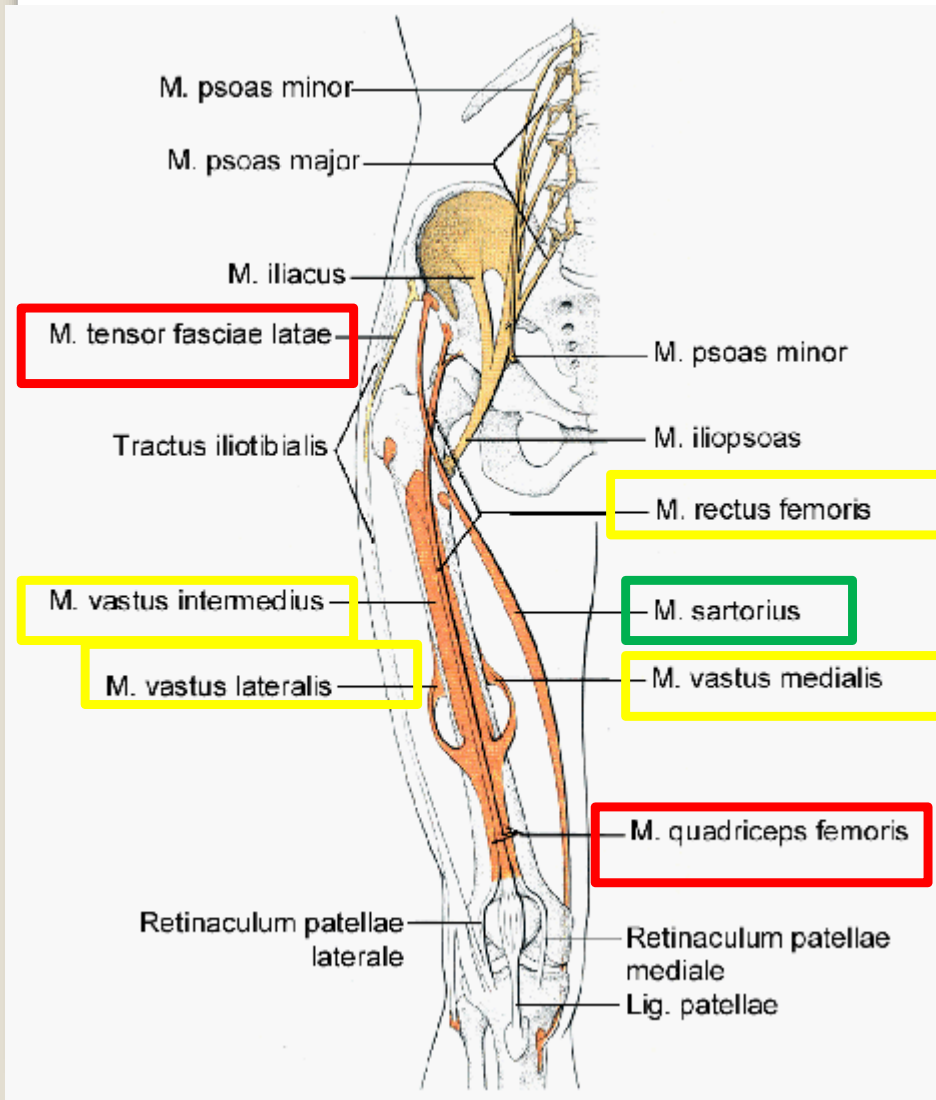
m. sartorius (they are also flexors).

A lábszár kifelé forgató (rotáló) izmai: (40°)

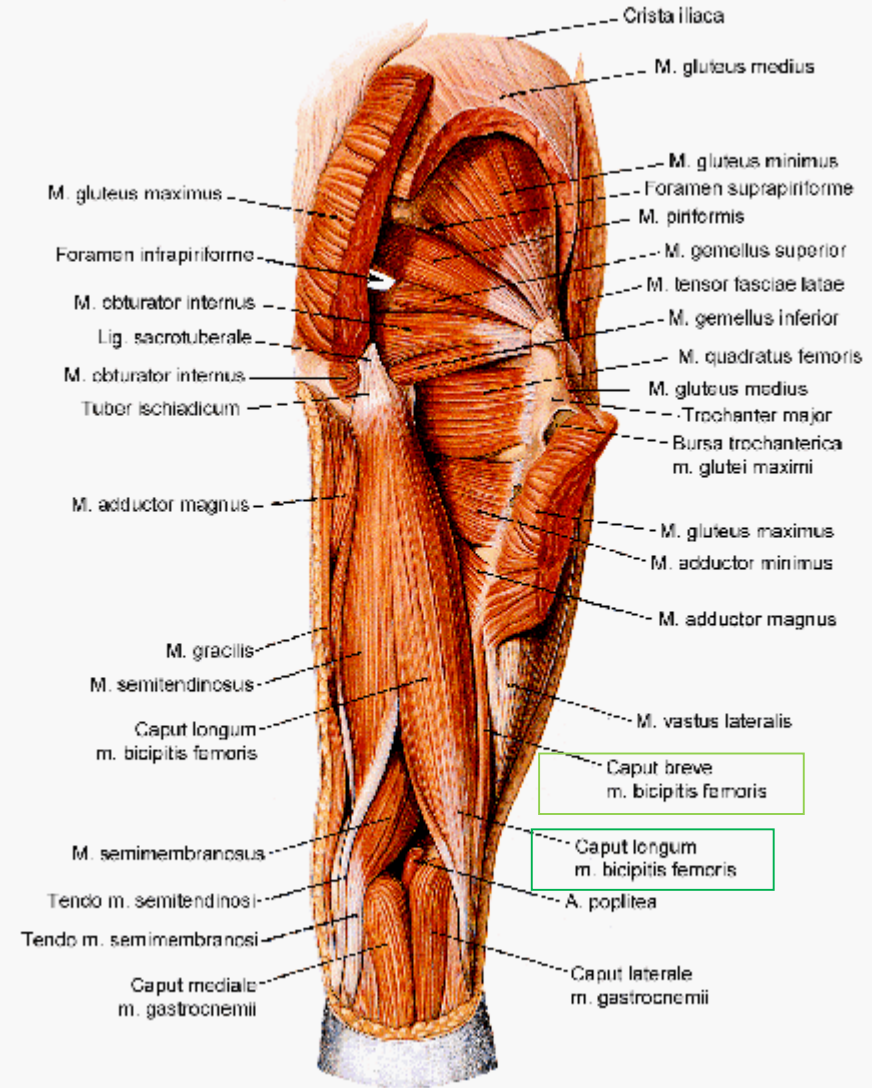
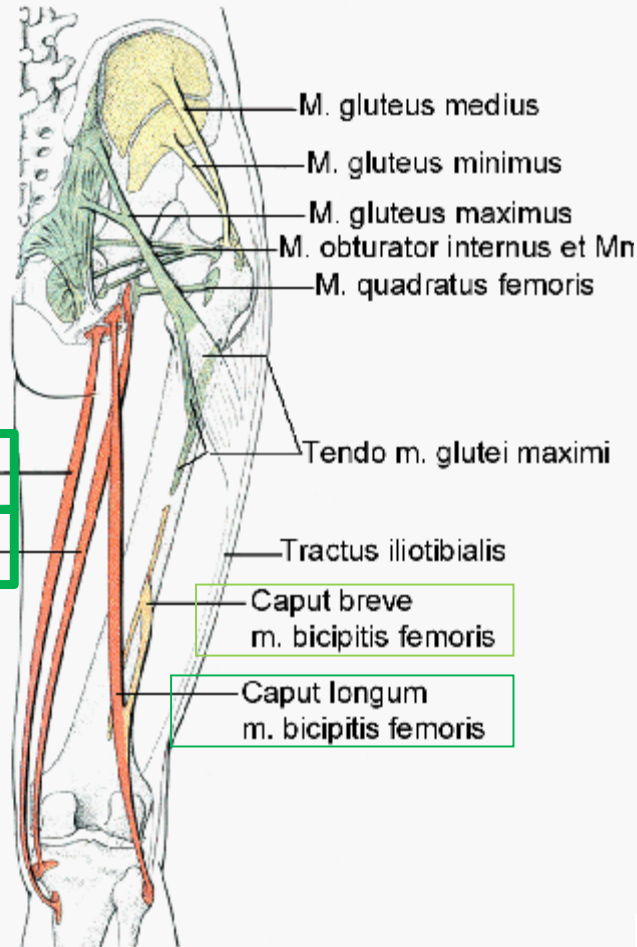
m. biceps femoris (also flexor),

m. tensor fasciae latae (also extensor).

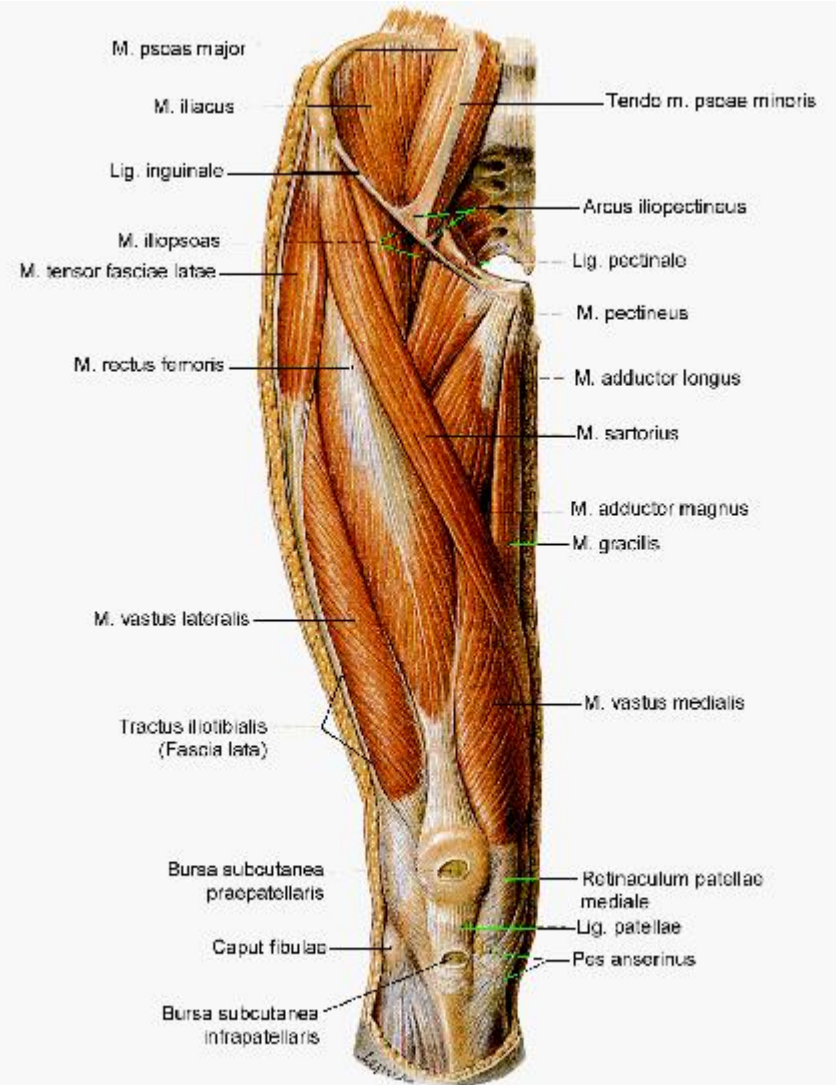
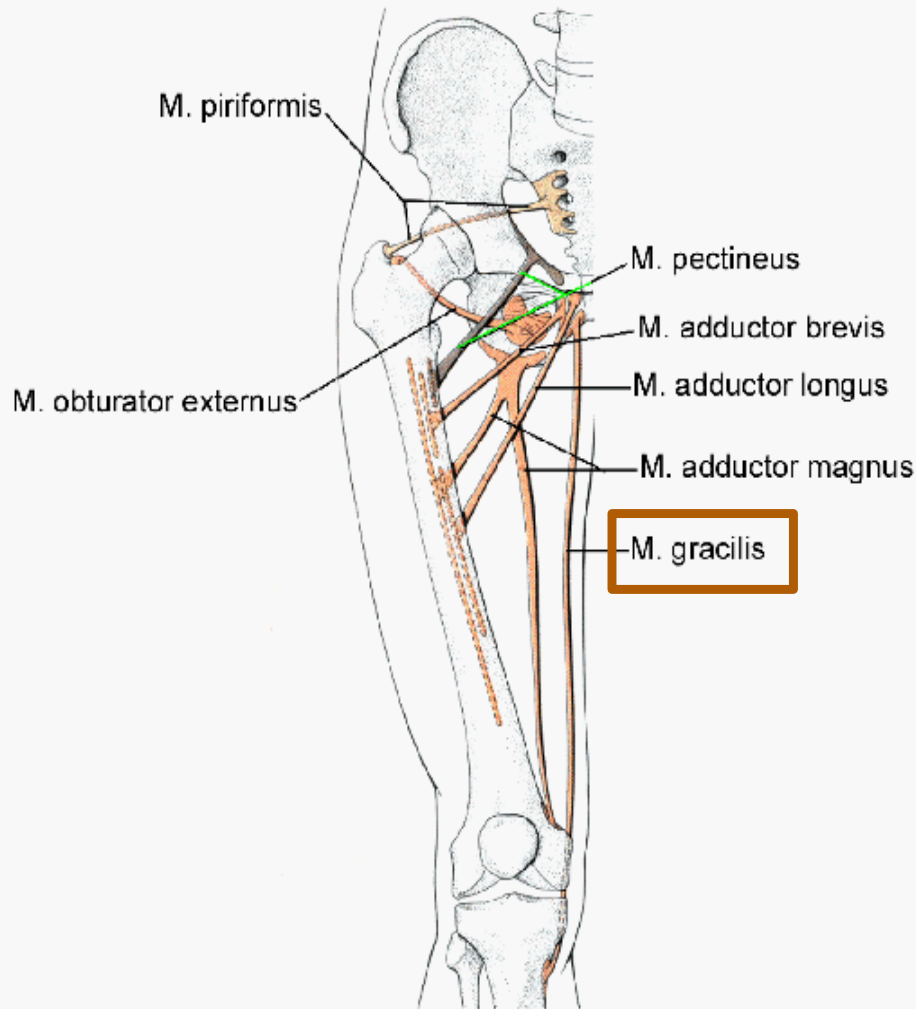
m. quadriceps femoris,
 m. tensor fasciae latae,
 m. sartorius

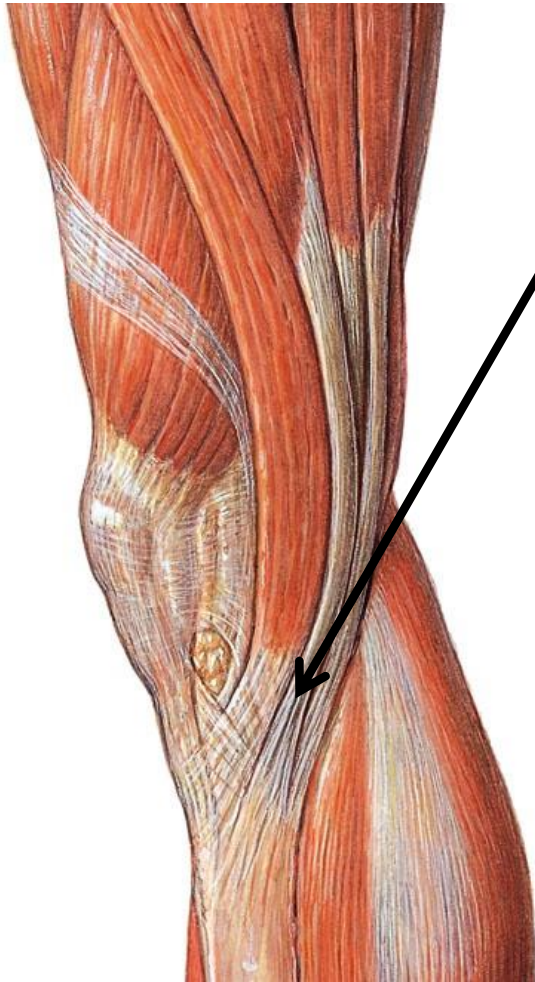


m. semimembranosus,
m. semitendinosus,
m. biceps femoris,



m. gracilis





Pes anserinus superficialis

A mm. Sartorius (szabó), gracilis (karcsú), semitendinosus (ínas) közös tapadása a tibia medialis condylusa alatt.

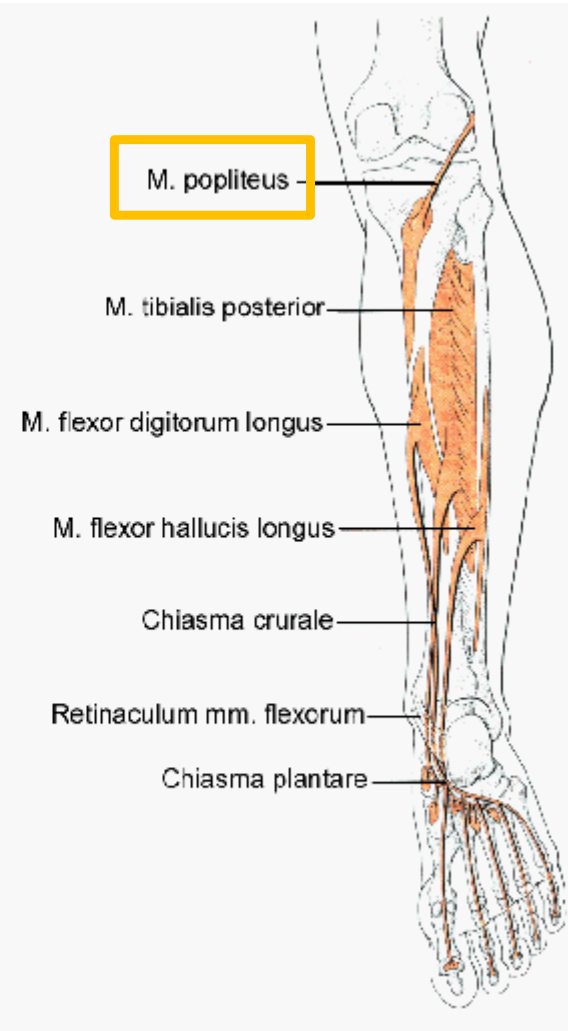
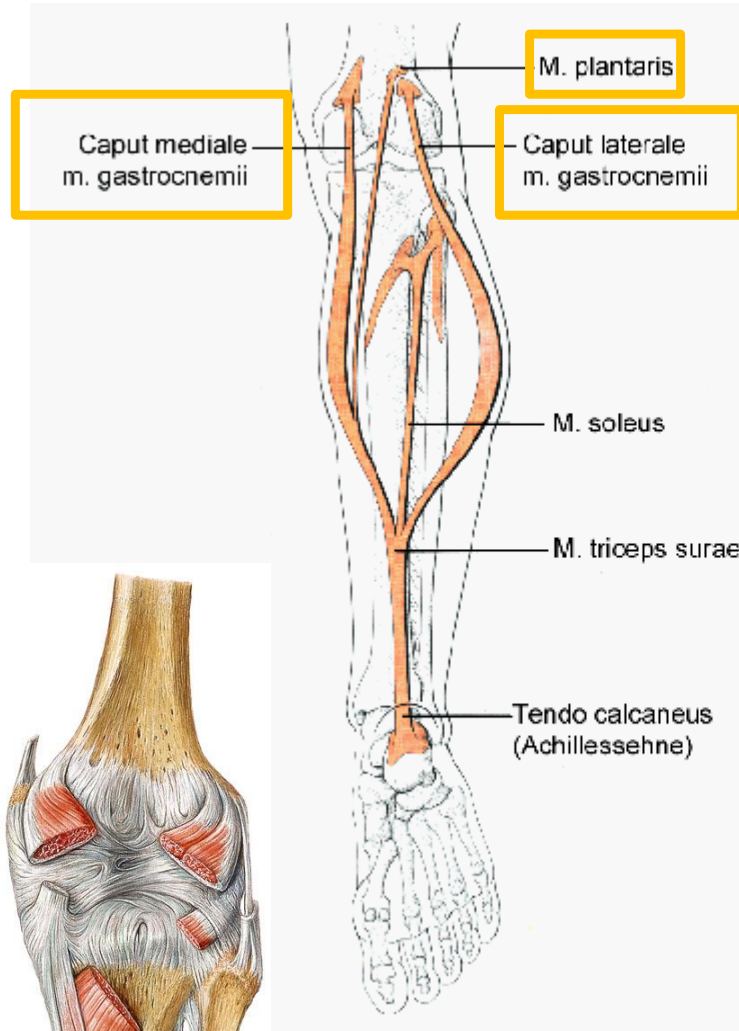
Pes anserinus profundus

A m. semimembranosus tapadása, a pes anserinus superficialis alatt.

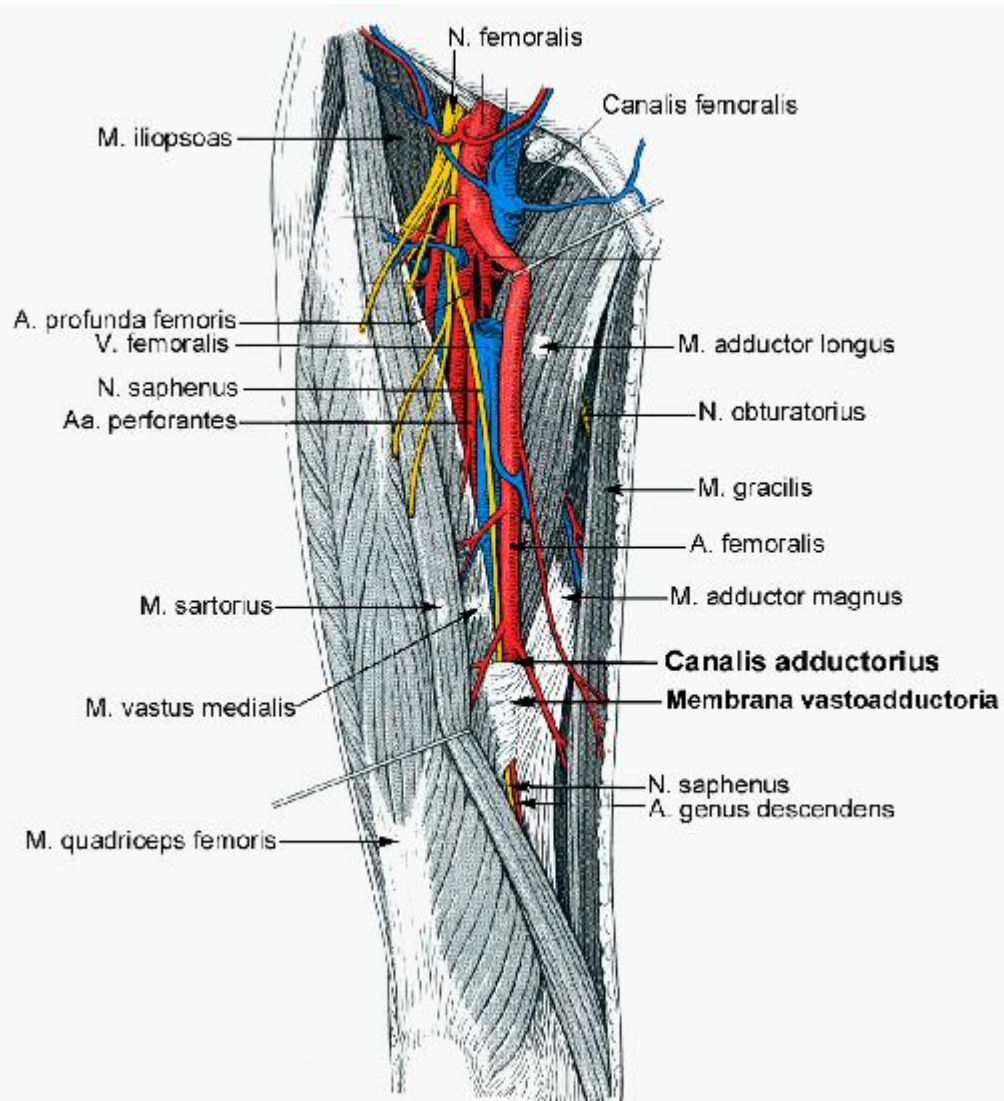
„pes anserinus” = „lúdláb”



m. popliteus, m. plantaris, m. gastrocnemius

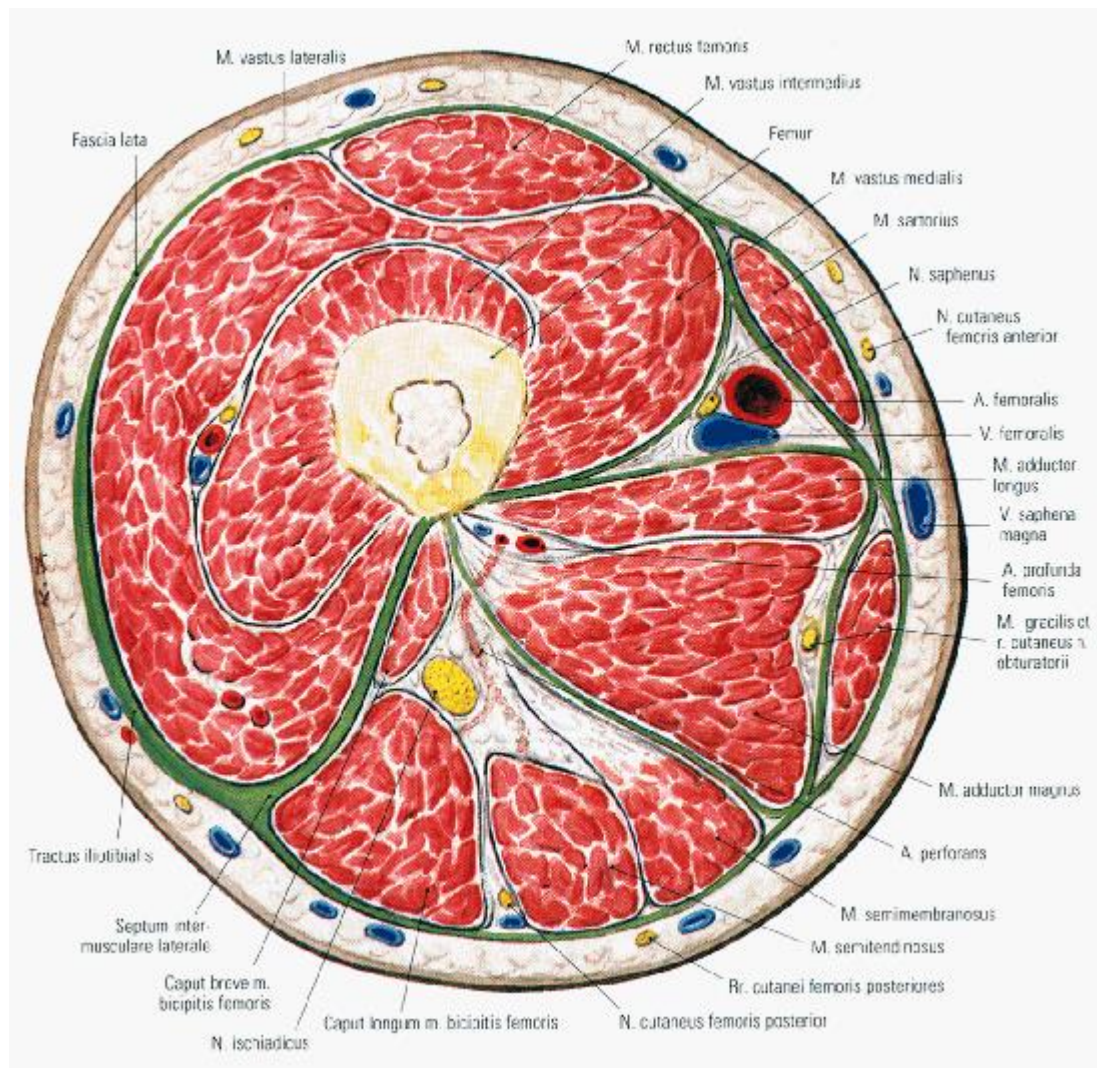


Trigonum femorale



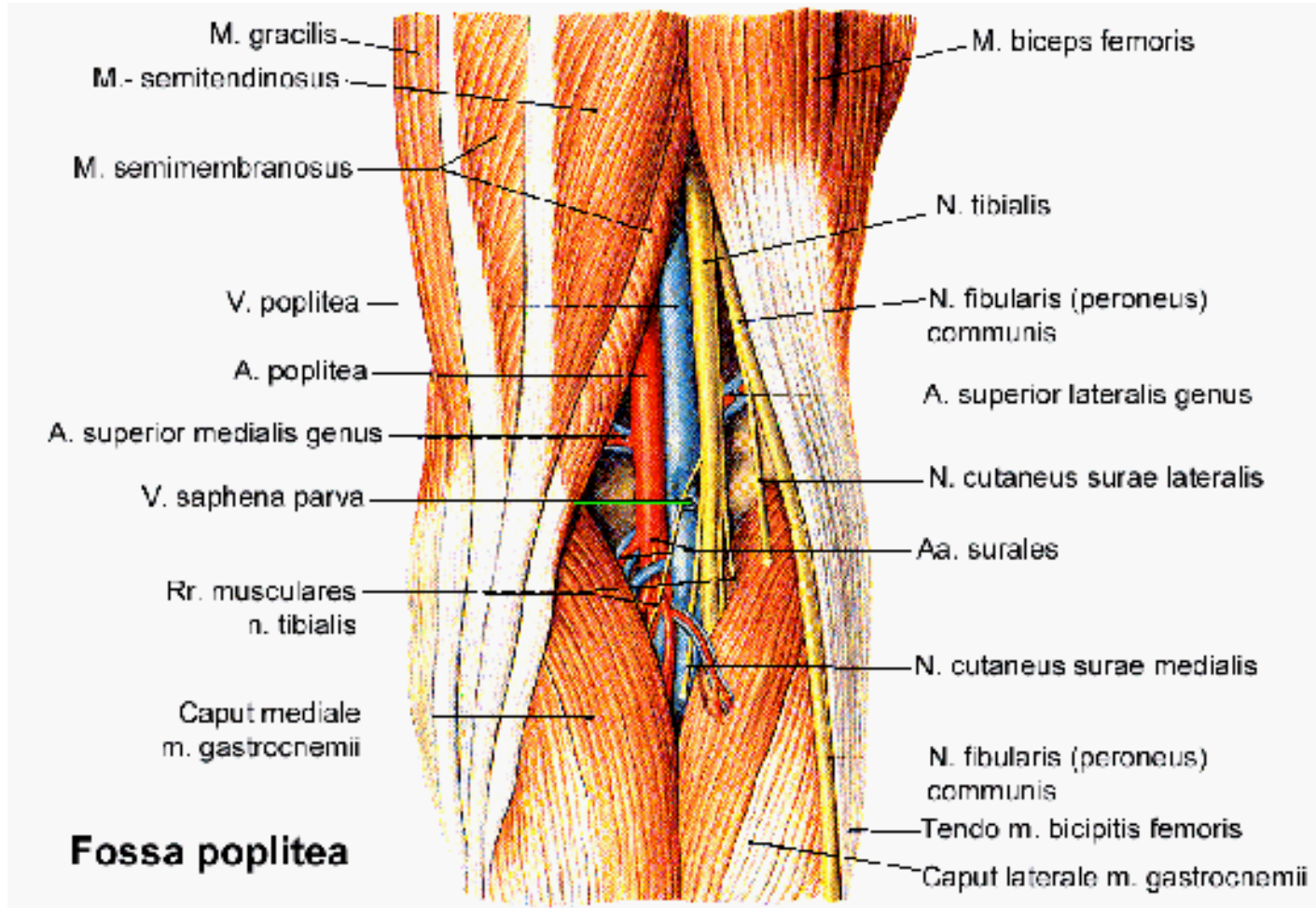
Canalis adductorius

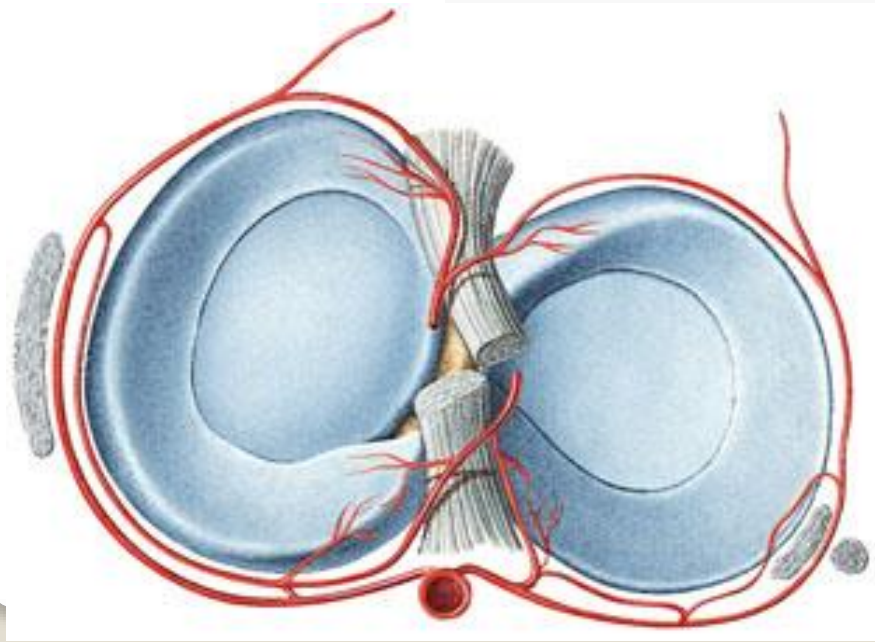
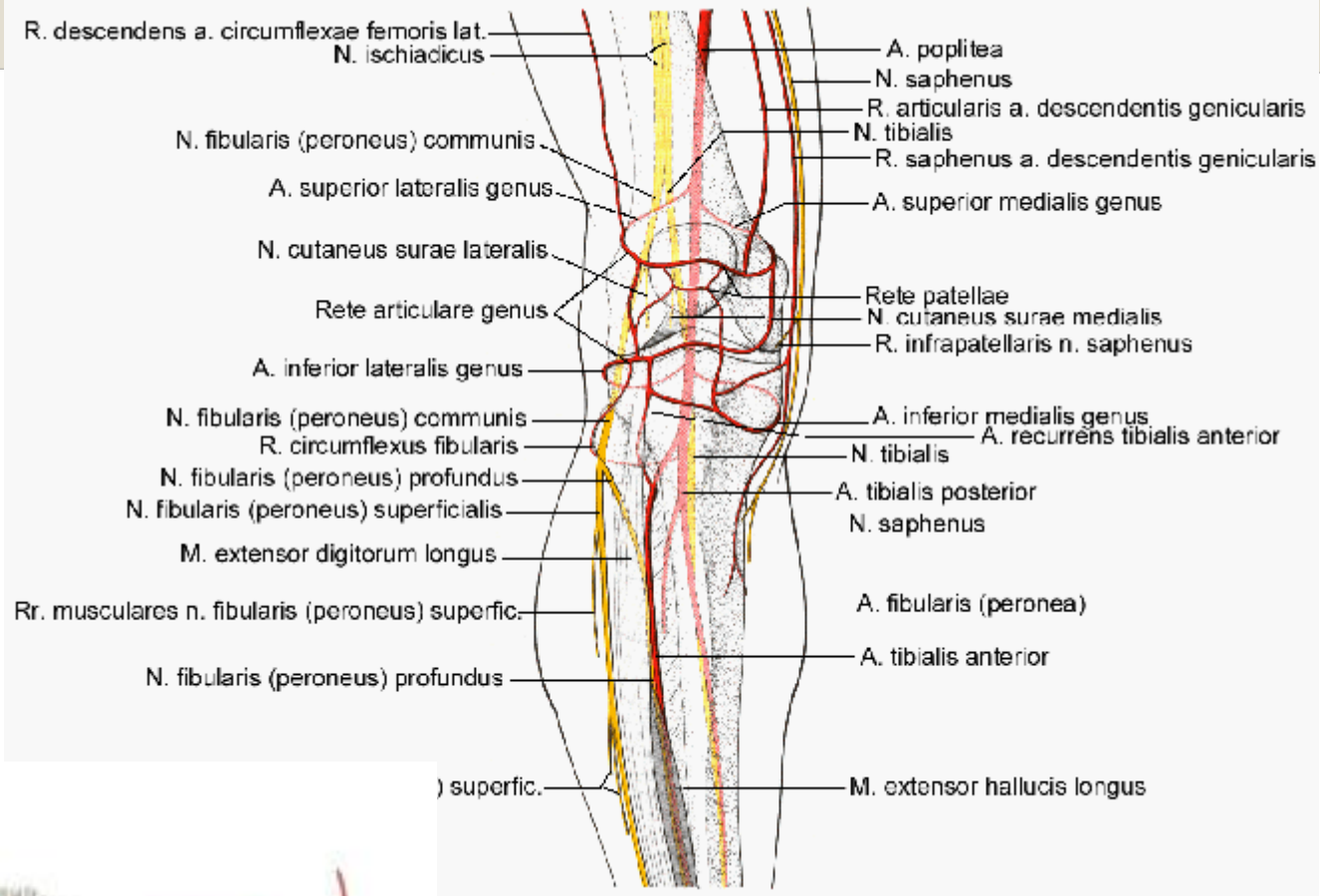


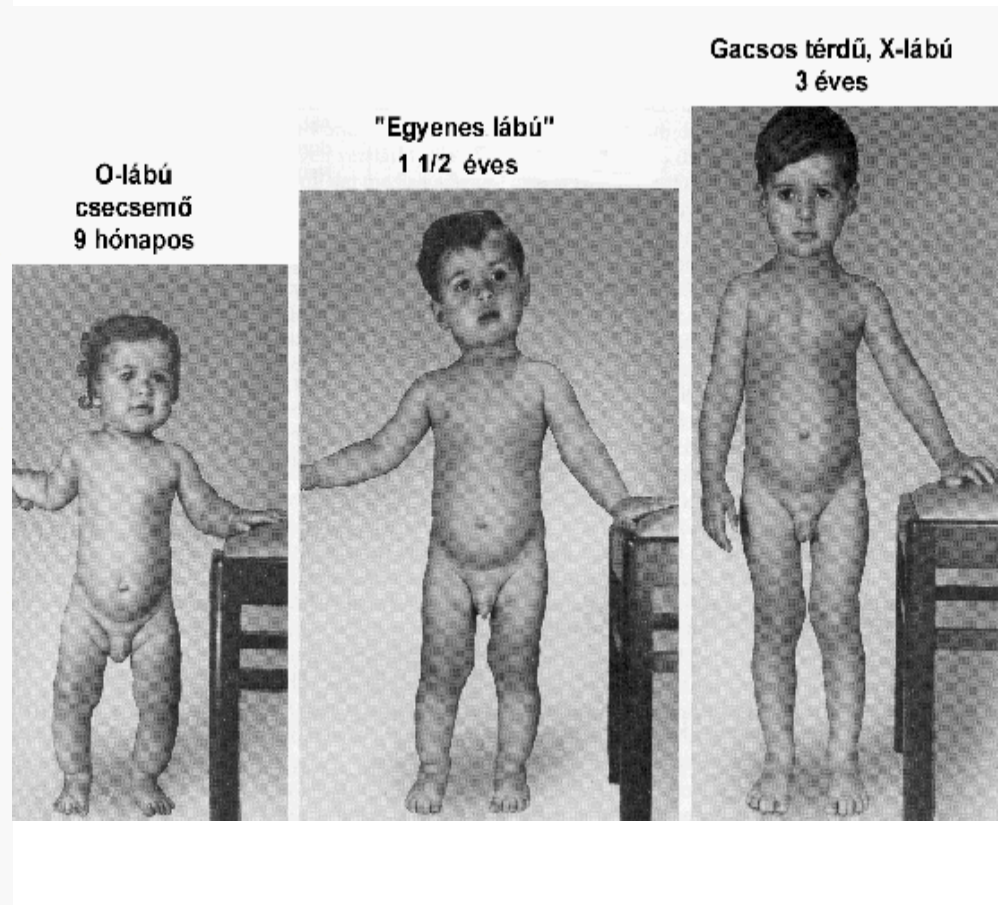
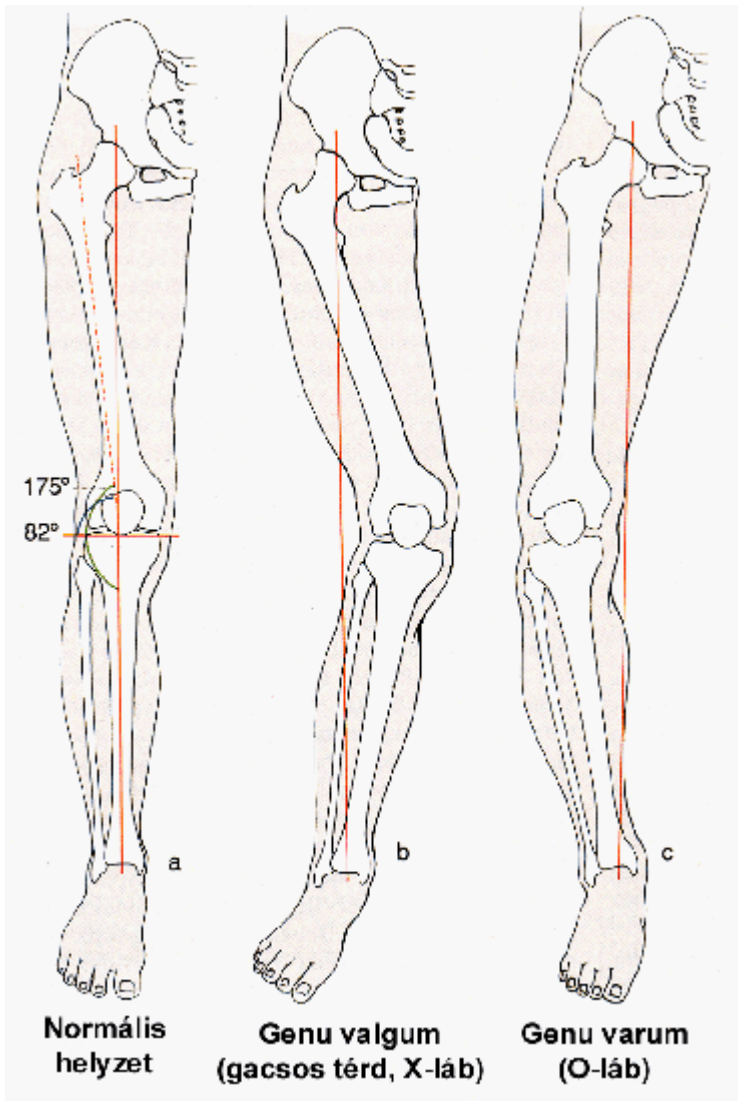


Fossa poplitea

„NeVA szabály”









Köszönöm megtisztelő figyelmüket!!!

