

# آناتومی عملکردی بالاتنه



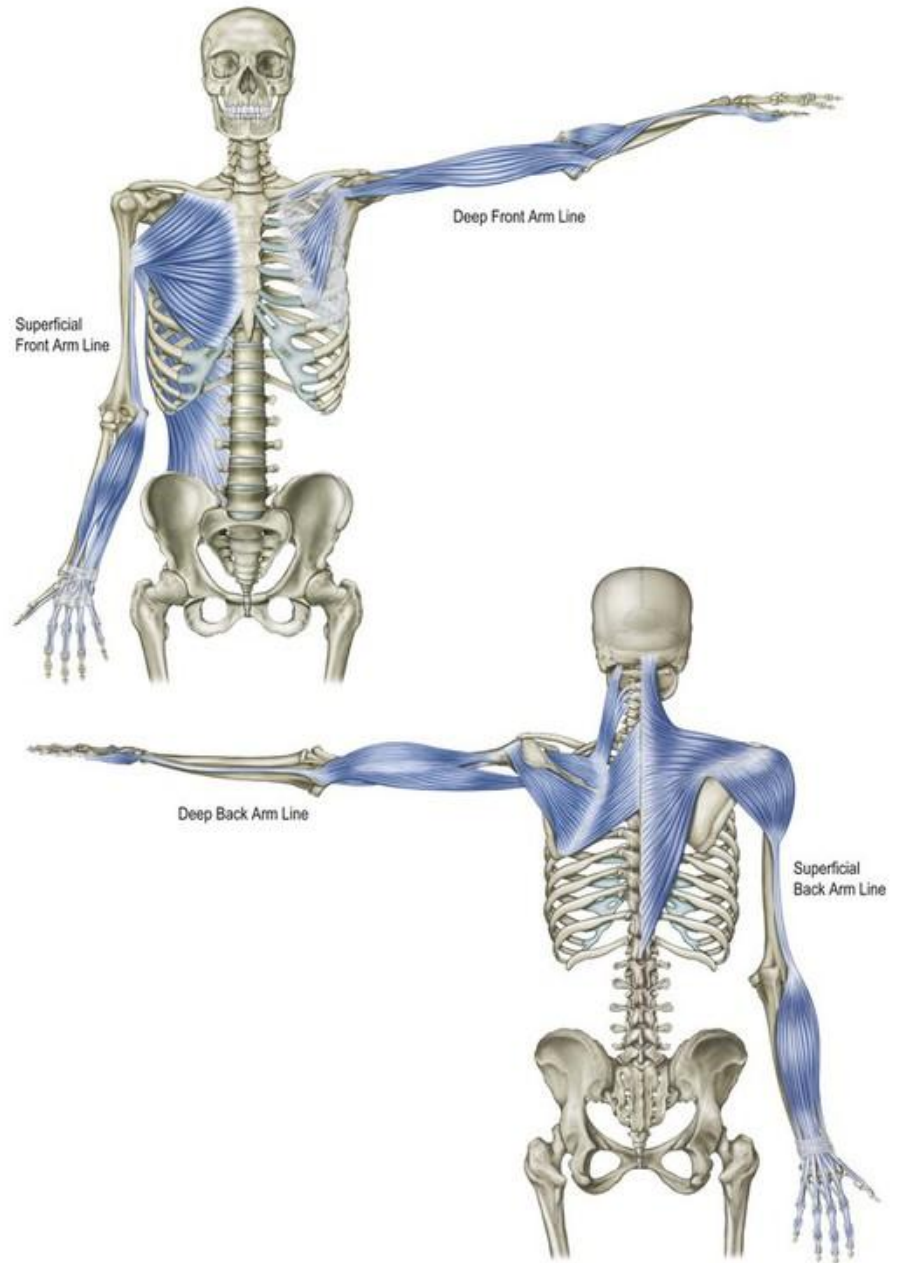
شهناز زمانی ▶

کارشناس ارشد حرکات اصلاحی ▶

۰۹۱۴۰۰۳۸۹۸۷ ▶



# SHOULDER MUSCLE



**\* Tight muscles to be released for  
Radial Tunnel Syndrome**

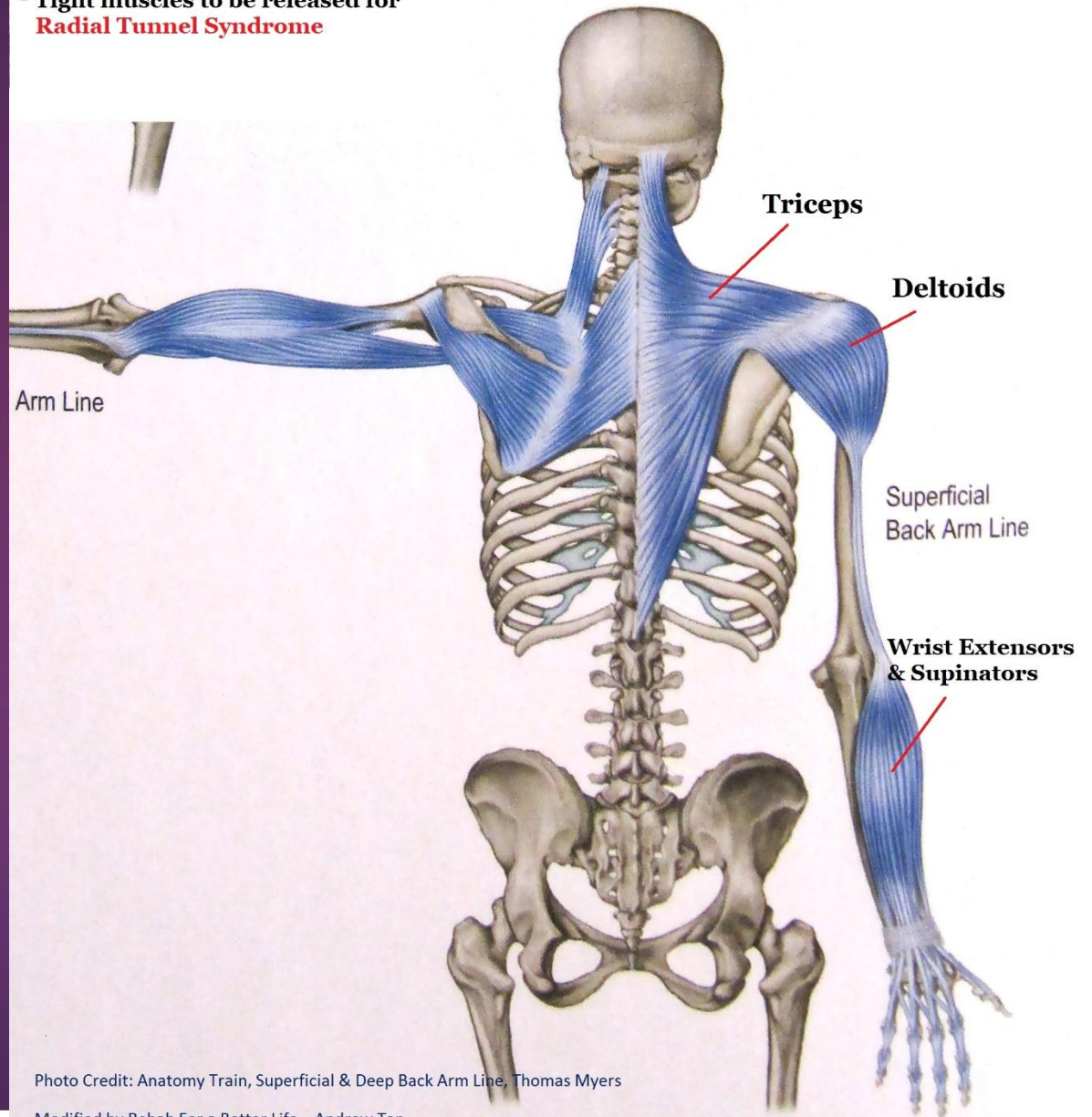
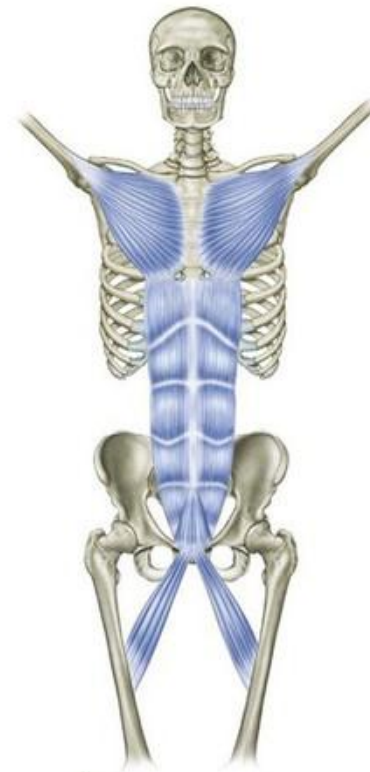


Photo Credit: Anatomy Train, Superficial & Deep Back Arm Line, Thomas Myers

Modified by Rehab For a Better Life – Andrew Tan



A

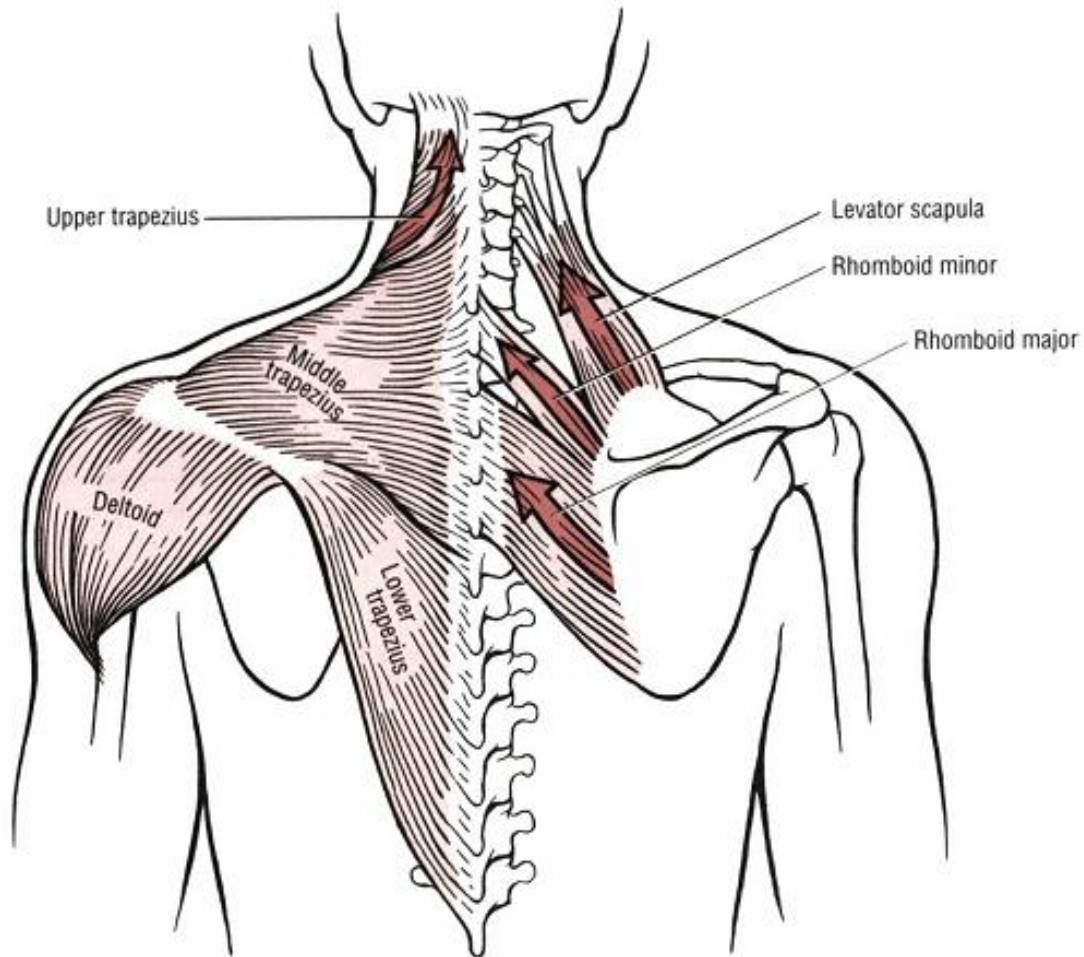


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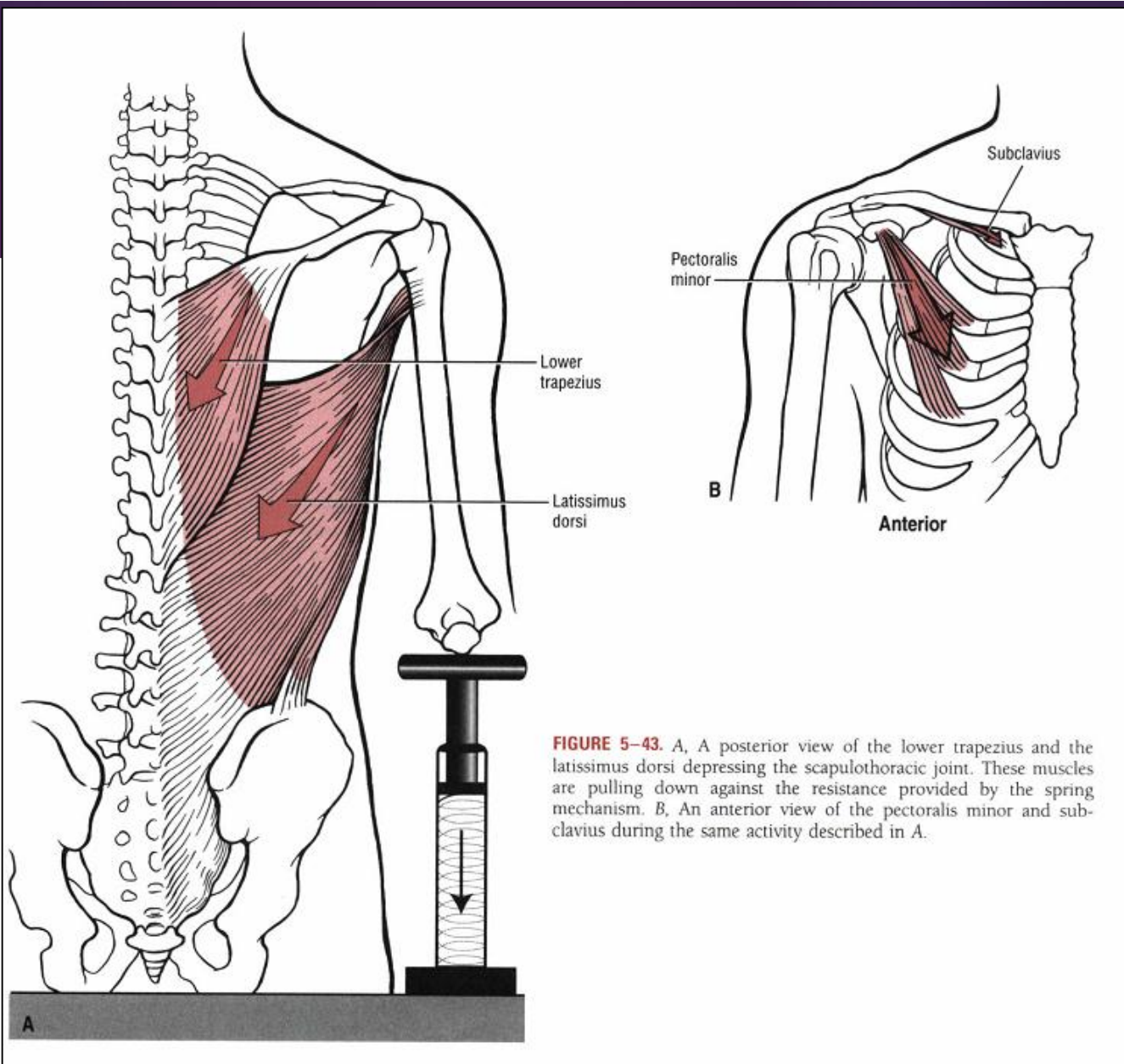


C

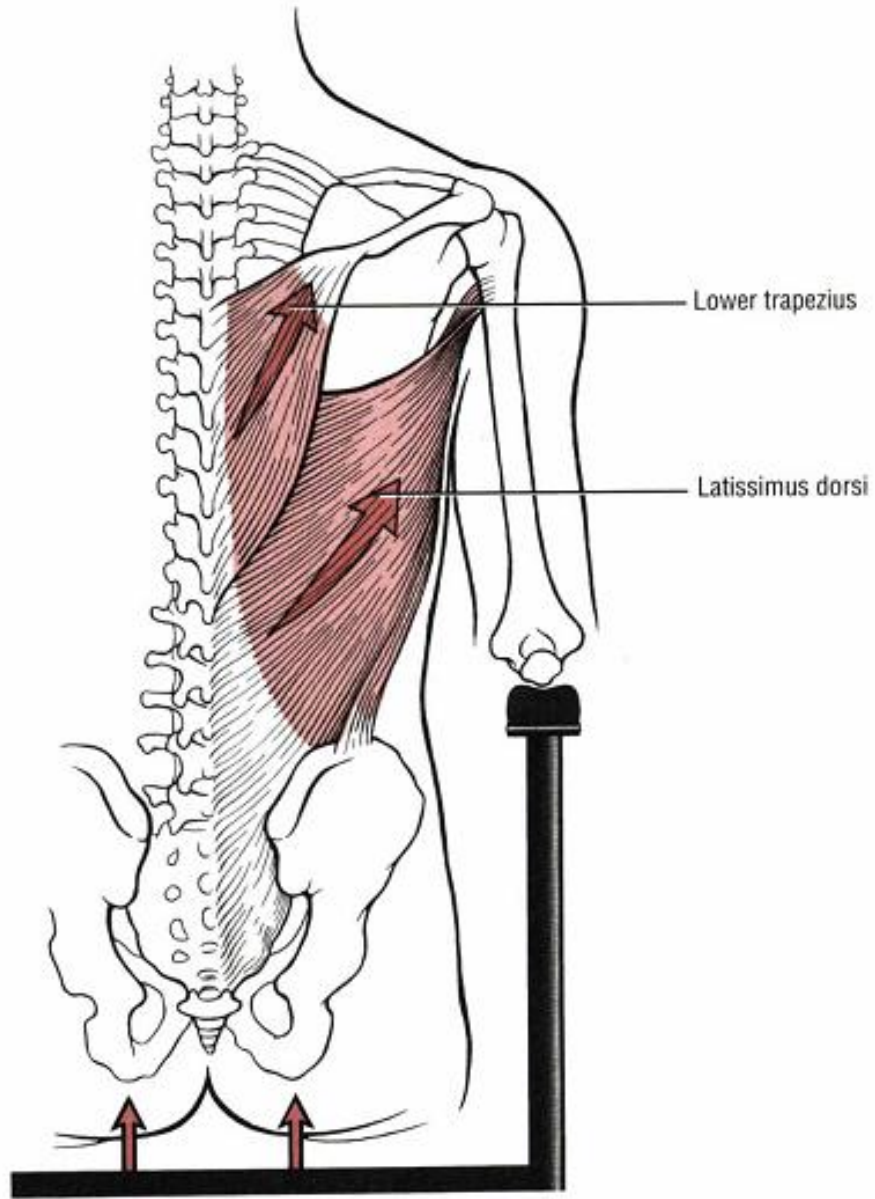
# TRAPEZIUS

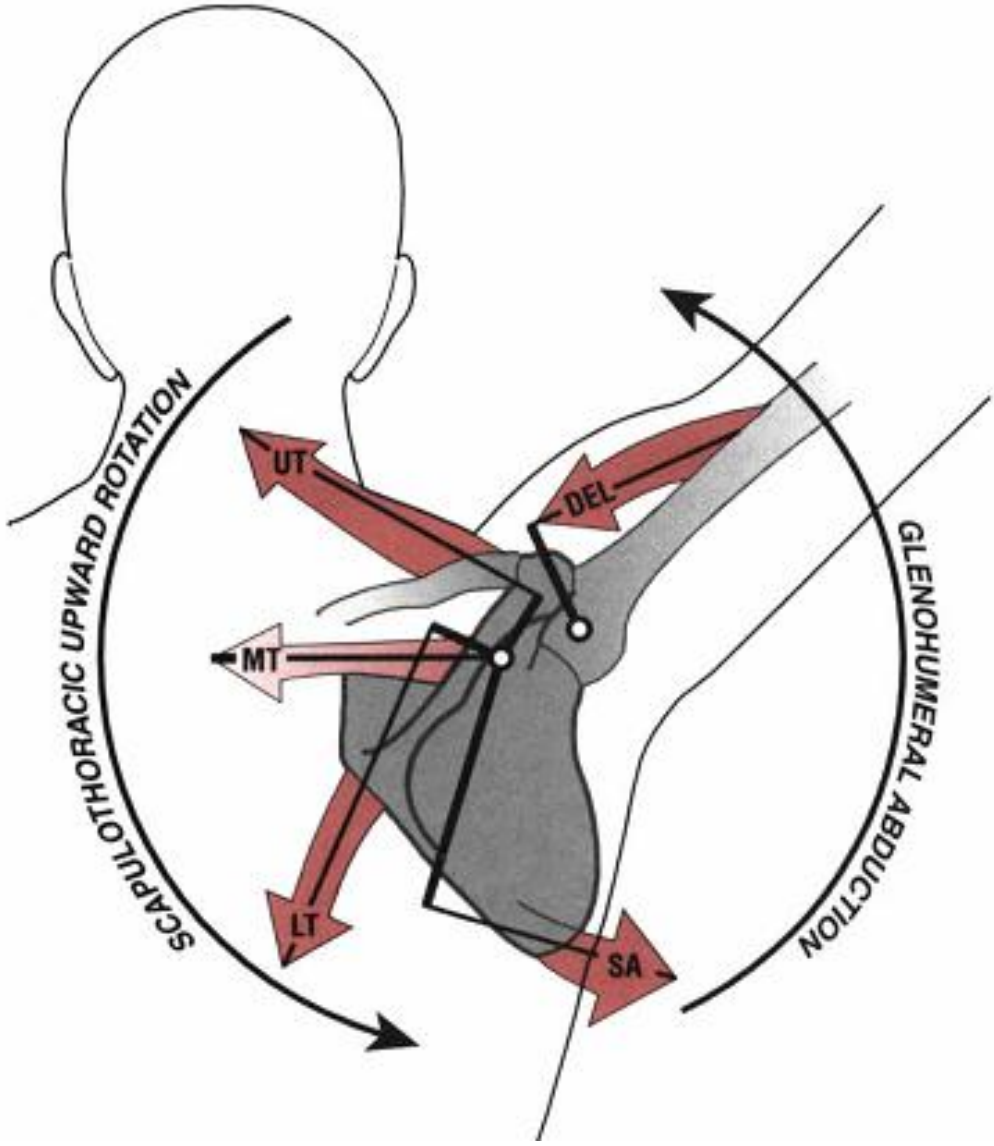


**FIGURE 5-42.** Posterior view showing the upper trapezius, levator scapula, rhomboid major, and rhomboid minor as elevators of the scapulothoracic joint.



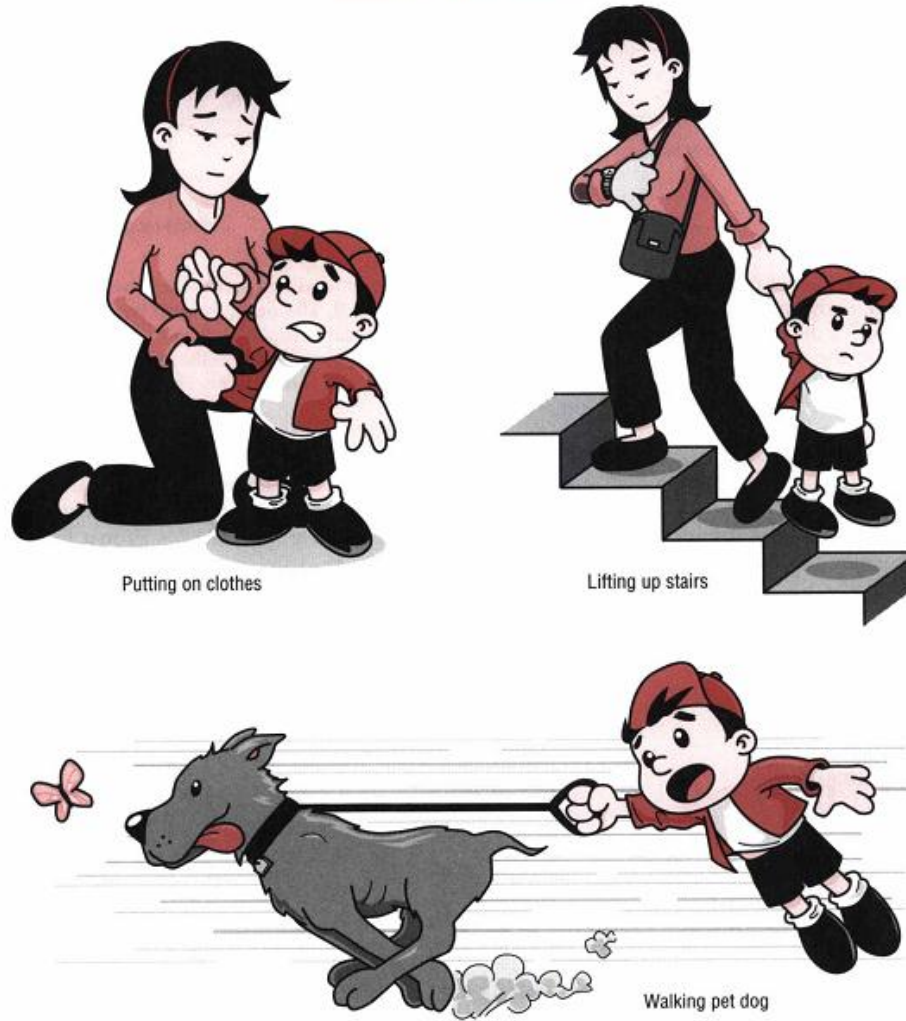
**FIGURE 5-43.** A, A posterior view of the lower trapezius and the latissimus dorsi depressing the scapulothoracic joint. These muscles are pulling down against the resistance provided by the spring mechanism. B, An anterior view of the pectoralis minor and subclavius during the same activity described in A.





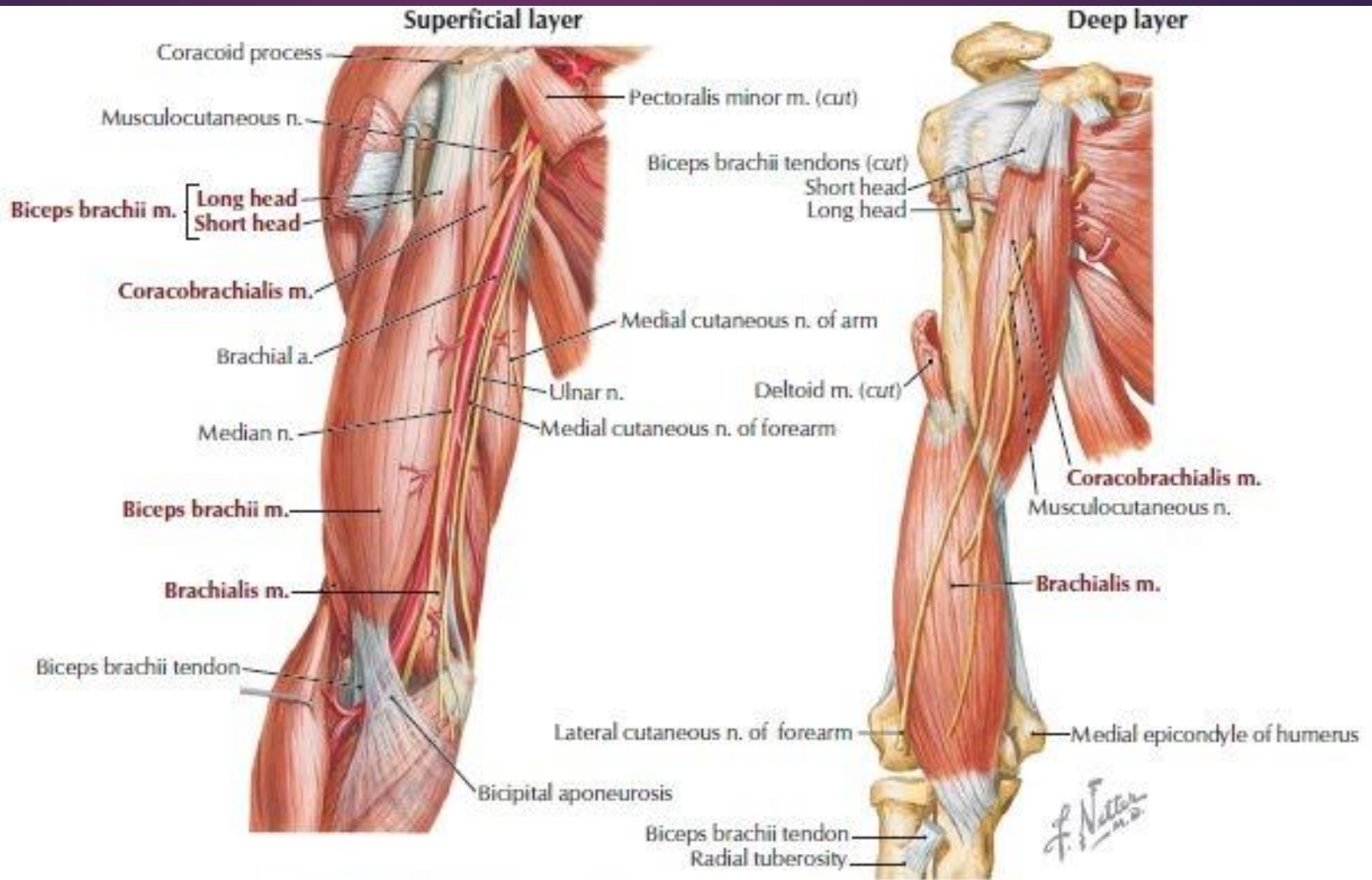


### Causes of "pulled" elbow



**FIGURE 6-26.** Three examples of causes of "pulled elbow syndrome." (Redrawn with permission from Letts RM: Dislocations of the child's elbow. In Morrey BF (ed): *The Elbow and Its Disorders*, 3rd ed. Philadelphia, WB Saunders, 2000. By permission of the Mayo Foundation for Medical Education and Research.)

# ARTERY & NERVES





Anterior

## Rotator cuff muscles

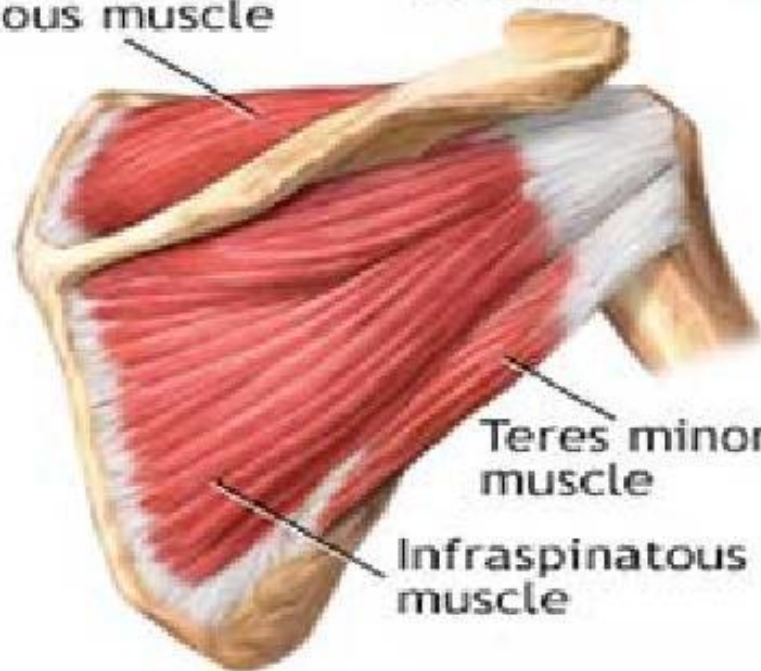


Posterior



Supraspinatus muscle

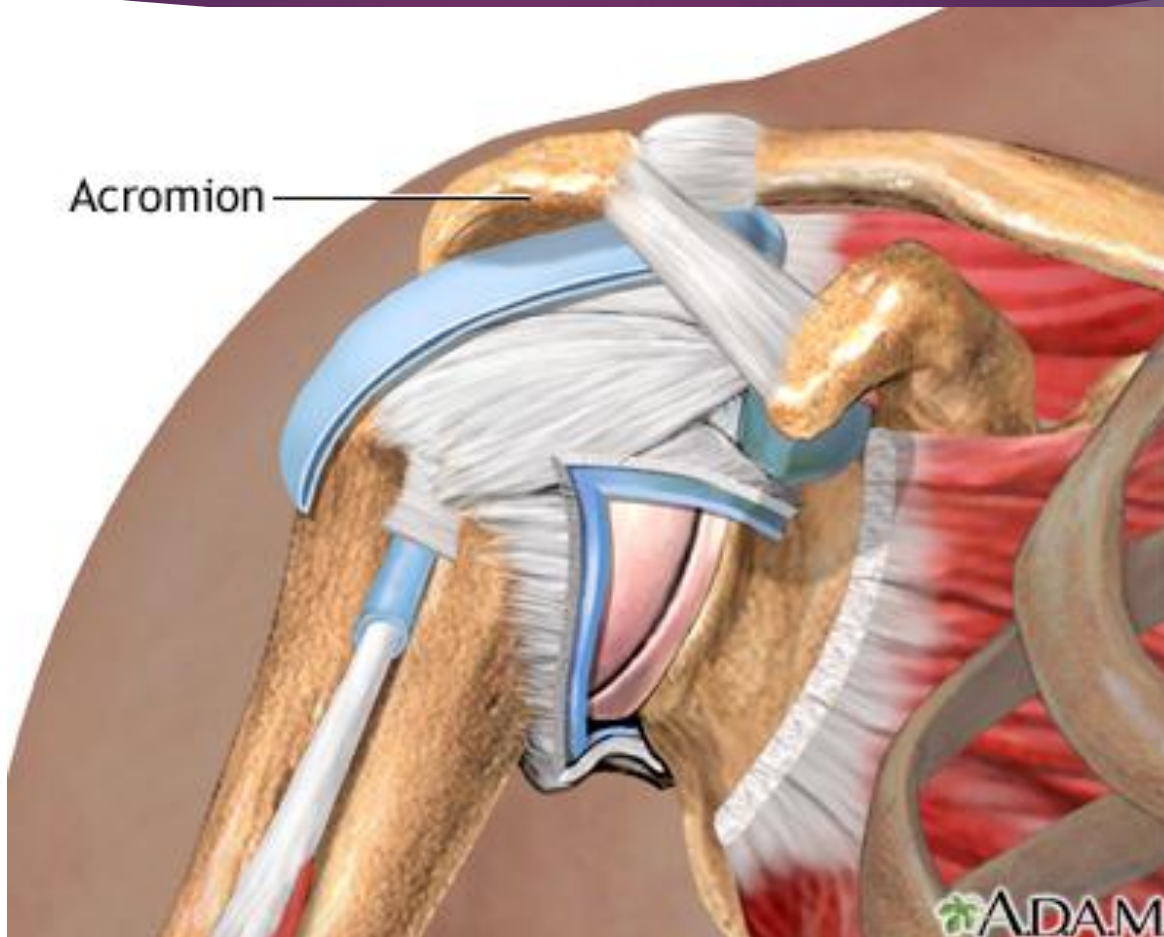
Subscapularis muscle



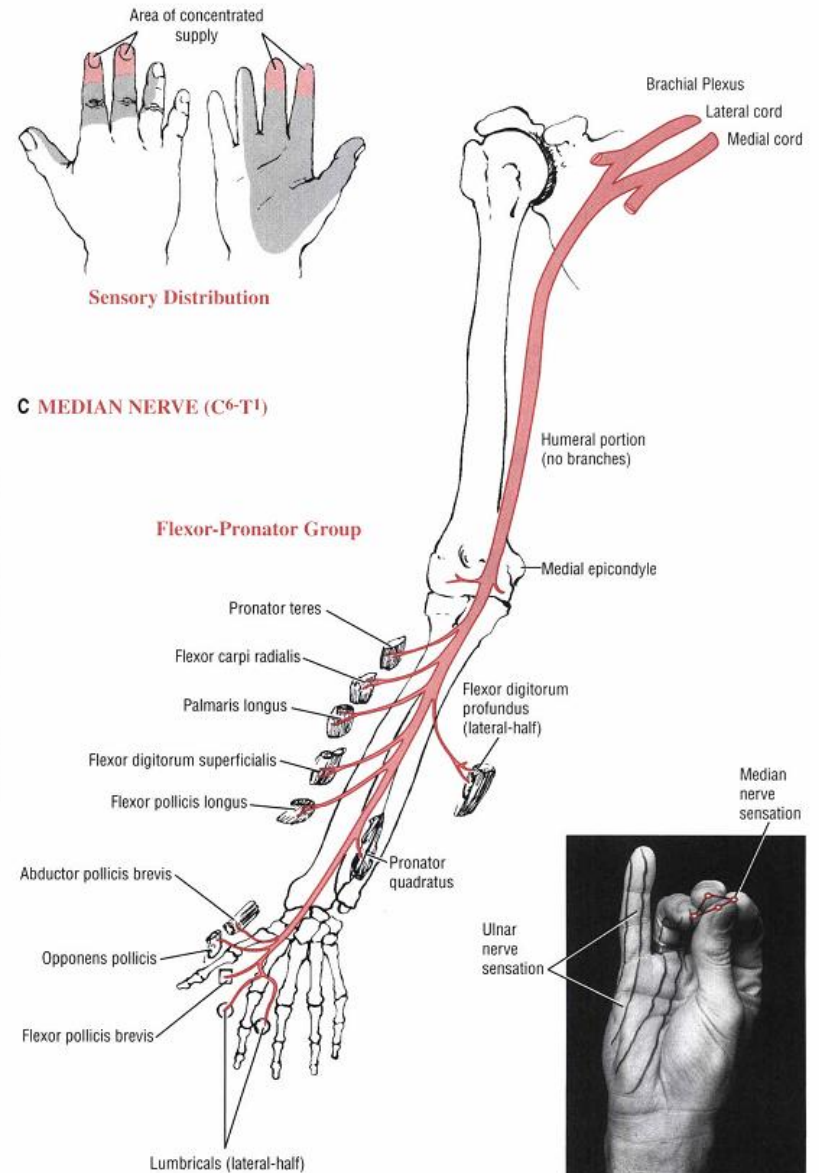
Teres minor muscle

Infraspinatus muscle

Acromion



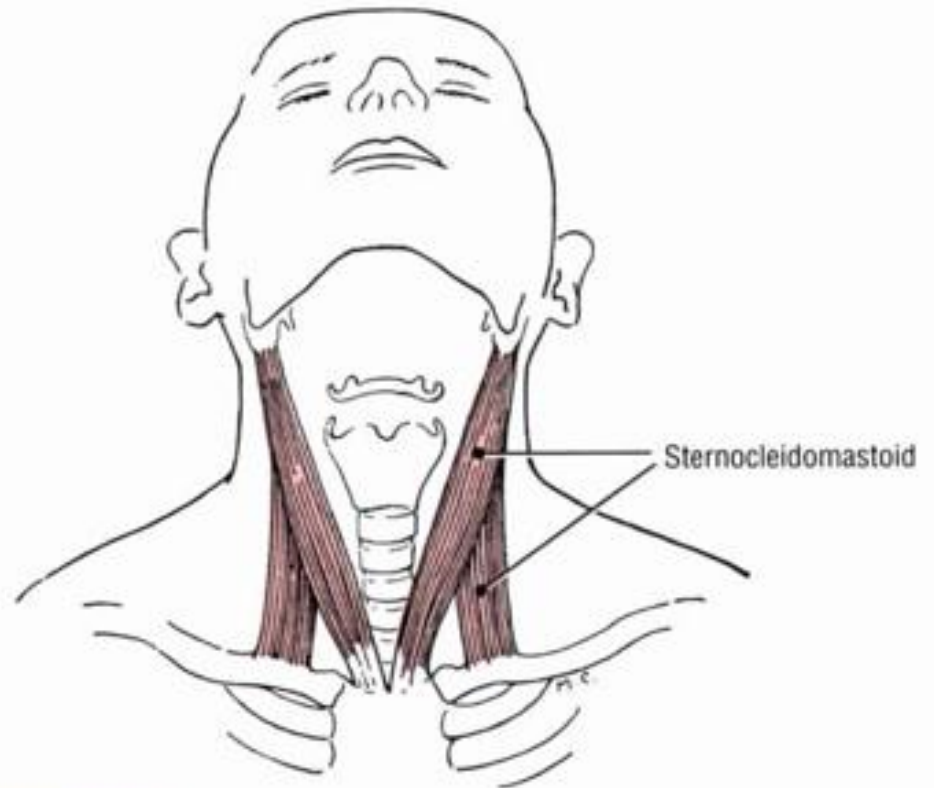
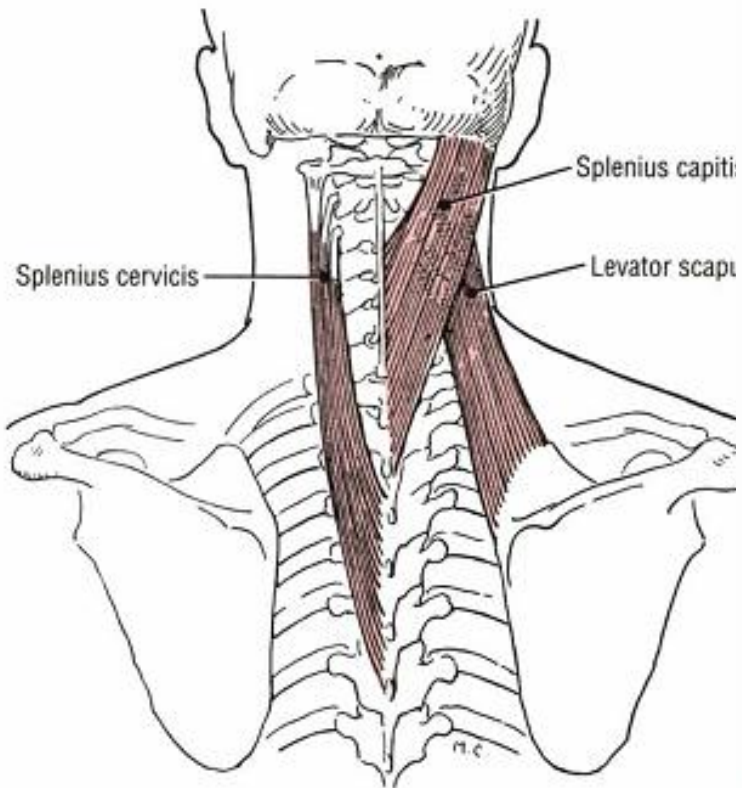
# MEDIAN NERVE



**FIGURE 6-33** Continued. C. The path of the right median nerve is shown supplying the pronators, wrist flexors, long (extrinsic) flexors of the digits (except the flexor digitorum profundus to the ring and little finger), most intrinsic muscles to the thumb, and two lateral lumbricals. The sensory distribution is shown with its area of concentrated supply along the distal end of the index and middle fingers. *Inset*, The median nerve supplies the sensation of the skin that naturally makes contact in a pinching motion between the thumb and fingers.

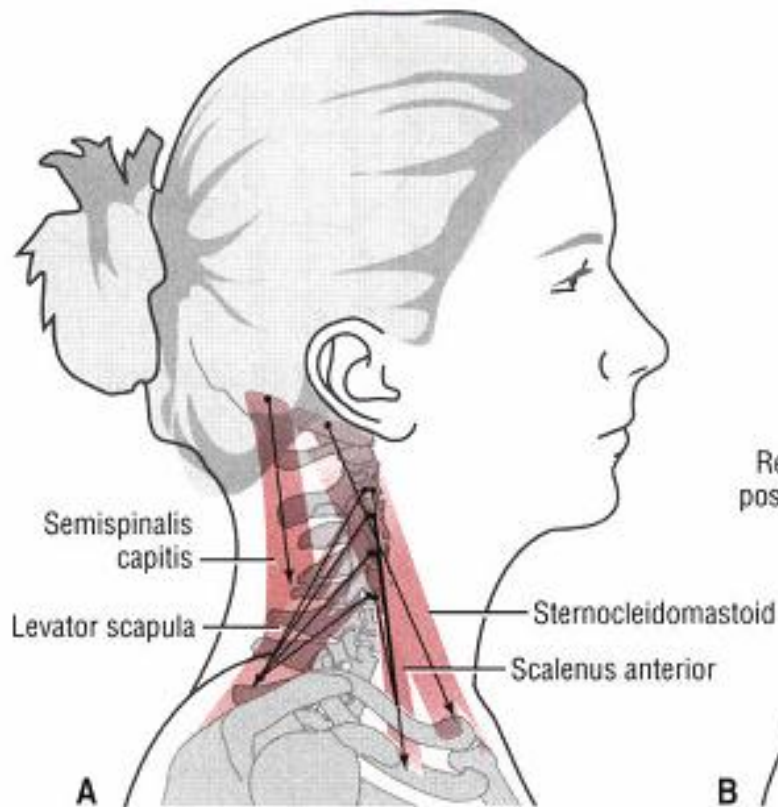
Illustration continued on following page

# NECK MUSCLES

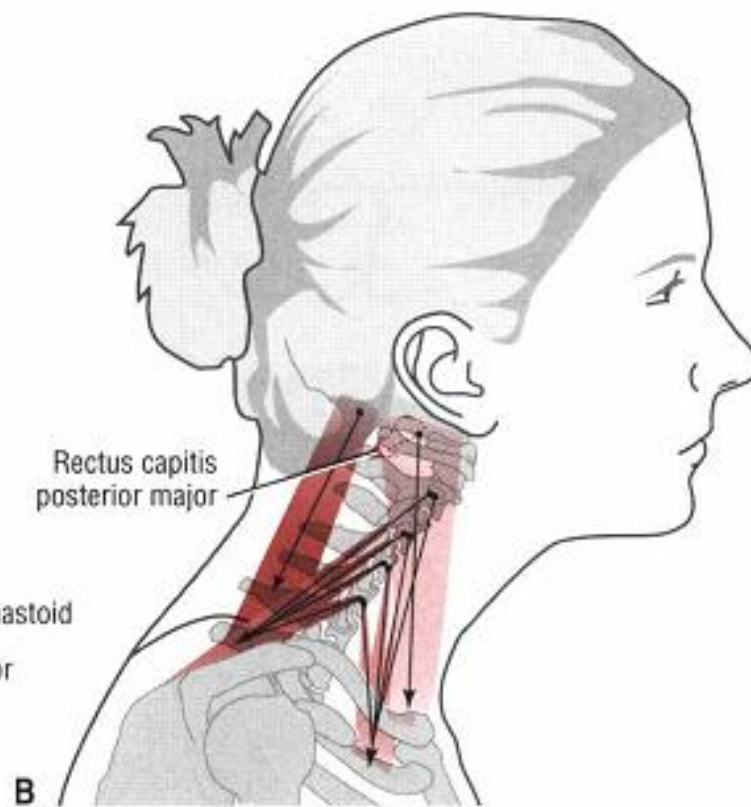


# MUSCLE BALANCE

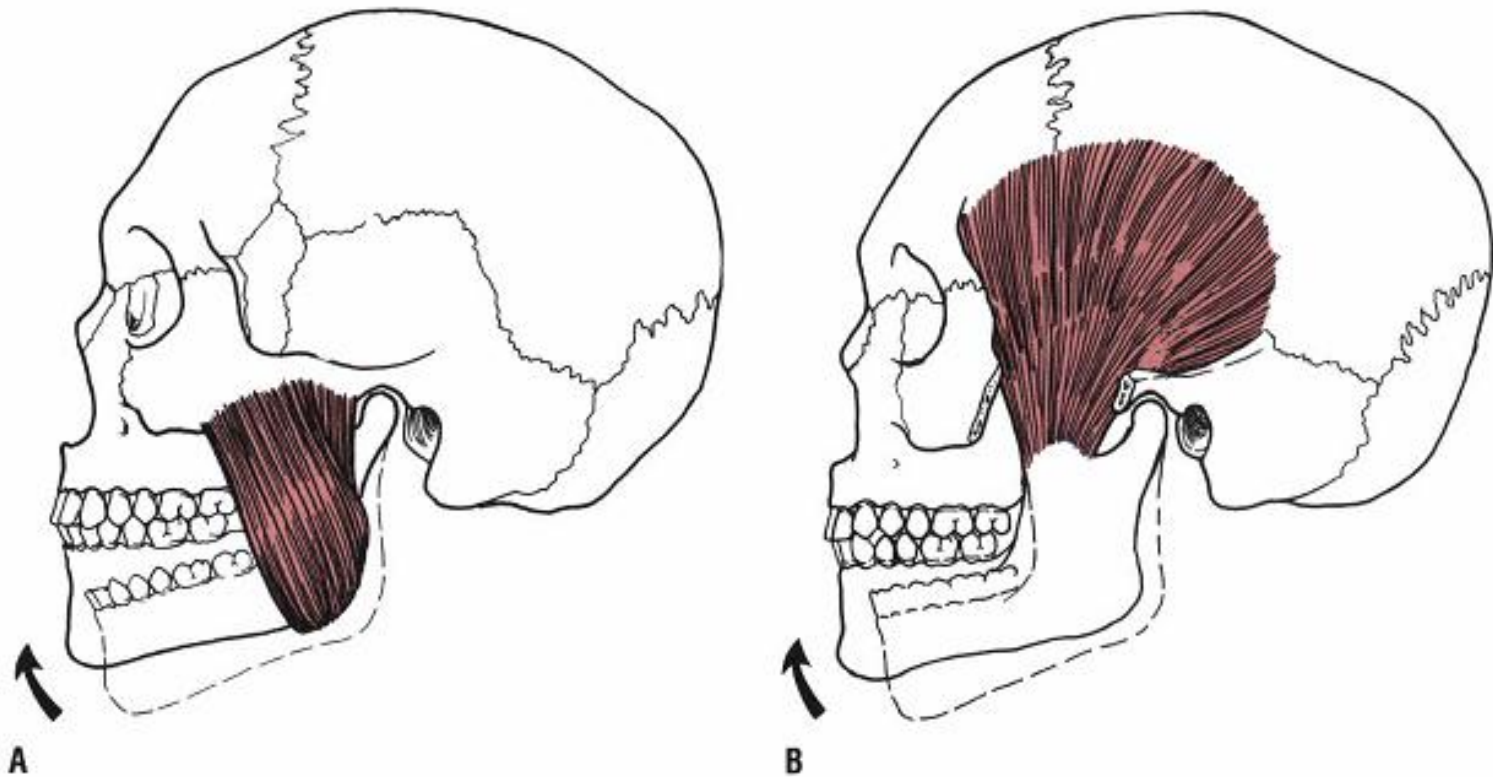
Ideal posture



Chronic forward head posture



# TEMPOROMANDIBULAR MUSCLES

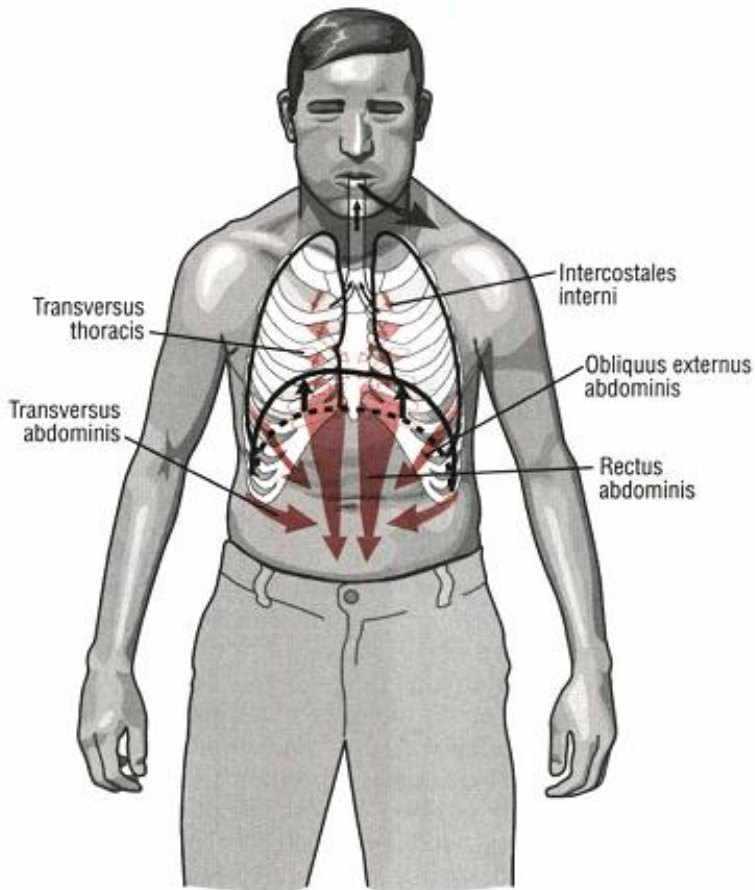


**FIGURE 11-17.** The masseter (A) and temporalis (B) muscles. (Modified from Okeson JP: Management of Temporomandibular Disorders and Occlusion, 4th ed. Chicago, Mosby, 1998.)

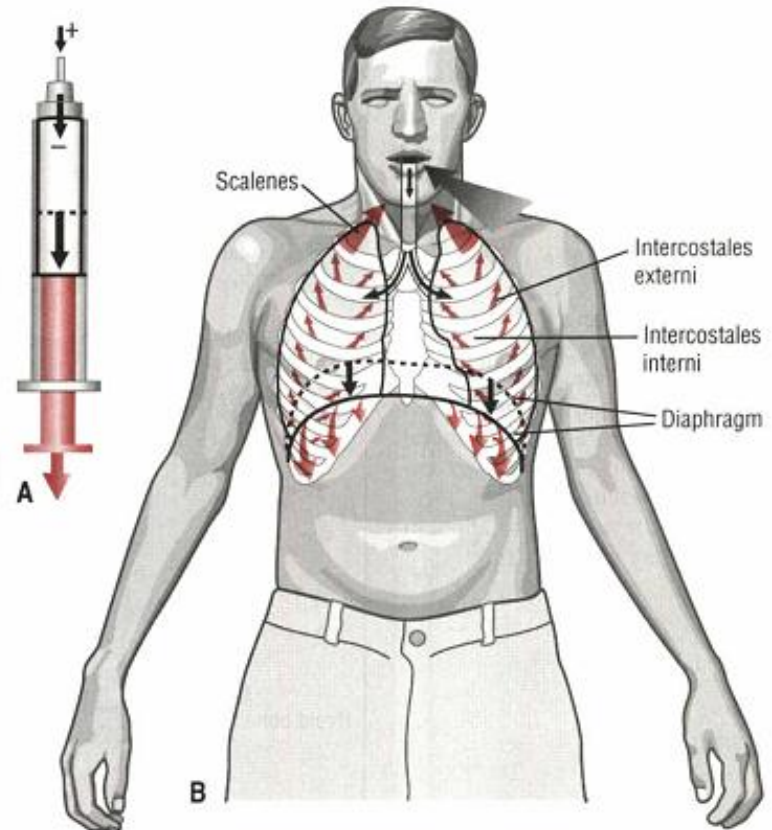


# INSPIRATION & EXPIRATION

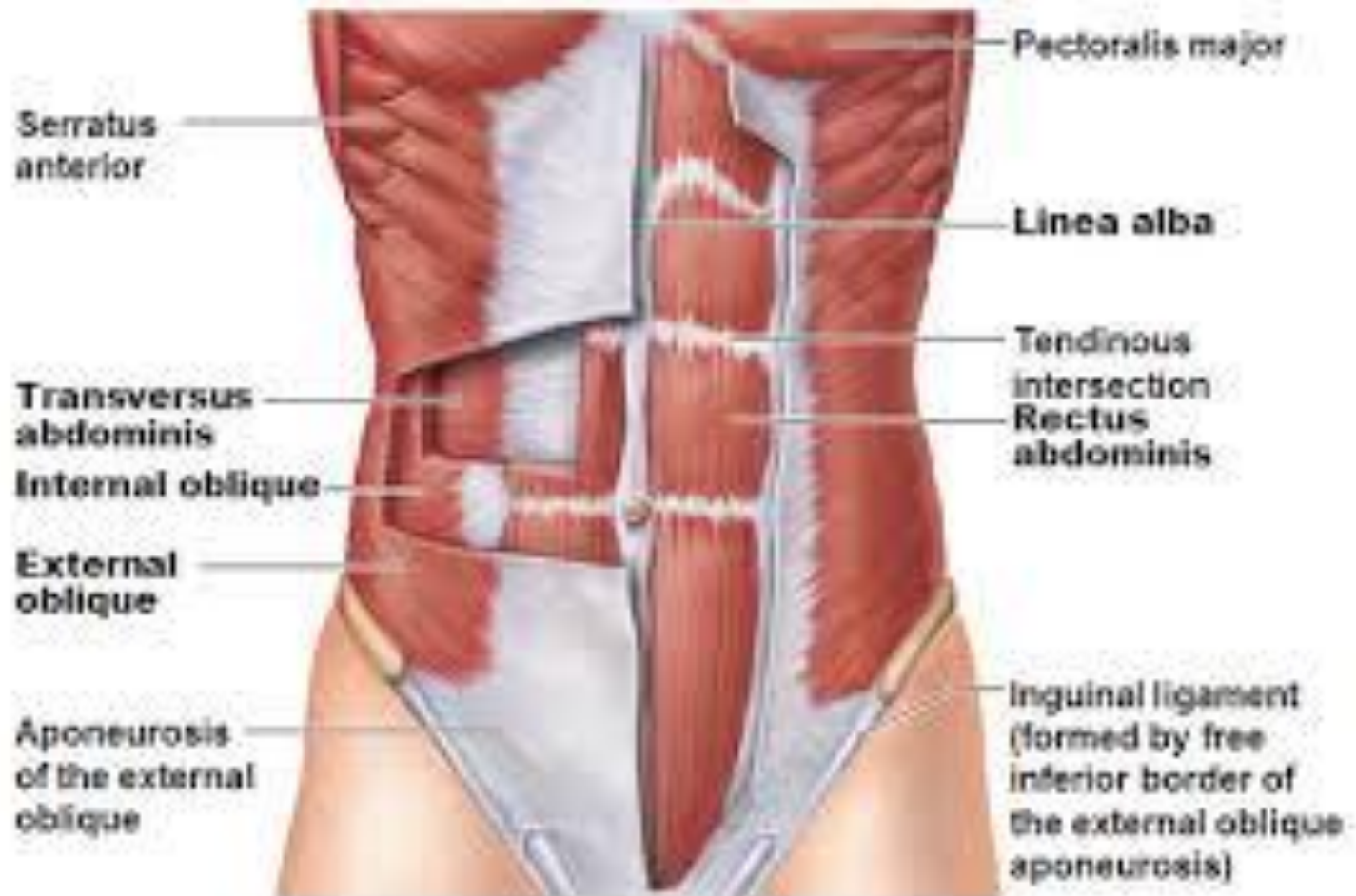
Mechanics of forced expiration



Mechanics of inspiration

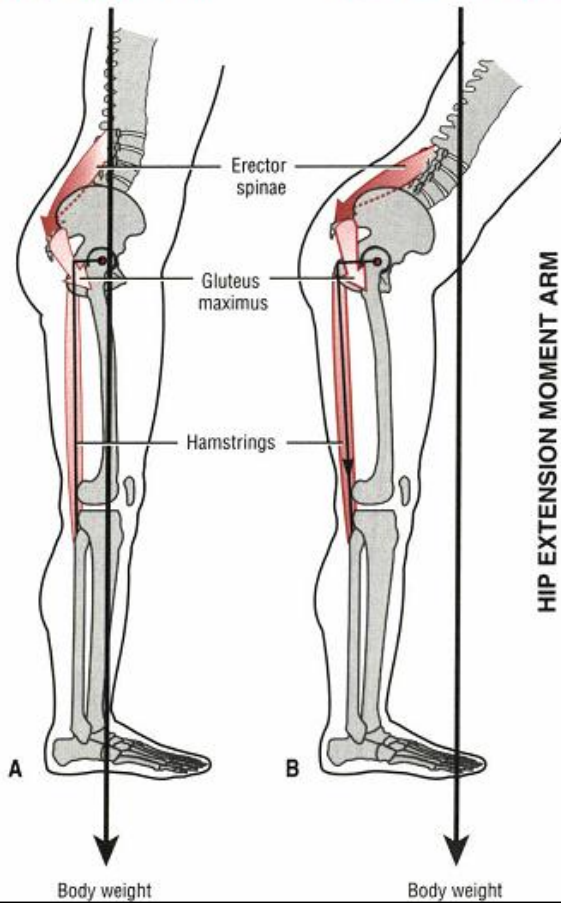


# ABDOMEN WALL

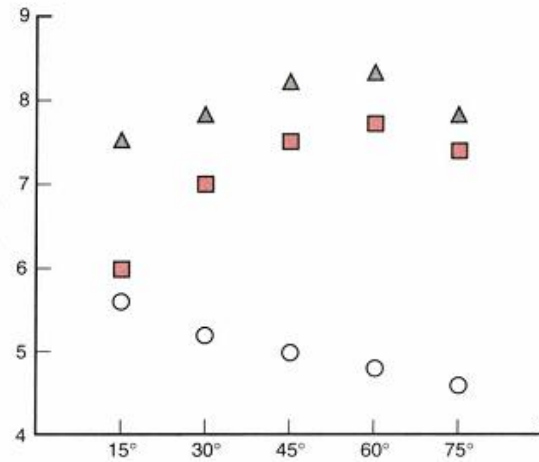


Slight "forward lean"

Significant "forward lean"



HIP EXTENSION MOMENT ARM (CM)



PELVIC-ON-FEMORAL FLEXION (DEG.)



- ▲ Adductor magnus
- Semitendinosus
- Gluteus maximus

# MALPOSITION

