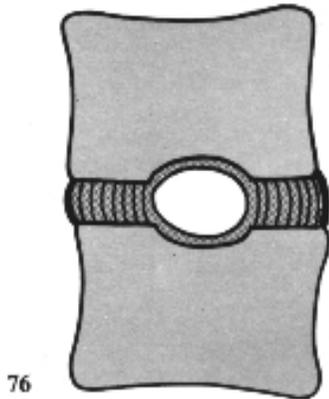
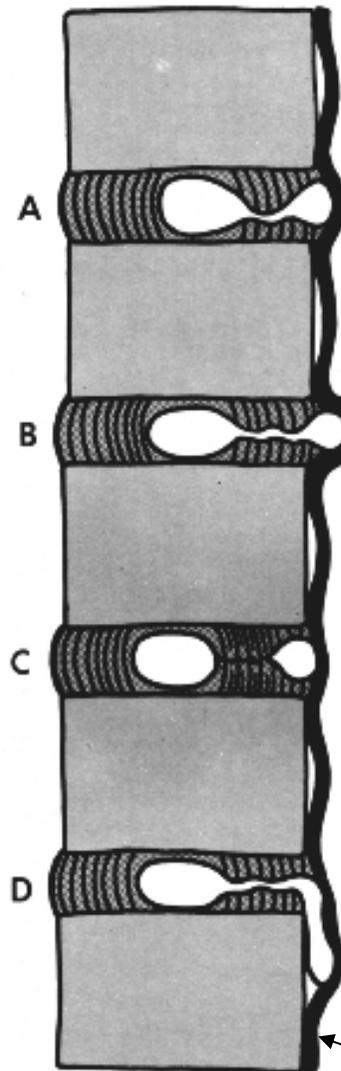
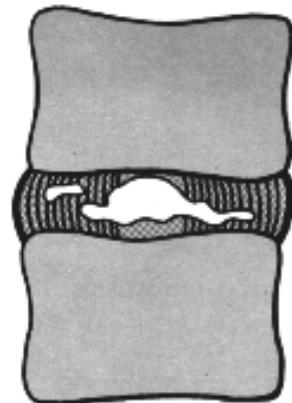


# ERNIE DISCALI

INTRASPONGIOSA



LACERAZIONI  
INTRAFASCICOLARI  
>25aa!



MIGRAZIONE:

SOTTOLEGAMENTOSA  
TRAZIONI VERTEBRALI

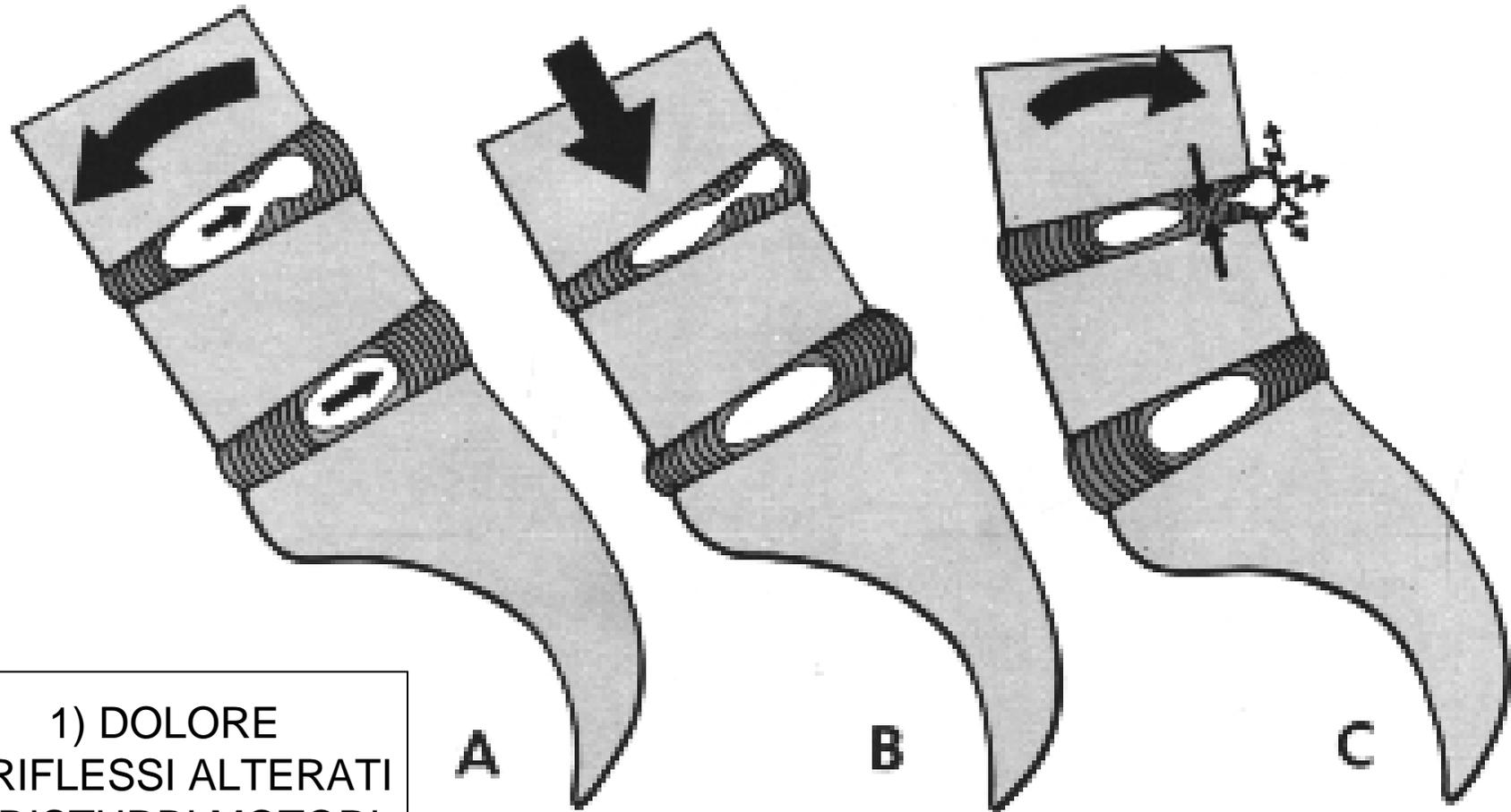
ESPULSA  
RIDUCIBILE

NON  
RIDUCIBILE

MIGRANTE SOTTO-  
LEGAMENTOSA

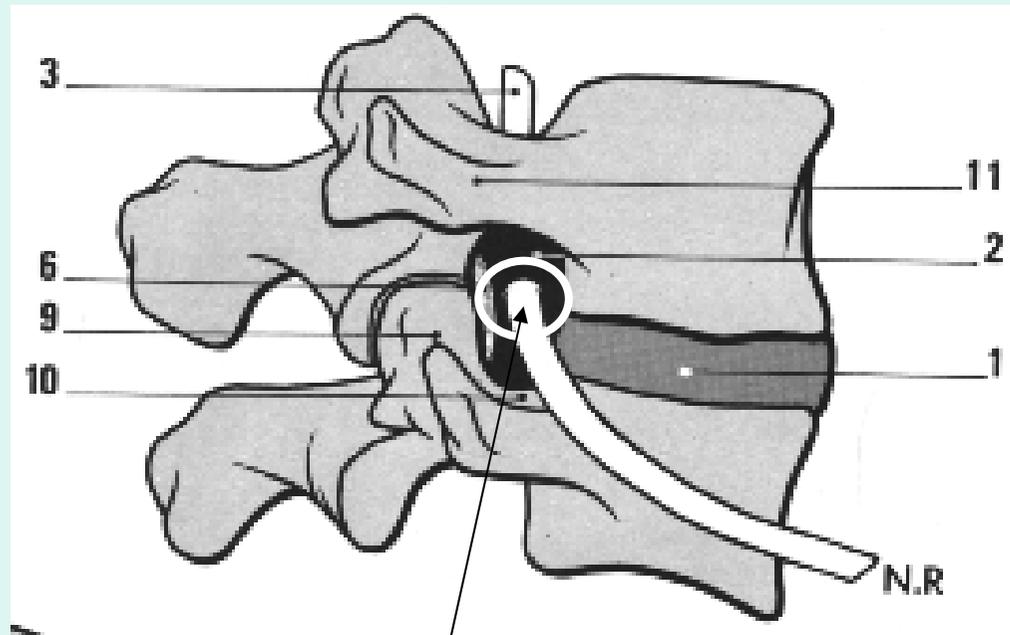
**DOLORE!**

# INSORGENZA DELL'ERNIA

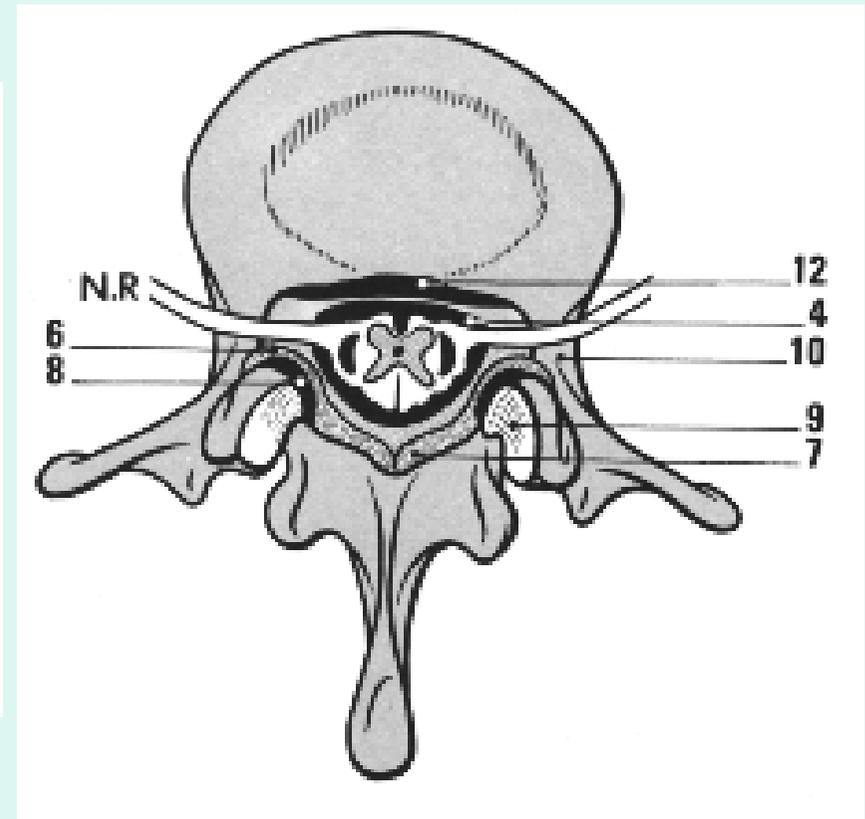


- 1) DOLORE
- 2) RIFLESSI ALTERATI
- 3) DISTURBI MOTORI

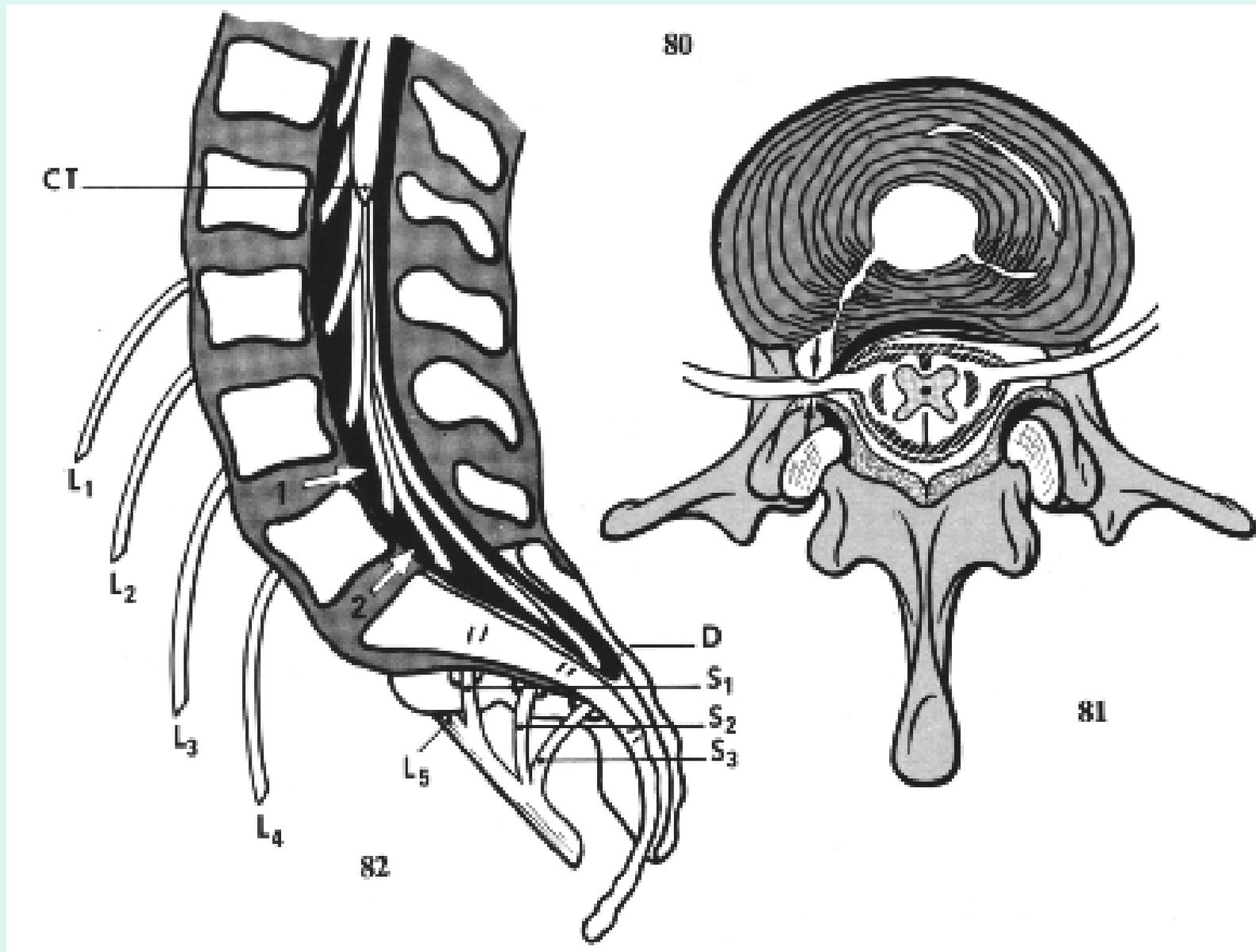
# CANALE DI CONIUGAZIONE



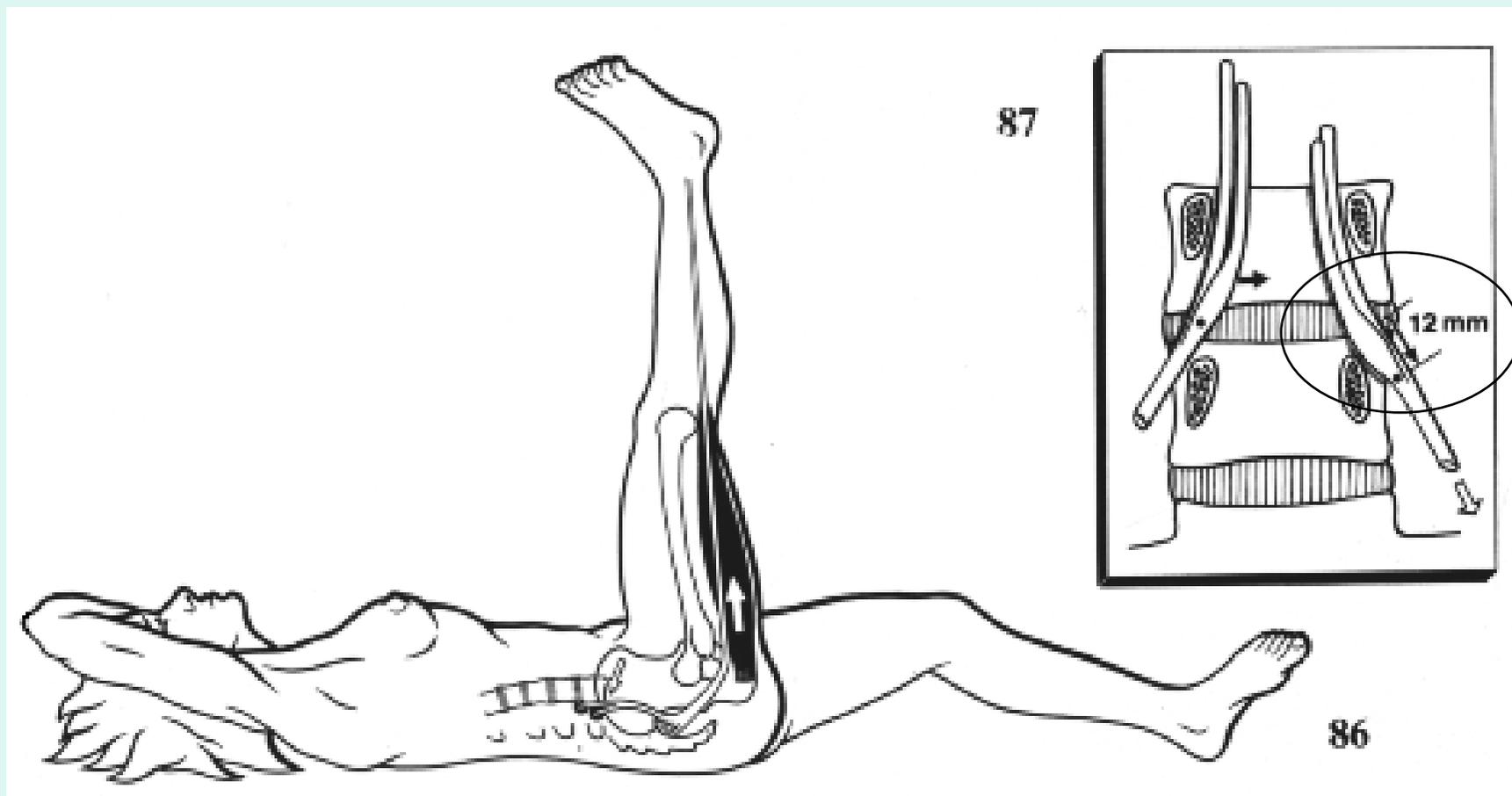
COLLETO  
RADICOLARE

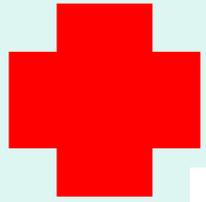


# RADICOLALGIE

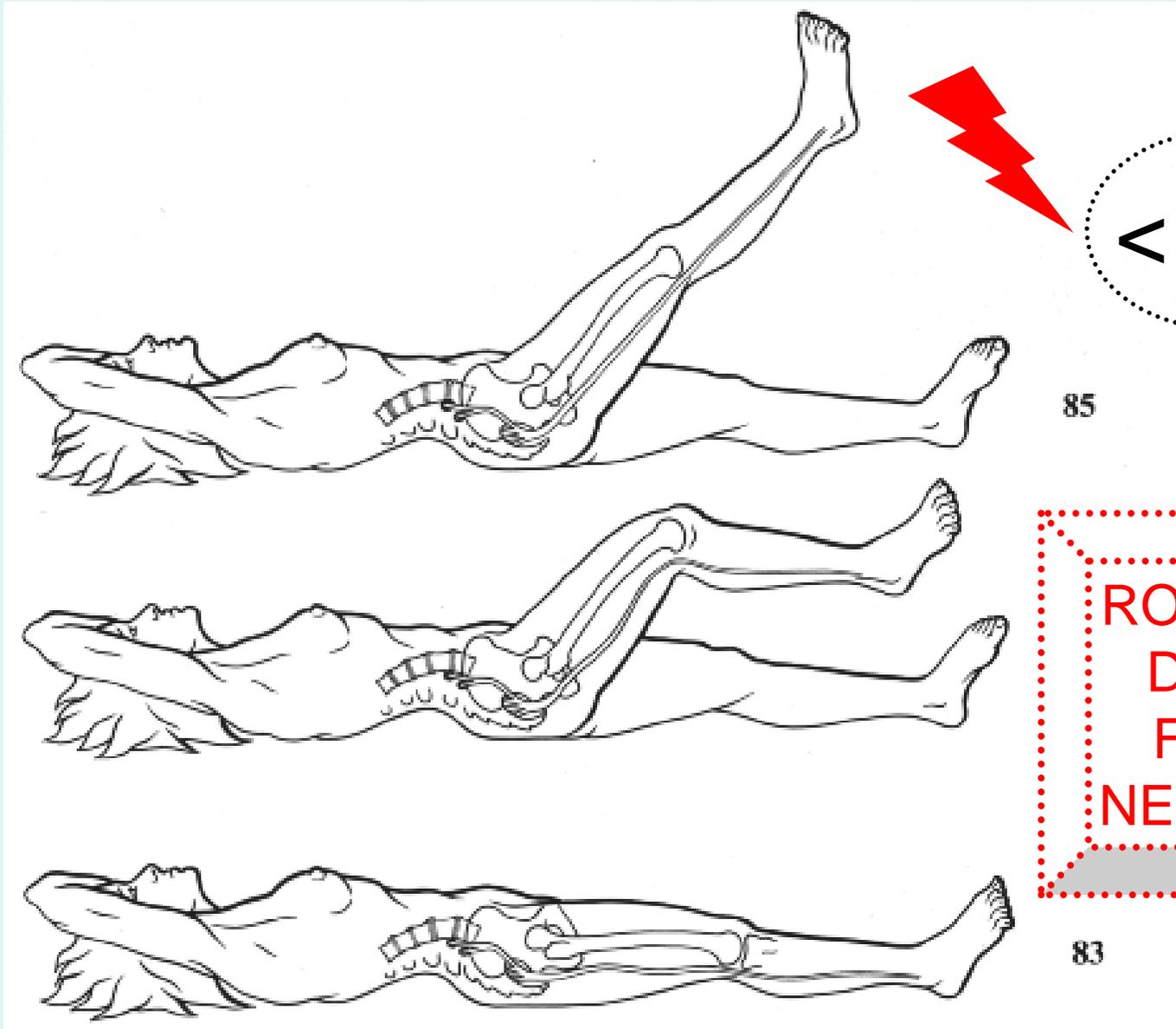
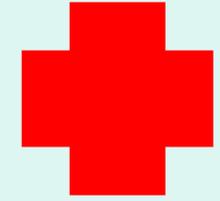


# LIBERO SCORRIMENTO DELLA RADICE NERVOSA NEL CANALE DI CONIUGAZIONE





# SEGNO DI LASEGUE



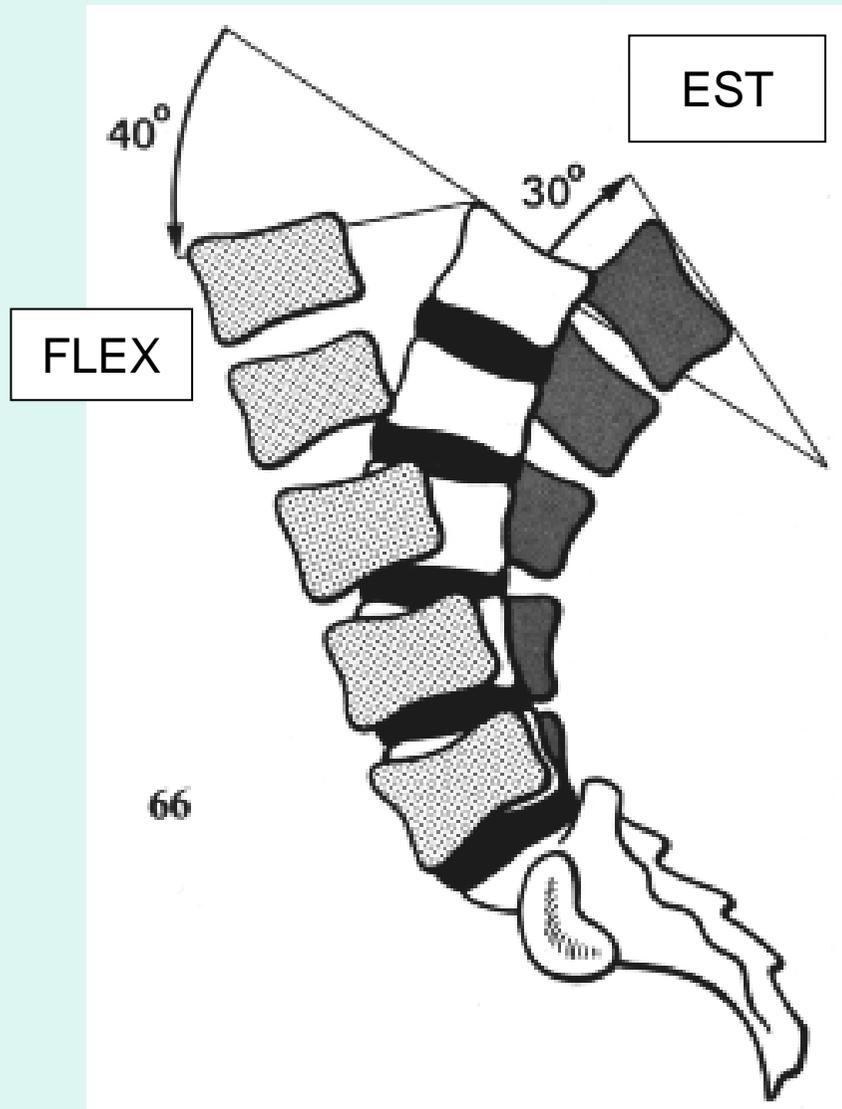
$< 60^\circ$

ROTTURA  
DELLA  
FIBRA  
NERVOSA

85

83

# FLESSO ESTENSIONE DEL RACHIDE LOMBARE



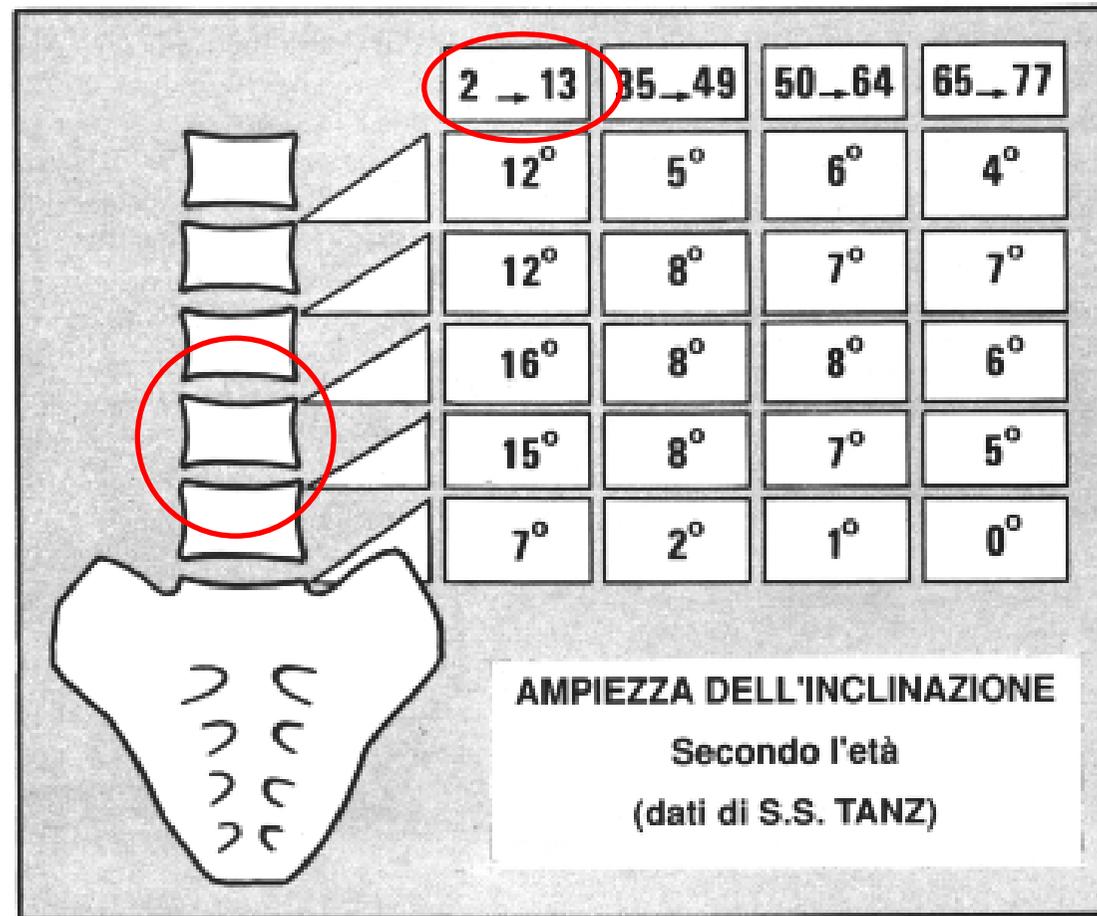
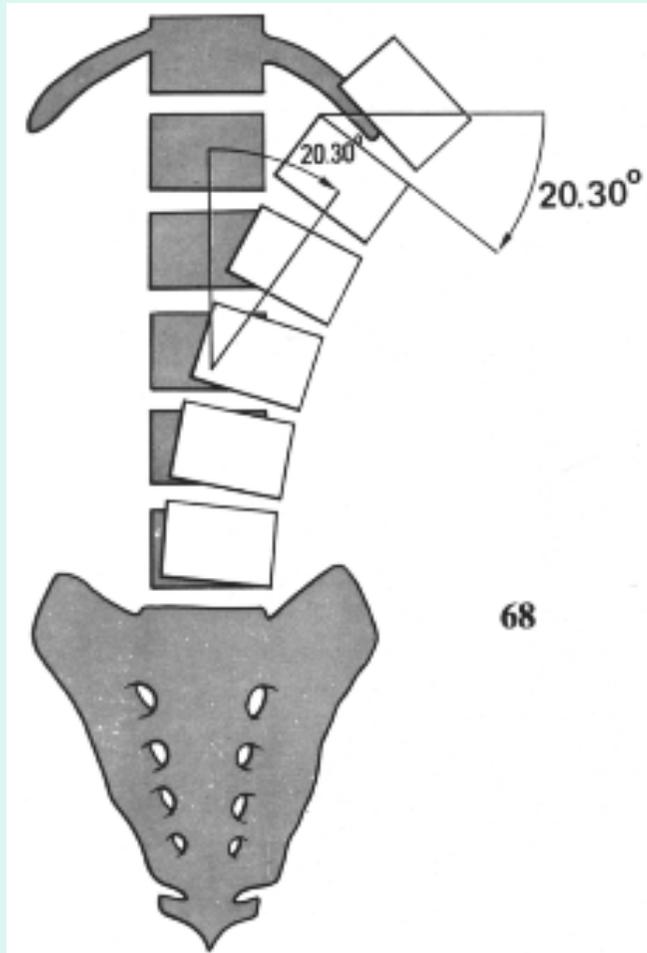
AMPIEZZA DELLA FLESSIONE  
Secondo l'età  
(dati di S.S. TANZ)

2 → 13	35 → 49	50 → 64	65 → 77	
	6°	4°	2°	
10°	8°	5°	5°	
13°	9°	8°	3°	
17°	12°	8°	7°	
24°	8°	8°	7°	

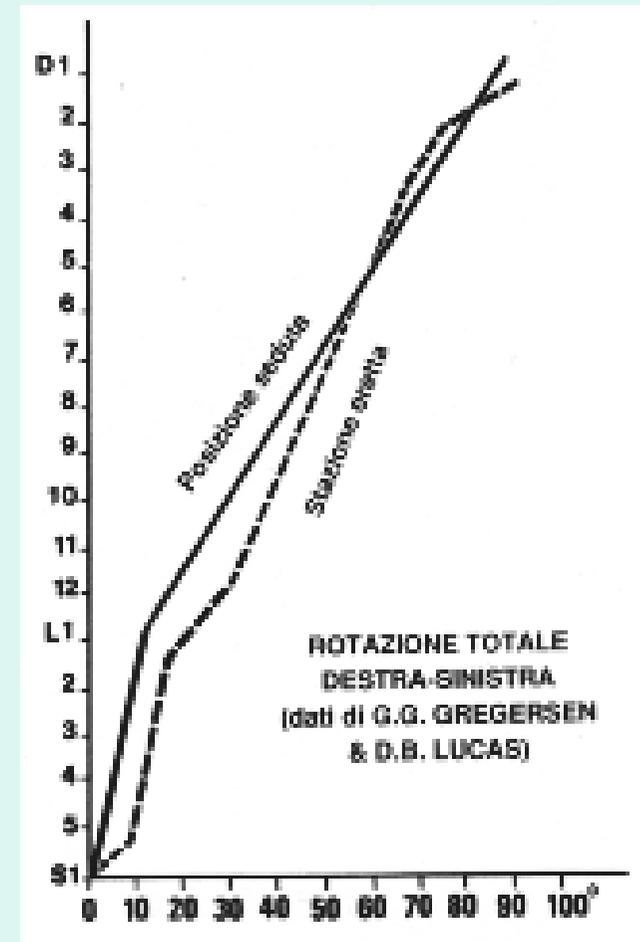
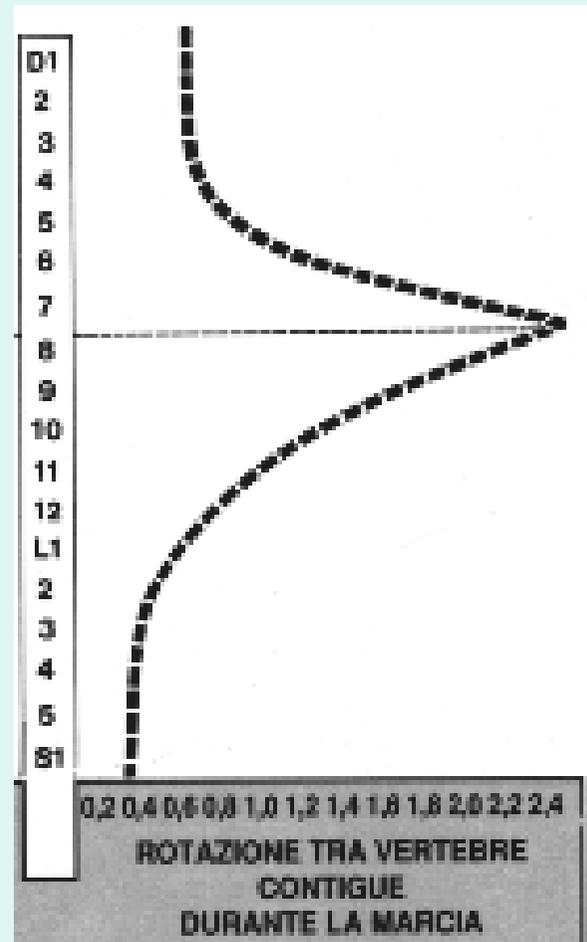
B

Diagram illustrating the range of motion for the lumbar spine, showing the spine in a lateral view. The spine is divided into segments, and the range of motion for each segment is indicated by a shaded area. A red dashed circle highlights the lower part of the spine, and a yellow circle highlights the upper part of the spine.

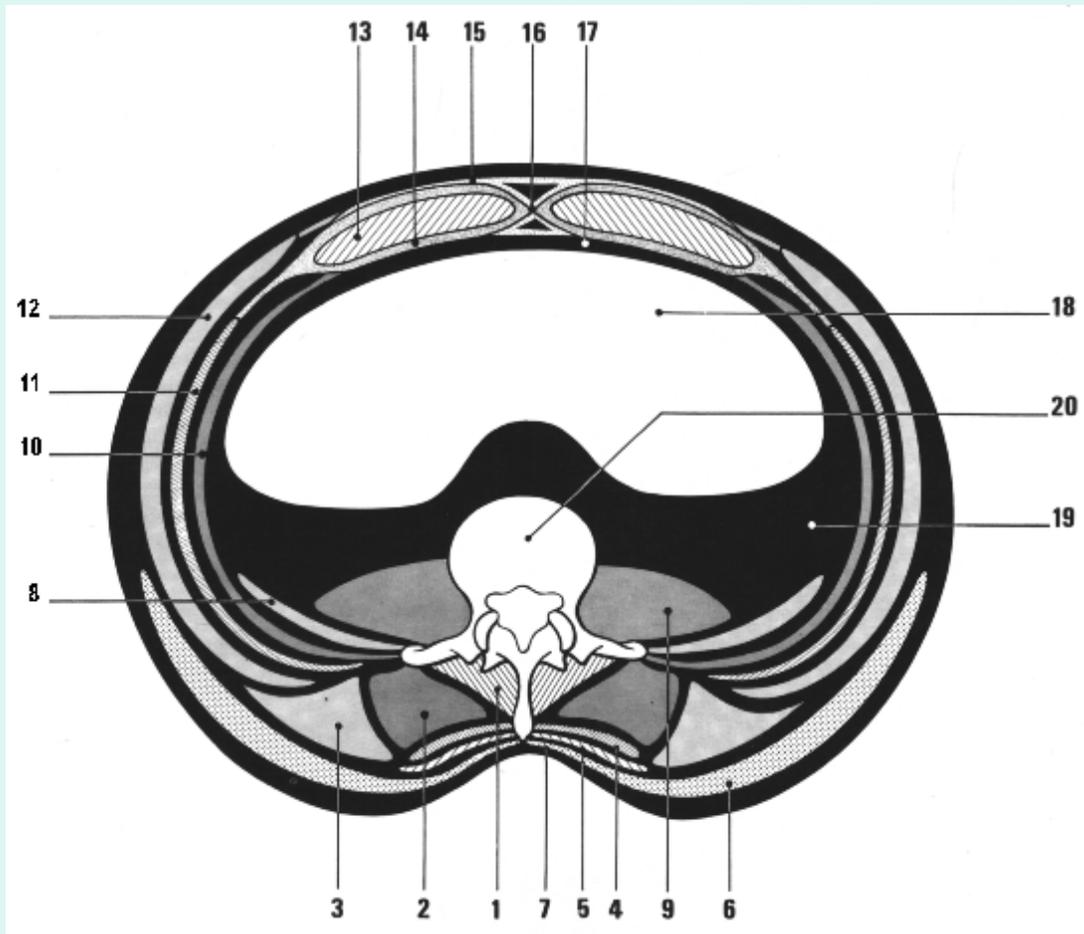
# INCLINAZIONE LOMBARE



# ROTAZIONE



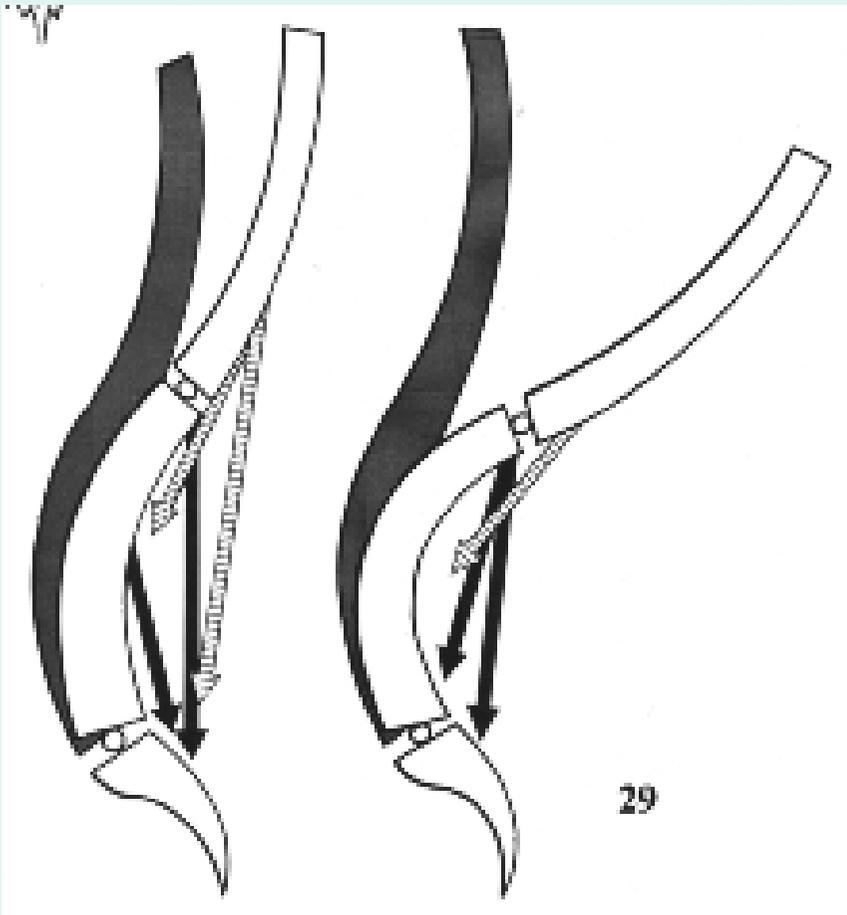
# MUSCOLI DEL TRONCO



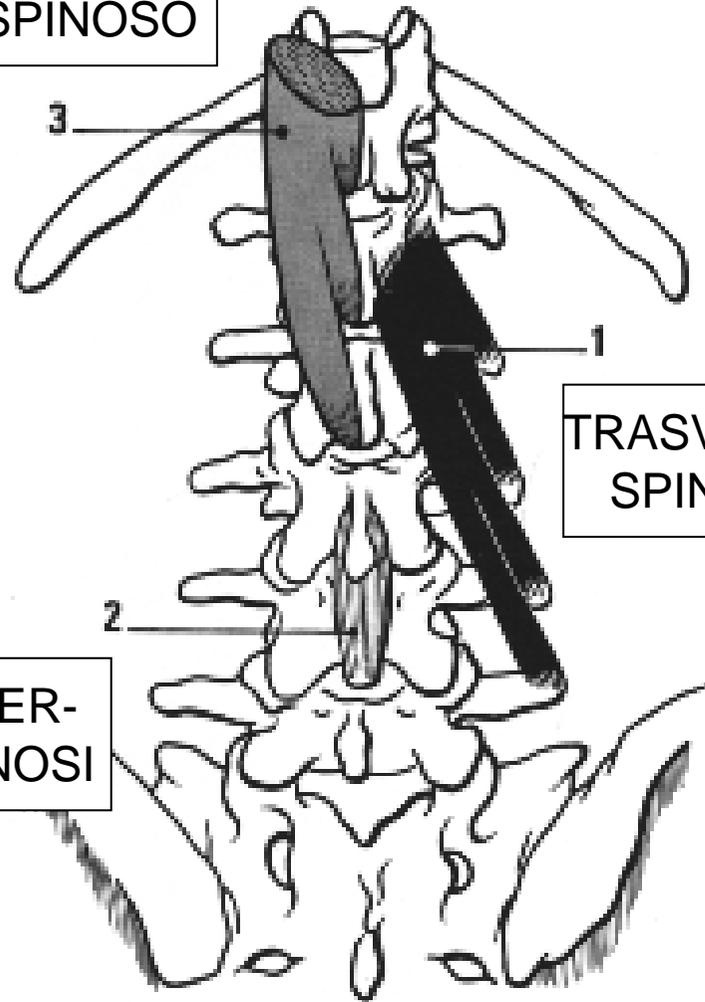
1. TRASVERSO-SPINALI
2. LUNGO DORSALE
3. SACRO-LOMBARE
4. EPI-SPINOSO
5. DENTATO POST-INF
6. GRANDE DORSALE
7. APONEUROSIO LOMBARE
8. QUADRATO DEI LOMBI
9. PSOAS
10. TRASVERSO
11. OBLIQUO INTERNO
12. OBLIQUO ESTERNO
13. RETTO ADDOMINALE

# MUSCOLI POSTERIORI DEL TRONCO (1)

CORDE TOTALI O PARZIALI DELL'ARCO  
IPERLORDOSIZZAZIONE  
INCLINAZIONE



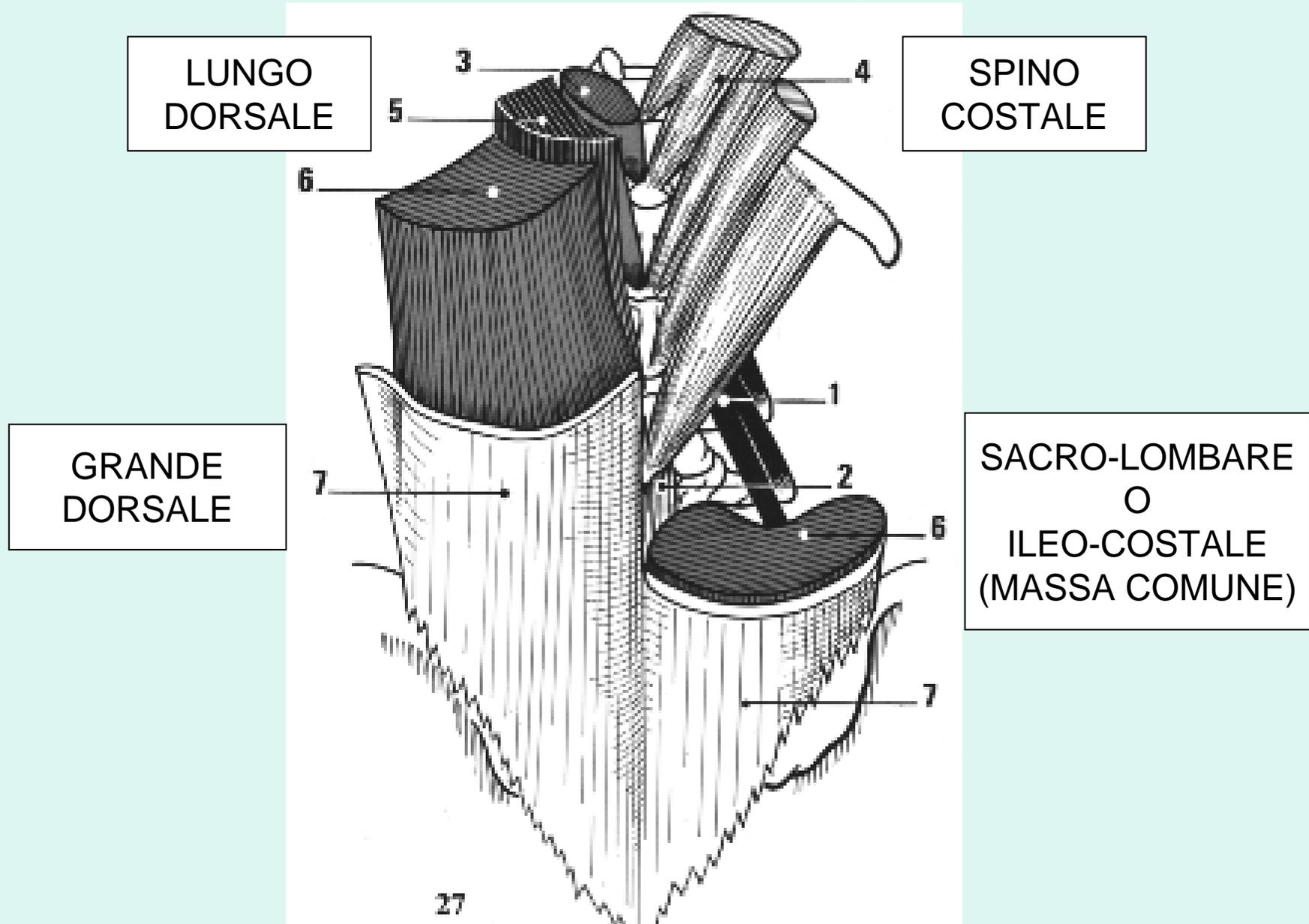
EPI-  
SPINOSO



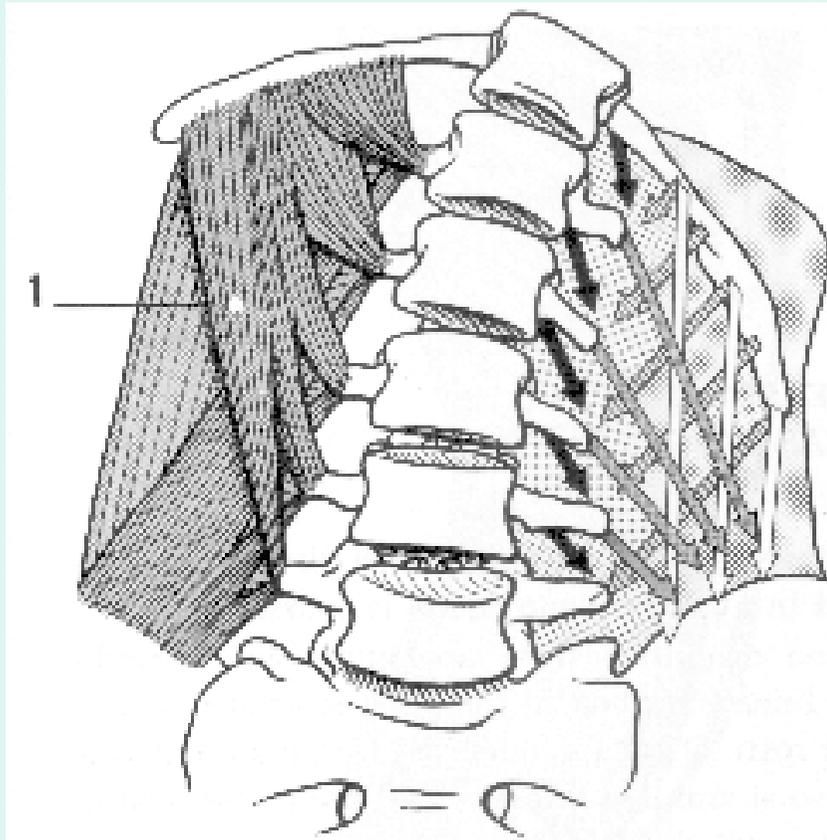
TRASVERSO  
SPINALE

INTER-  
SPINOSI

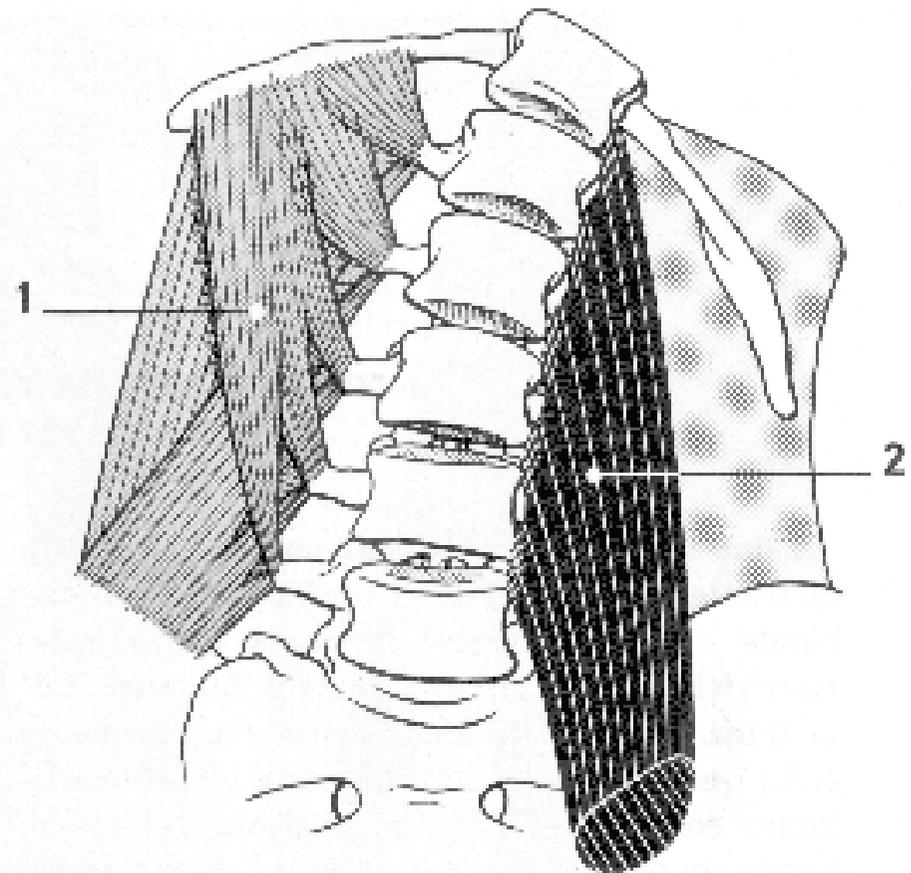
# MUSCOLI POSTERIORI DEL TRONCO (2)



# MUSCOLI LATERALI DEL TRONCO:



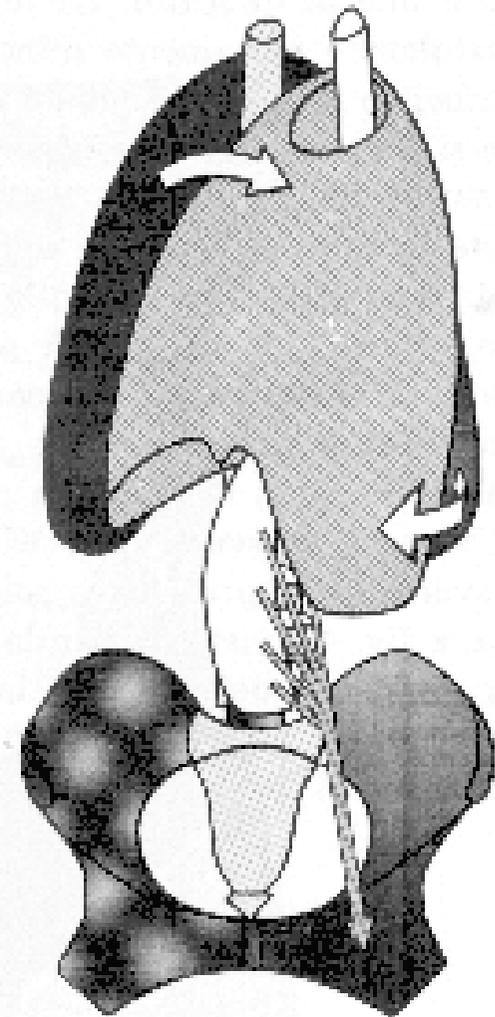
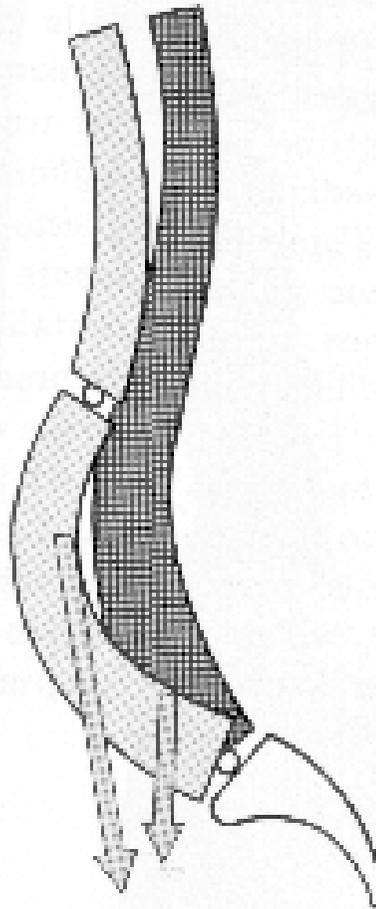
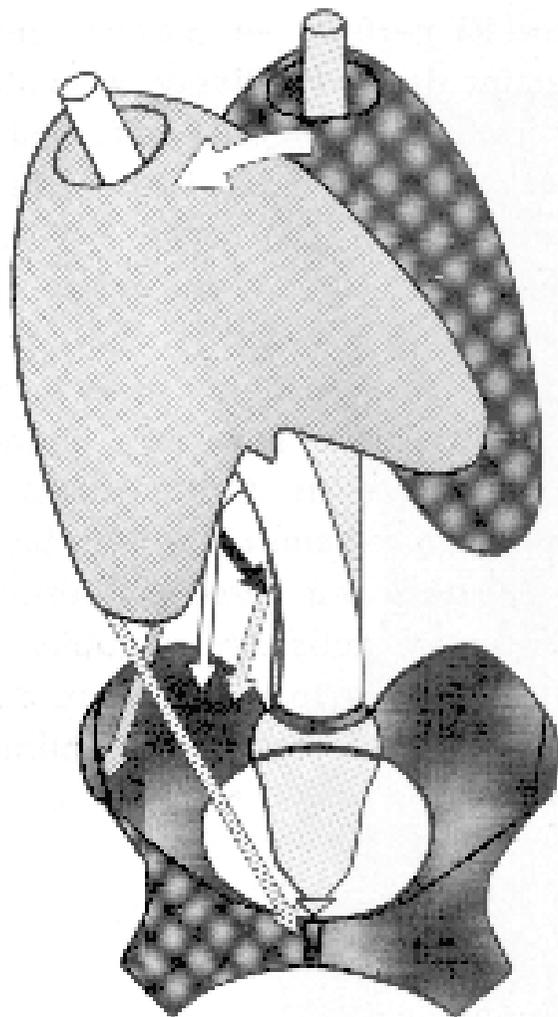
**QUADRATO DEI LOMBI:**  
INCLINAZIONE OMOLATERATE



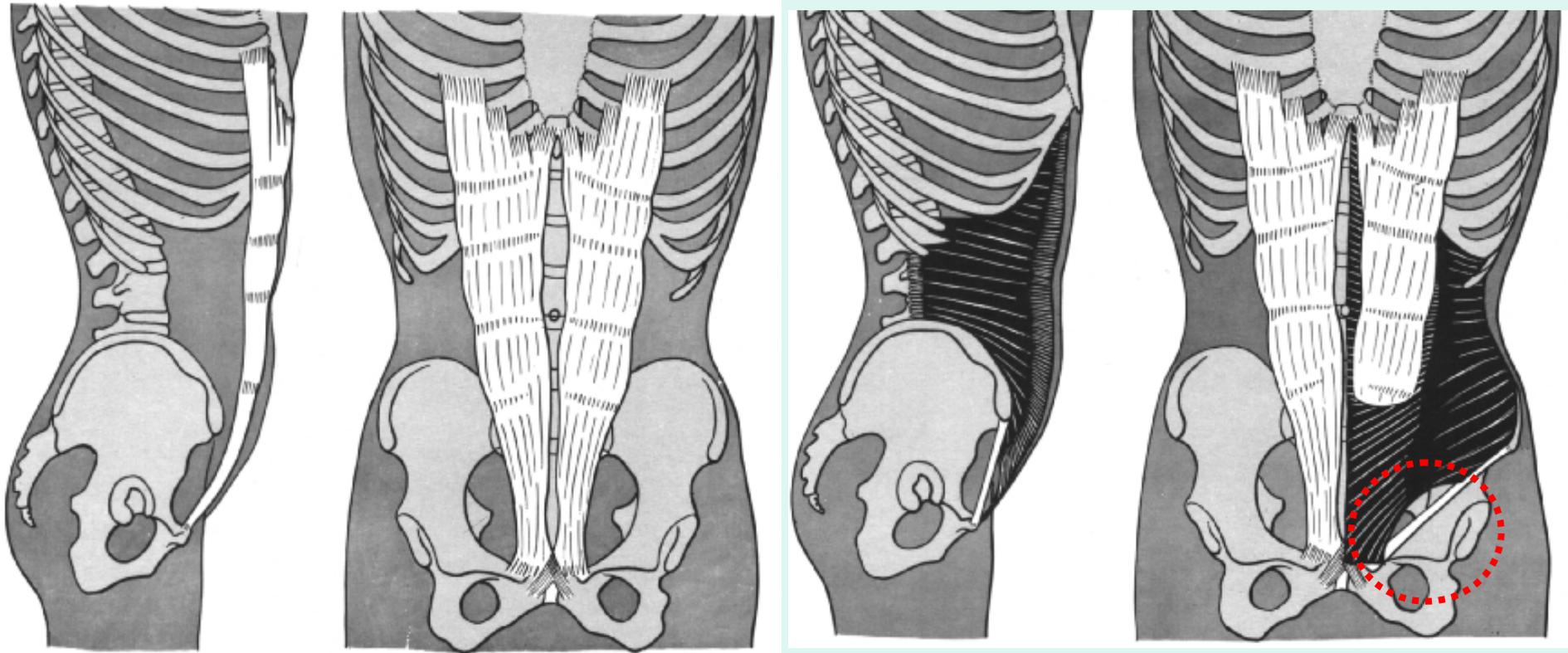
**PSOAS:**  
INCLINAZIONE OMOLATERALE +  
ROTAZIONE CONTROLATERALE.

FLESSIONE DELLA COLONNA +  
IPERLORDOSI

**PSOAS:**  
INCLINAZIONE OMOLATERALE + ROTAZIONE CONTROLATERALE.  
FLESSIONE DELLA COLONNA + IPERLORDOSI



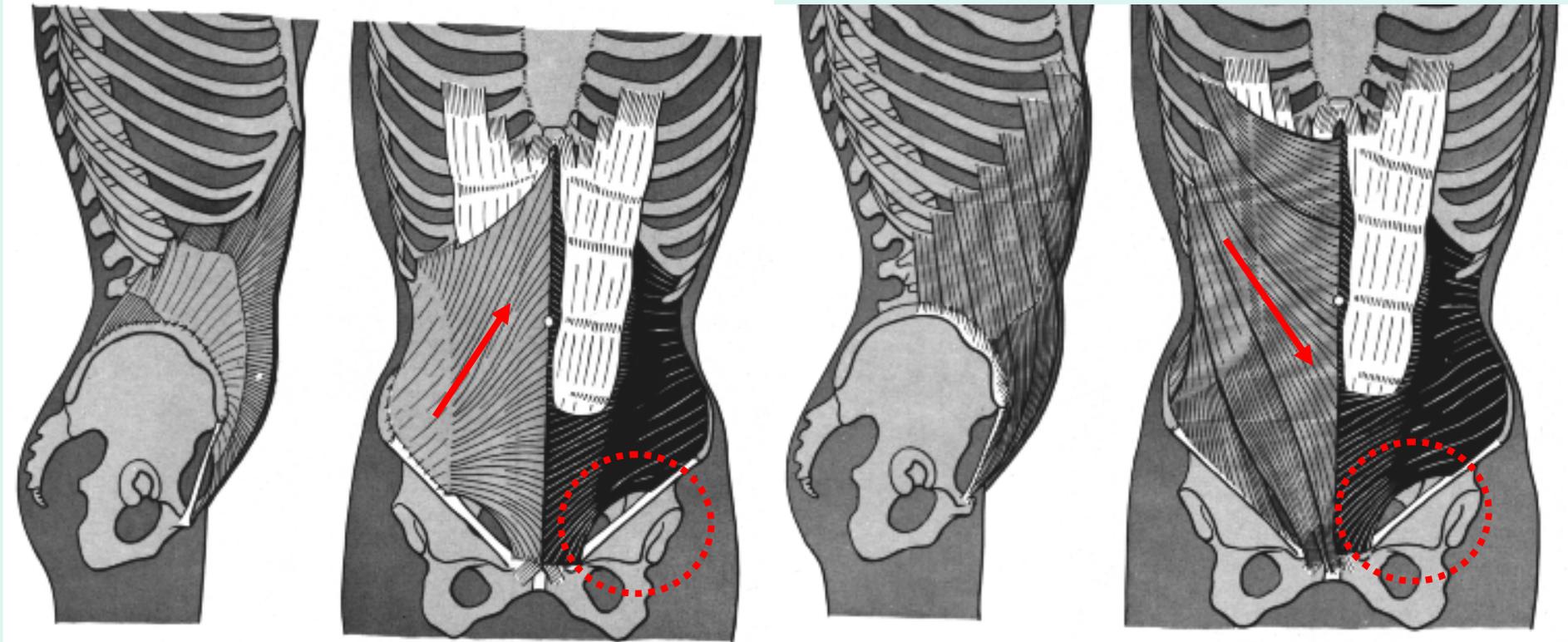
# MUSCOLATURA ANTERIORE (1)



RETTO ADDOMINALE

TRASVERSO ADDOMINALE

# MUSCOLATURA ANTERIORE (2)

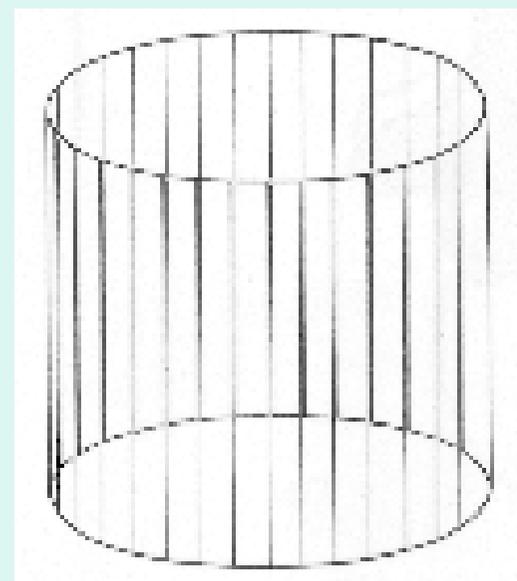
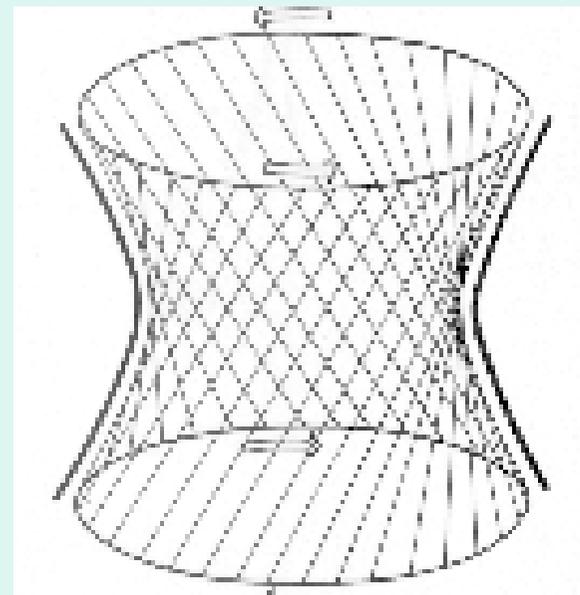
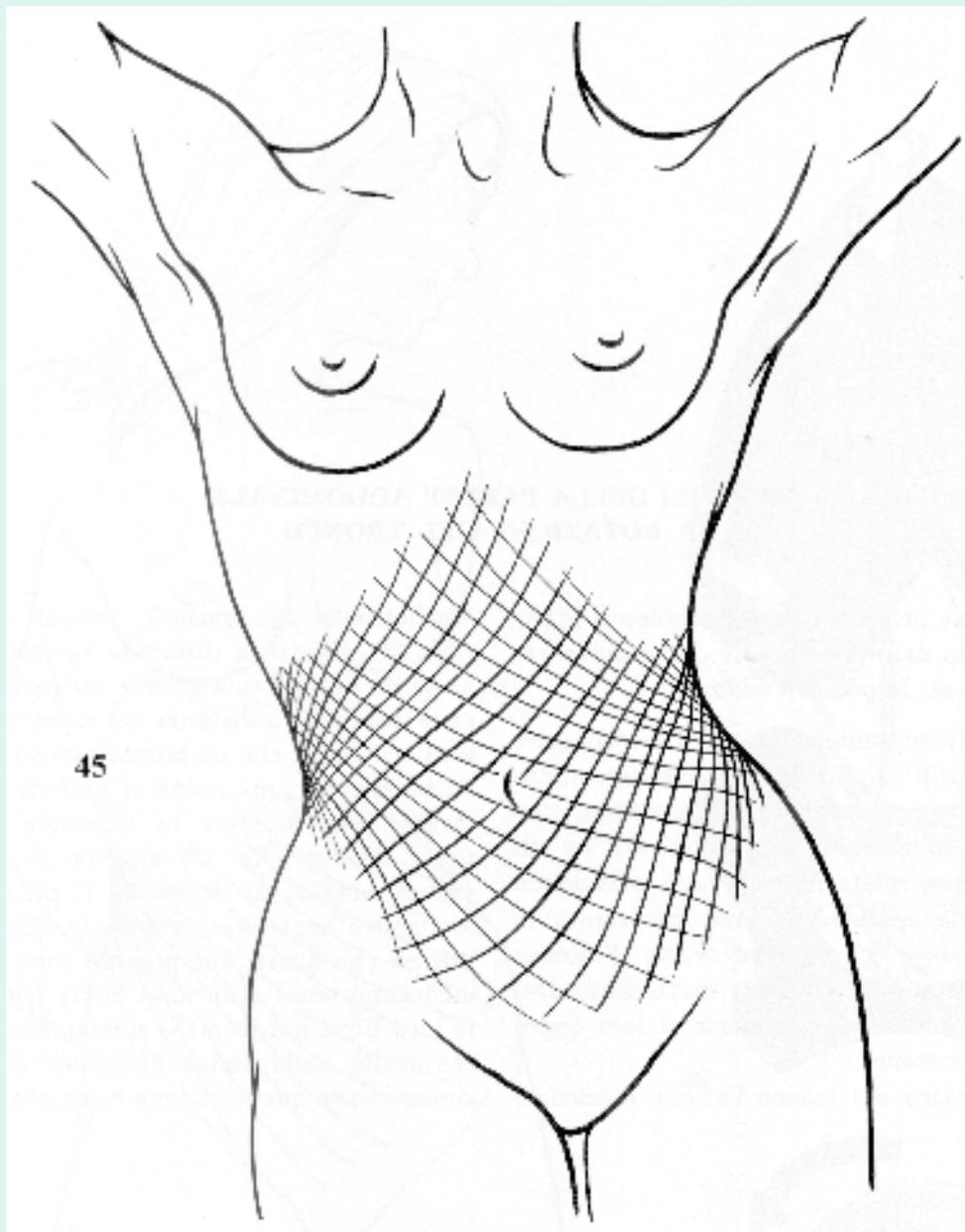


**PICCOLO**

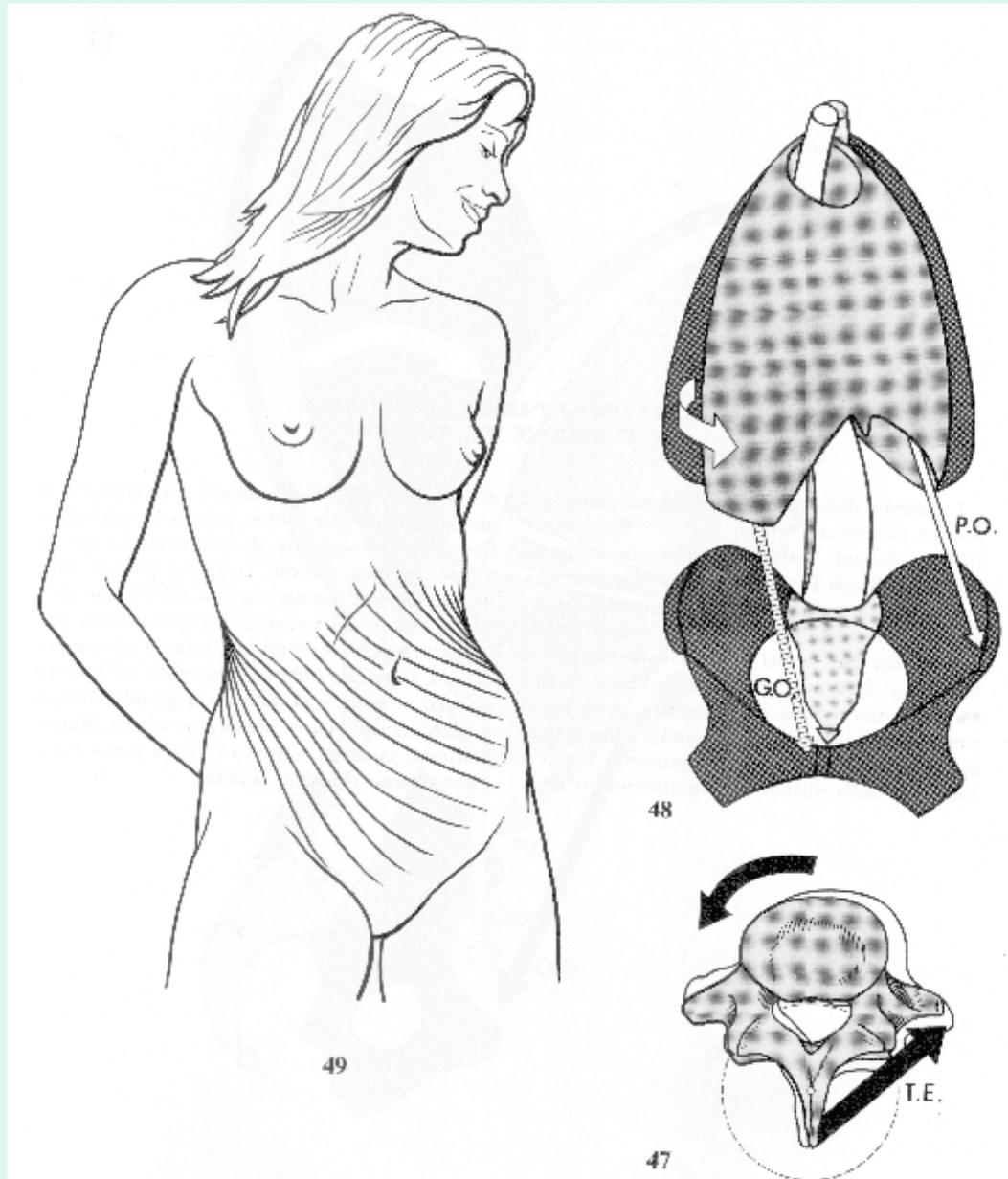
**- OBLIQUO -**

**GRANDE**

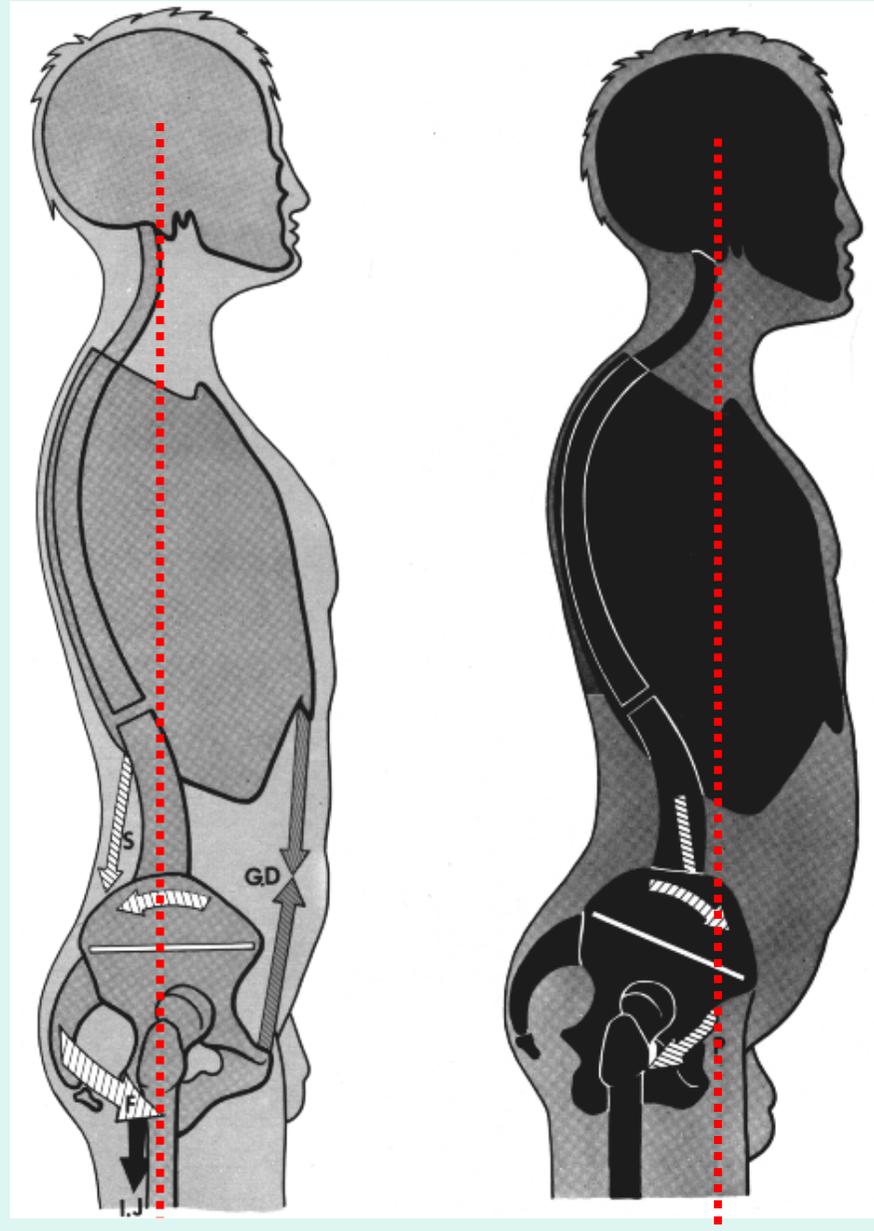
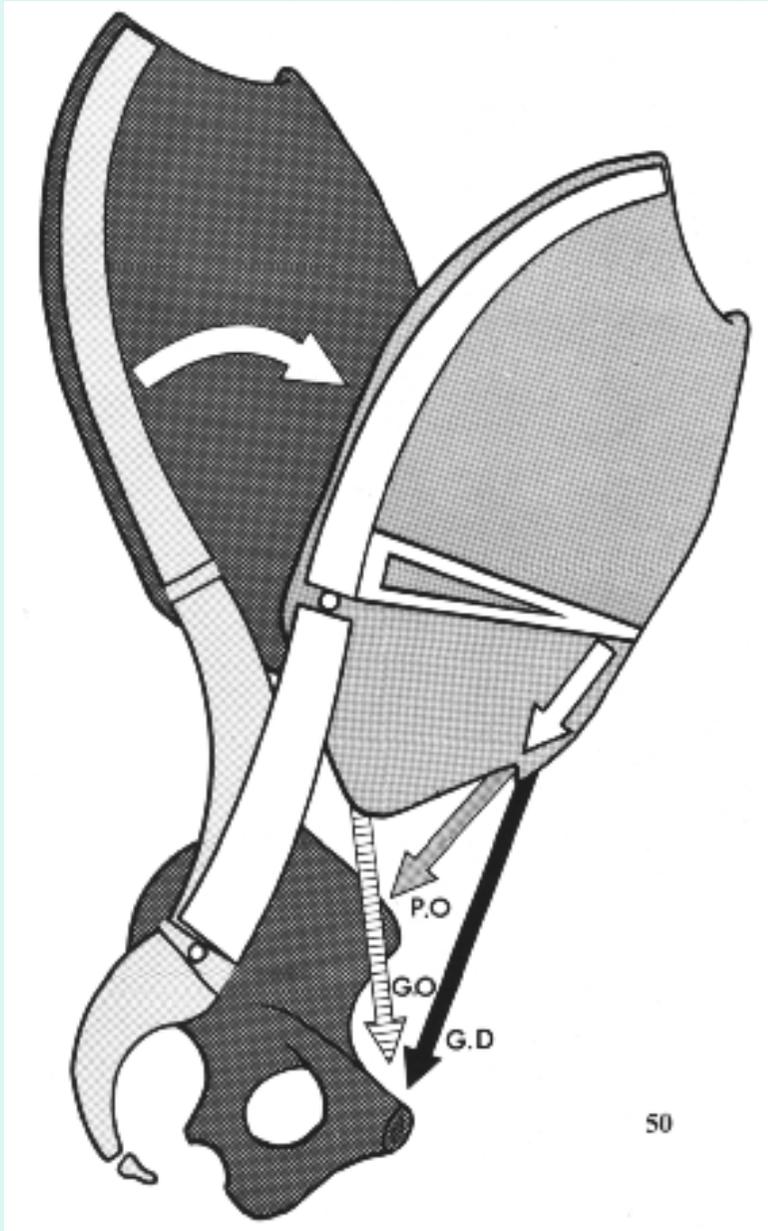
# PUNTO VITA



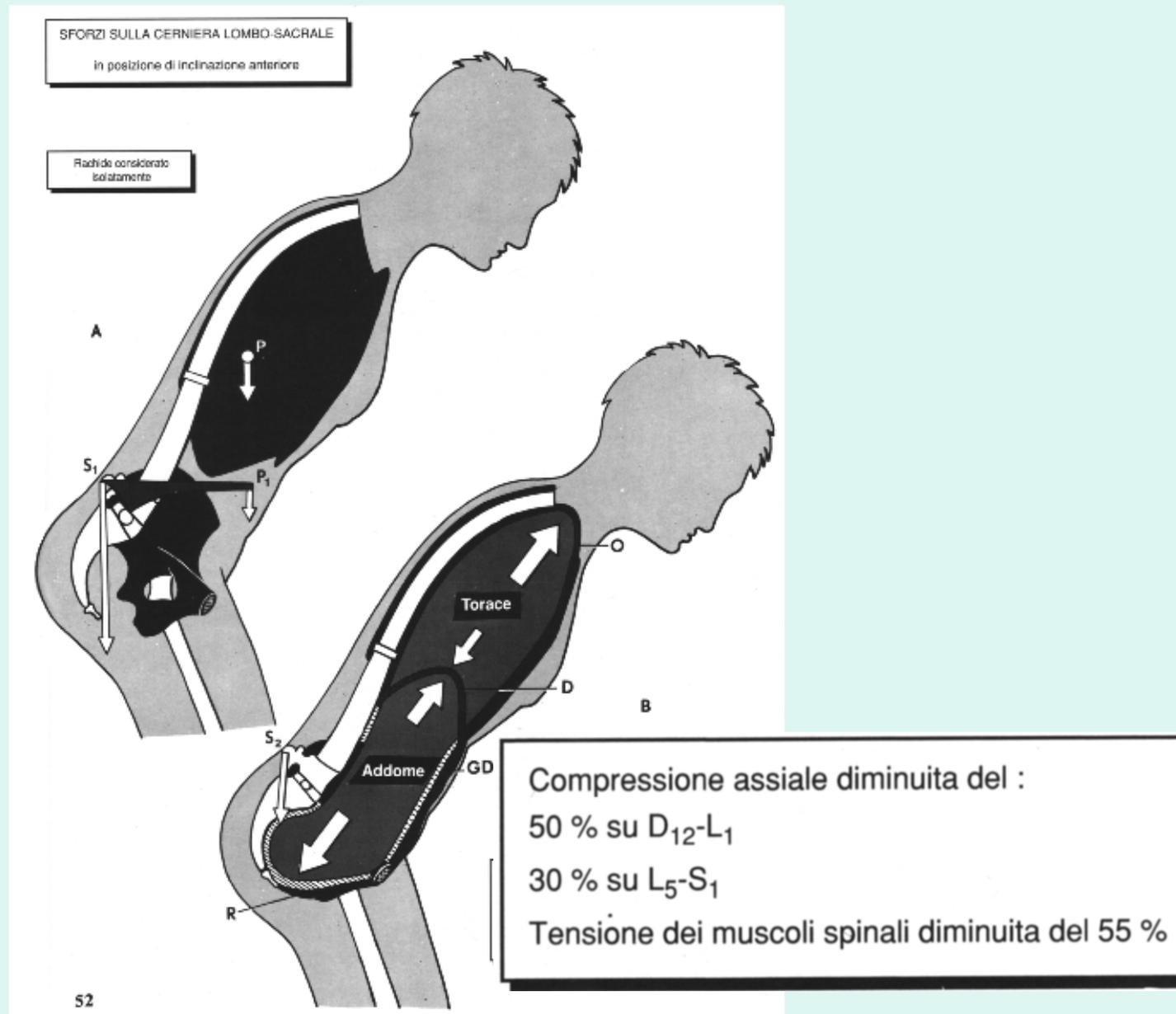
# ROTAZIONE DEL TRONCO



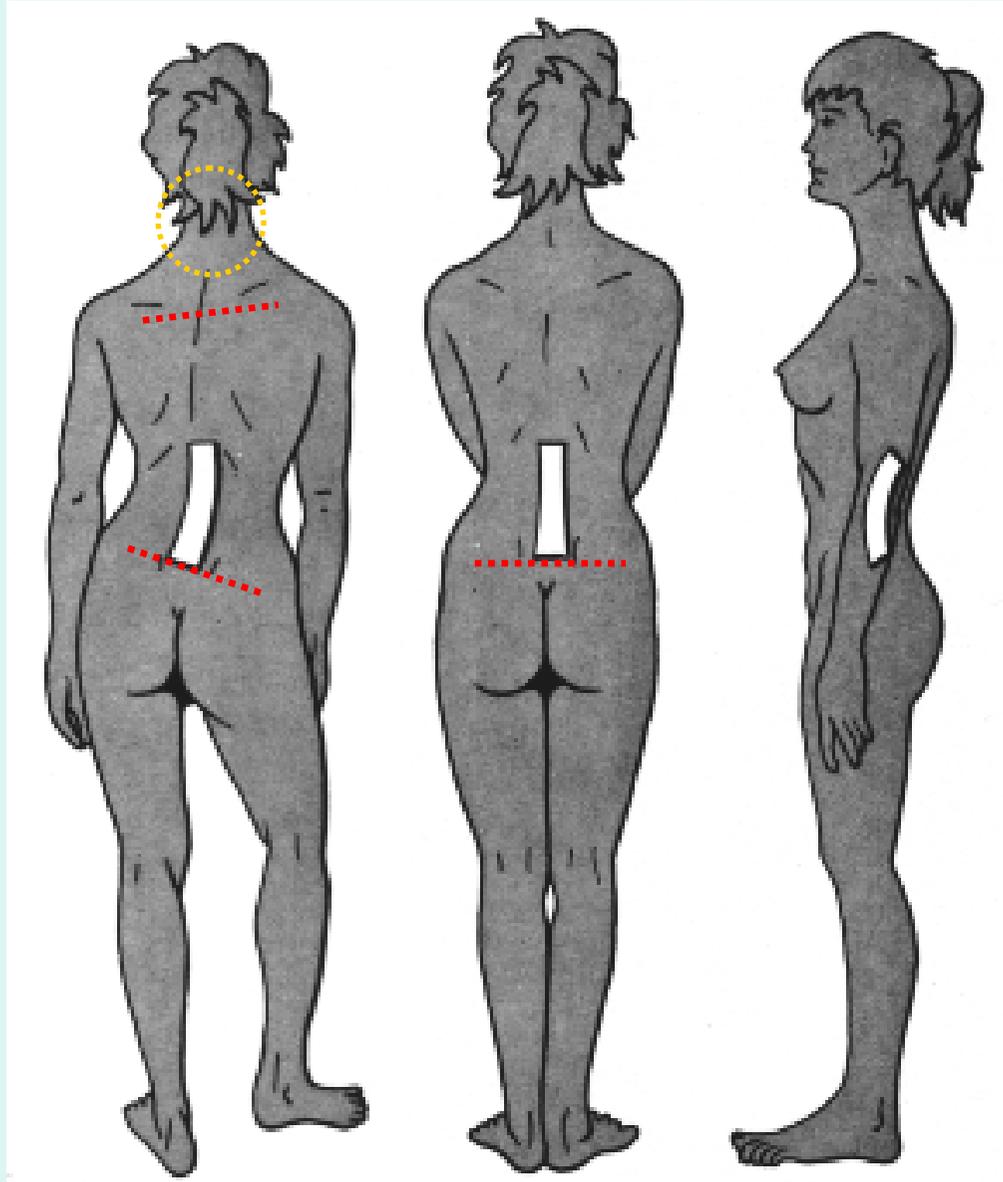
# FLESSIONE DEL TRONCO



# ADDOMINALI E FLESSIONE DEL TRONCO



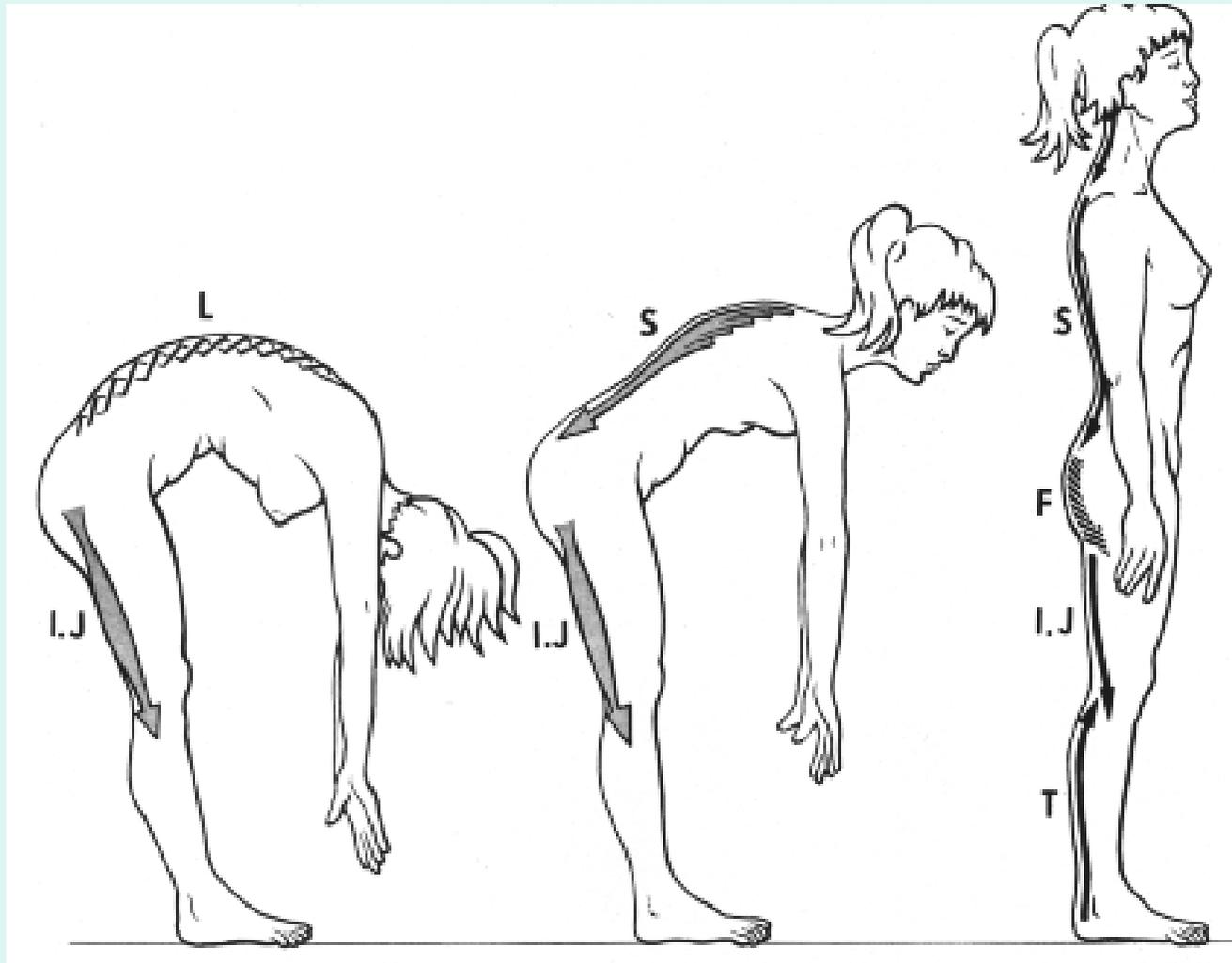
# STATICA LOMBARE IN POSIZIONE ERETTA



APPOGGIO  
SIMMETRICO

APPOGGIO  
SIMMETRICO

# RECLUTAMENTO MUSCOLARE



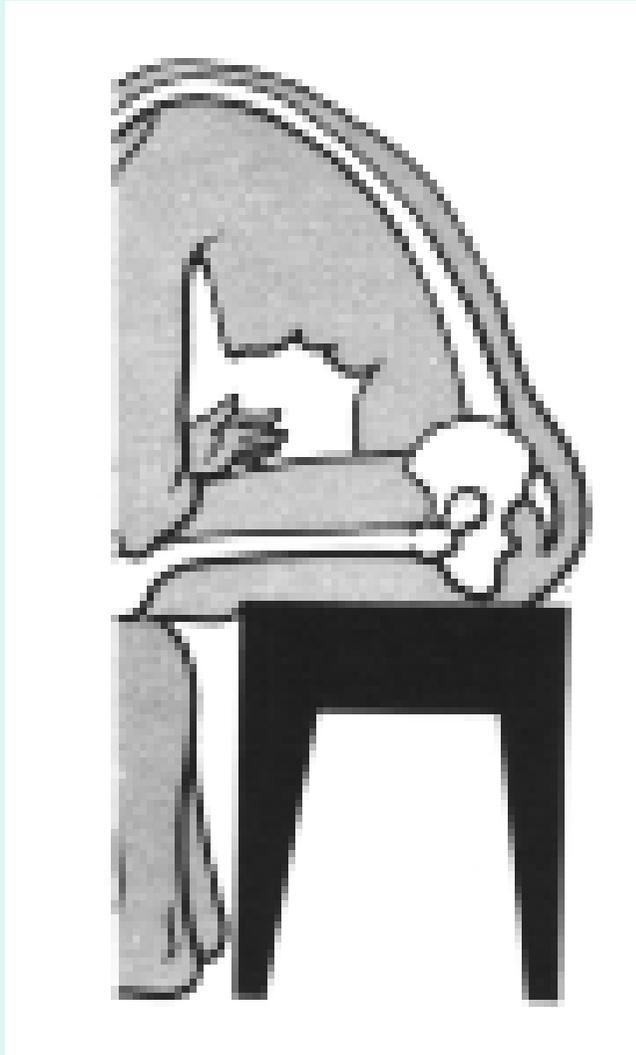
- ADDOMINALI
- M.SPINALI
- M.GLUTEI
- M.ISCHIO-CRURALI
- M.SOLEI
  
- LEGAMENTI RACHIDEI
  
- ISCHIO-CRURALI

# DATTILOGRAFA: APPOGGIO ISCHIATICO



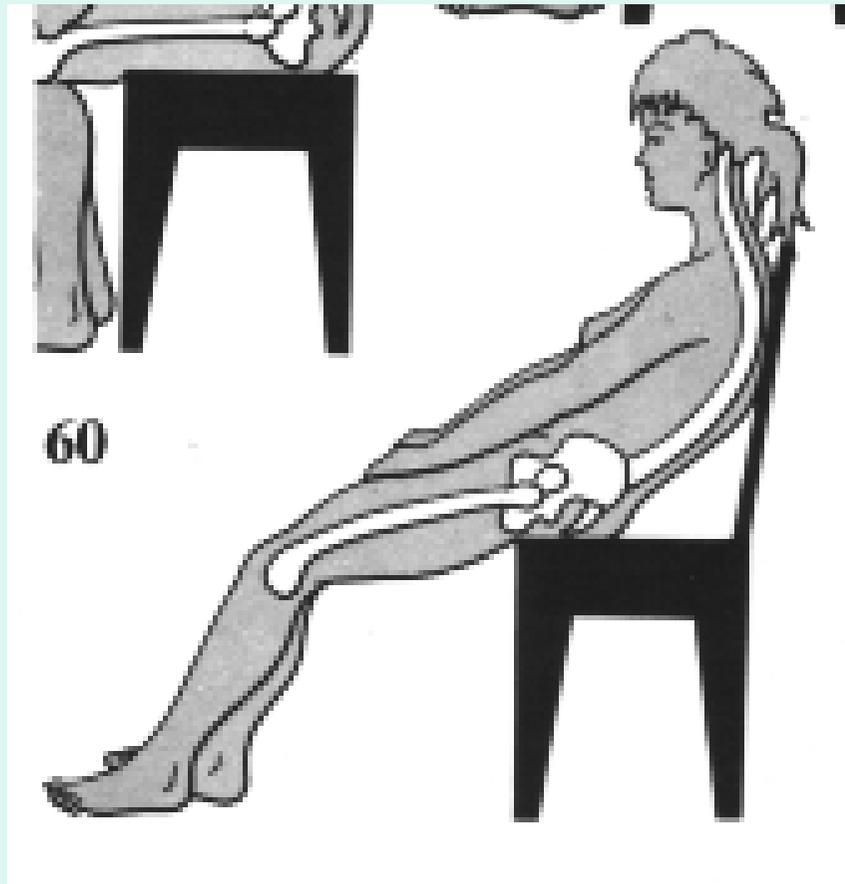
- EQUILIBRIO INSTABILE
- ANTIVERSIONE
- IPERLORDOSI
- STRESS DEI TRAPEZI

# COCCHIERE: APPOGGIO ISCHIO-FEMORALE



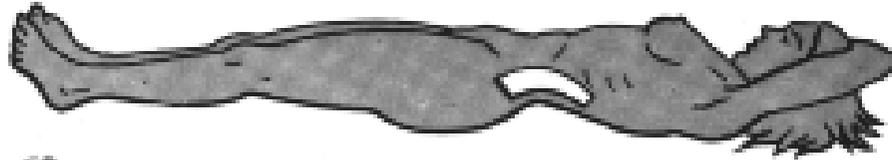
- ANTIVERSIONE DEL BACINO
- CIFOSI DORSALE +
- APPIATTIMENTO LOMBARE
  
- RIPOSO DEI MUSCOLI DELLE DOCCE VERTEBRALI:
- SPONDILOLISTESI

# APPOGGIO ISCHIO-SACRALE

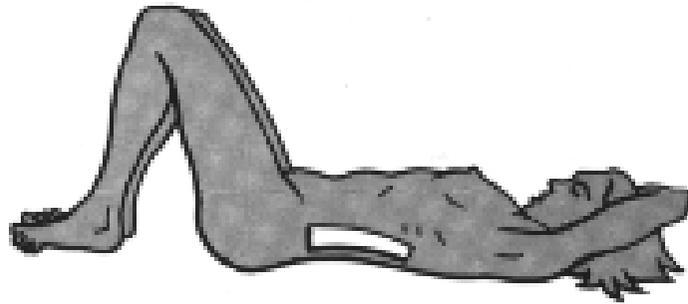


- RETROVERSIONE
- INVERSIONE LOMBARE
- IPERCIFOSI DORSALE
- INVERSIONE CURVA CERVICALE
- RELAX MA DIFFICOLTA' RESPIRATORIE

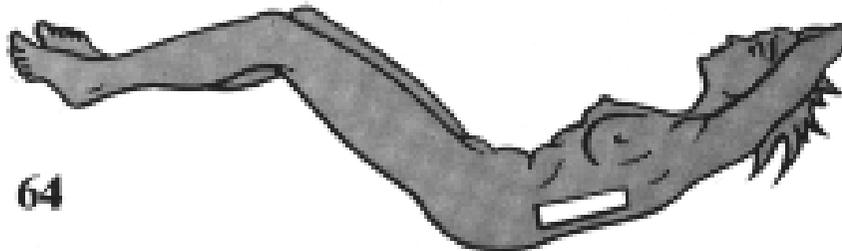
# DECUBITO DORSALE



62



63



64



- TENSIONE PSOAS
- RELAX SPINALE E ADDOMINALI
- RELAX PSOAS E ISCHIO-CRURALI  
RADDRIZZAMENTO LOMBO-CERVICALE
- NO RELAX E DIFFICOLTA' RESPIRATORIE