

# Le Muscle Nouveaux Concepts Anatomie Biomcanique

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the comprehensive approach to anatomy is a new attempt to understand the organization of anatomical structures instead of only memorizing details which is both time consuming and prone to error the basic principle is that man did not design man a truth which presents the solution and not the problem this kind of approach requires first observing a function and identifying in engineering terms the technical problems that need to be solved in order to achieve that function in a second step the anatomical solution is examined in terms of validation and should always be an intelligent solution that puts the characteristics of specific living tissues to optimal use anatomy is obviously the mandatory basis of all types of medical practice for centuries its rigorous methodology has relied on dissection which is the only means to precisely identify the morphology of organs and for surgeons to learn how to directly and safely reach the structures they need to operate on accordingly this book includes illustrations of many dissections and anatomical sections in order to provide a realistic view of the complex organization of the human body this book addresses the needs of a broad range of medical and paramedical practitioners interested in movements and their disorders mds and surgeons of all specialties physiotherapists occupational therapists speech therapists x ray manipulators osteopathic specialists etc its goal is to demonstrate the amazing intelligence and complexity of human

motor functions and to better grasp the how and why of their construction

les problèmes morphologiques de la colonne vertébrale sont universels ils ne font que croître avec les professions modernes favorisés en particulier par la position assise et la projection de la tête en avant lorsqu'elle s'accompagne de la nécessité de fixer visuellement son attention on estime à l'heure actuelle qu'en cas de douleur vertébrale une mauvaise posture est impliquée dans 80 des cas s'appuyant sur les acquis de la rééducation posturale globale rpg basés sur la rétraction des muscles à vocation particulièrement statique et sur la notion de globalité et de synergie qui imposent les systèmes intégrés de coordination neuromusculaire contrôlant l'équilibre cet ouvrage propose des explications logiques et étayées aux différents dysmorphismes du rachis vertébral cypholordoses scolioses etc les principes des postures de traitement et d'intégration proposés en constituent la conclusion naturelle cet ouvrage s'adresse à tous les professionnels de la santé en particulier physiothérapeutes confrontés quotidiennement aux pathologies vertébrales

L'objectif de cet ouvrage est d'exposer l'essentiel de la biomécanique fonctionnelle permettant de comprendre et de prendre en charge les troubles de la posture debout réparer les troubles et dysfonctionnements de la posture liés aux défauts de la nature corriger les troubles posturaux liés à l'usure du temps et au vieillissement éduquer le comportement gestuel et postural adapter le potentiel postural à des activités ludiques sportives ou professionnelles cet ouvrage illustré de plus d'une centaine de dessins analyse dans un premier temps les notions d'équilibre et de posture puis s'intéresse à chacune des régions anatomiques qui entrent en jeu dans cette question il constitue un outil efficace pour comprendre des questions souvent complexes la compréhension du maintien de la posture debout concerne un grand nombre de professions cet ouvrage s'adresse aux kinésithérapeutes et ostéopathes en exercice podologues ergothérapeutes médecins de rééducation médecins du sport chirurgiens orthopédistes mais aussi aux ergonomes des gestes et postures et aux professionnels des activités physiques et sportives

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