

SPALLA SENZA MUSCOLI



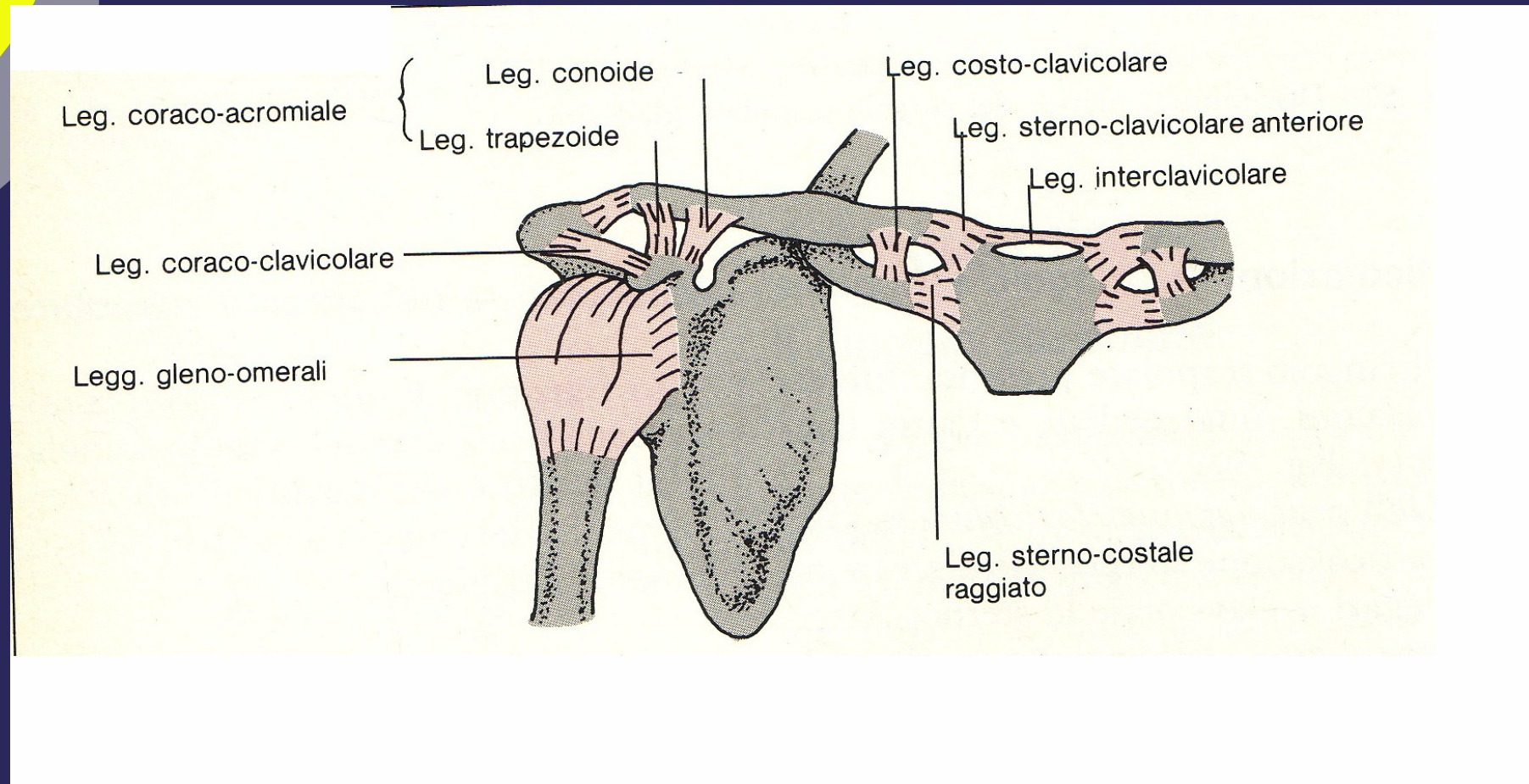
ARTICOLAZIONE SPALLA SN (aperta posteriormente)

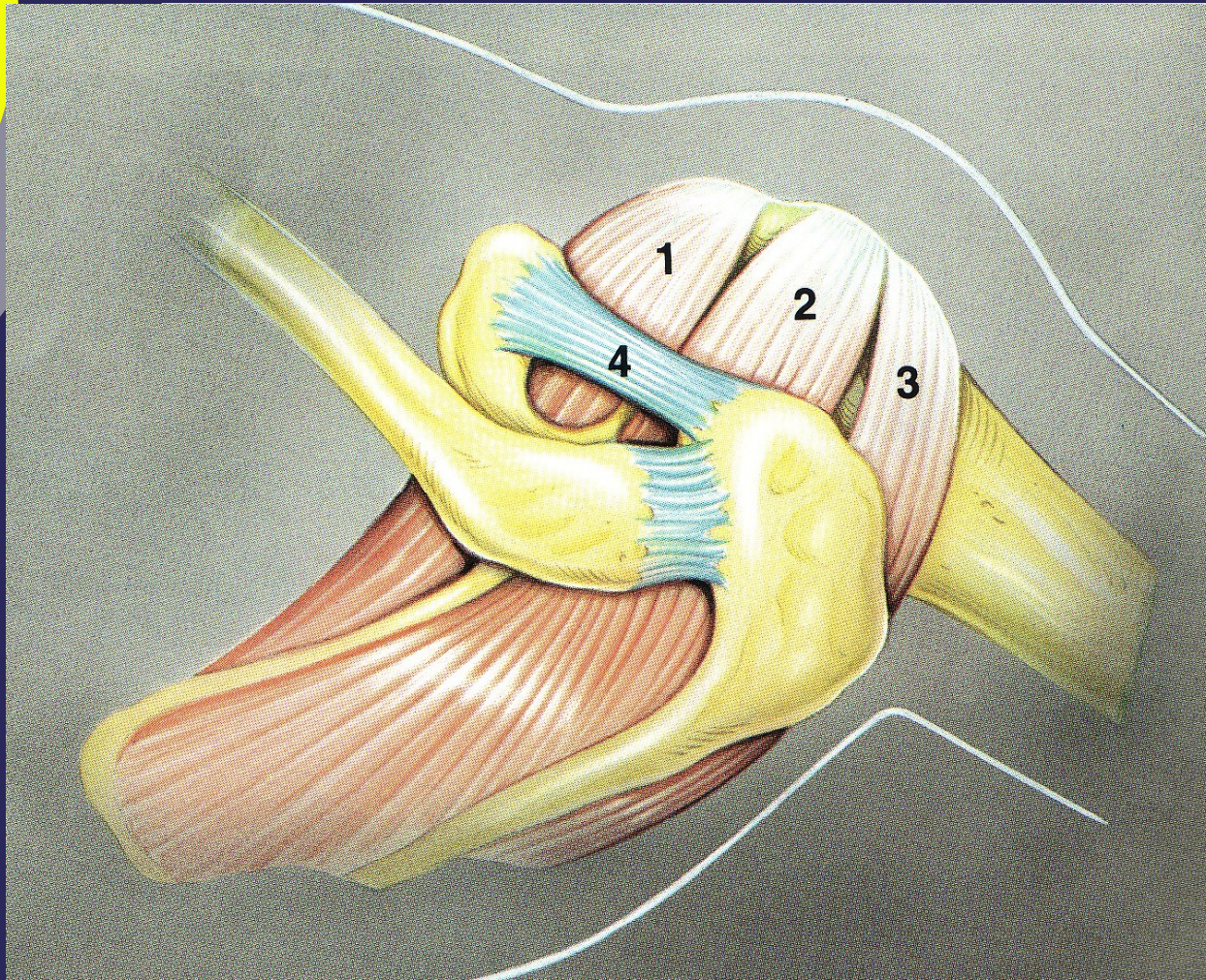


- 1 Capsula
- 2 Testa dell'omero
- 3 Capo lungo del bicipite
- 4 Labbro glenoideo
- 5 Cavità glenoidea
- 6 Legamento glenoumerale inferiore
- 7 Legamento glenoumerale medio

- 8 Apertura nella borsa sottoscapolare
- 9 Legamento glenoumerale superiore
- 10 Sopraspinato
- 11 Acromion

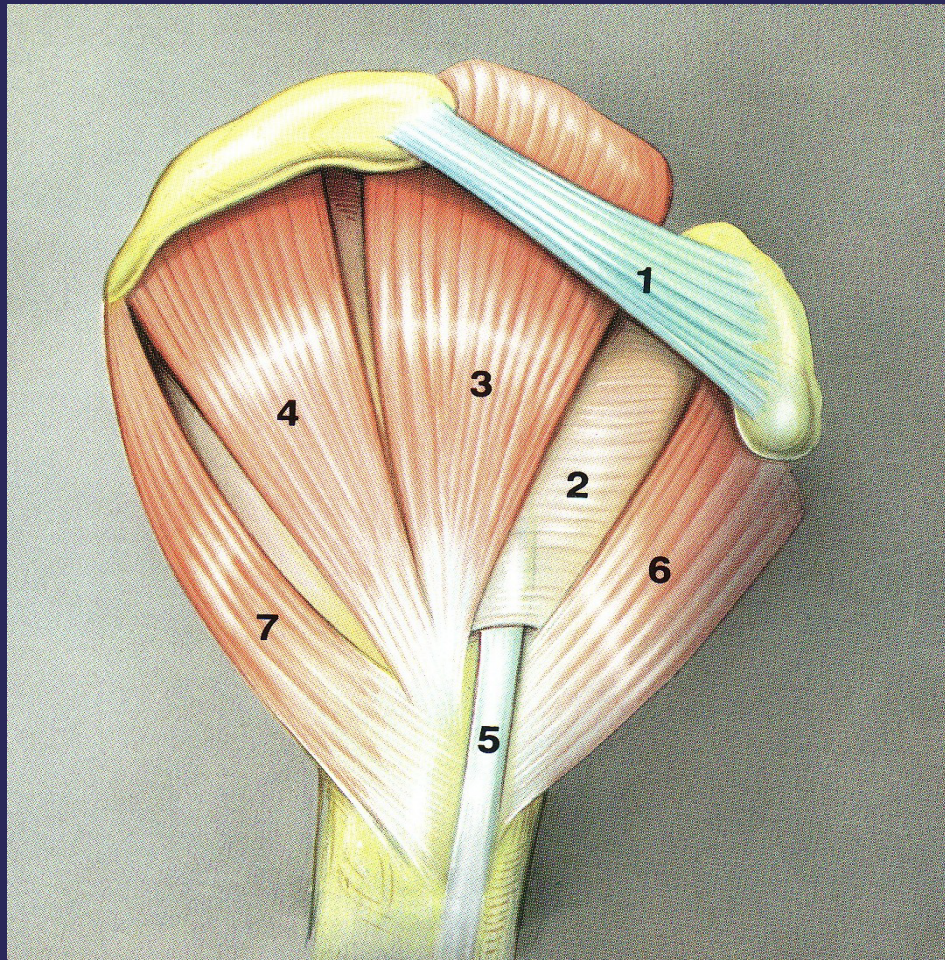
APPARATO OSSEO E LEGAMENTOSO DEL CINGOLO SCAPOLARE



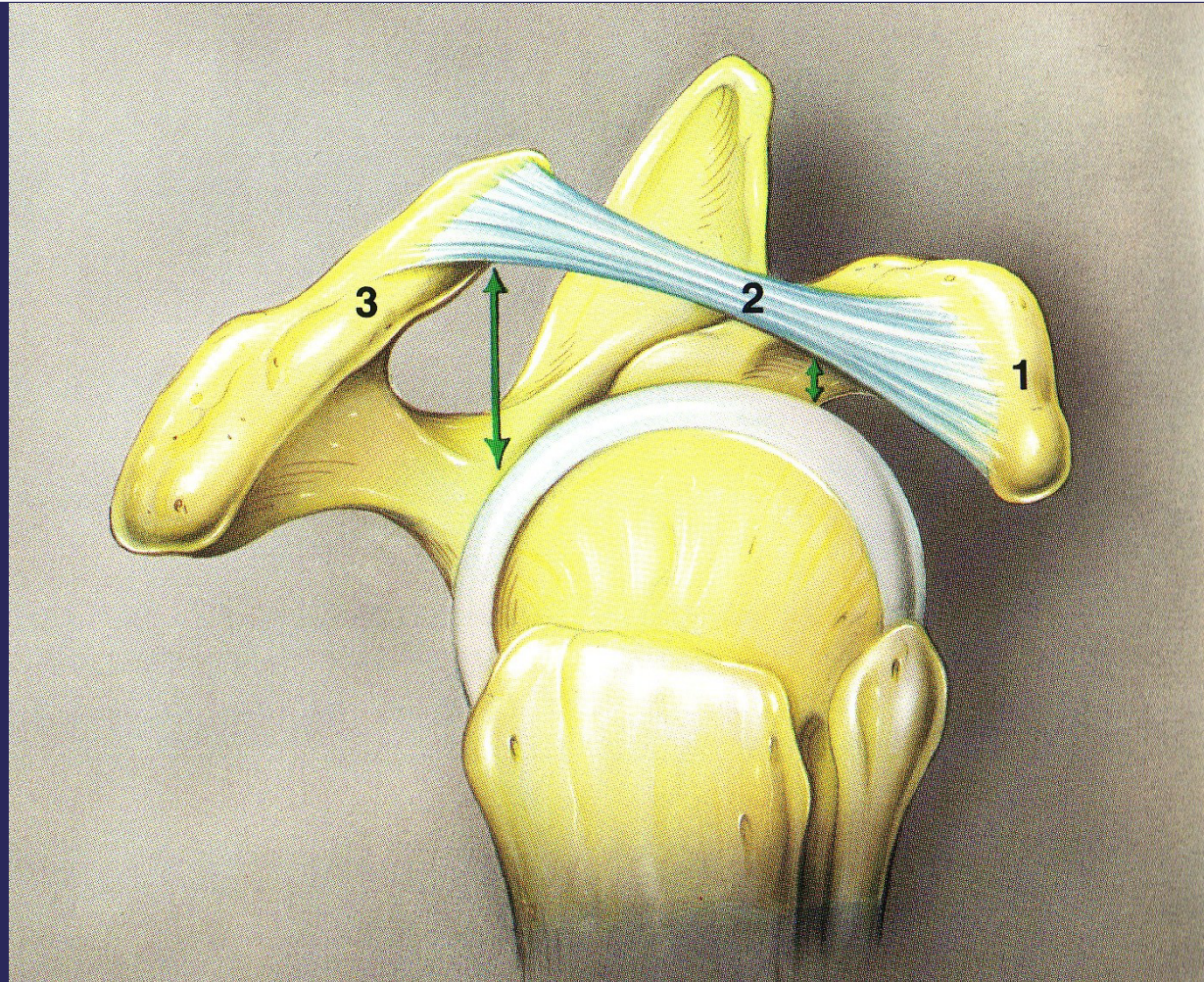


- 1) Tendine sottoscapolare
- 2) Tendine sovraspinoso
- 3) Tendine sottospinoso
- 4) Legamento coraco-acromiale

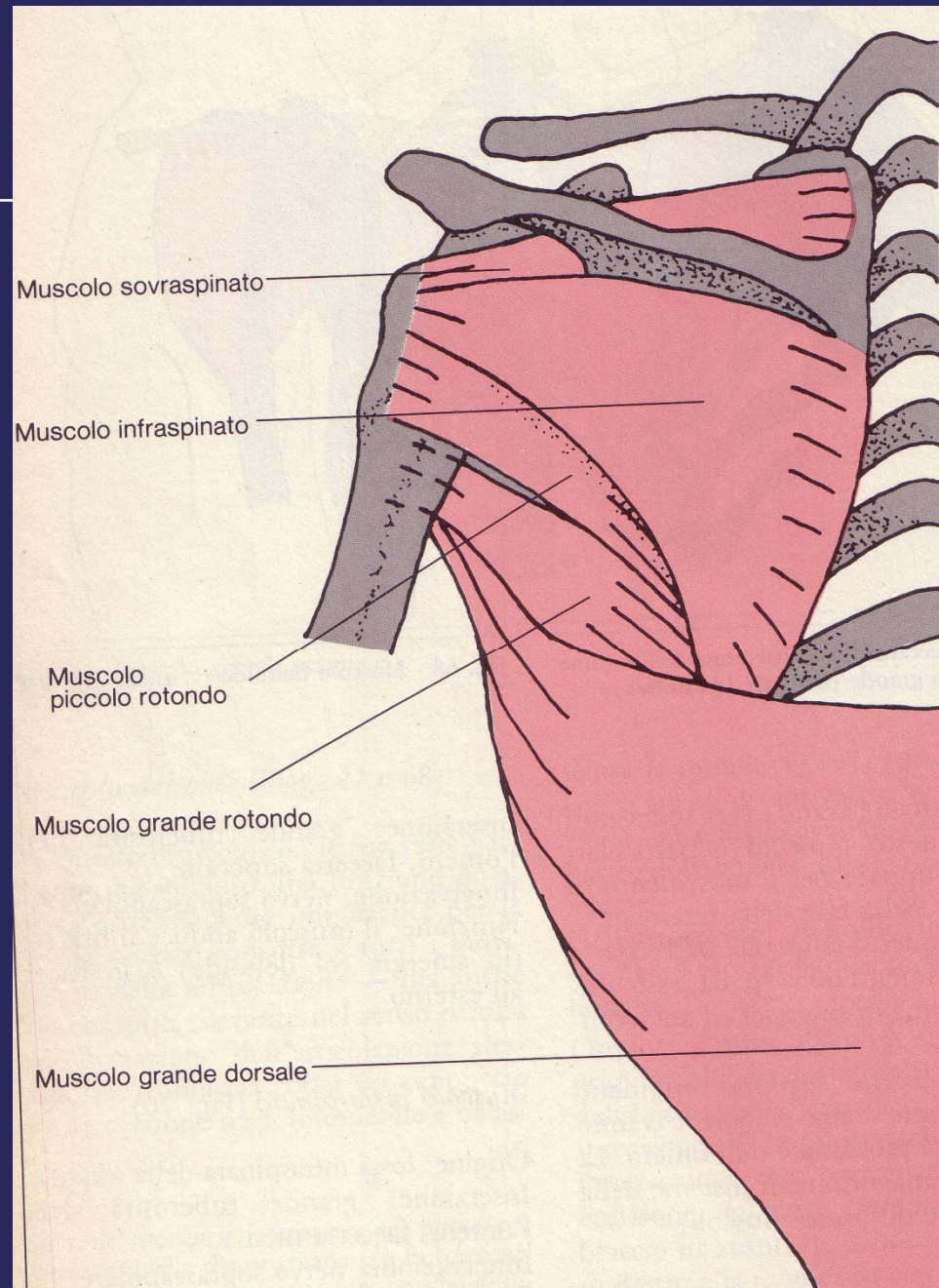
CUFFIA DEI ROTATORI



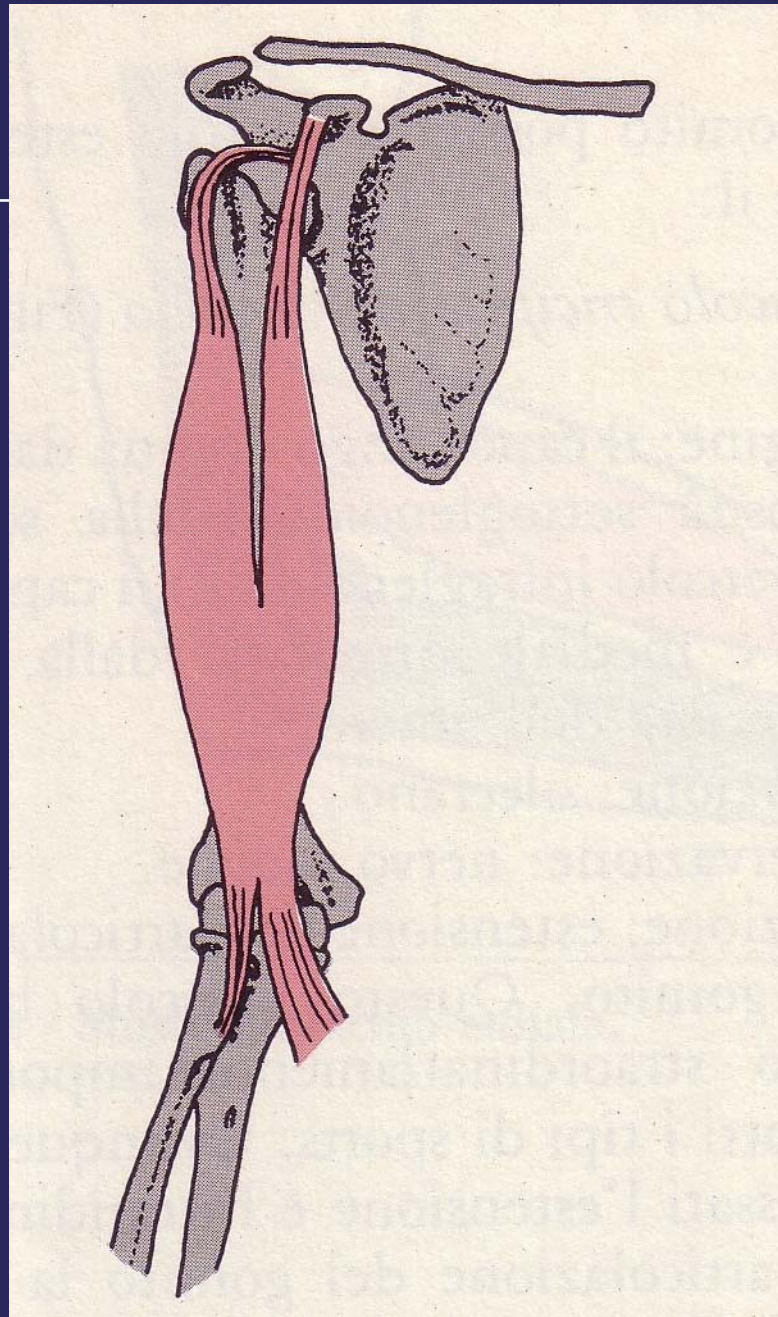
- 1) Leg.coraco-acromiale
- 2) Leg. omerale trasverso
- 3) Tendine sovraspinoso
- 4) Tendine del sottospinoso
- 5) Tendine c. l. bicipite
- 6) Tendine sottoscapolare
- 7) Tendine piccolo rotondo

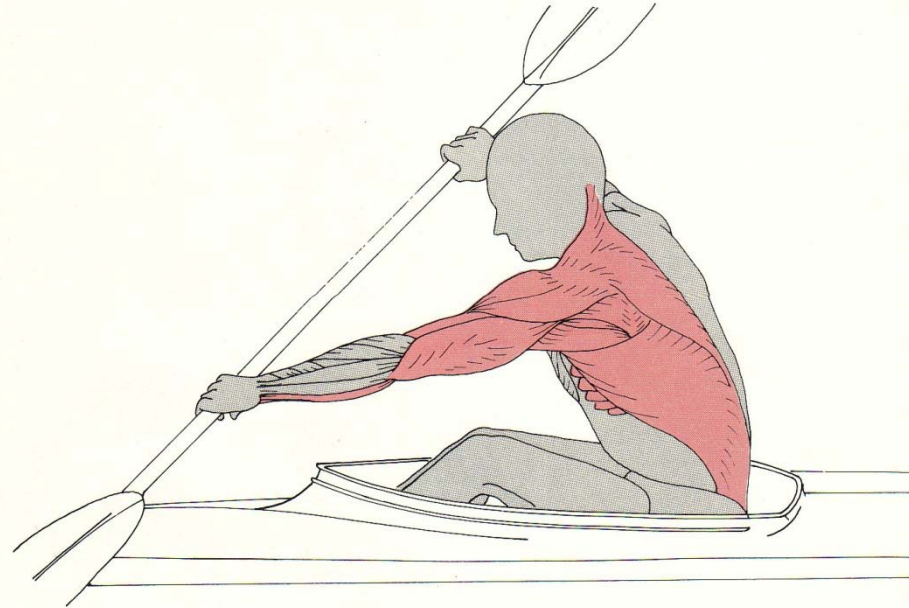


MUSCOLI SPALLA

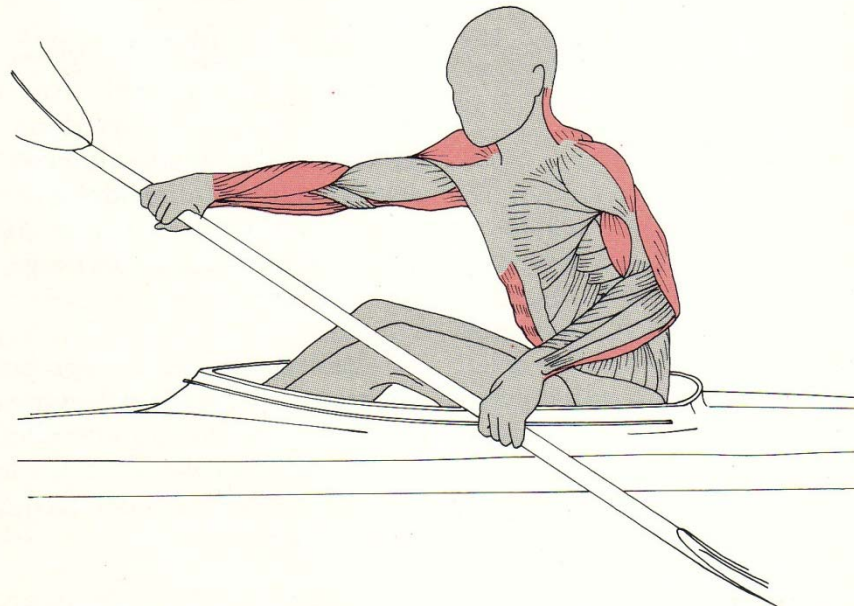


MUSCOLO BICIPITE

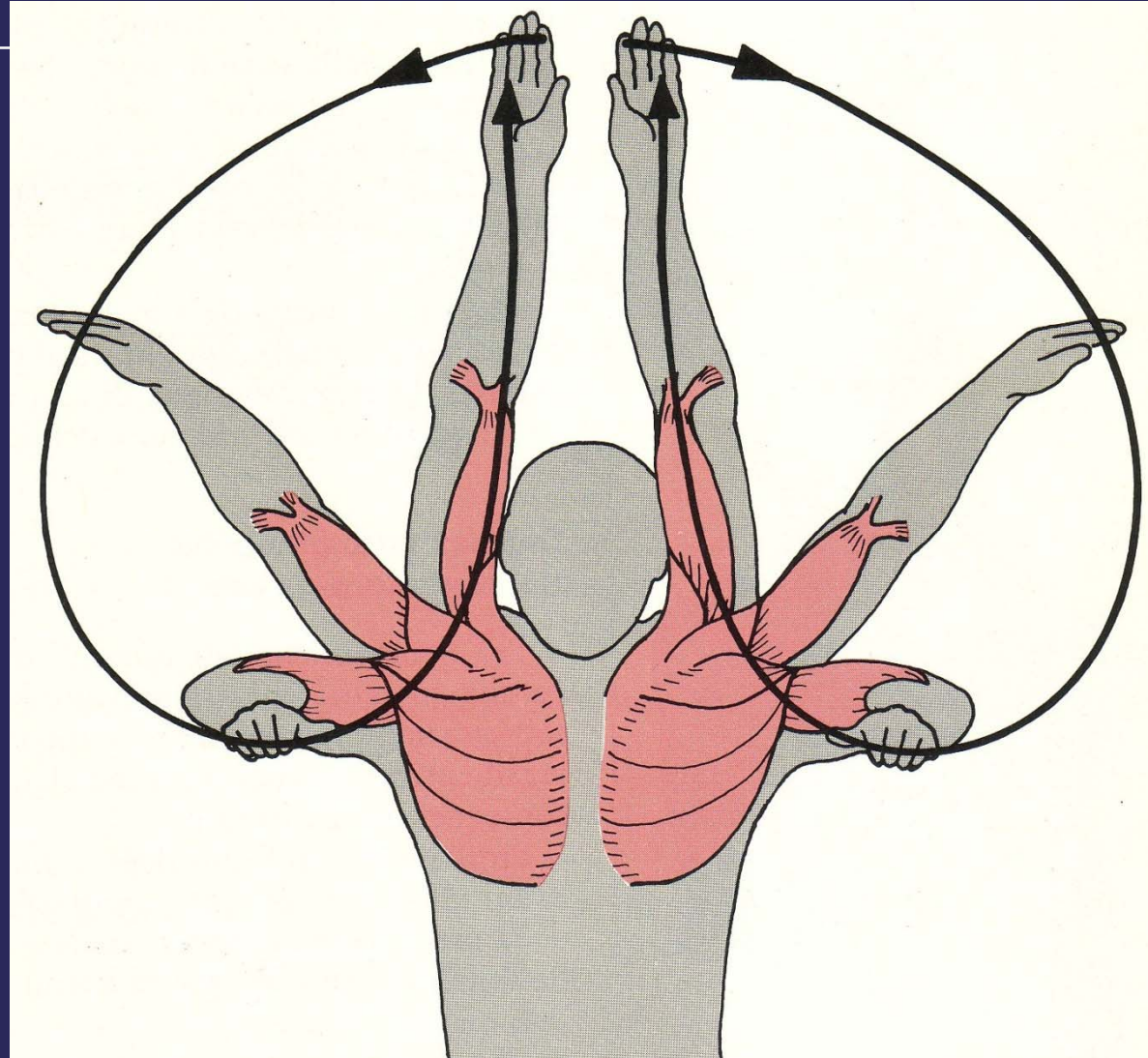




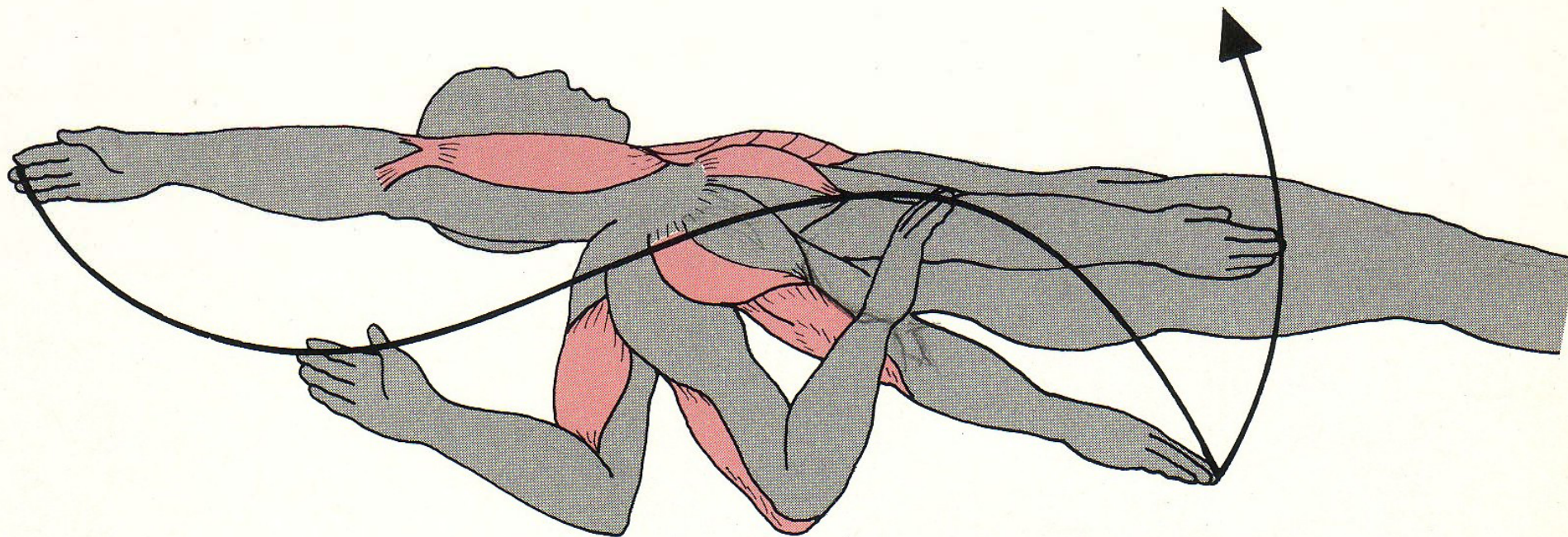
a

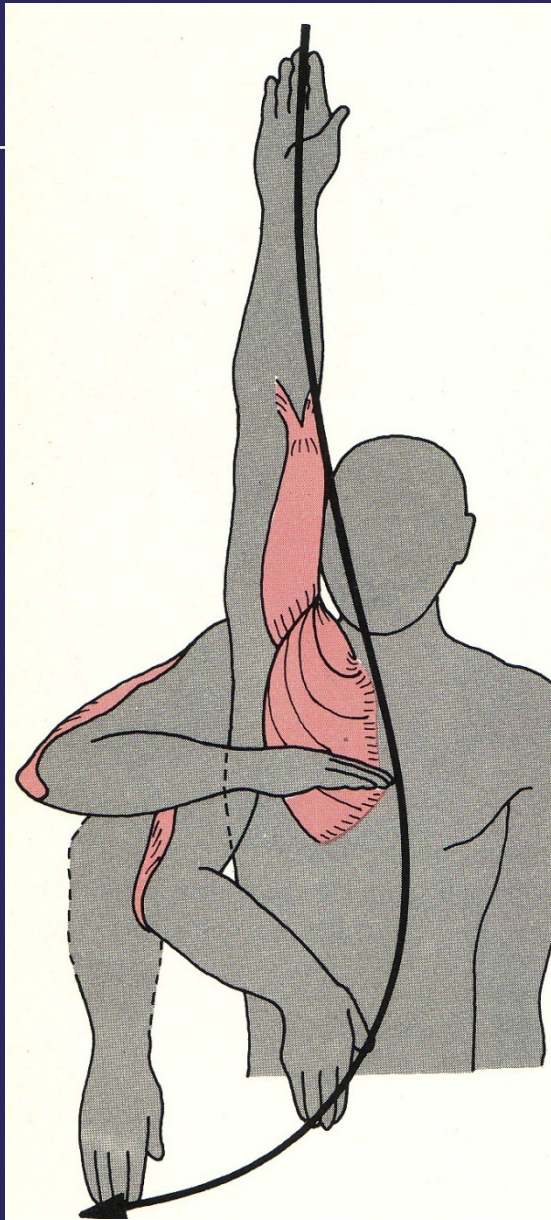
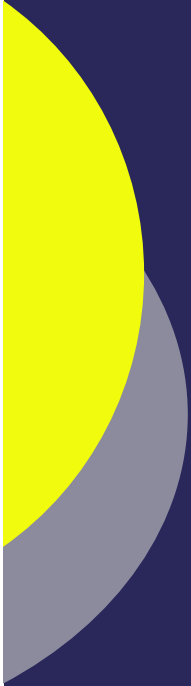


b

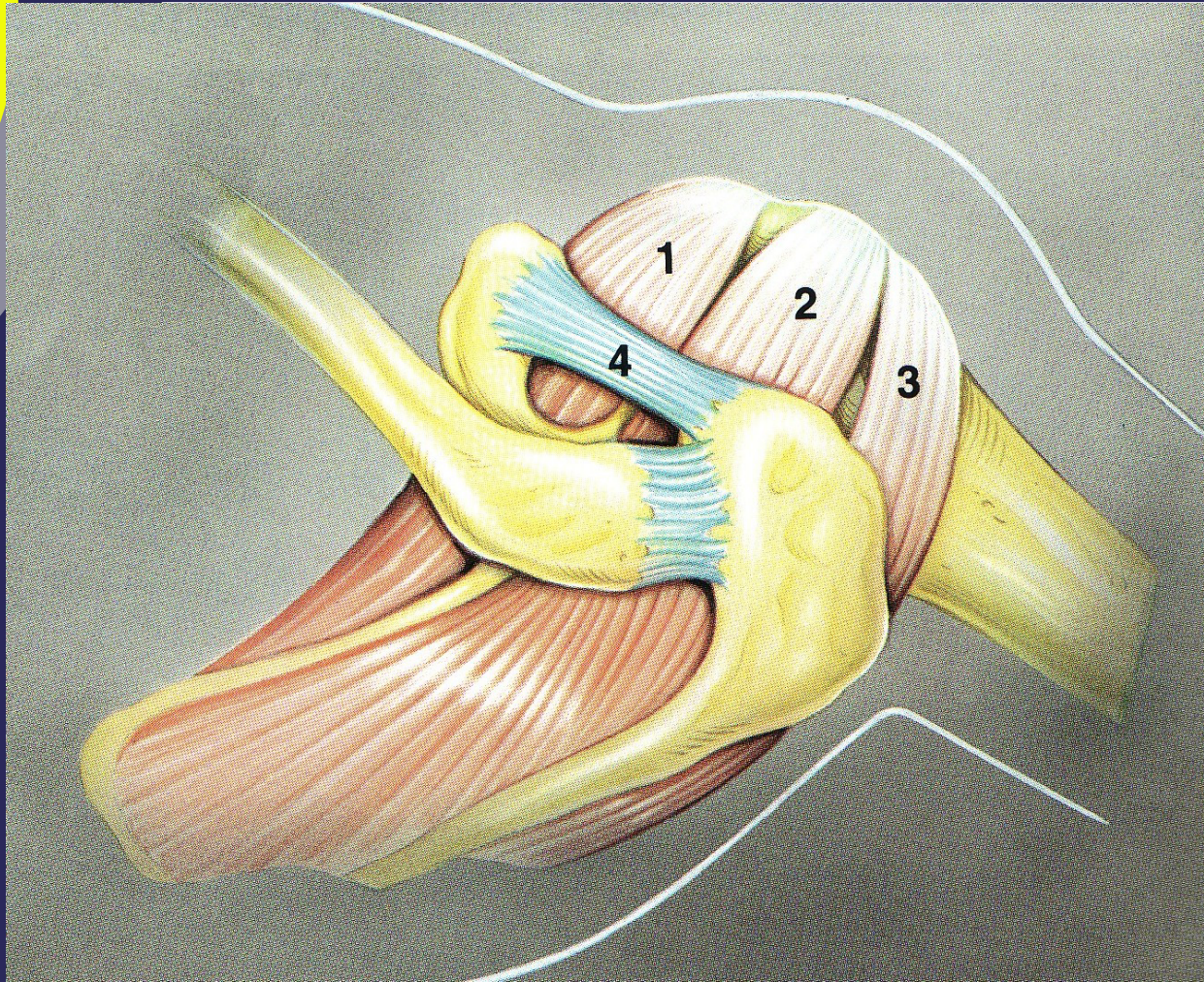


www.fisiokinesiterapia.biz

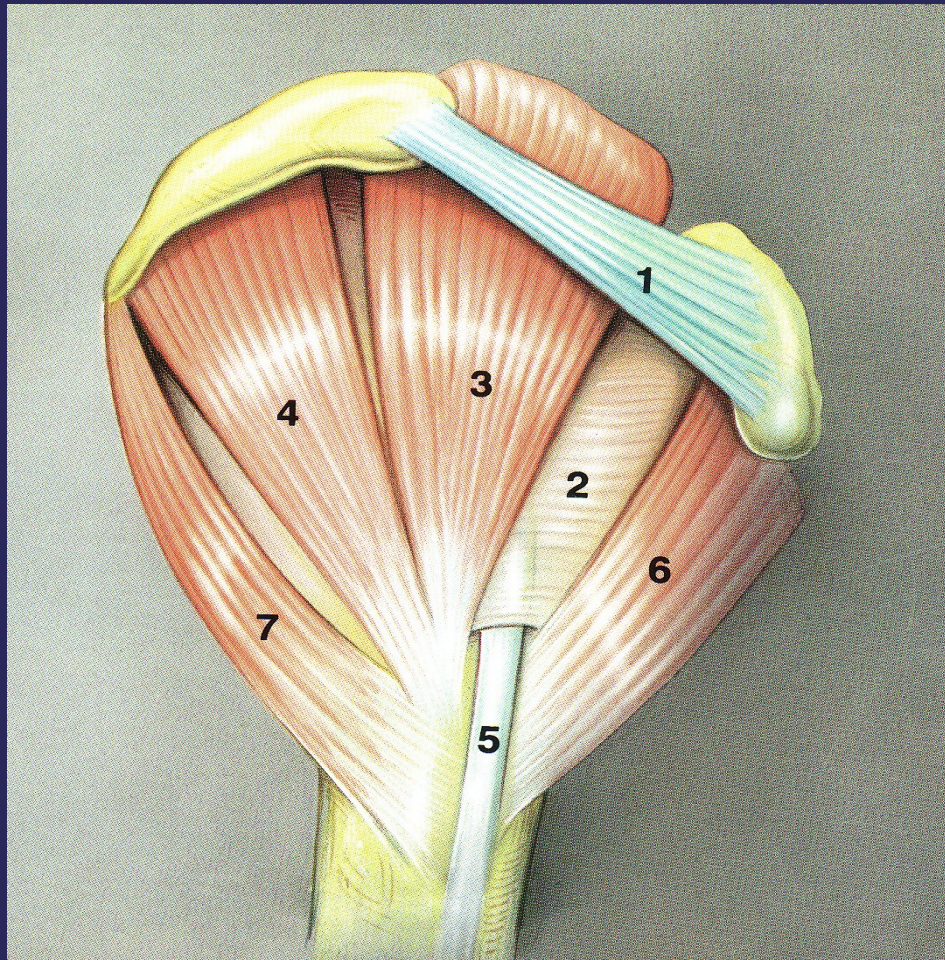




CUFFIA DEI ROTATORI

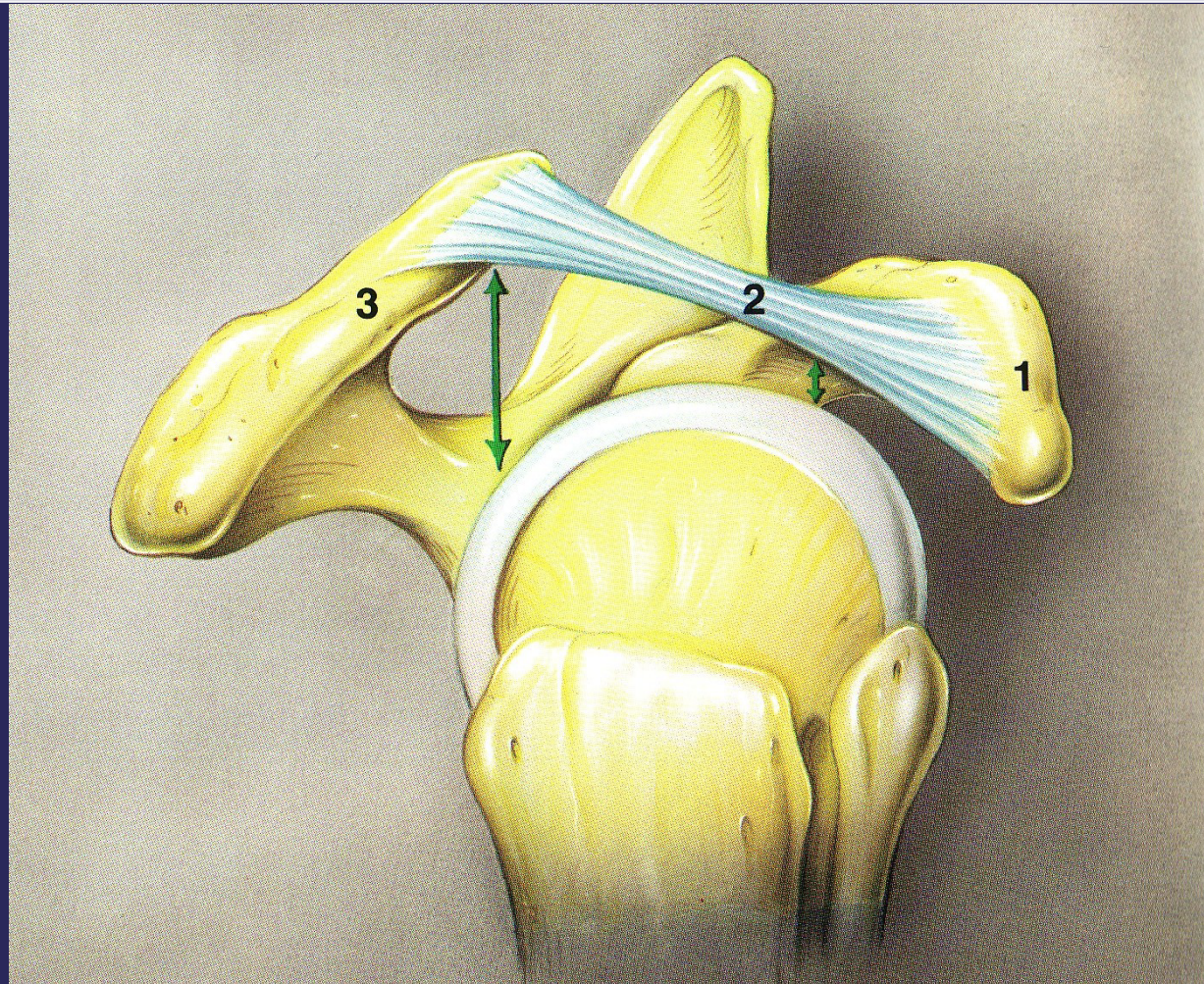


- 1) Tendine sottoscapolare
- 2) Tendine sovraspinoso
- 3) Tendine sottospinoso
- 4) Legamento coraco-acromiale

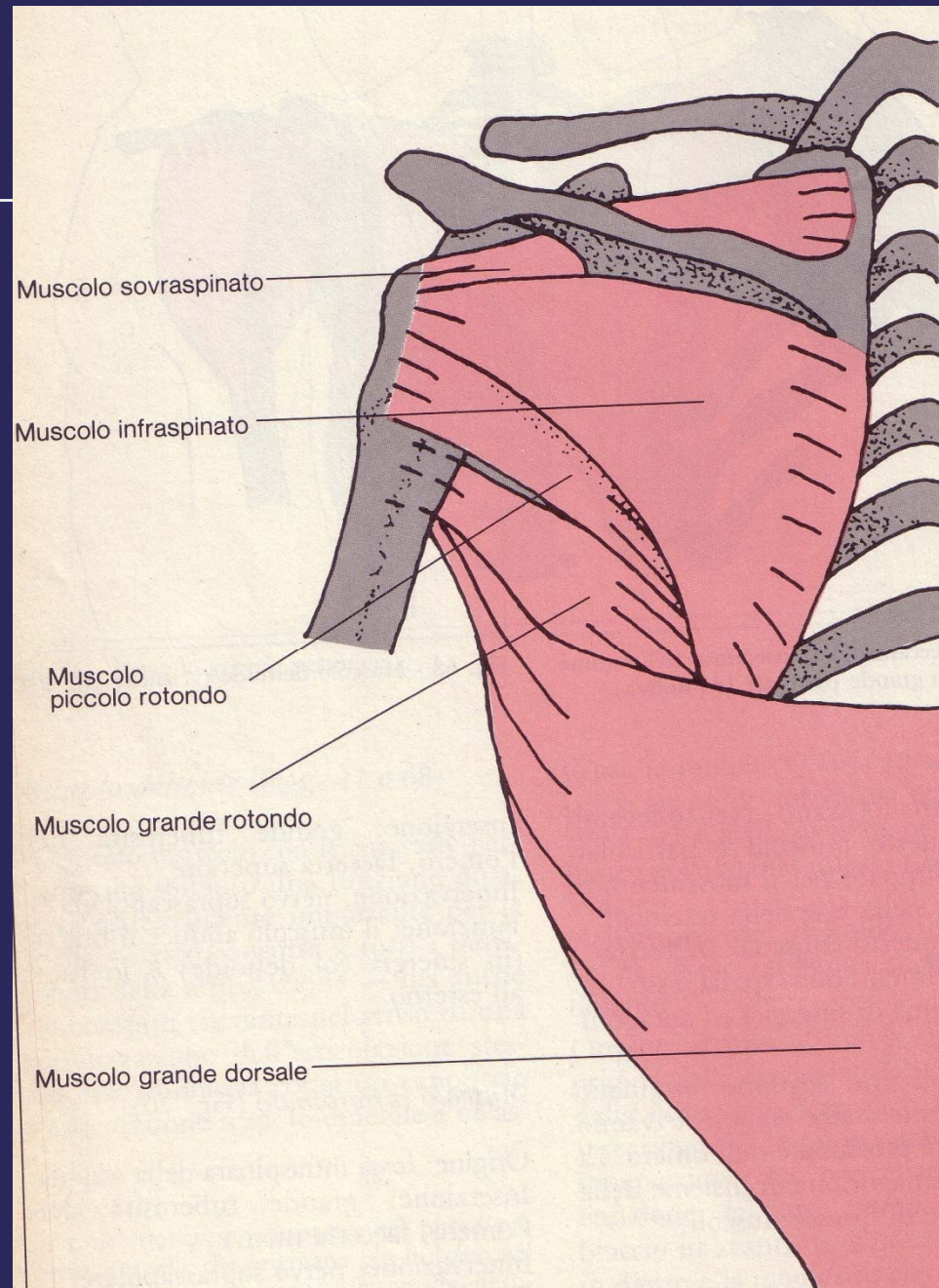


- 1) Leg.coraco-acromiale
- 2) Leg. omerale trasverso
- 3) Tendine sovraspinoso
- 4) Tendine del sottospinoso
- 5) Tendine c. l. bicipite
- 6) Tendine sottoscapolare
- 7) Tendine piccolo rotondo

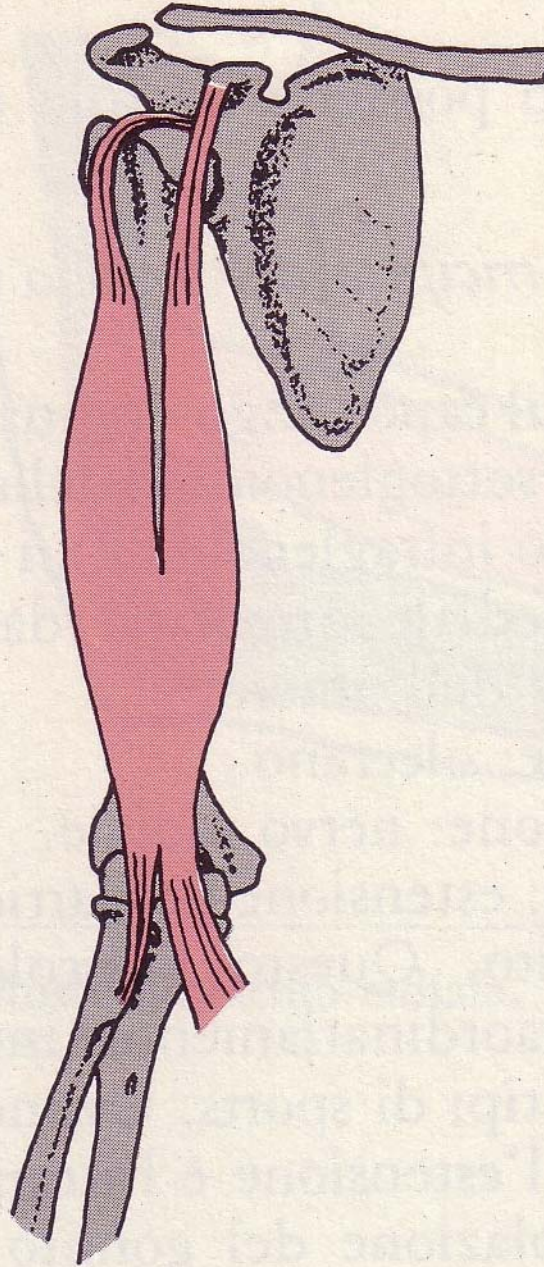
SPAZIO SUBACROMIALE

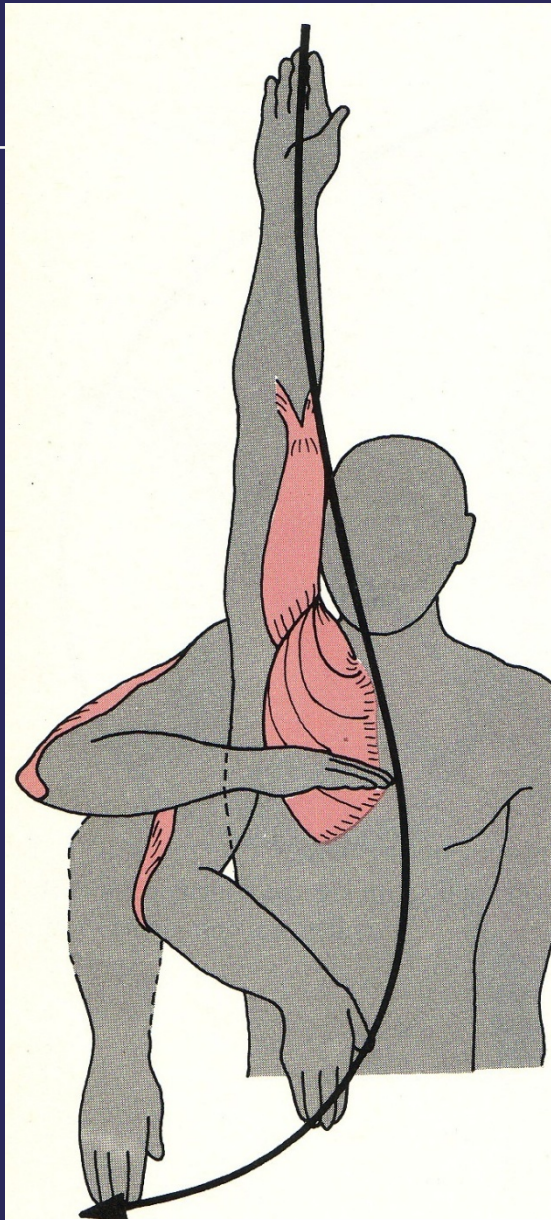
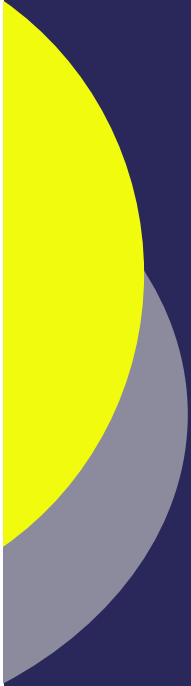


MUSCOLI SPALLA

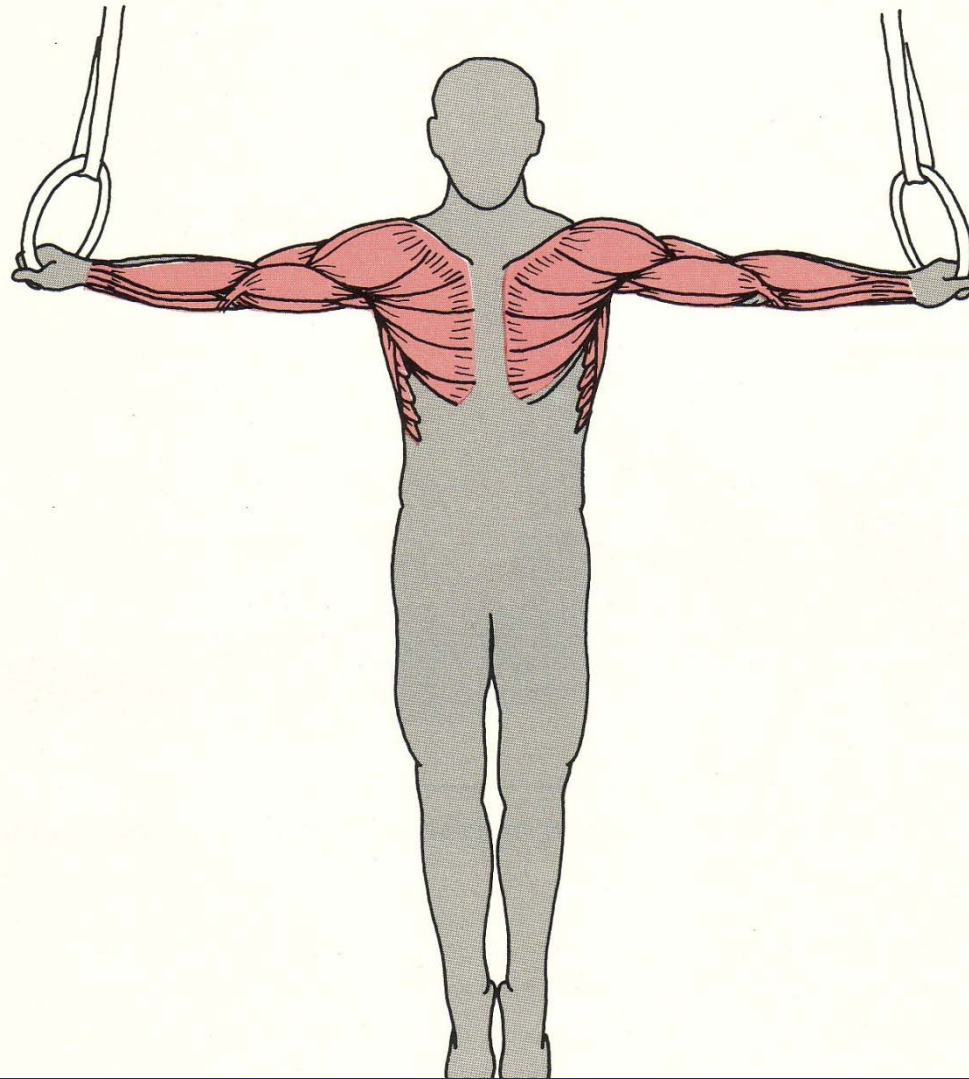


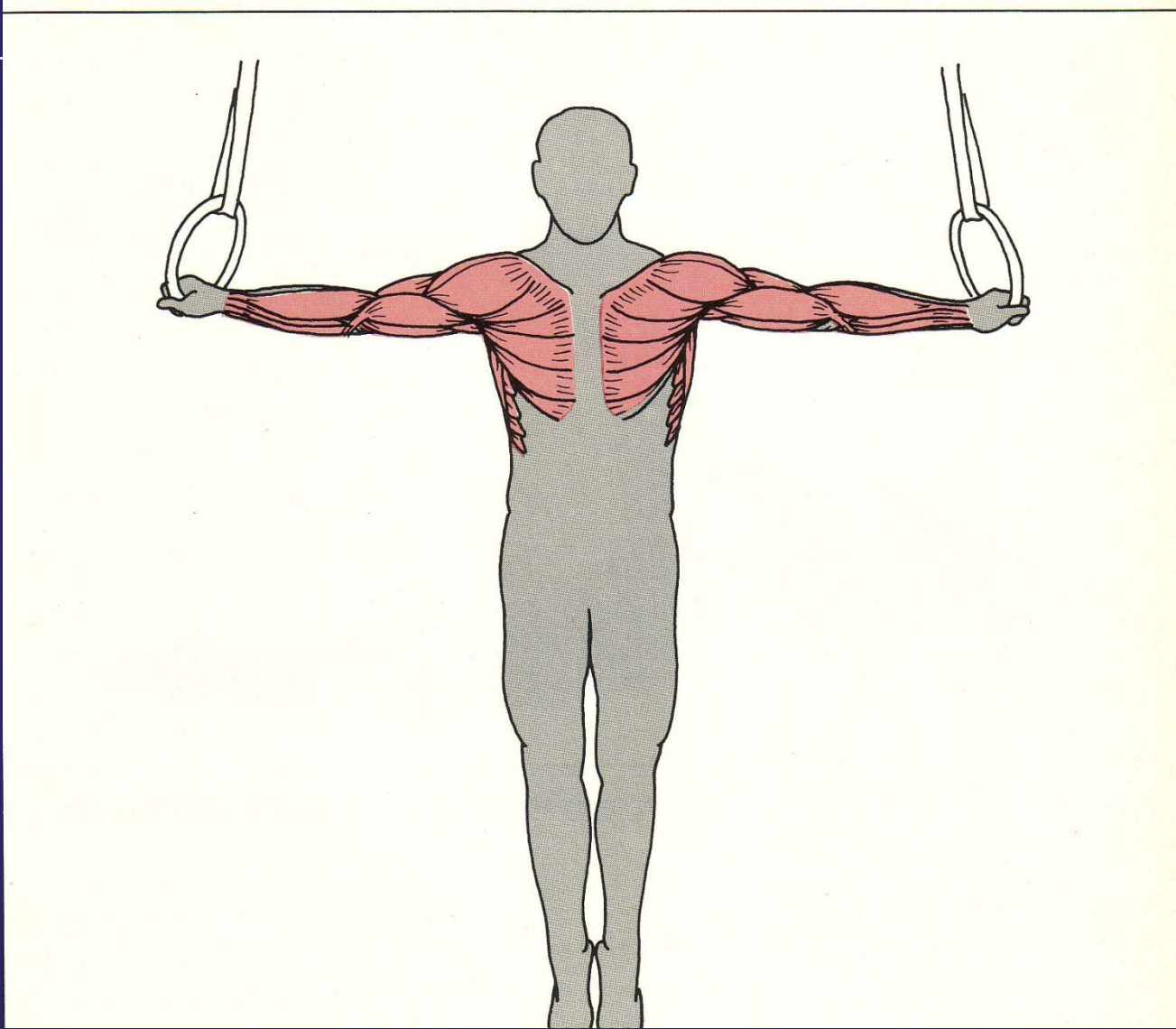
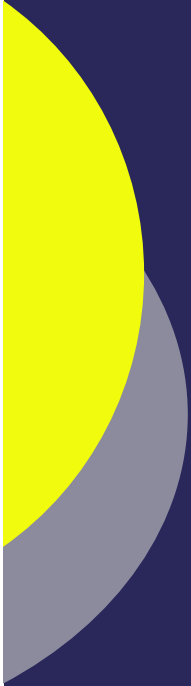
MUSCOLO BICIPITE





www.fisiokinesiterapia.biz





GLI STADI DEL CONFLITTO

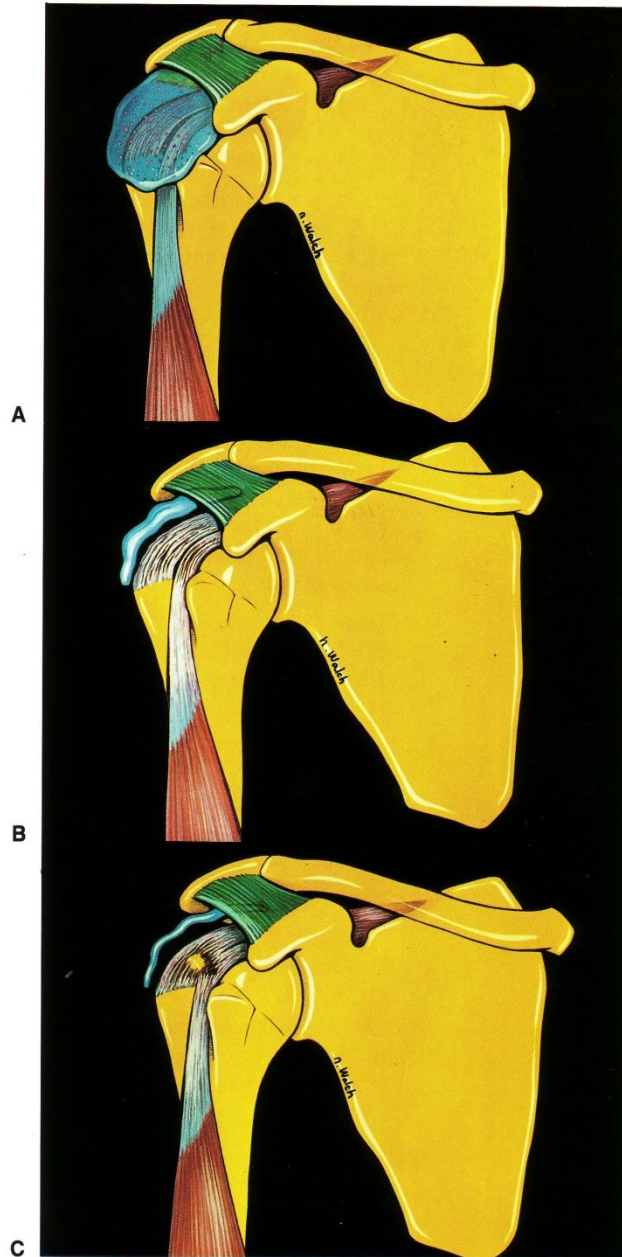


Fig. 4 - A) Stadio I°: edema ed emorragia nella borsa.
B) Stadio II°: fibrosi della borsa e tendinite del sovraspinoso e del capo lungo del bicipite.
C) Stadio III° rottura della cuffia dei ruotatori.

A) STADIO 1°: edema e
microemorragie
borsa subacromiale.

Dolore dopo lavoro
prolungato

B) STADIO 2°: fibrosi borsa
subacromiale e tendinite
sovraspinoso e/o c.l. bicipite

Dolore elevazione del
braccio
mantenimento braccio
alzato

C) STADIO 3°: lesioni tendinee più
gravi
anche
rottture.

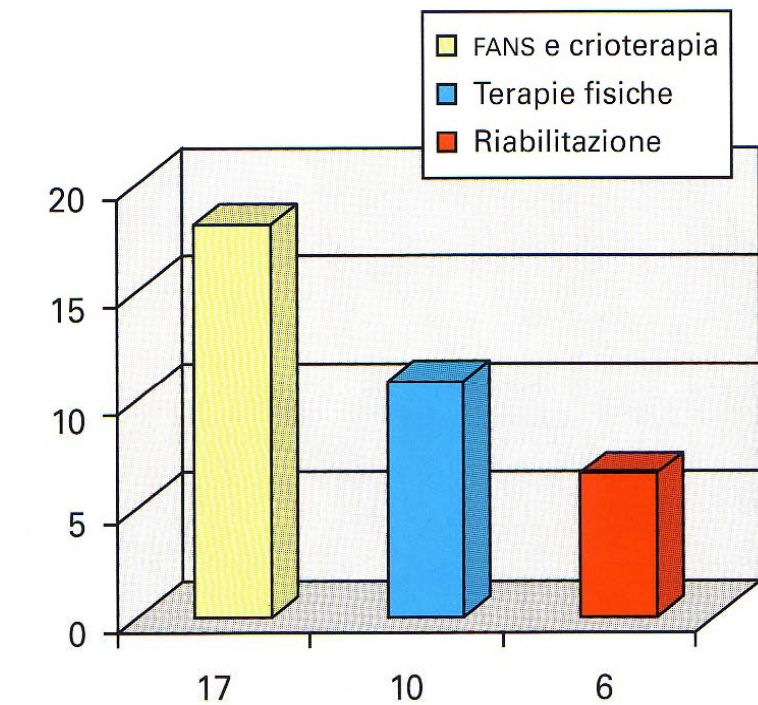
OBIETTIVI DELLA RIABILITAZIONE

- **Diminuzione dello stato algico e/o infiammatorio**
- **Recupero o mantenimento della completa escursione art.**
- **Recupero della potenza e della forza**
- **Ritorno alla sport in completo recupero fisico**

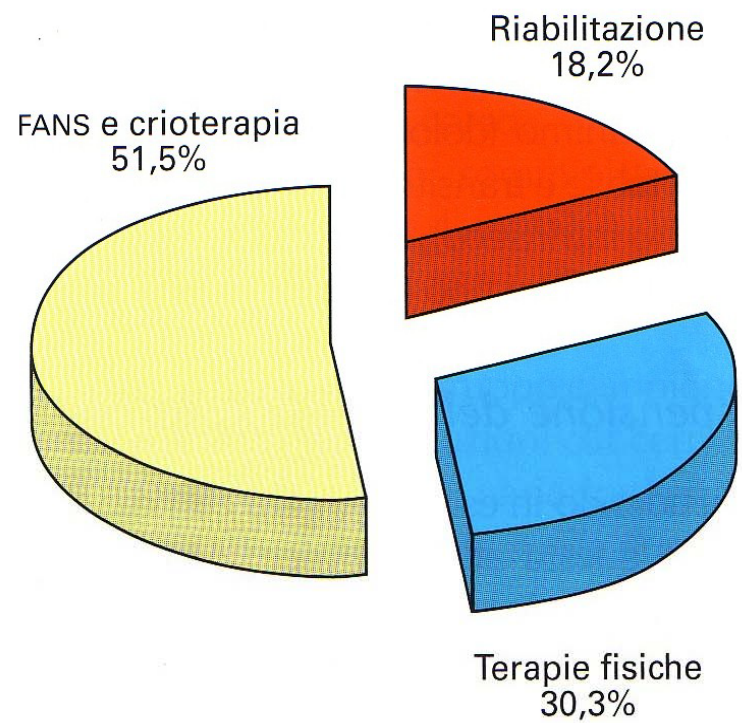
METODICHE RIABILITATIVE

- STRETCHING
- KINESITERAPIA
- KINESI ISOMETRICA
- POTENZIAMENTO CON PESI
- ISOCINETICA
- IDROKINESITERAPIA

STRATEGIE TERAPEUTICHE DOPO SOSPENSIONE ATTIVITA' SPORTIVA



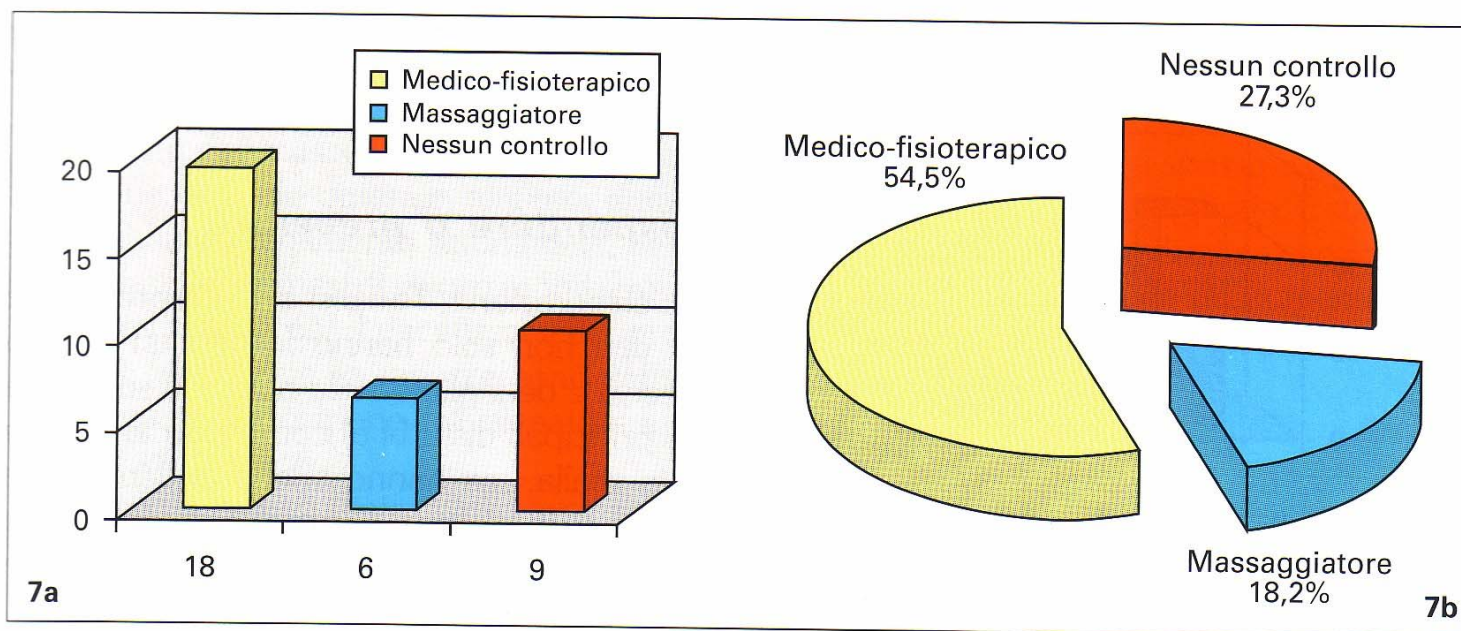
6a



6b

APPROCCIO DIAGNOSTICO DOLORE SPALLA

www.fisiokinesiterapia.biz



STRETCHING



Fig. 3A

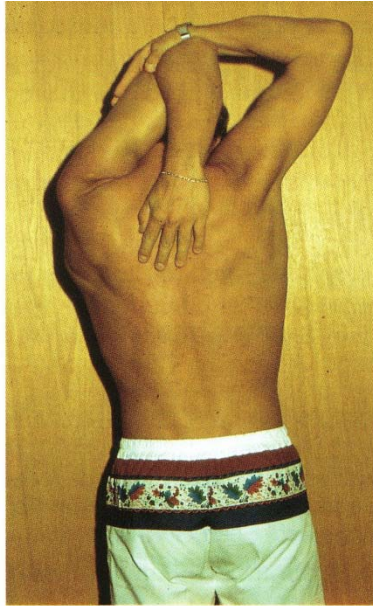


Fig. 3B

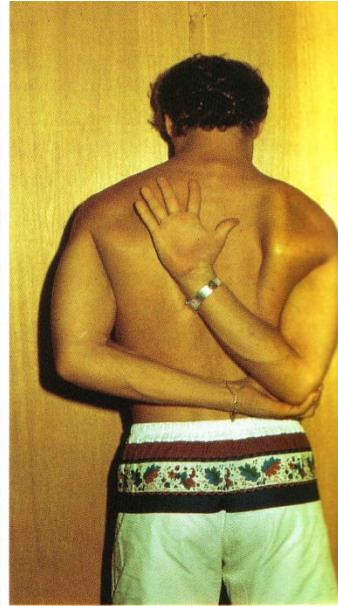


Fig. 3C

Fig. 3 - Lo stretching

- A - distensione posteriore della cuffia
- B - distensione inferiore della cuffia
- C - distensione superiore della cuffia
- D - distensione anteriore della cuffia
- E - distensione della cuffia a 90°
- F - distensione della cuffia a 120°
- G - distensione della cuffia a 180°

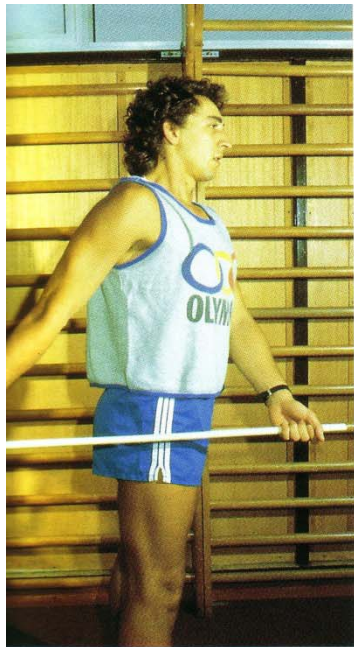


Fig. 3D



Fig. 3E

KINESI-TERAPIA ATTIVA



D

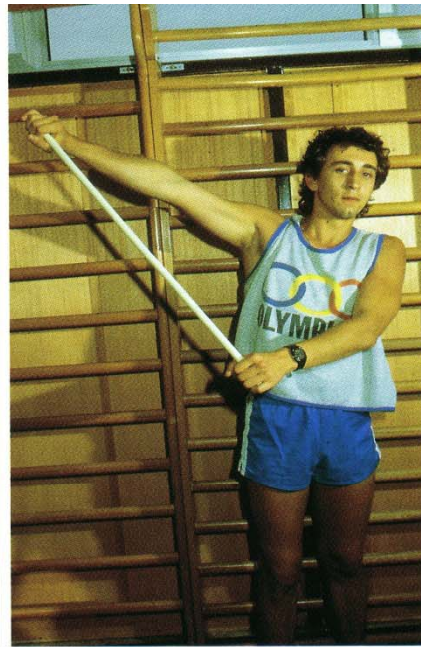


Fig. 4E

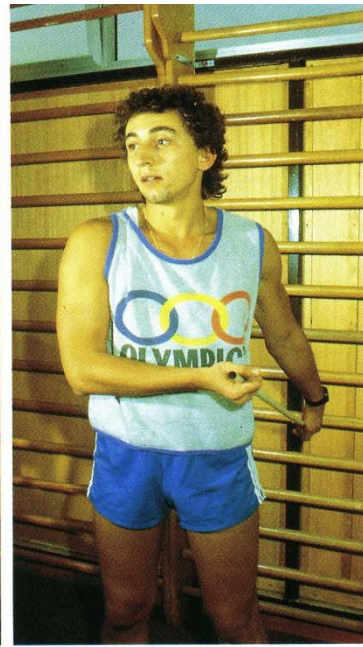
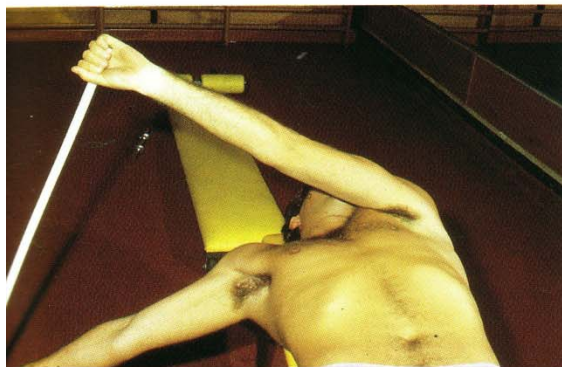


Fig. 4F

Fig. 4 - La cinesi-terapia passiva

A - esercizio del pendulum
B - arrampicamento ventrale
C - arrampicamento laterale
D - flessione-estensione

E - abduzione
F - intra-extrarotazione
G - abduzione-adduzione orizzontale in posizione supina
H - flesso-estensione in posizione supina.



G

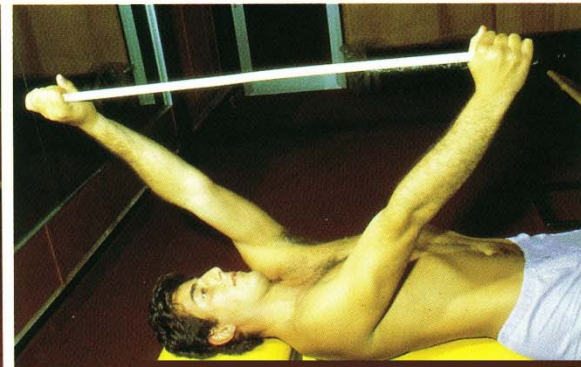


Fig. 4H

POTENZIAMENTO CON PESI

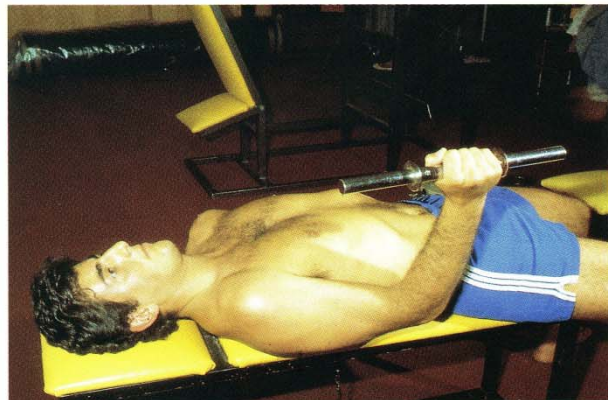
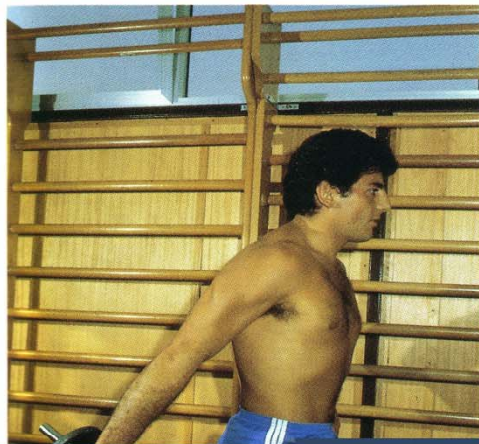


Fig. 6D

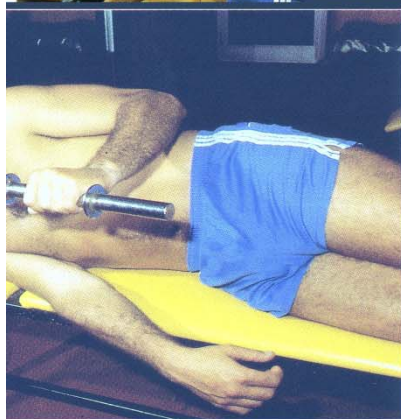


Fig. 6C



Fig. 6E



Fig. 6F

GINNASTICA ISOMETRICA

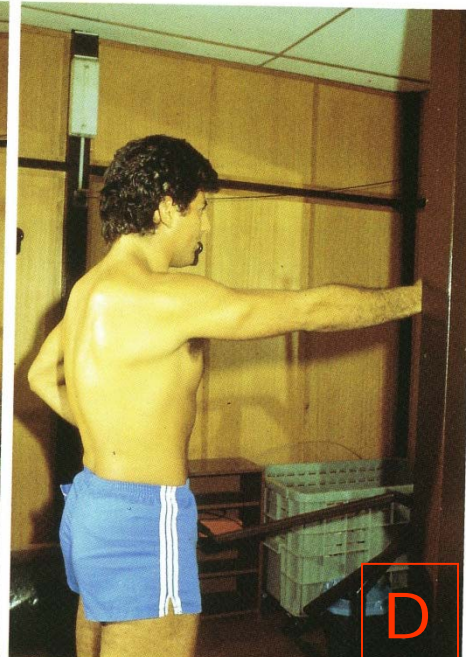
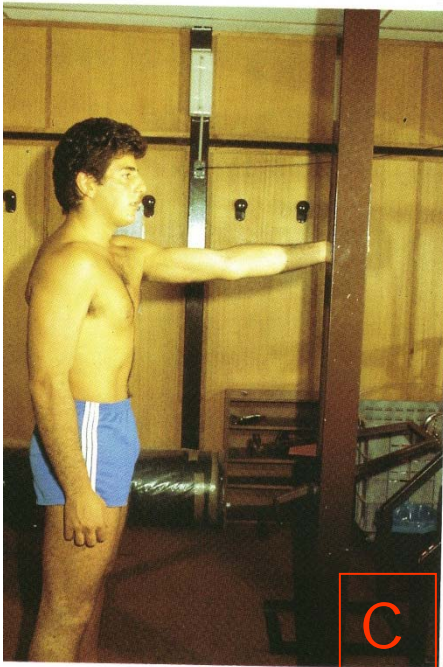


A : INTRAROTATORI

B : EXTRAROTATORI

C : ADDUZIONE ORIZZONTALE

D : ABDUZIONE ORIZZONTALE



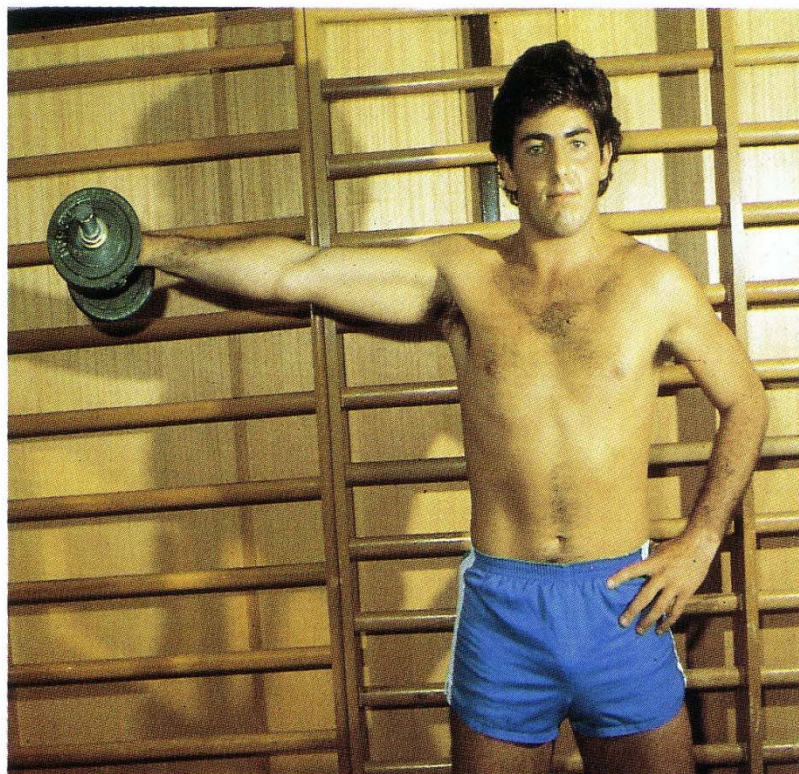


Fig. 6A

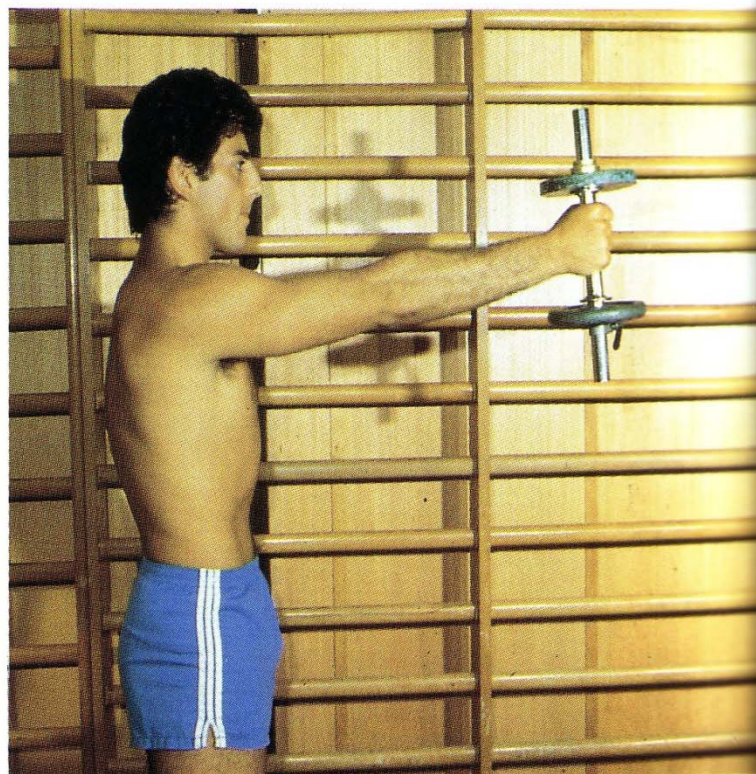
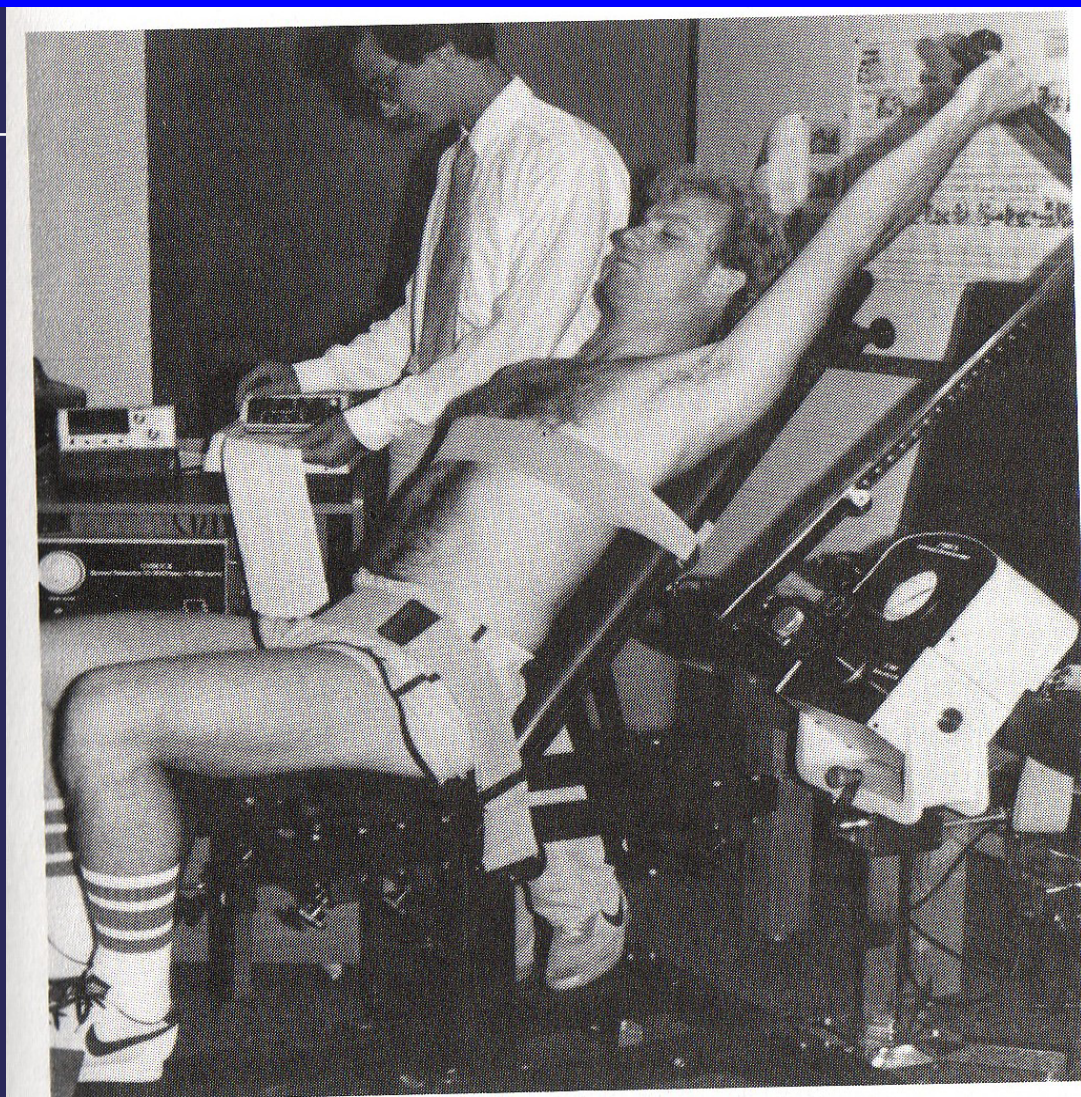
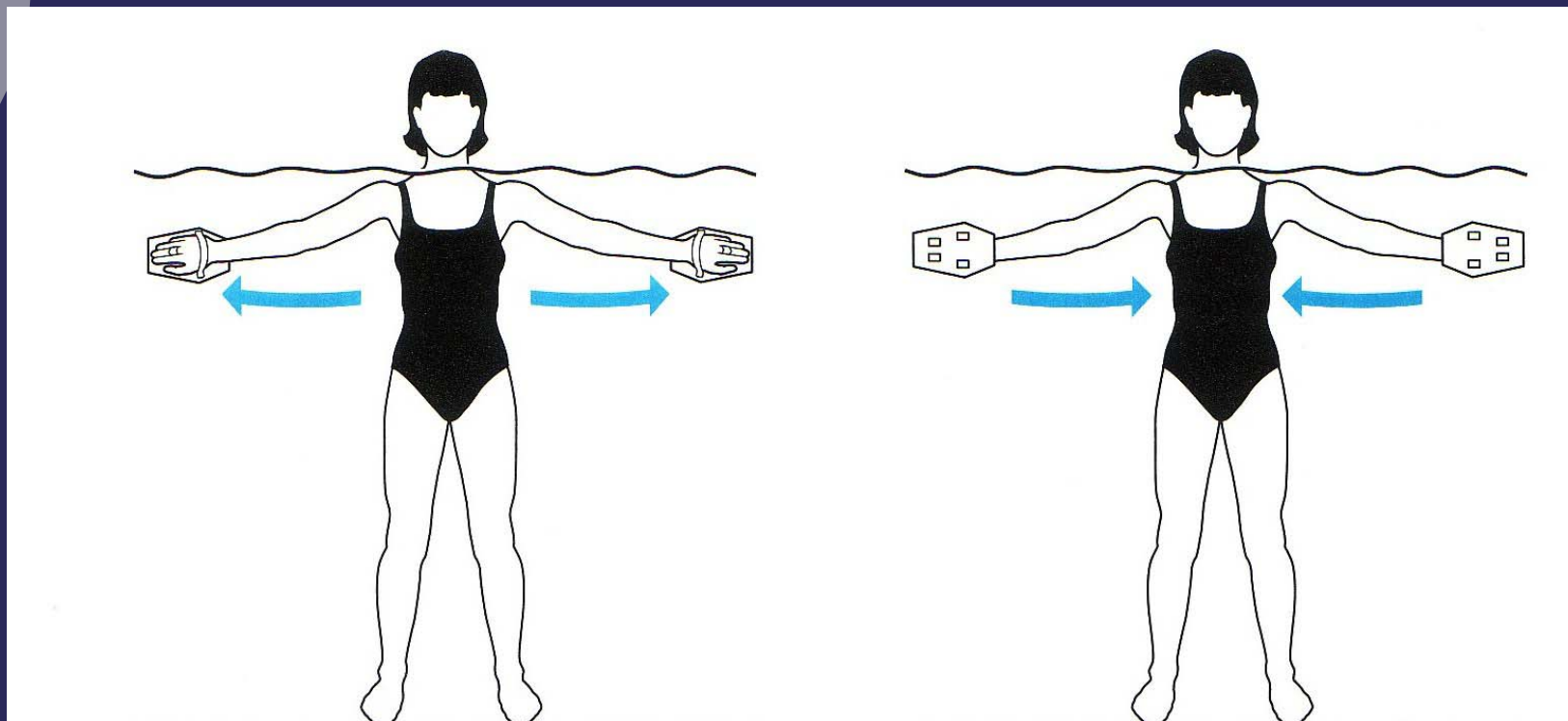


Fig. 6B

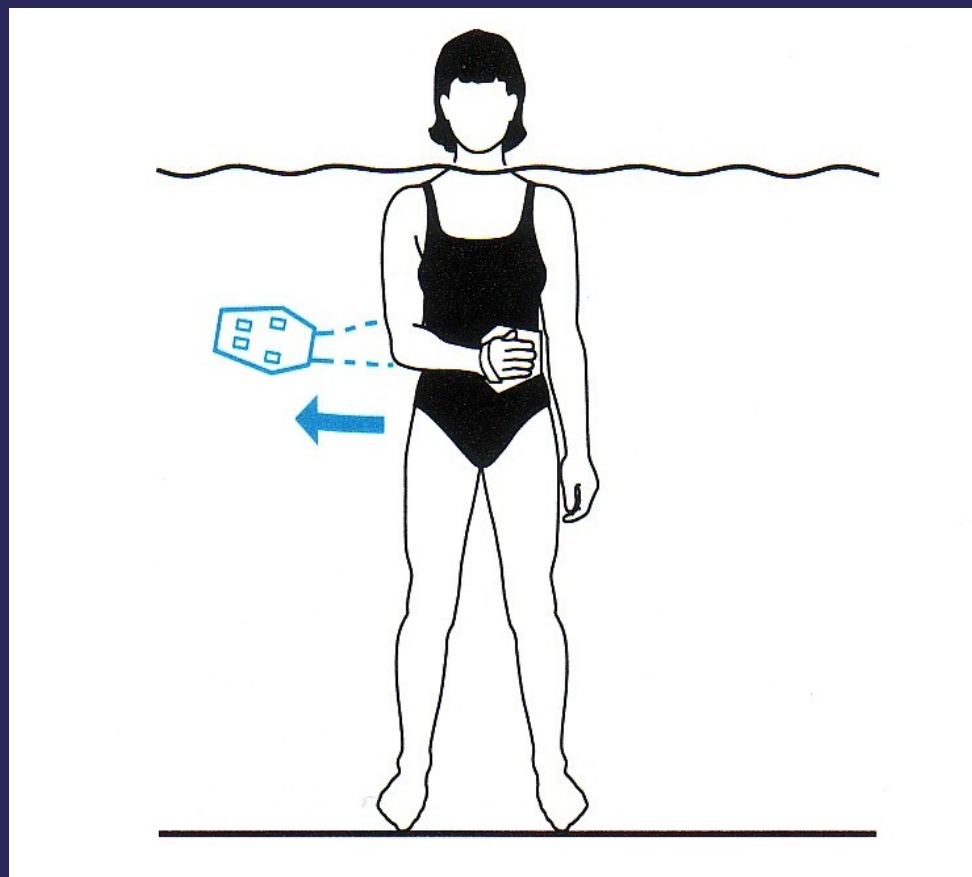
RIABILITAZIONE ISOCINETICA



ESERCIZI CON ATTREZZI (abduzione adduzione)

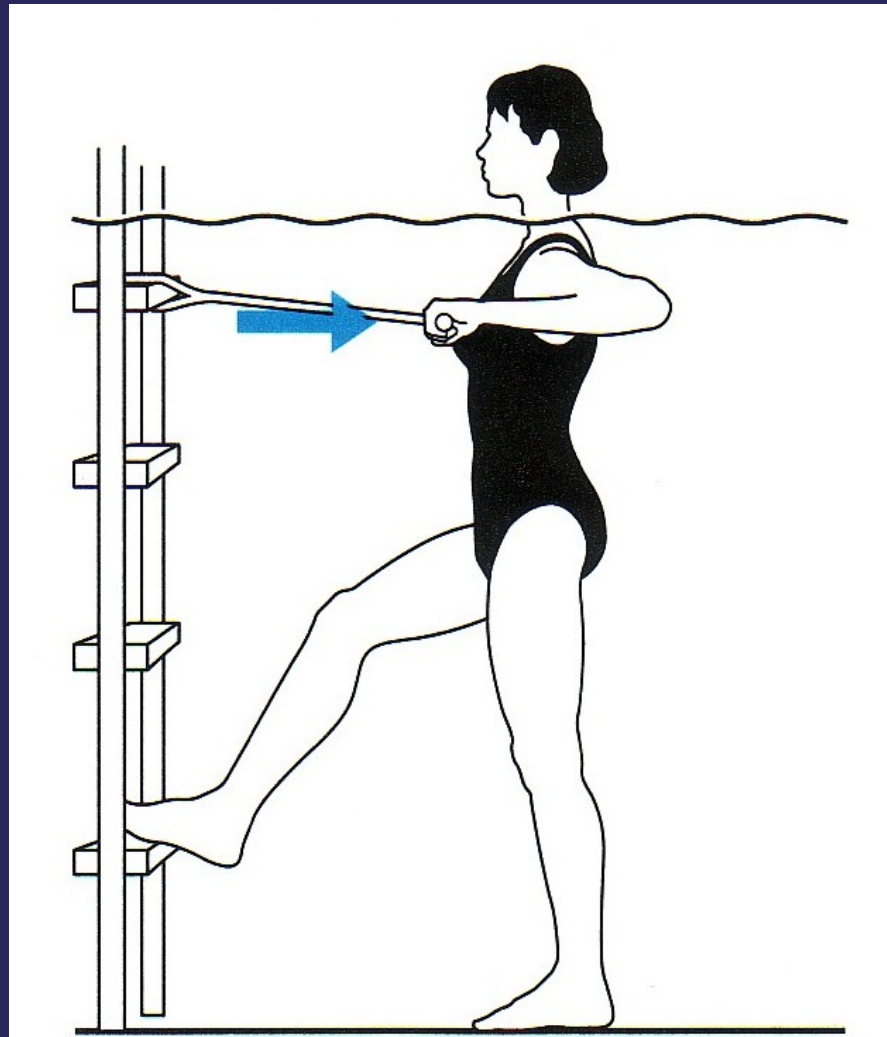


ESERCIZI CON ATTREZZI (rotazione est.-int.)

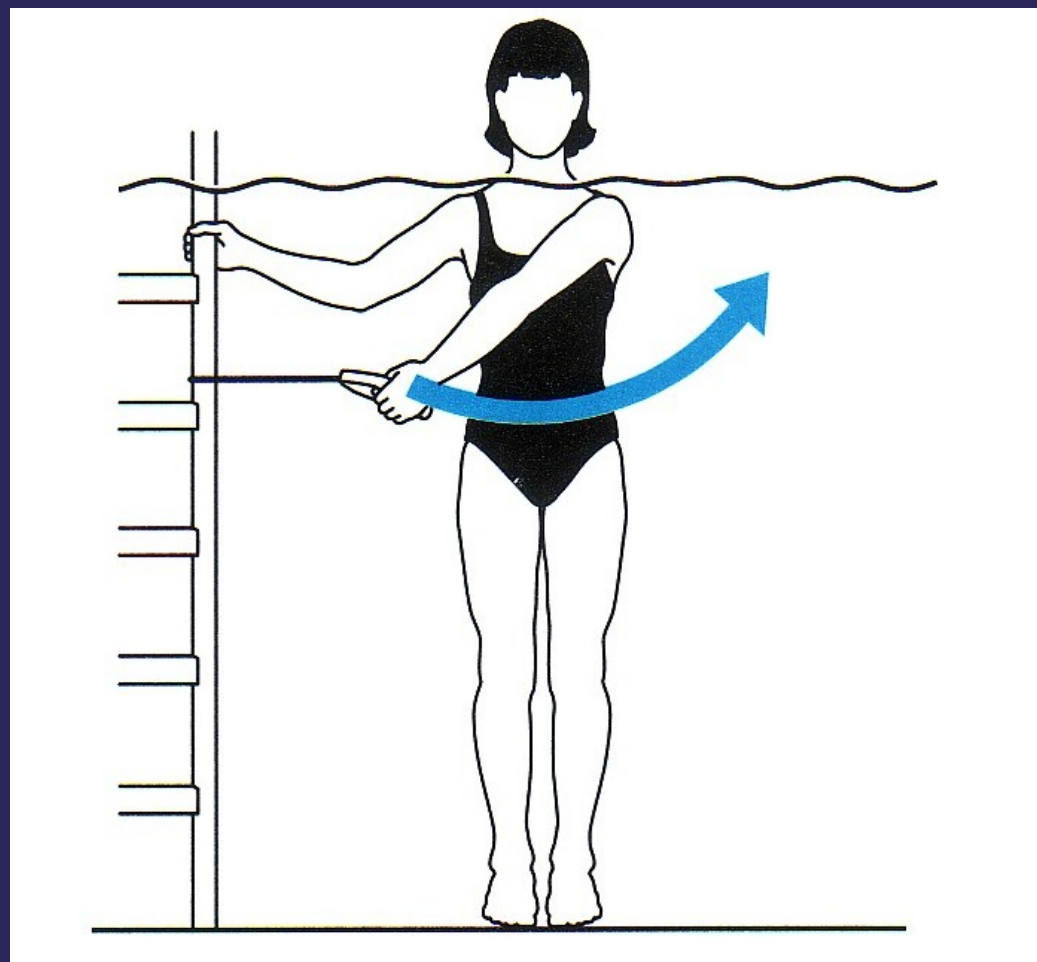


ESERCIZI CON ATTREZZI (elastico su scaletta)

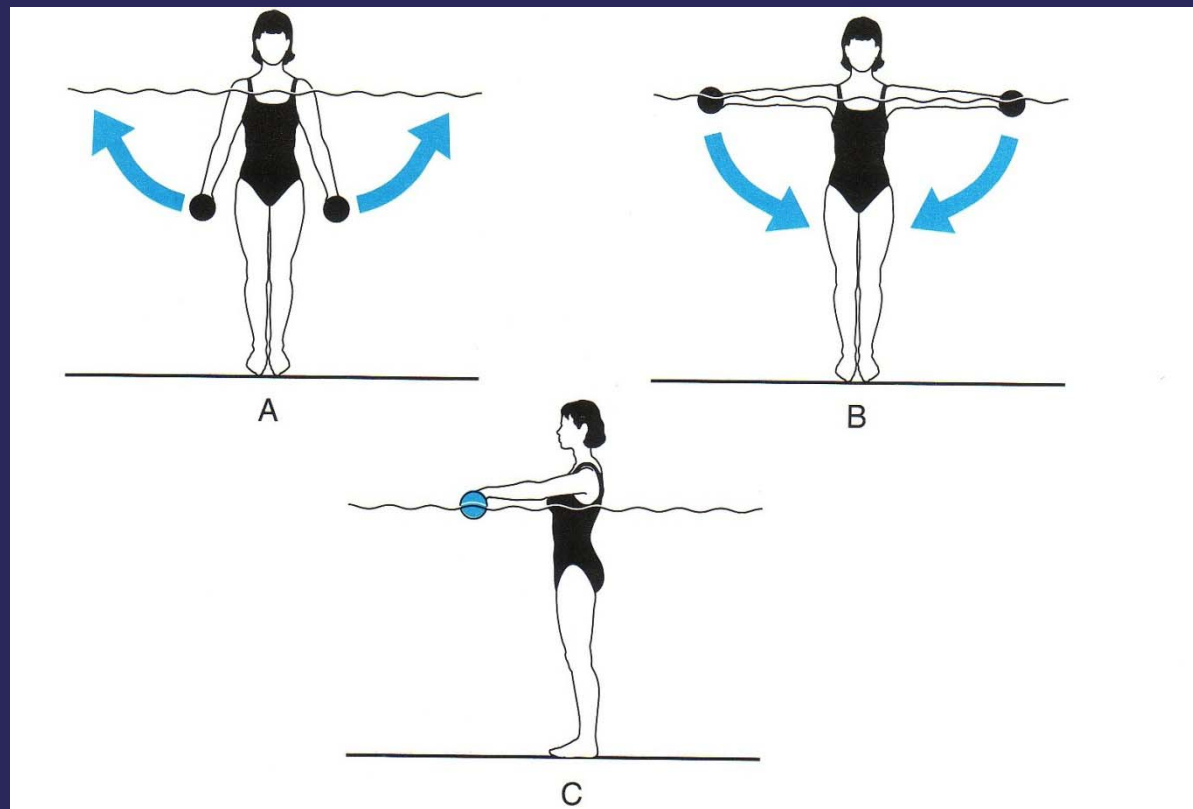
www.fisiokinesiterapia.biz



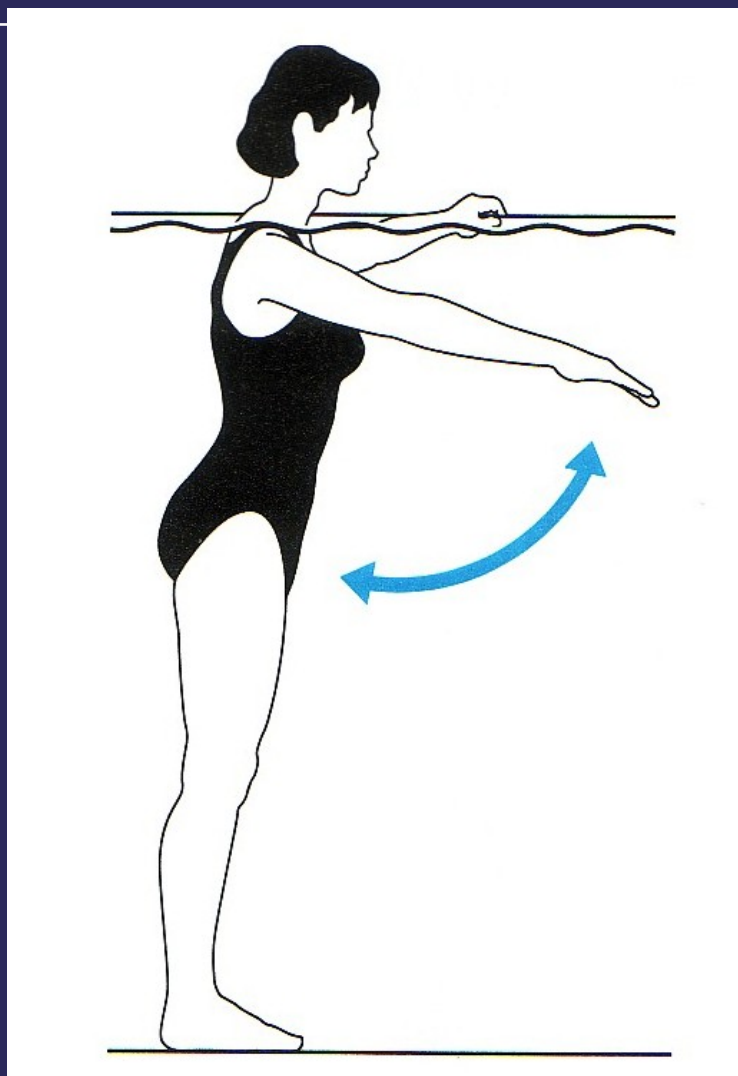
ESERCIZI CON ATTREZZI (elastico su scaletta)



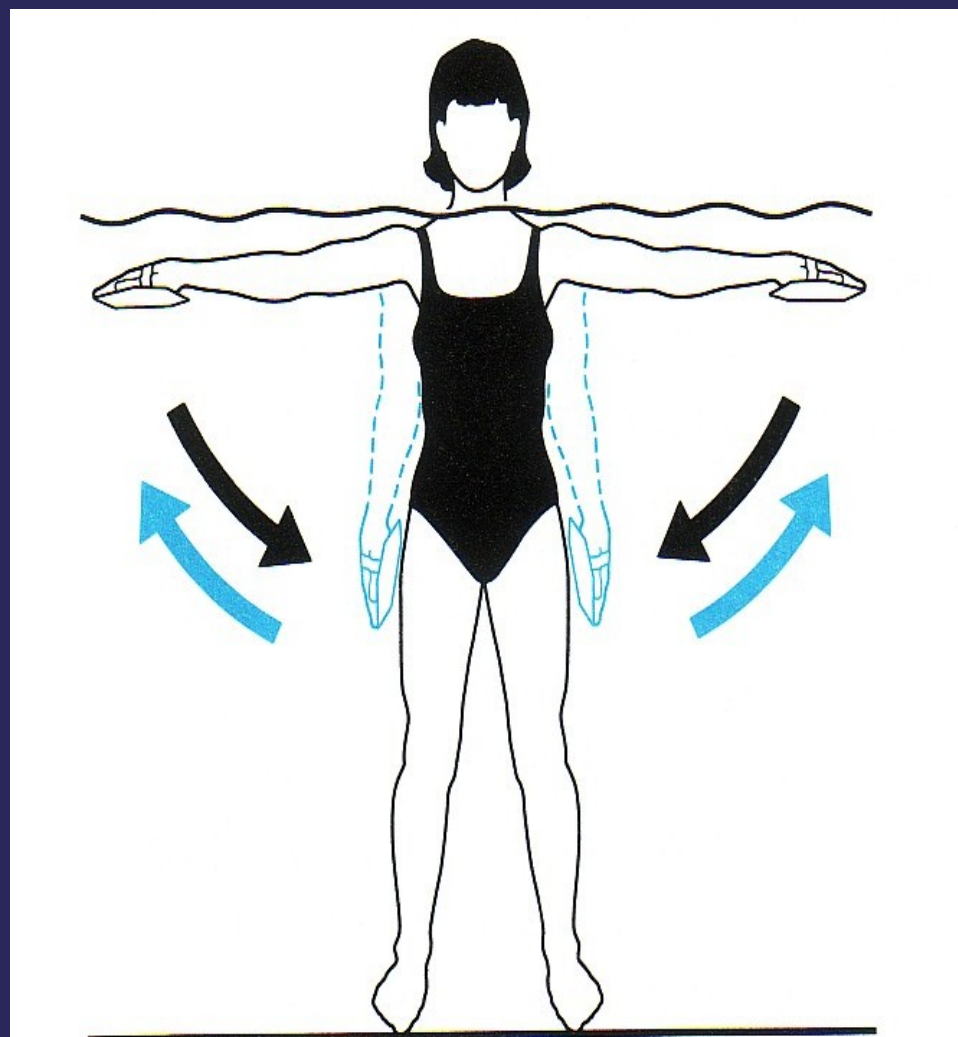
ESERCIZI ABDUZIONE ED ADDUZIONE CON GALLEGGIANTI



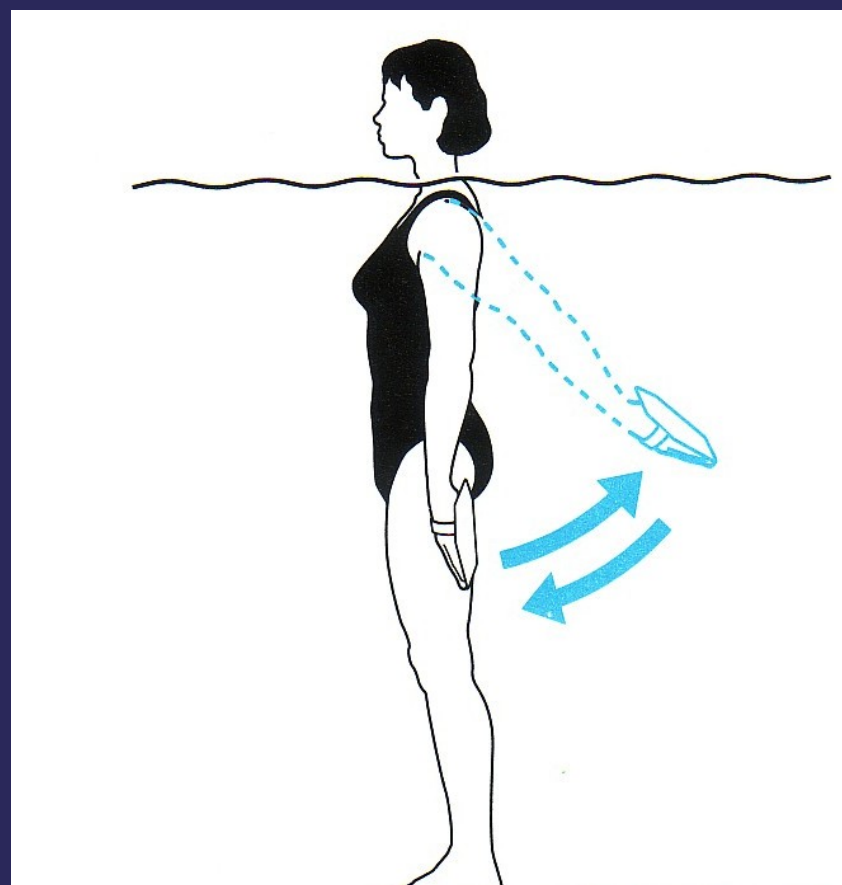
ESERCIZIO DEL PENDOLO



ESERCIZI CON ATTREZZI (abduzione-adduzione)

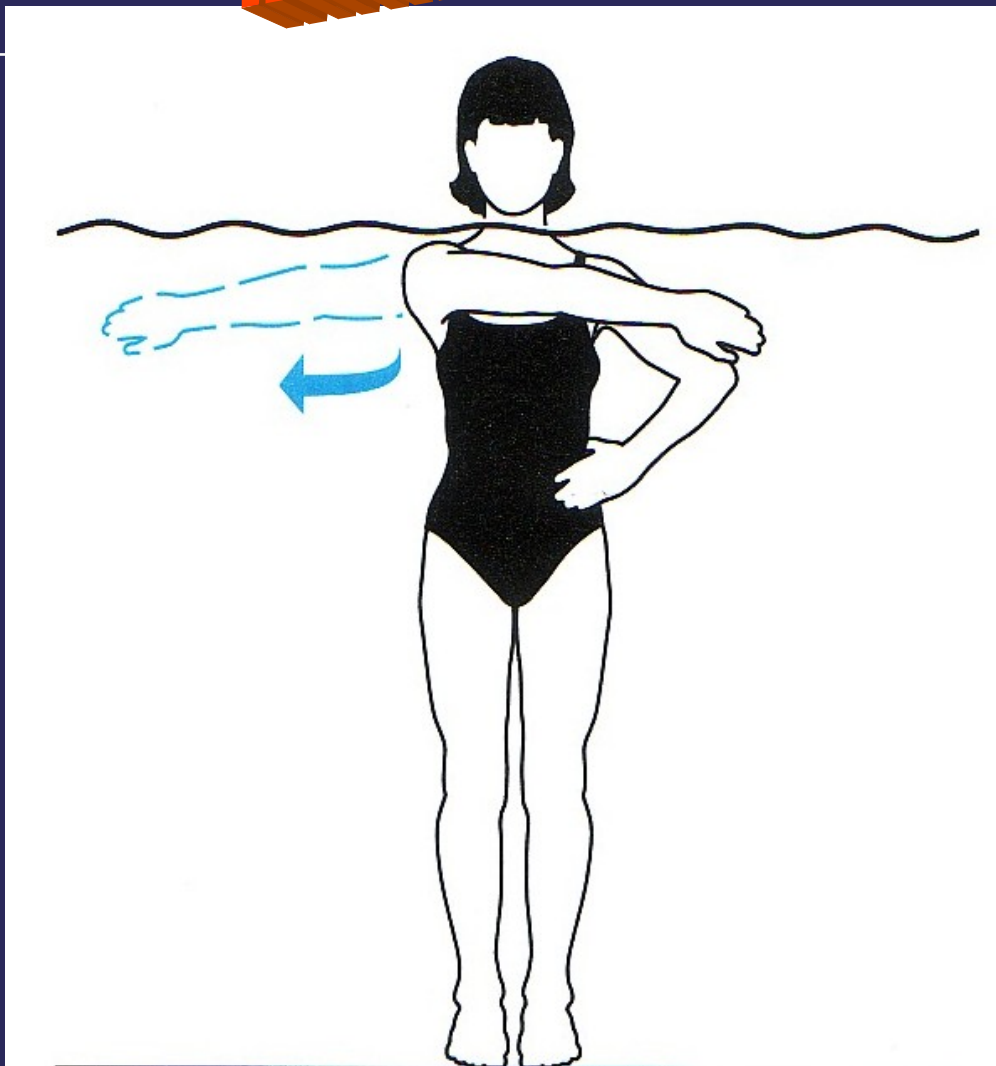


ESERCIZI CON ATTREZZI (estensione)

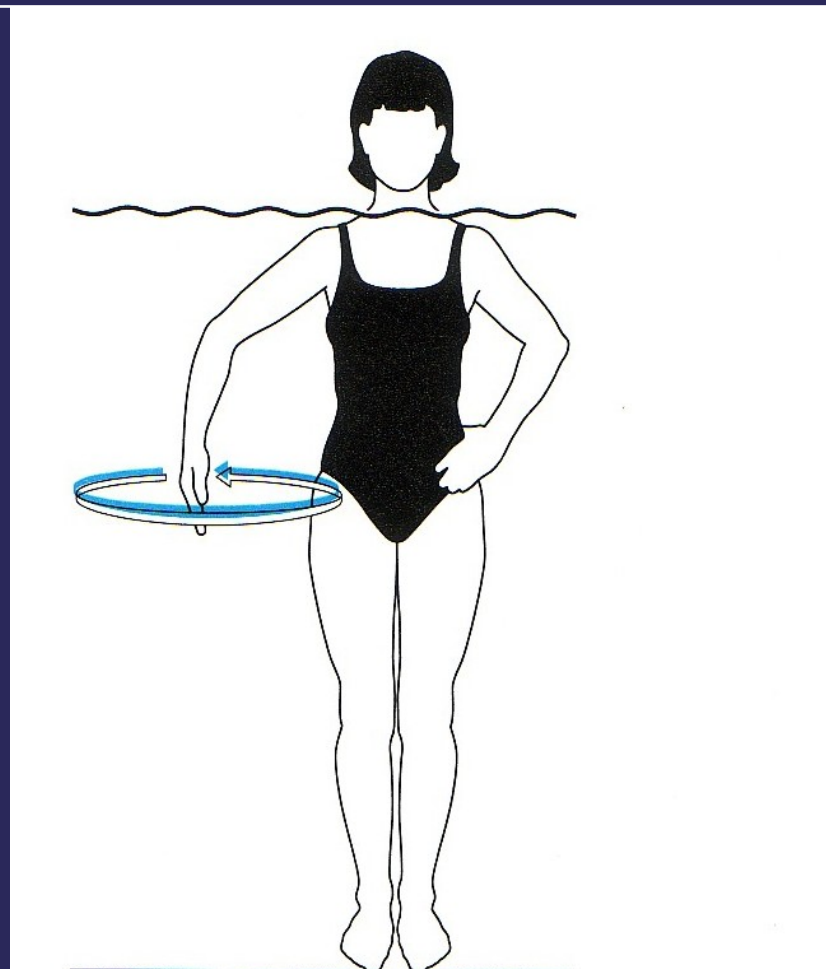


SPOSTAMENTO FRONTALE BRACCIO

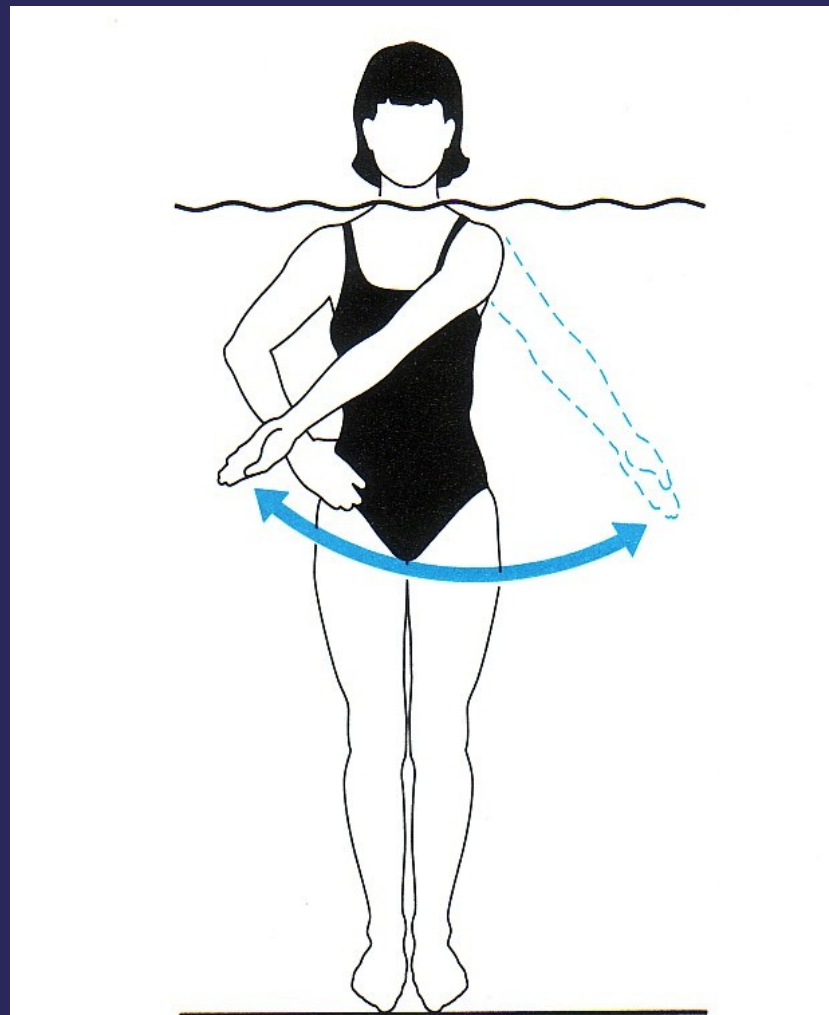
www.fisiokinesiterapia.biz



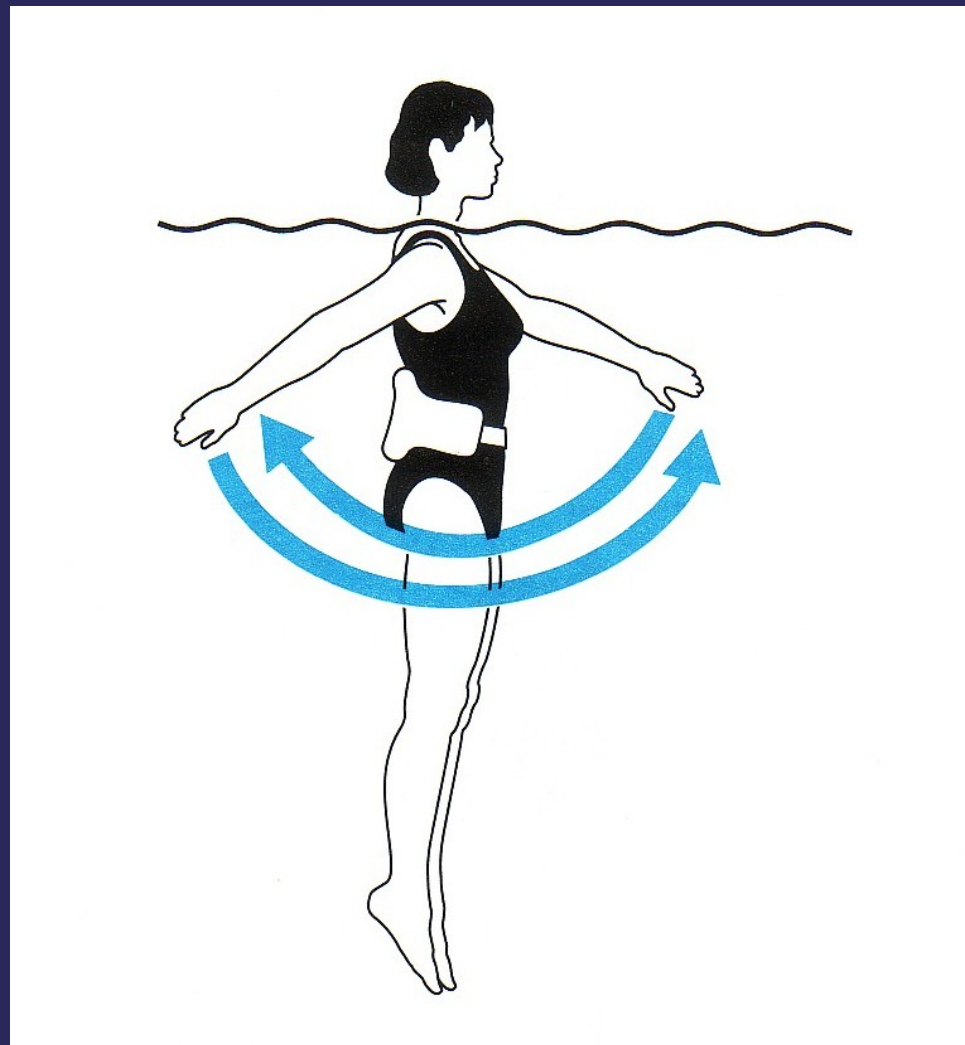
ROTAZIONI CON LA MANO



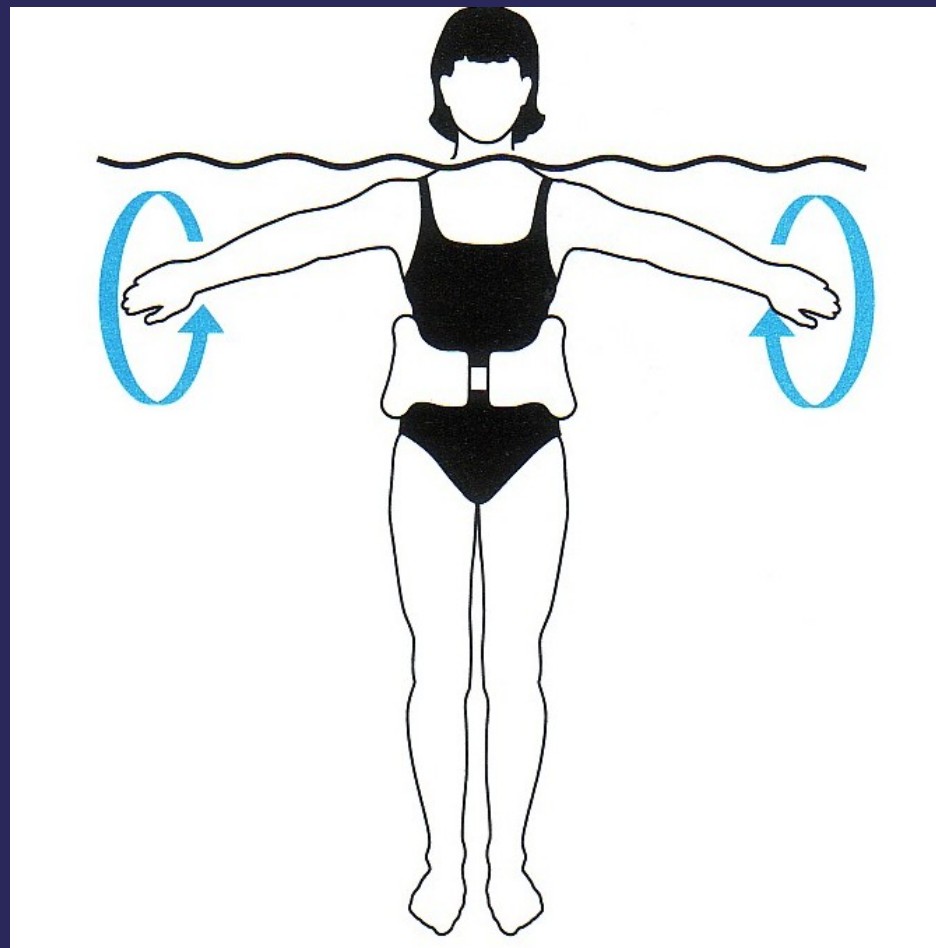
PENDOLO FRONTALE



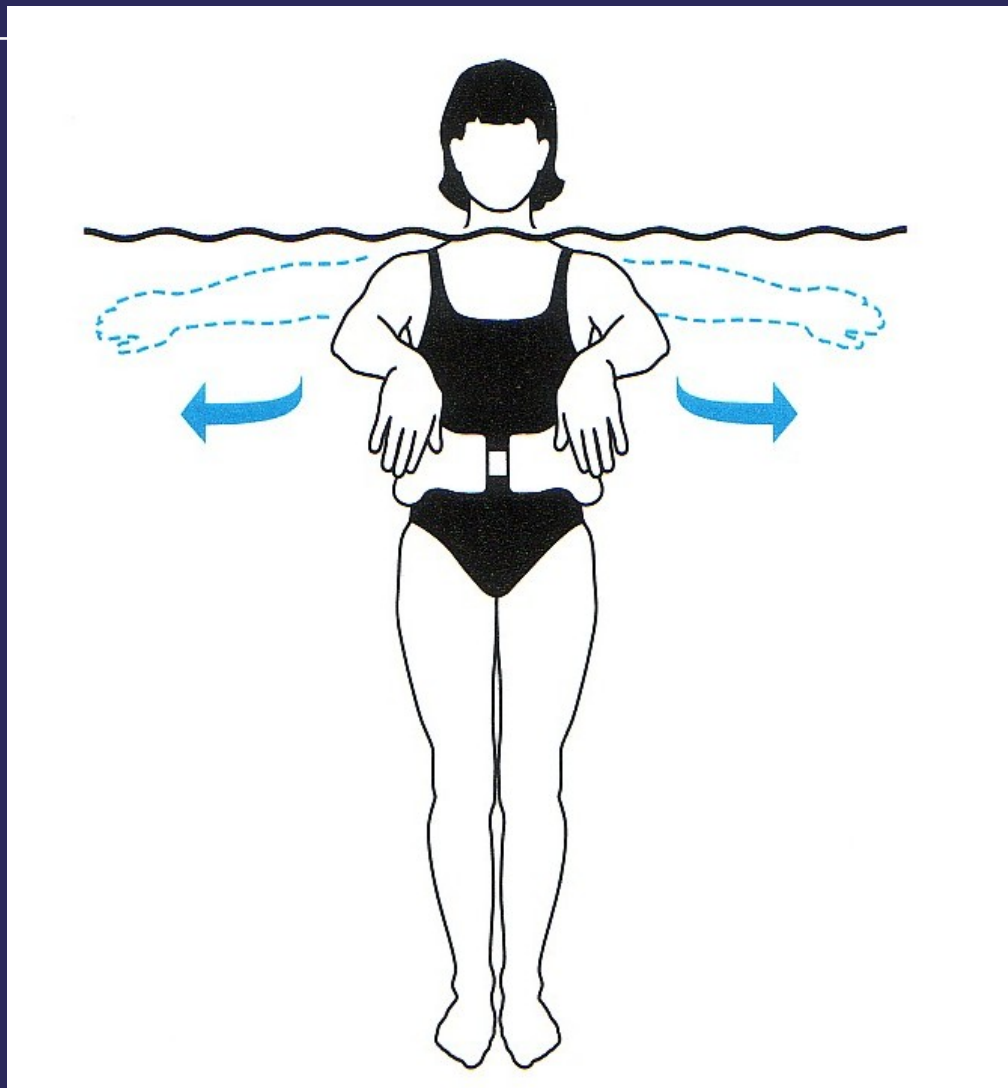
ESERCIZI IN ACQUA PROFONDA CON CINTURA STABILIZZANTE



ESERCIZI IN ACQUA PROFONDA



ESERCIZI IN ACQUA PROFONDA



ESERCIZI CON ATTREZZI (palette)

www.fisiokinesiterapia.biz

