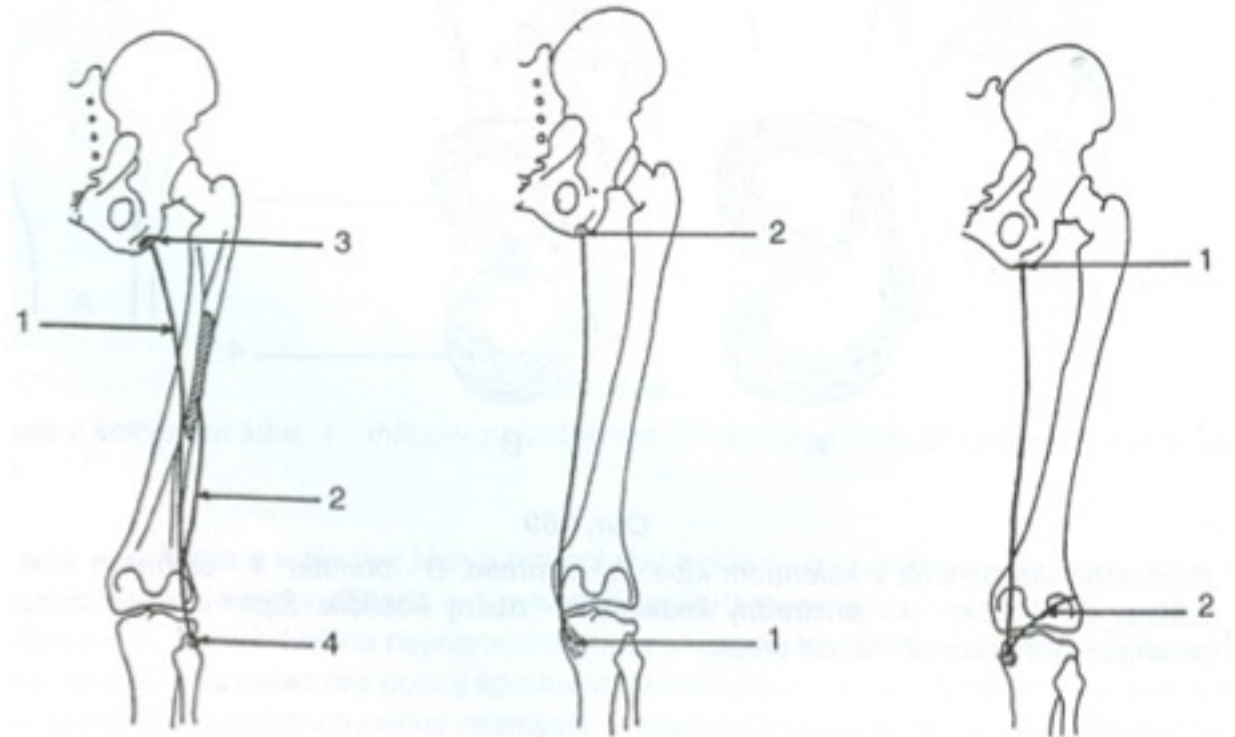
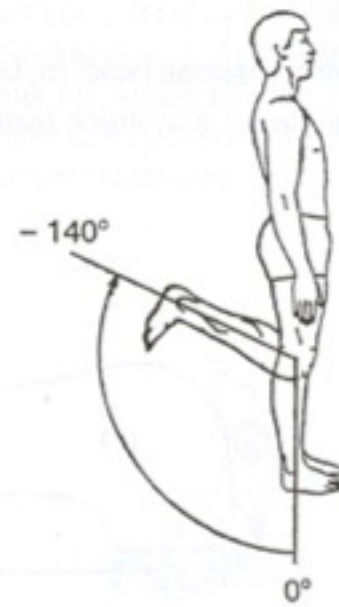


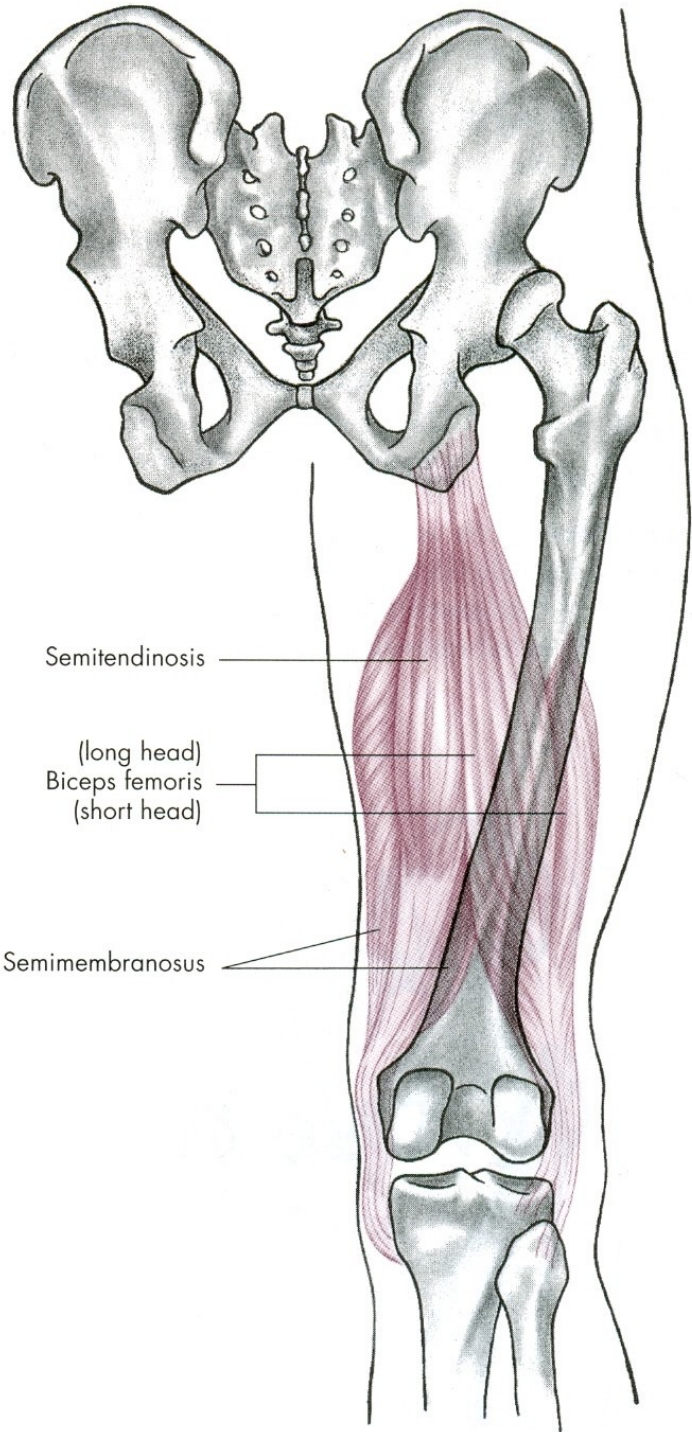
# Kineziologie kolene

Mgr. Klára Vomáčková

# Flexe

- M. biceps femoris
- M. semitendinosus
- M. semimembranosus
- M. popliteus

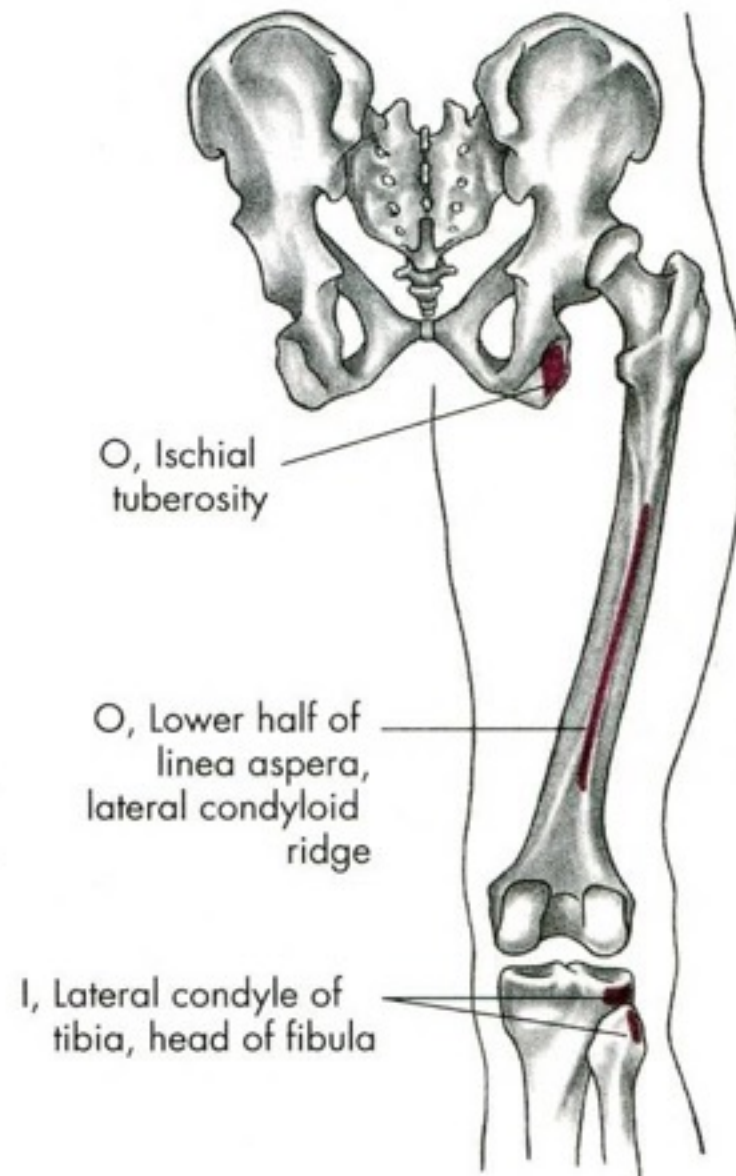
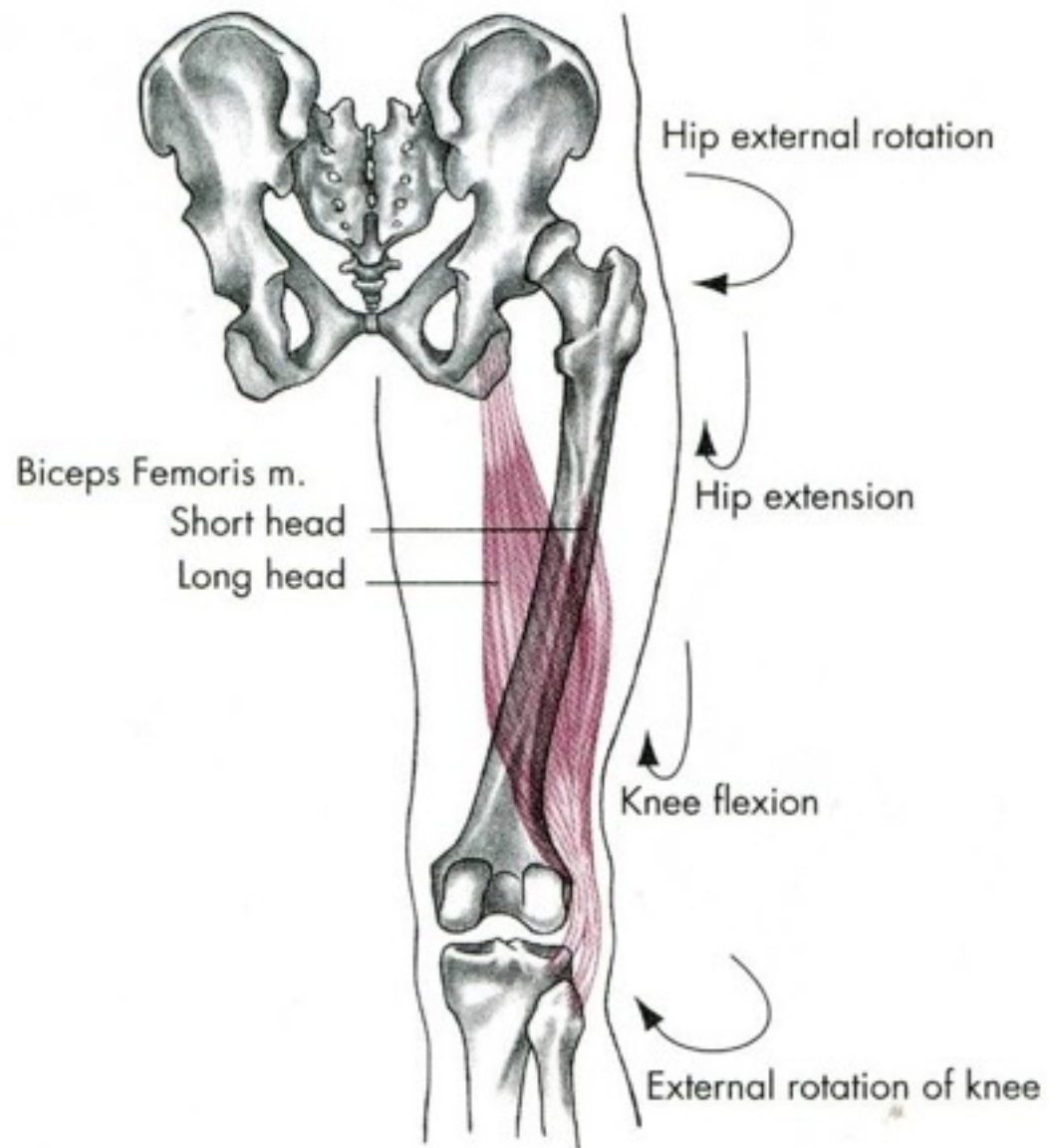




Semitendinosus

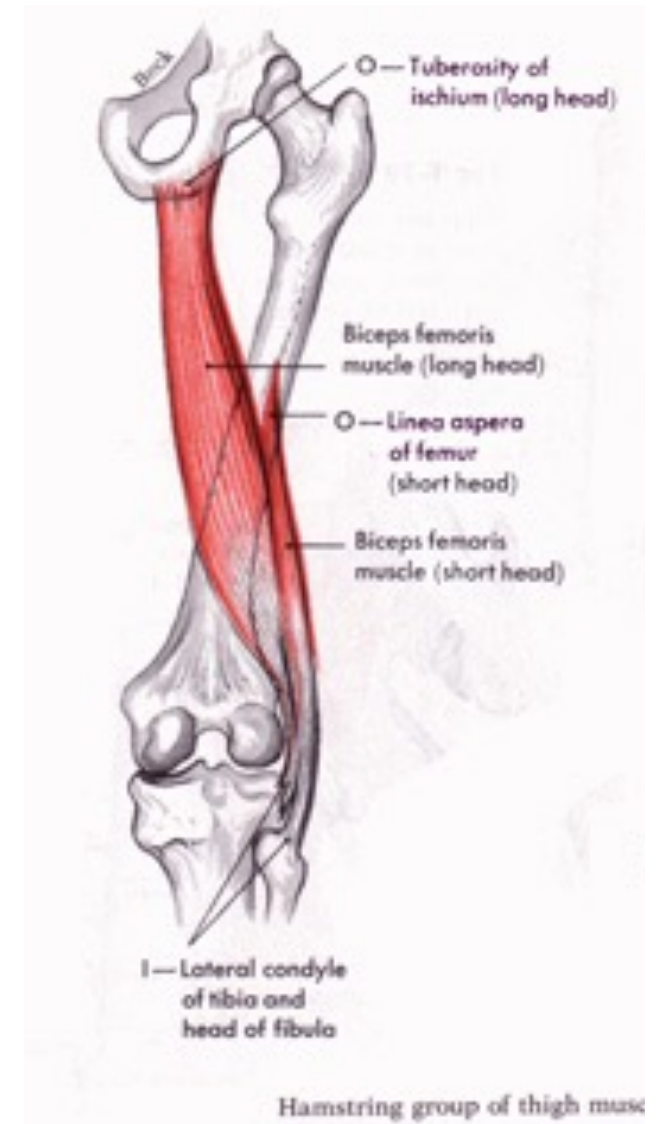
(long head)  
Biceps femoris  
(short head)

Semimembranosus

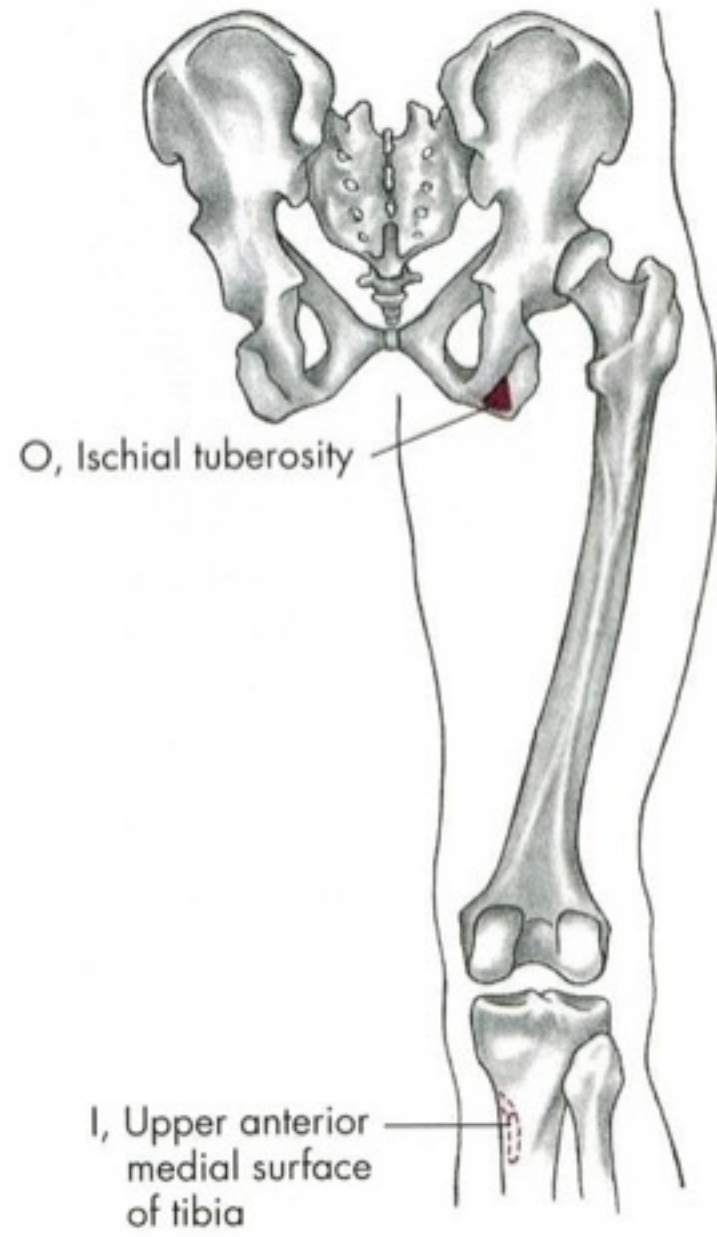
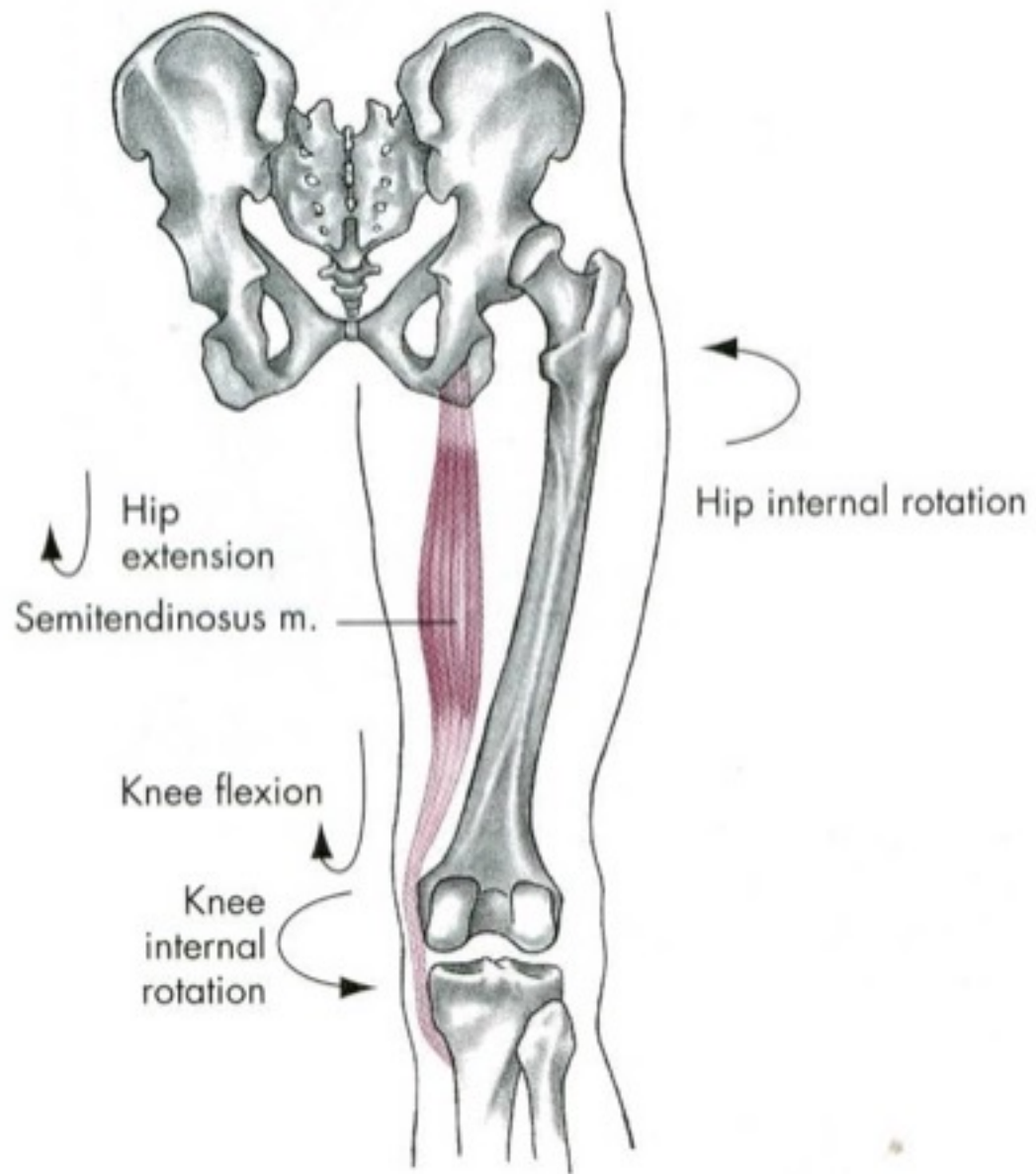


# M. Biceps femoris

- Z: caput longum - tuber ischiadicum, caput breve labium laterale lineae asperae
- Ú: capitulum fibulae
- Často evokuje fční zkrat DK
- F: KOK- FL, KYK – EX, ZR

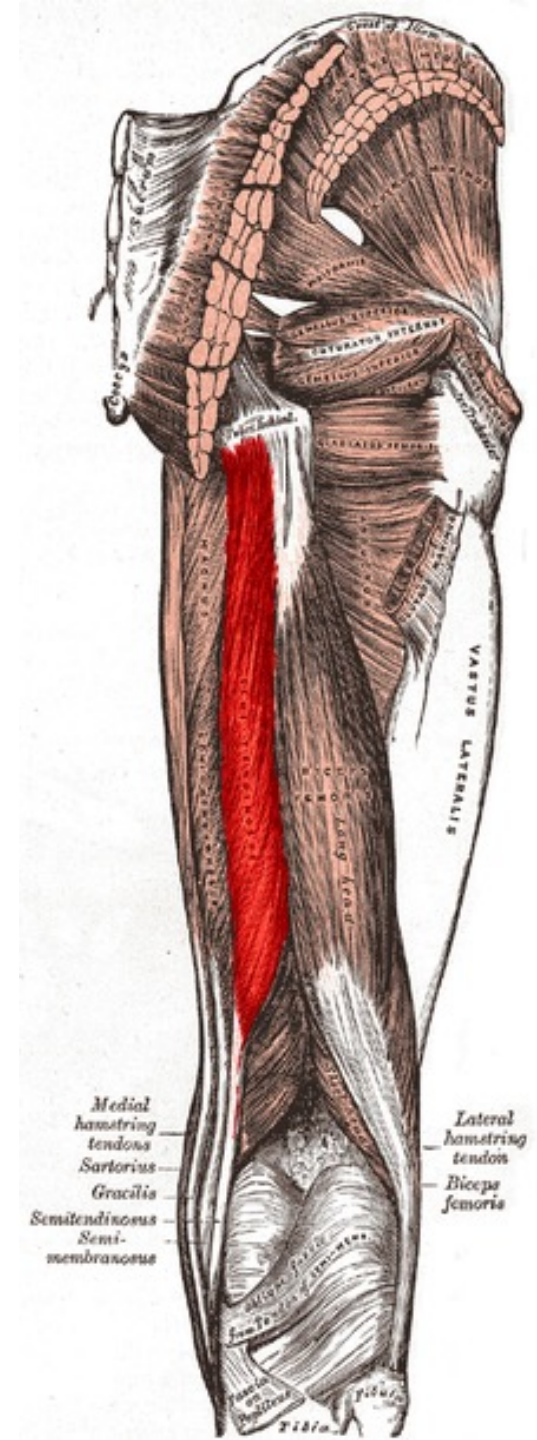


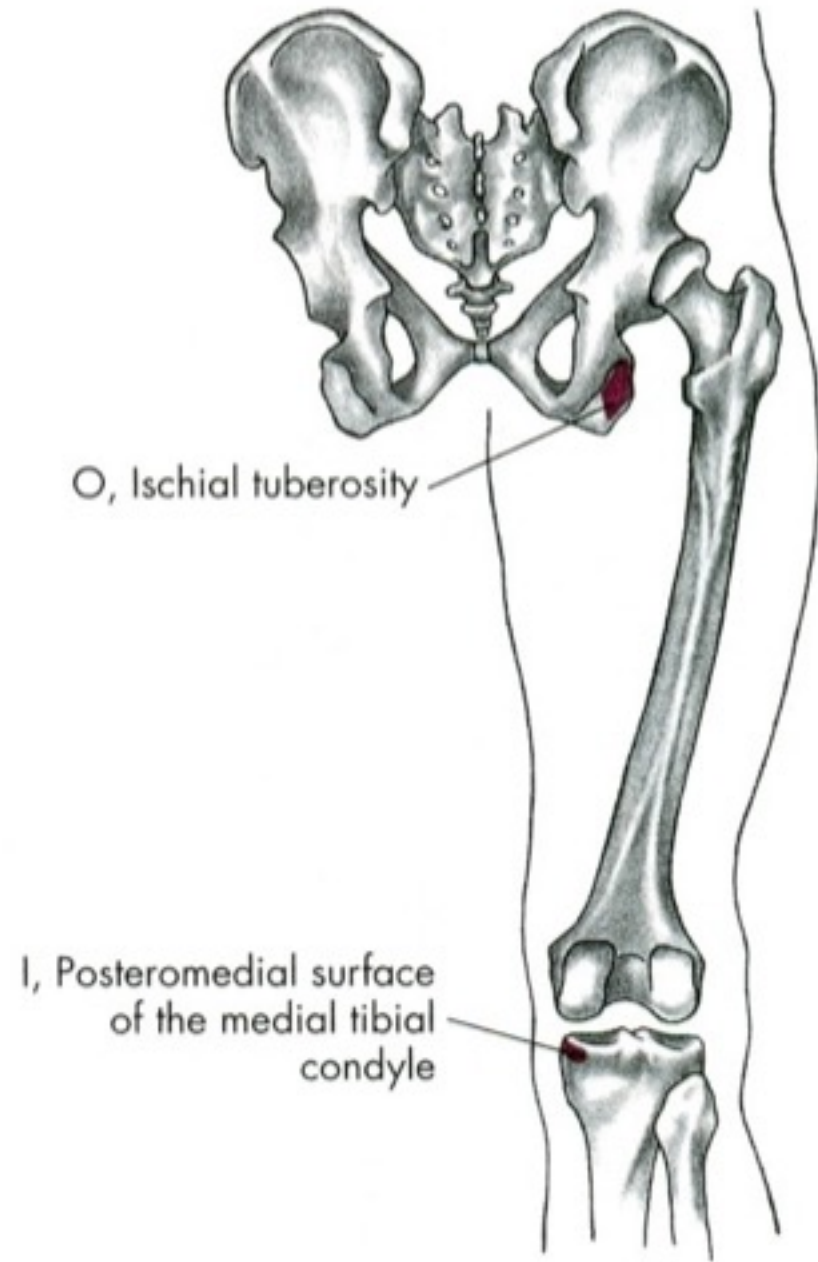
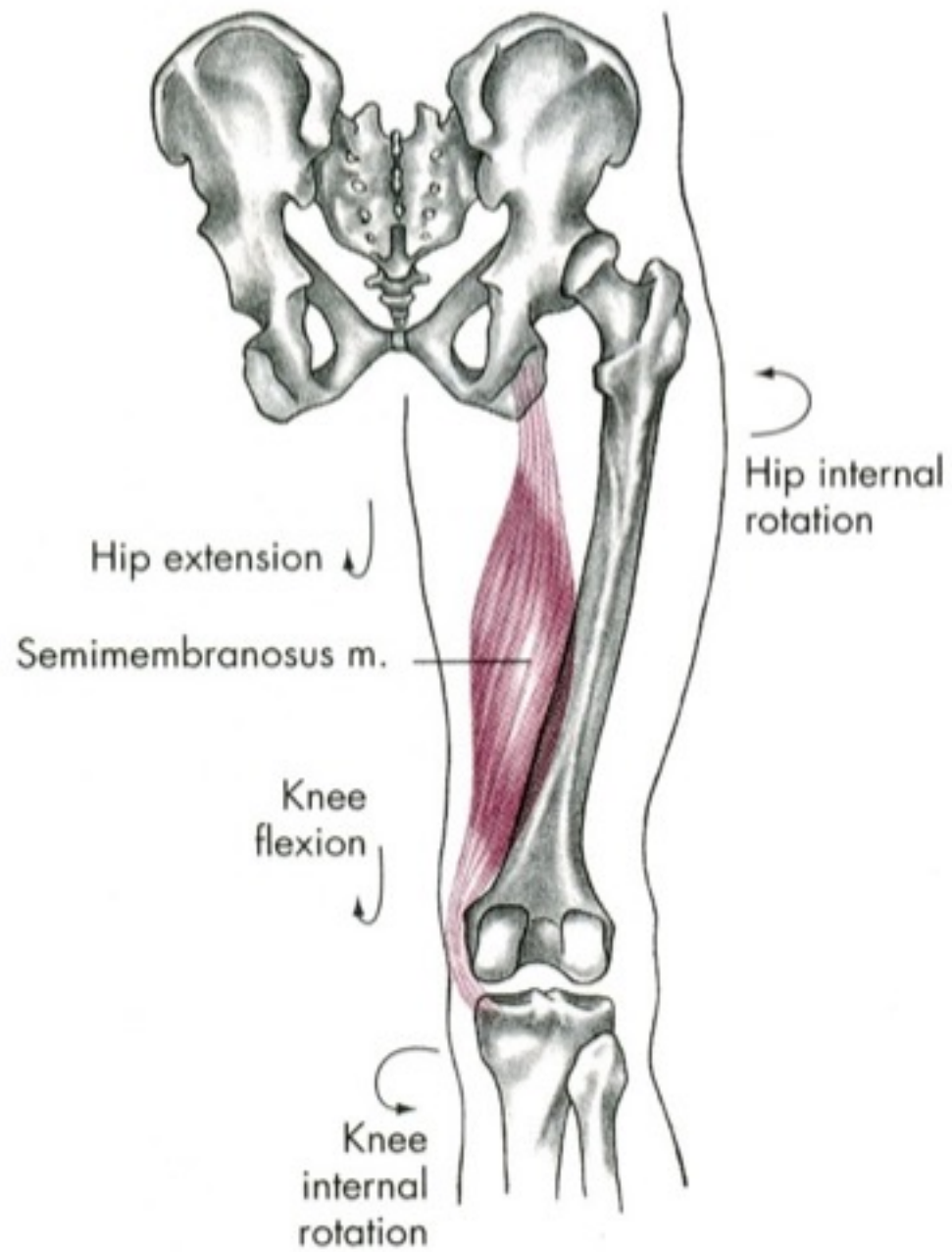




# M. semitendinosus

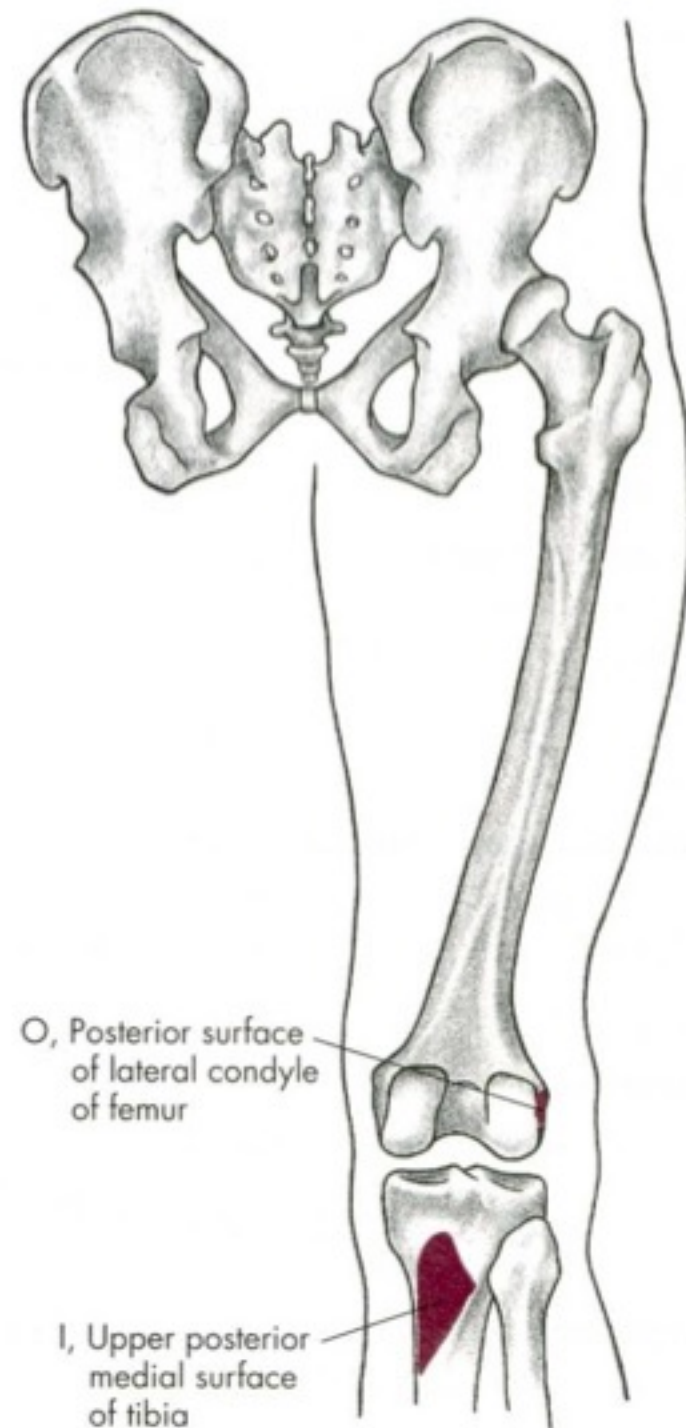
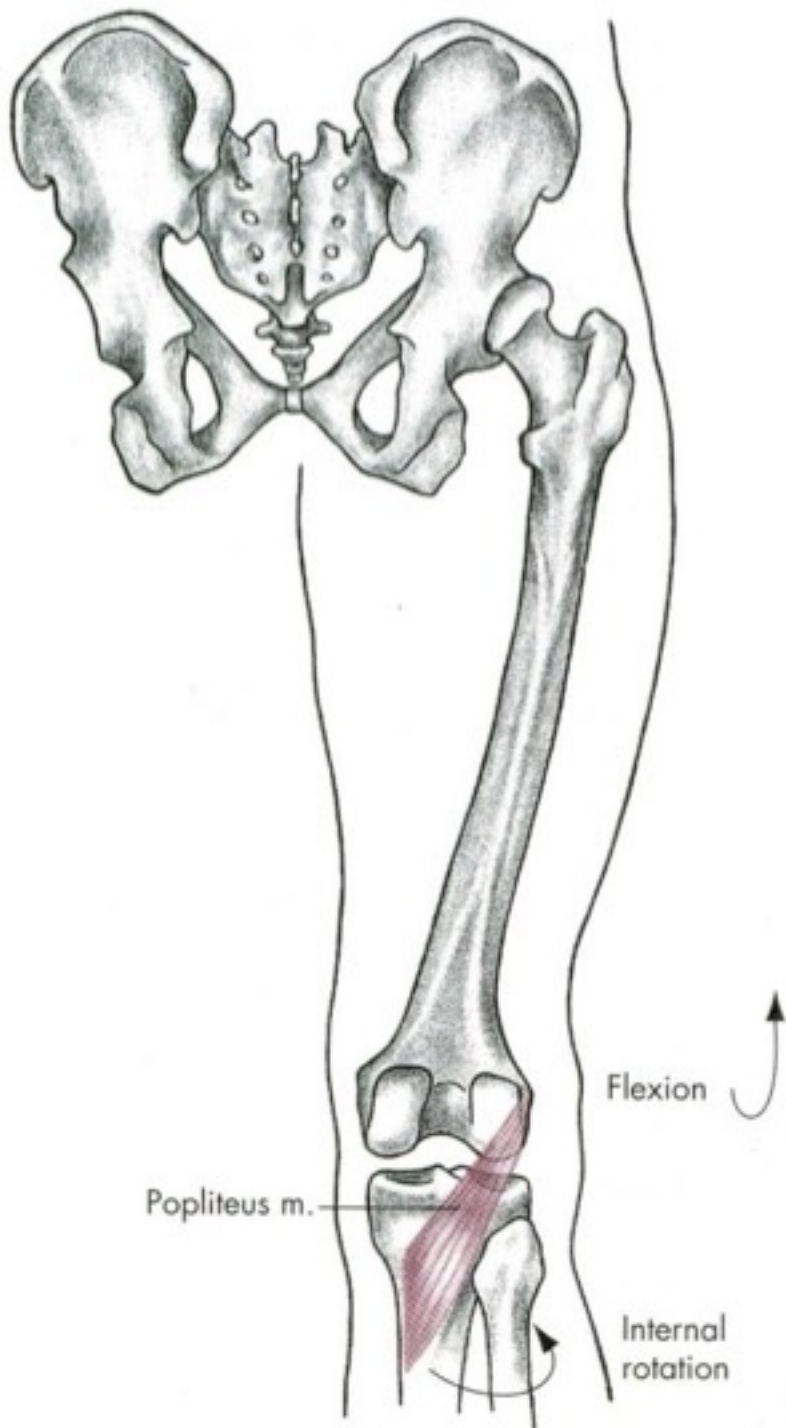
- Z: tuber ischiadicum
- Ú: condilus medialis tibiae (pes anserinus)
- I: n. ischiadicus
- F: KOK – FL, VR, KYK - Ext





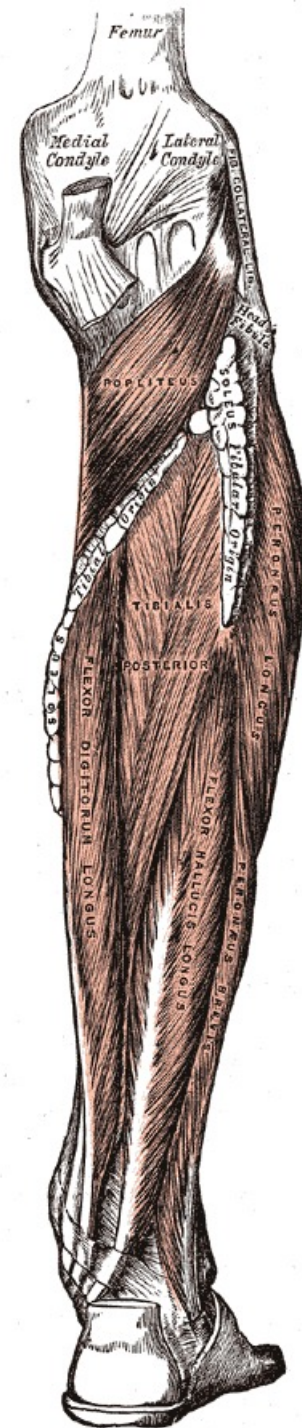






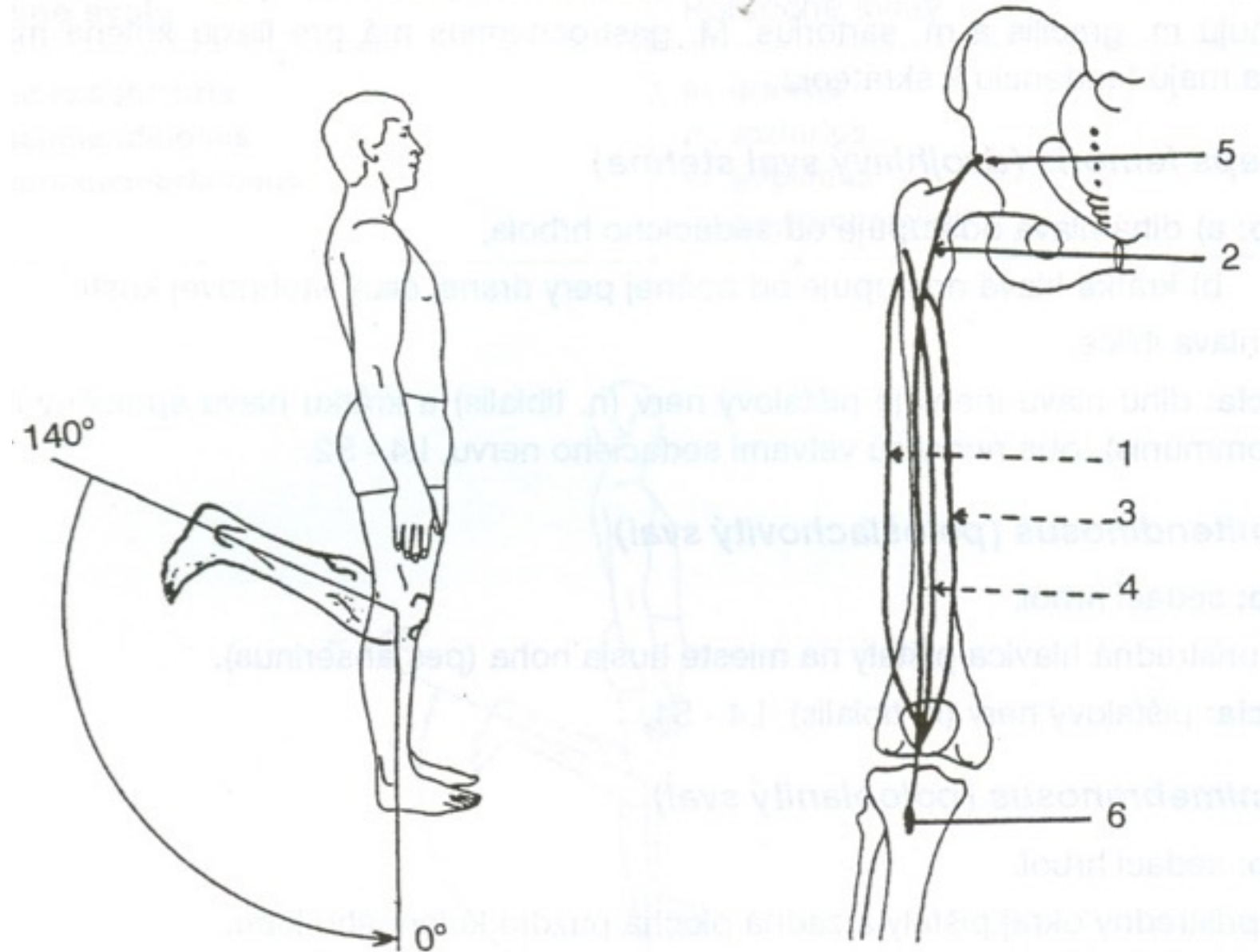
# M. popliteus

- Z: laterální epikondyl femuru
- Ú: zadní plocha proximální části tibie
- I: n. tibialis
- F: flexe v koleni, vnitřní rotace bérce

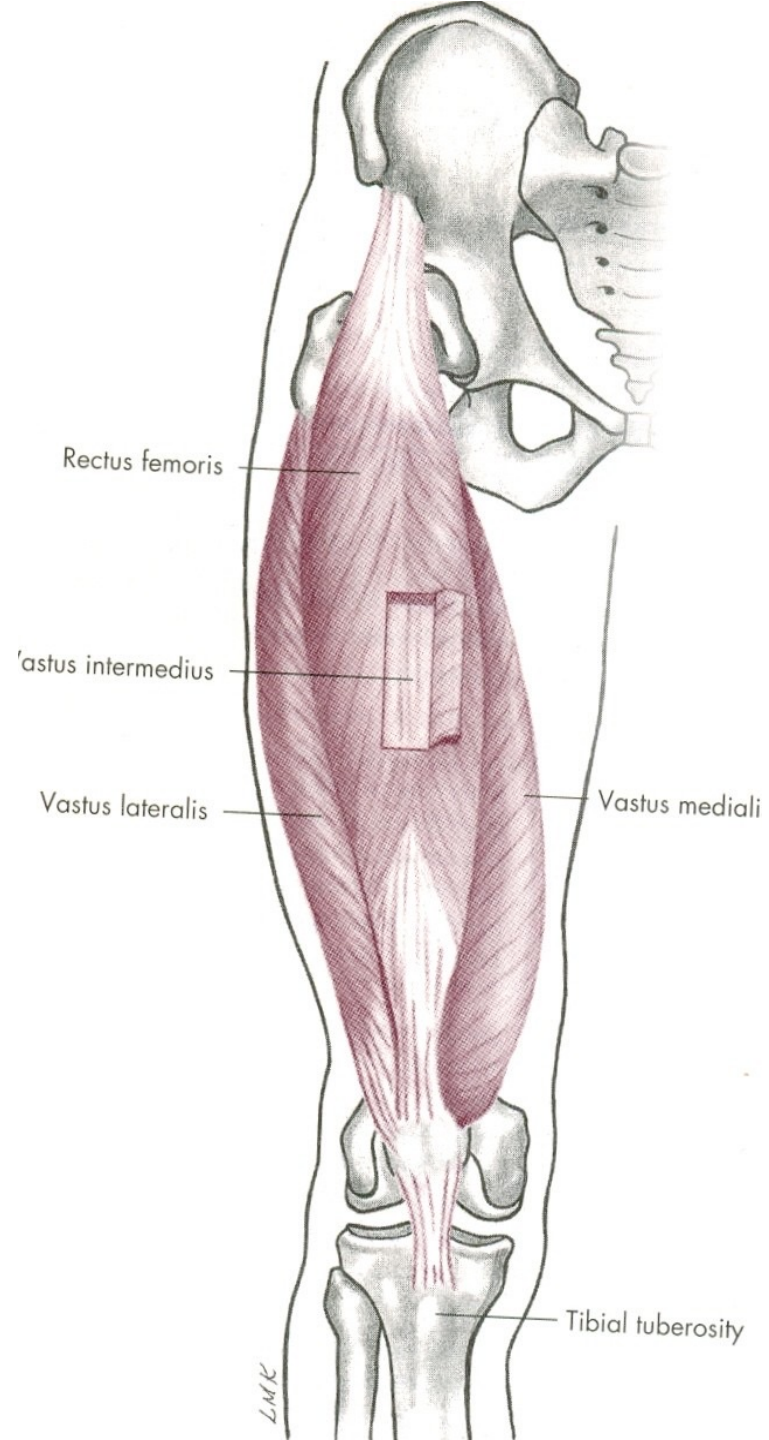


# Extenze

- M. quadriceps femoris



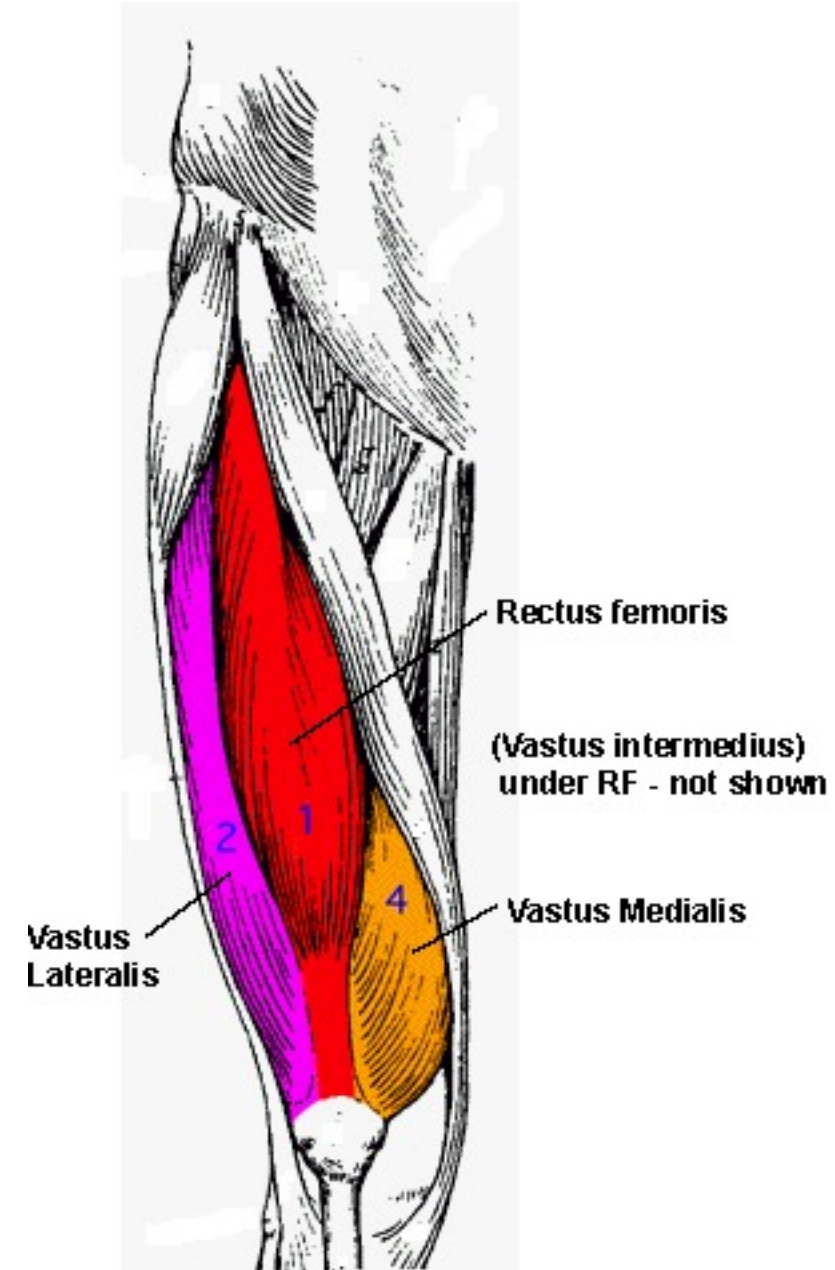


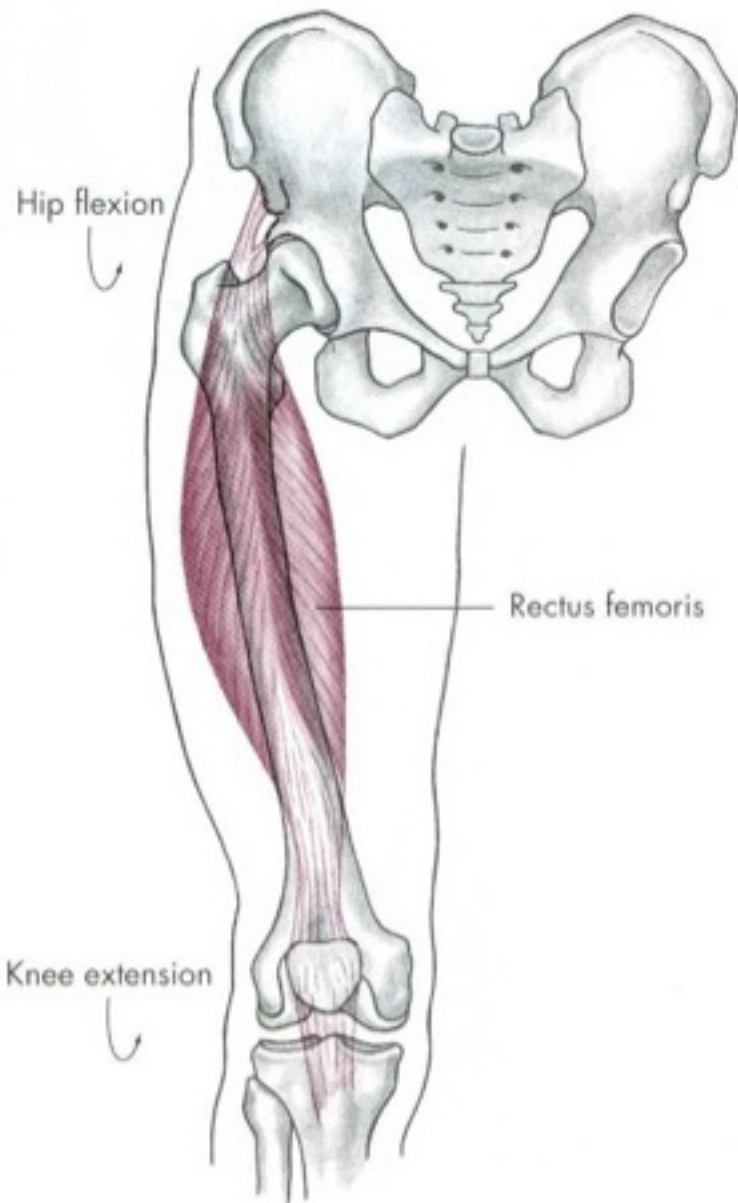




# m. Quadriceps femoris

- Z: m. rectus femoris – SIAI, m. vastus medialis – labium mediale lineae asperae, m. vastus intermedius – přední olocha femuru, m. vastus lateralis – labium laterale lineae asperae
- Ú: tuberositas tibiae
- I: n. femoralis
- F: KYK – flexe, KOK - ext



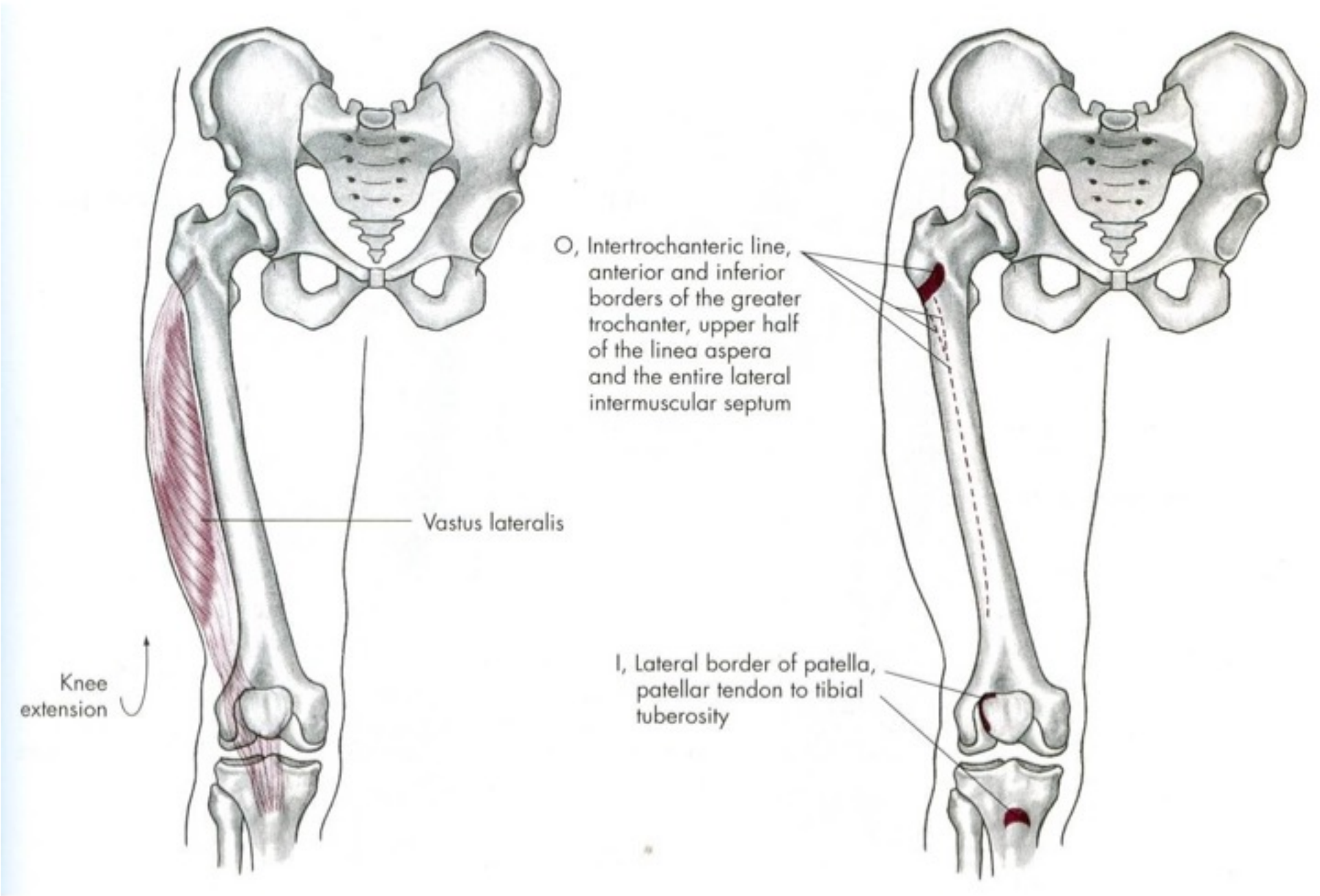


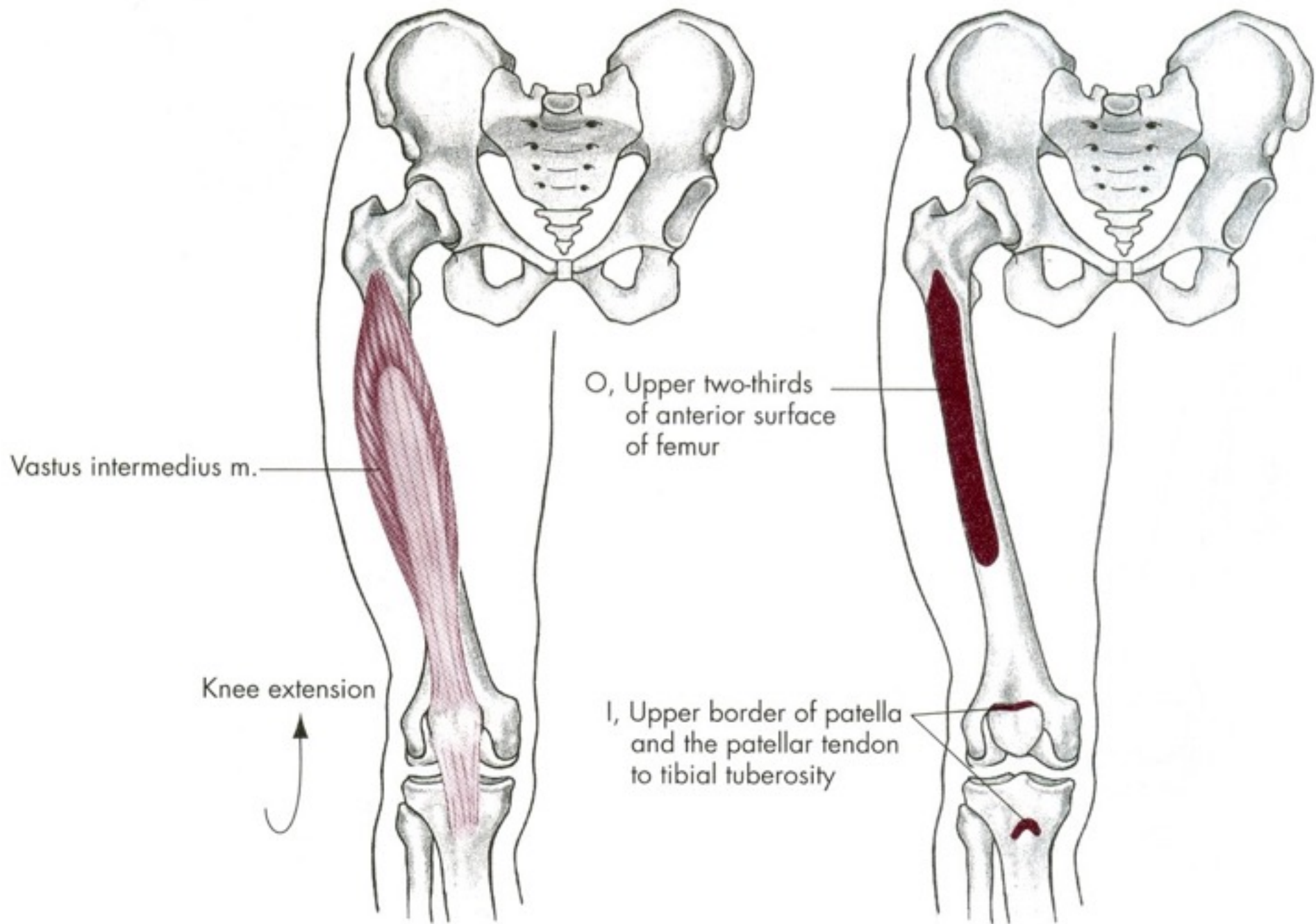
O, Anterior inferior iliac spine

O, Groove (posterior) above the acetabulum

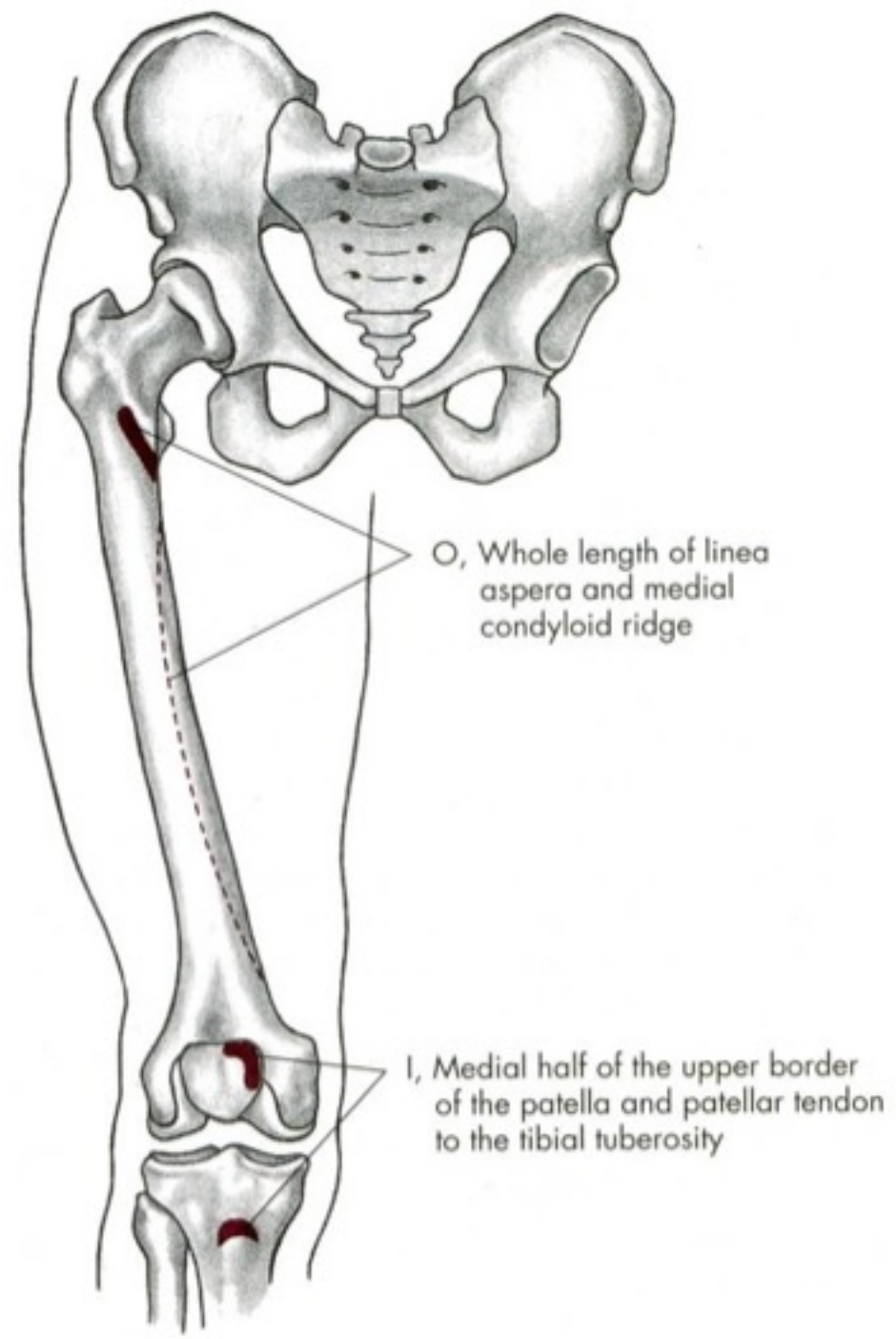
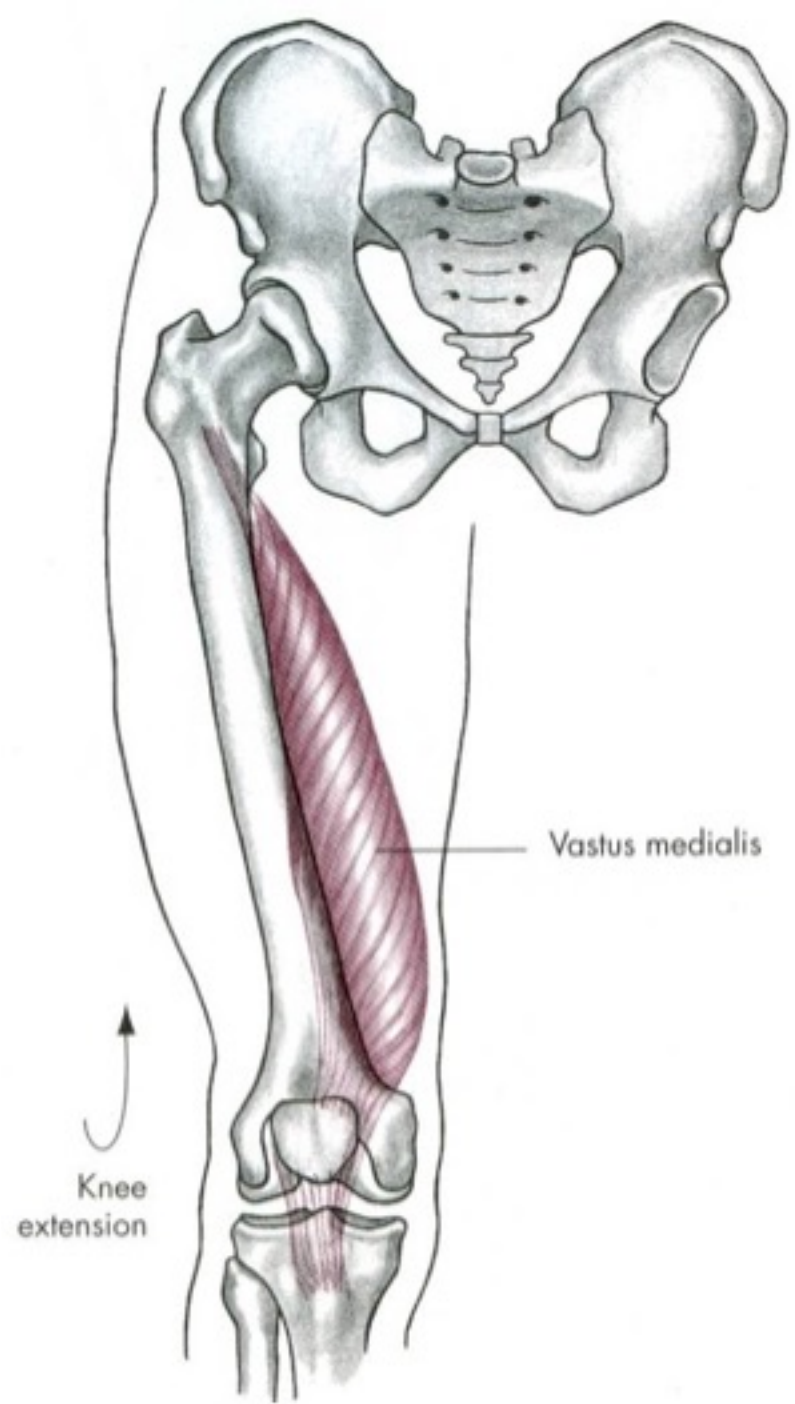


I, Superior aspect of the patella and patellar tendon to the tibial tuberosity





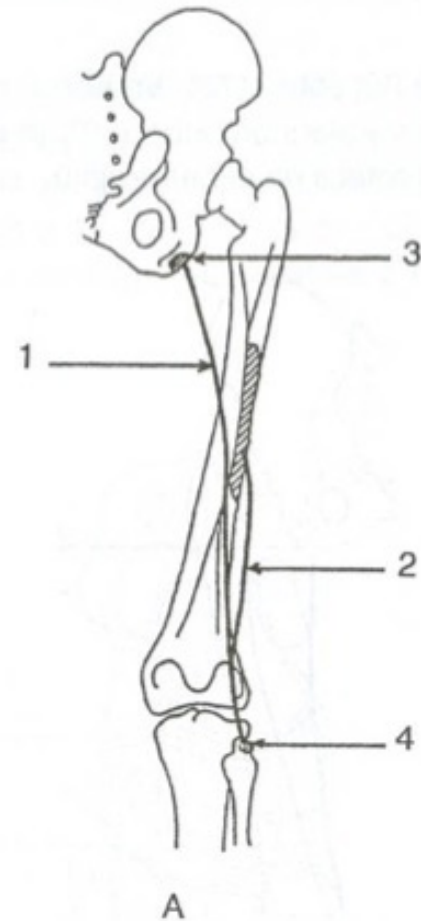
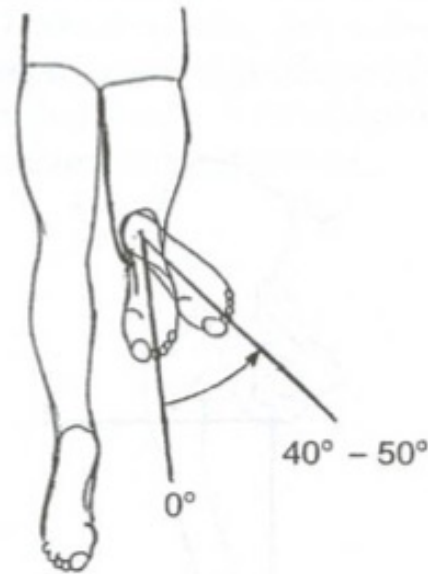






# Zevní rotace

- M. biceps femoris
- M. tensor fasciae latae ? Udržuje extenzi kok



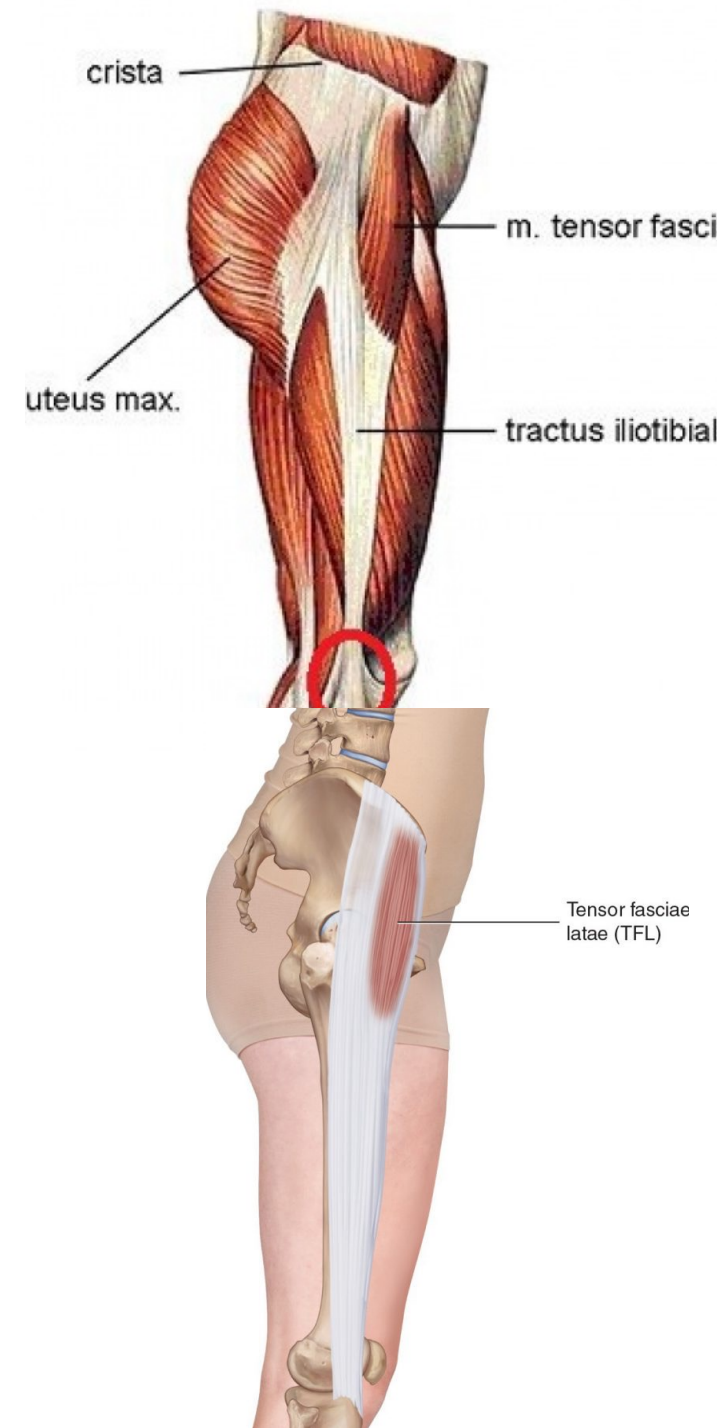
# M. Tensor fasciae latae

Z: spina iliaca anterior superior, část labium externum  
cristae iliacaе

Ú: tractus iliotibialis

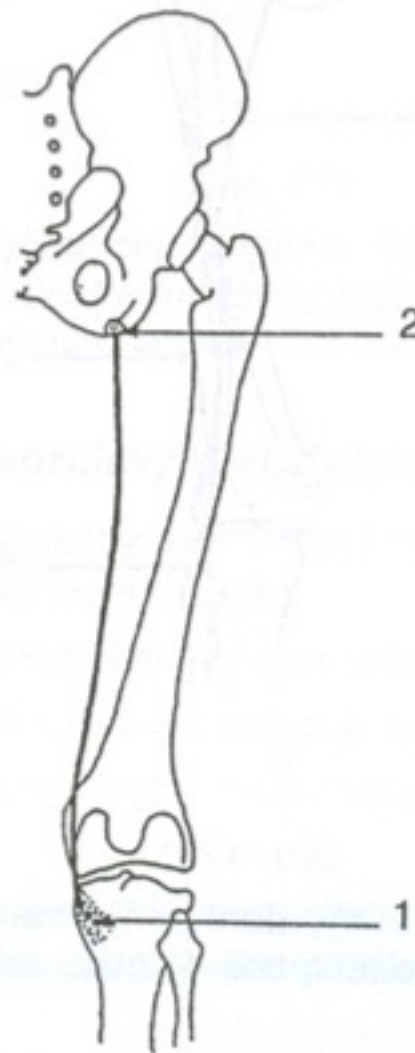
I: nervus gluteus superior

F: flexe, ABD, VR v KYK, udržuje extenzi v KOK

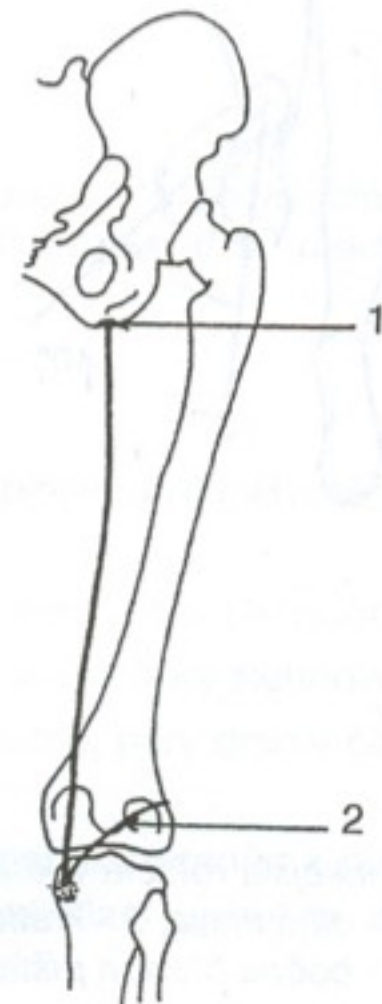


# Vnitřní rotace

- M. semitendinosus
- M. semimembranosus
- M. sartorius
- M. gracilis



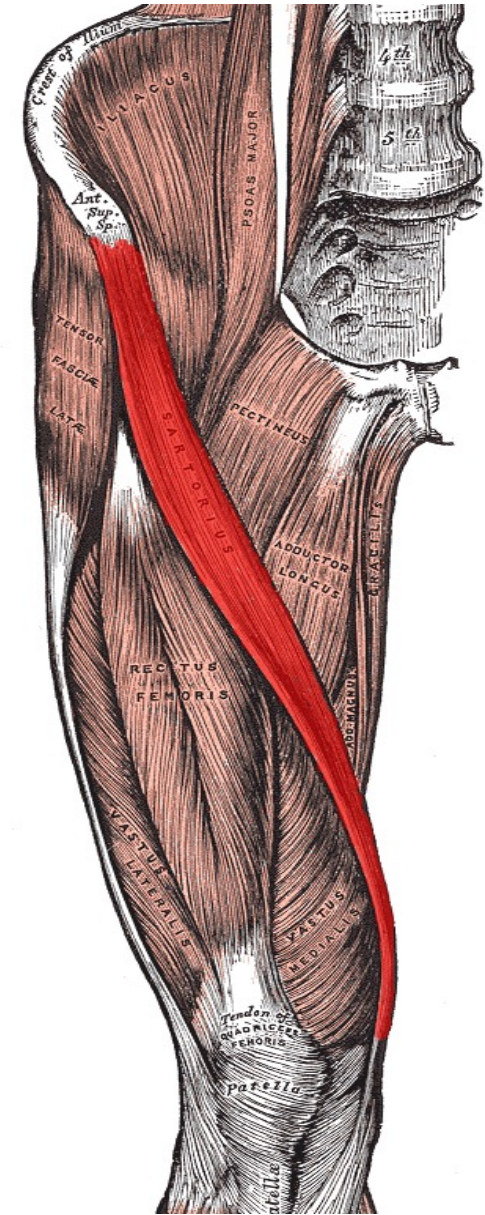
A



B

# M.sartorius

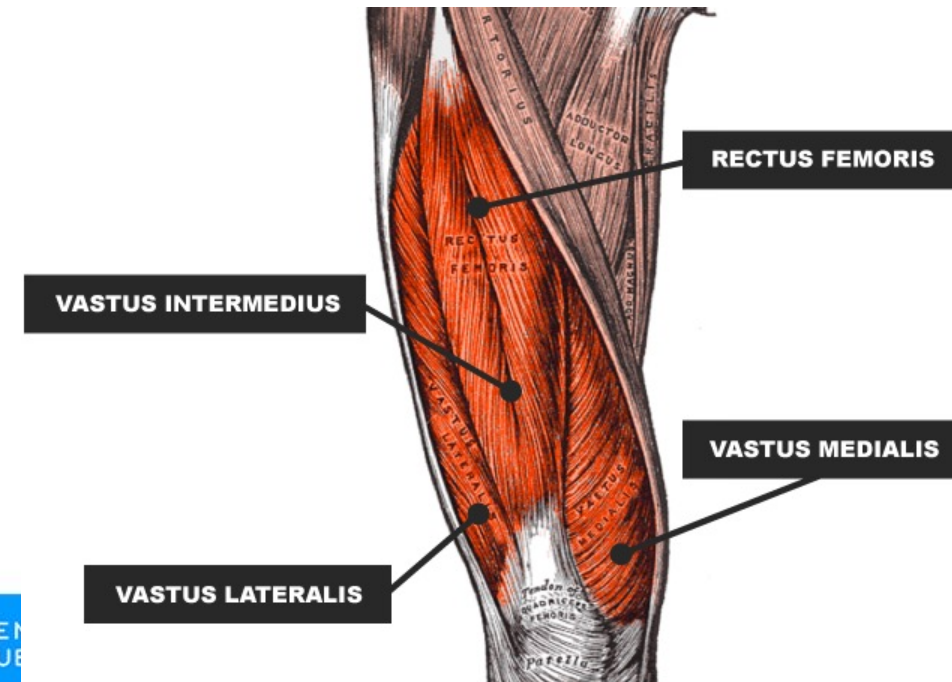
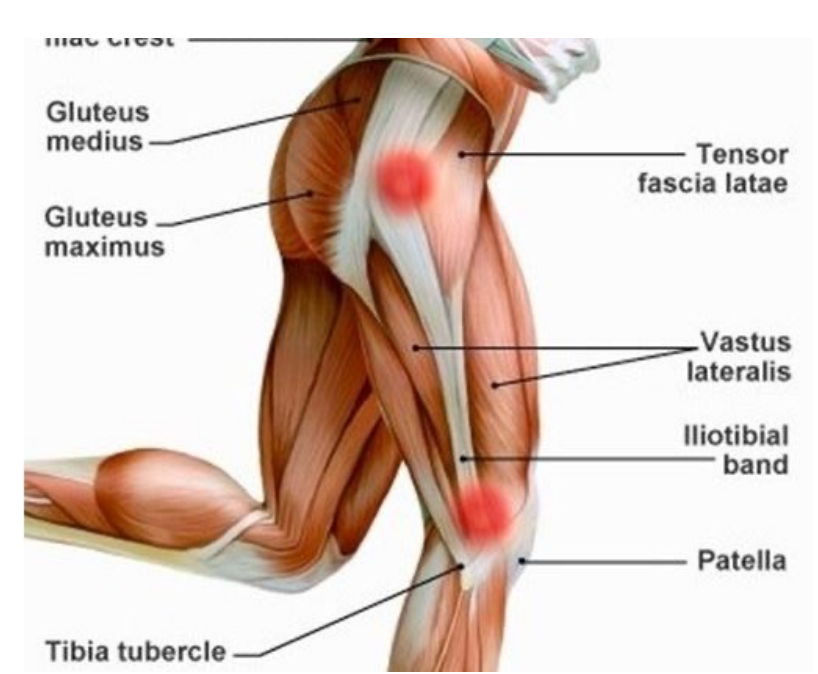
- Z: SIAS
- Ú: pes anserinus
- I: N. femoralis
- F: kyk flexe, ZR, kyk – flexe, VR
  
- Nejdelší sval těla
- 4-5cm široká „stuha“



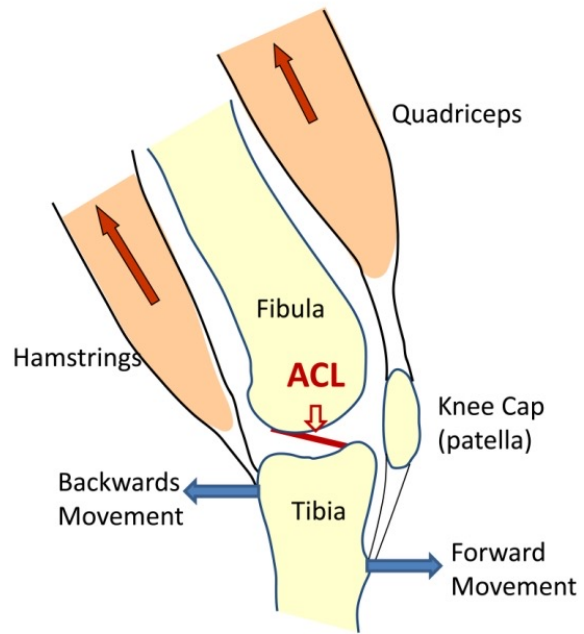


# Stabilizace kolene

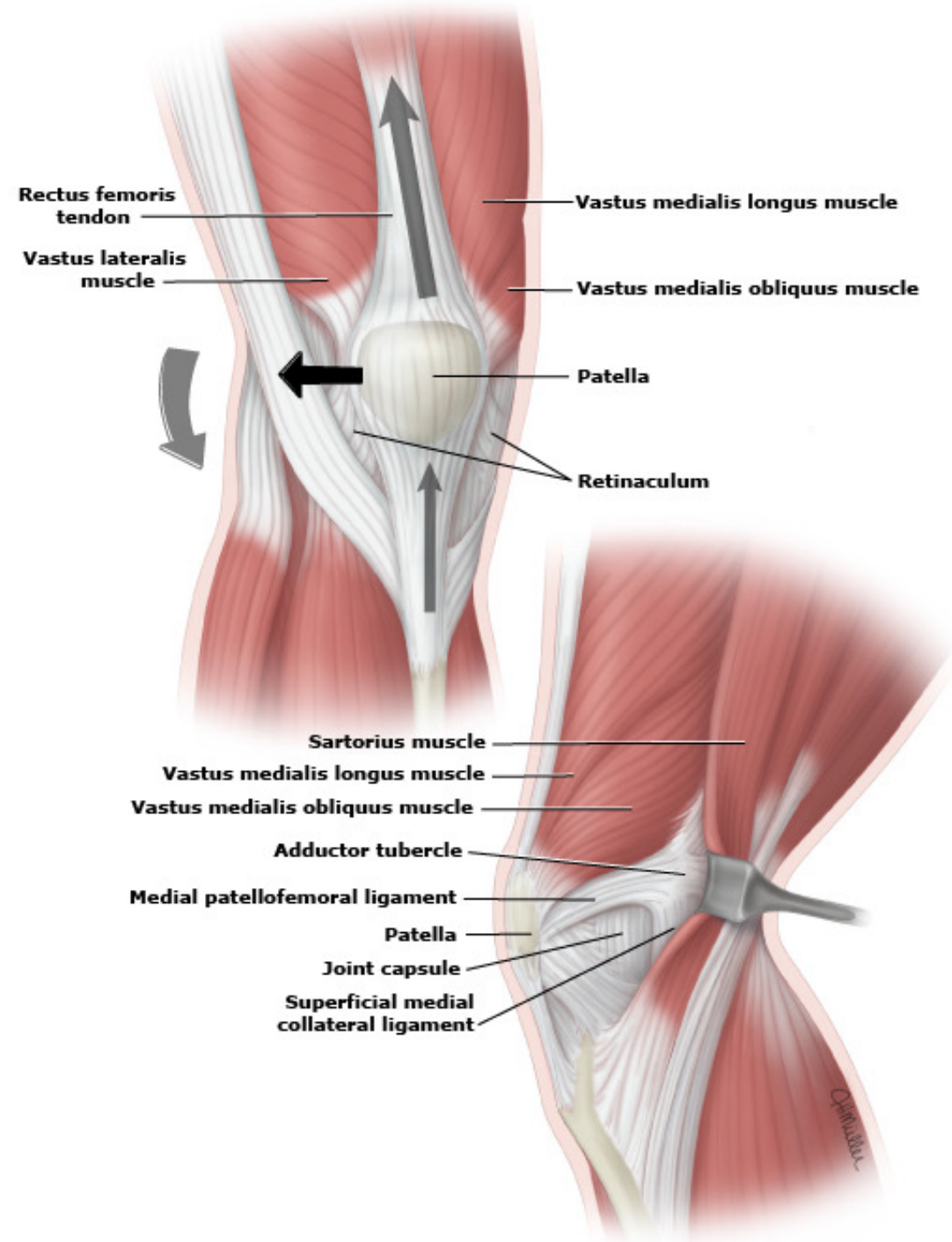
- Iliotibiální trakt
- Hamstringy
- Vastus medialis, lateralis







The muscular forces acting on the knee and ACL. Contraction of the quadriceps tends to pull the tibia forward while contraction of the hamstrings tends to pull it backwards. Hamstring activation tends to help stabilize the knee and support the ACL during landing and cutting movements.



Dotazy

Děkuji za pozornost