

Rodilla



Ligamentos cruzados
Meniscos
Membrana interósea

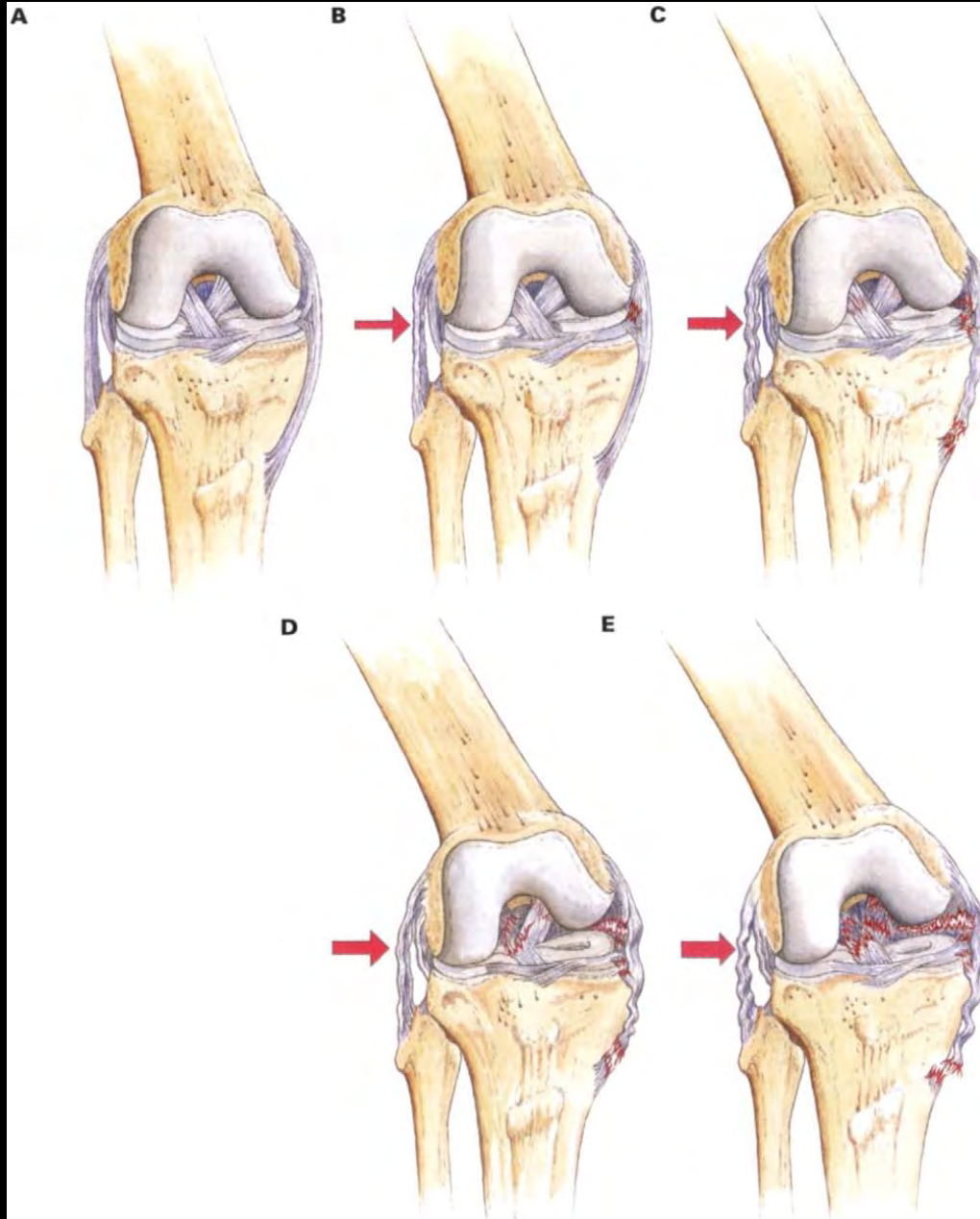


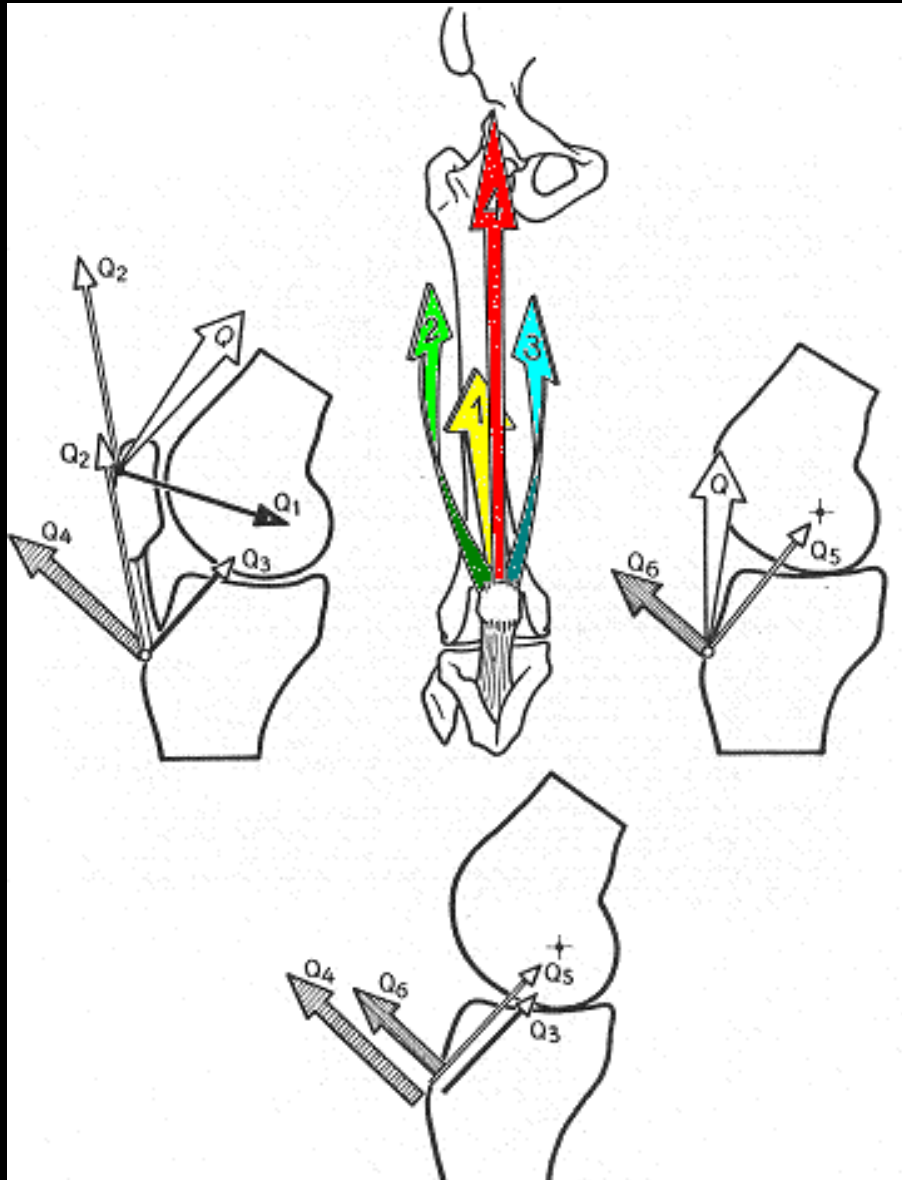
Ligamentos lateral
externo o lateral

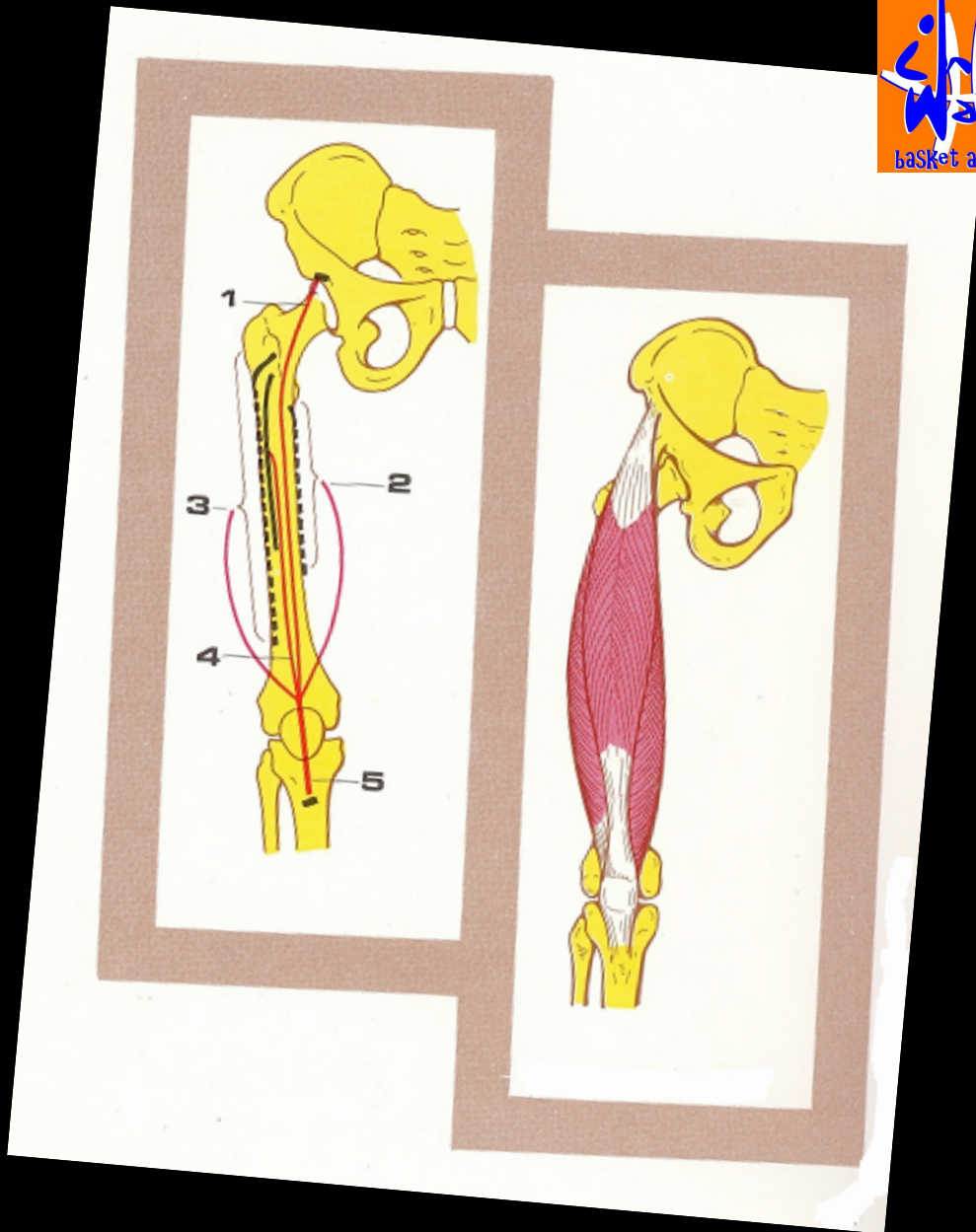
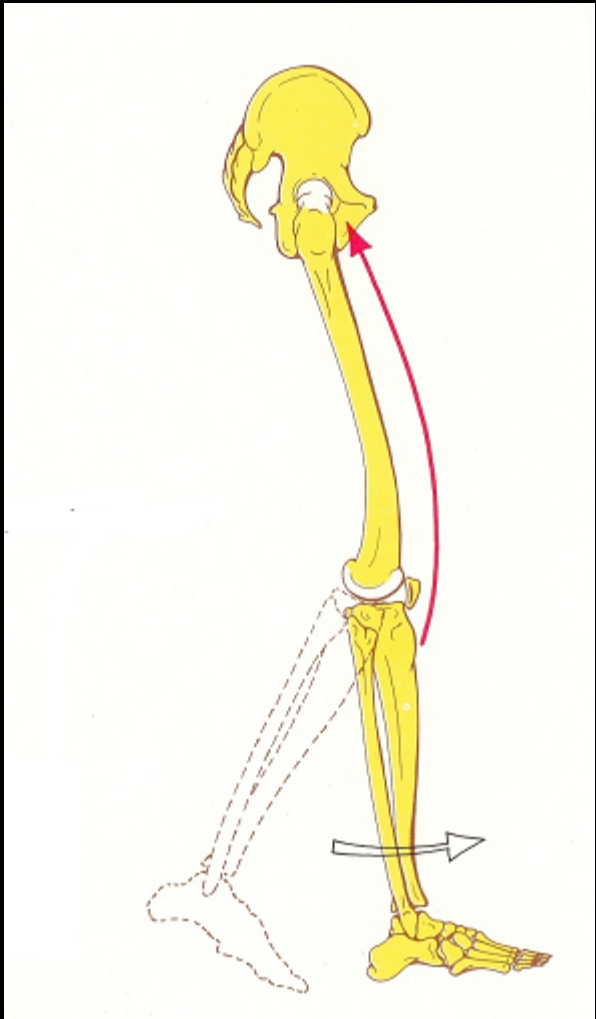


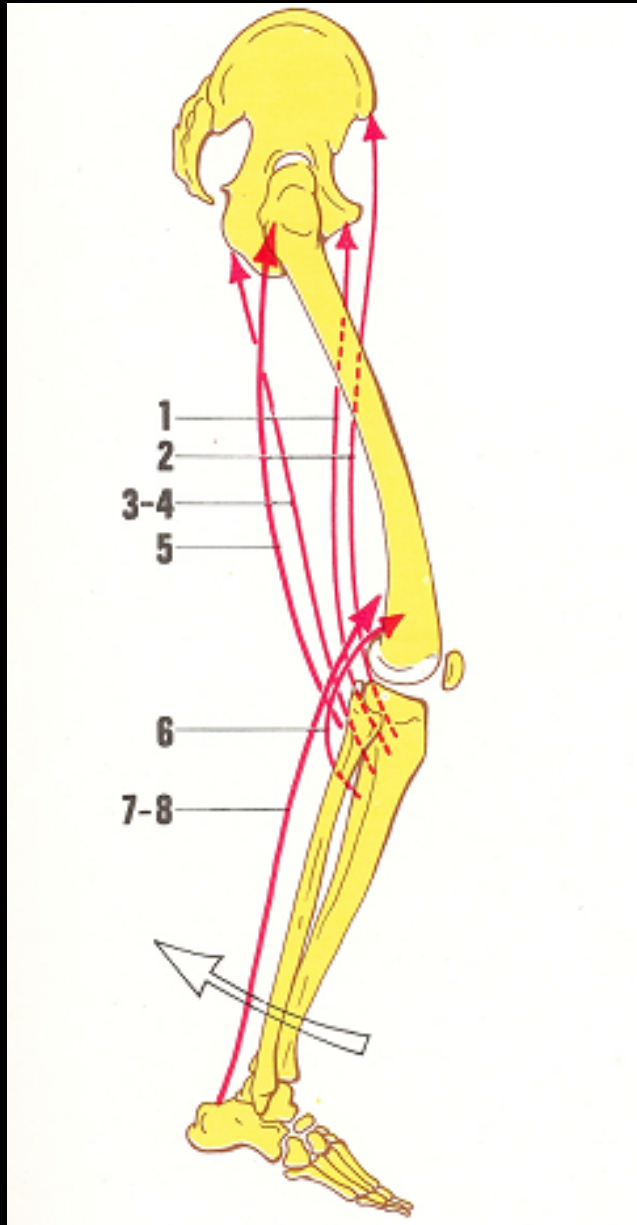
Ligamento lateral
interno o medial

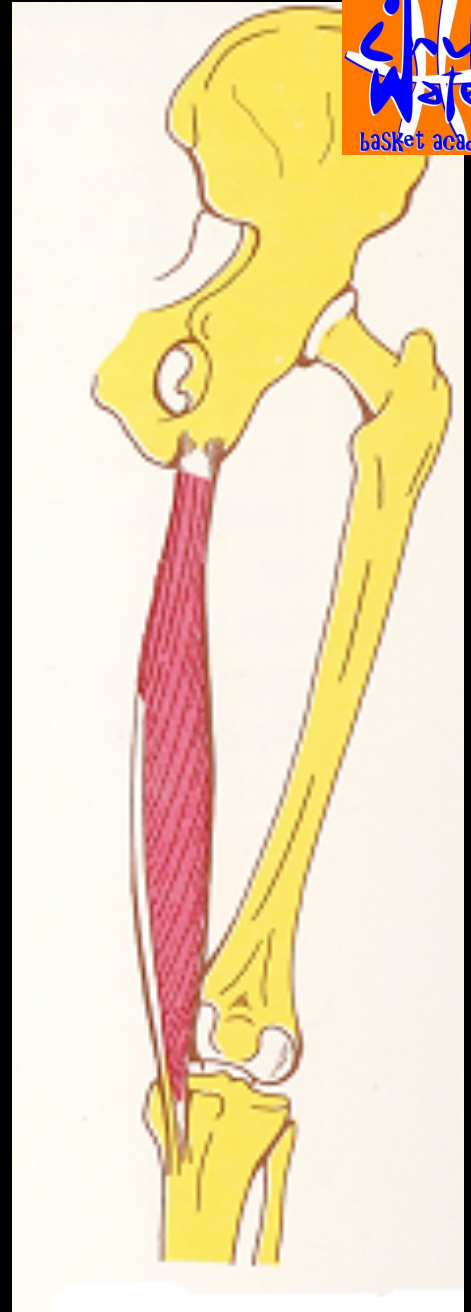
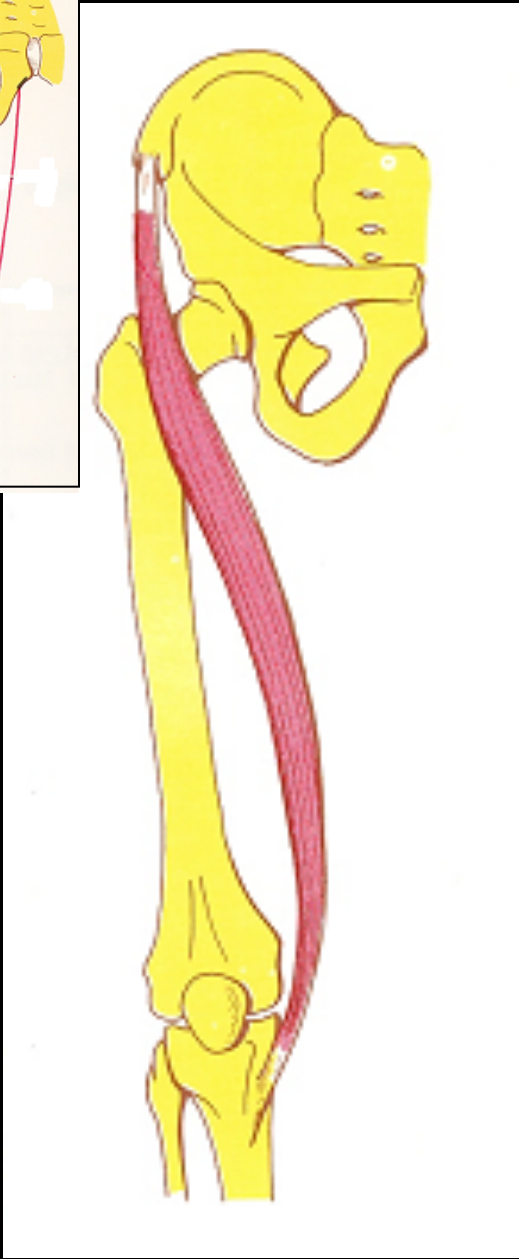
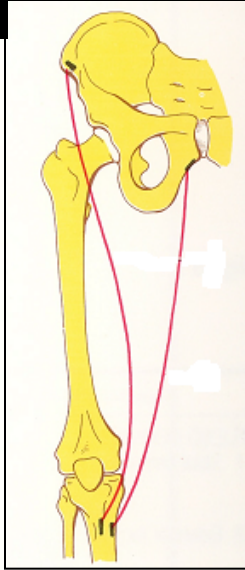
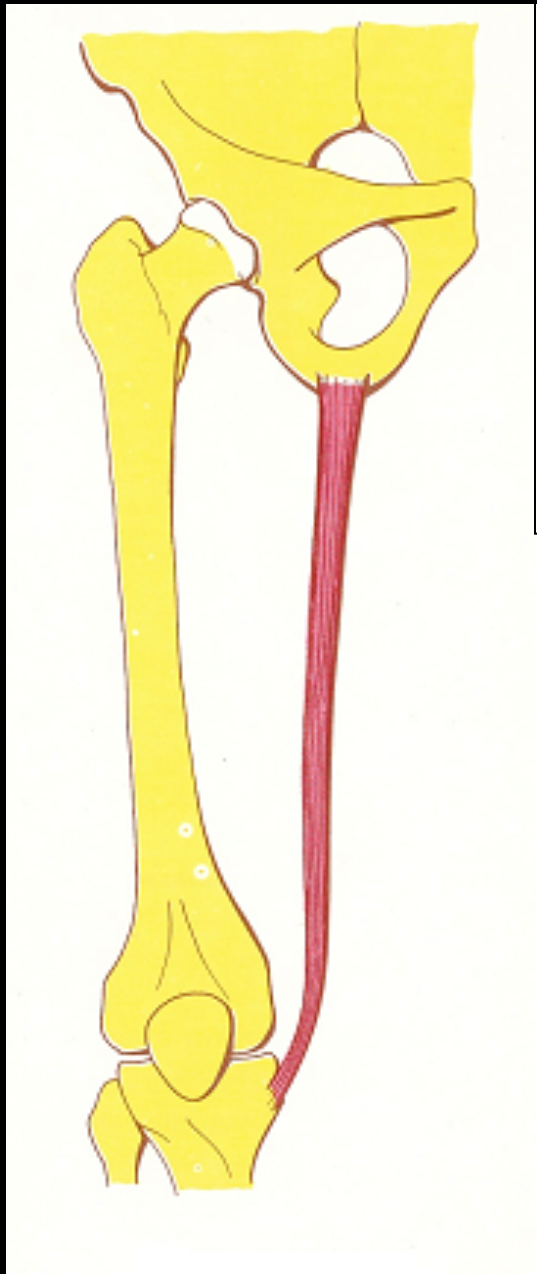


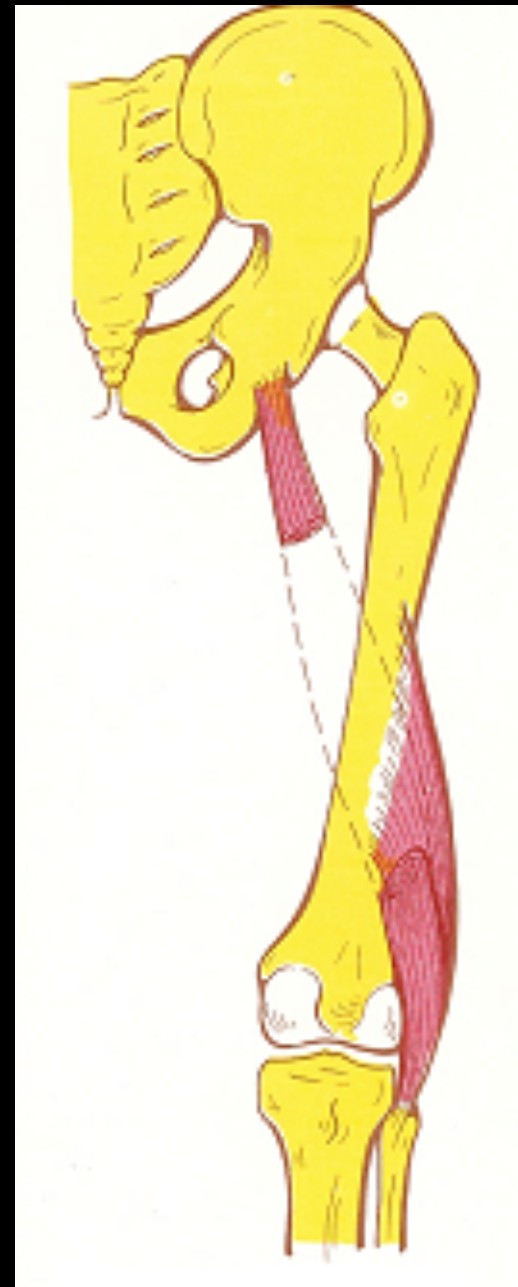


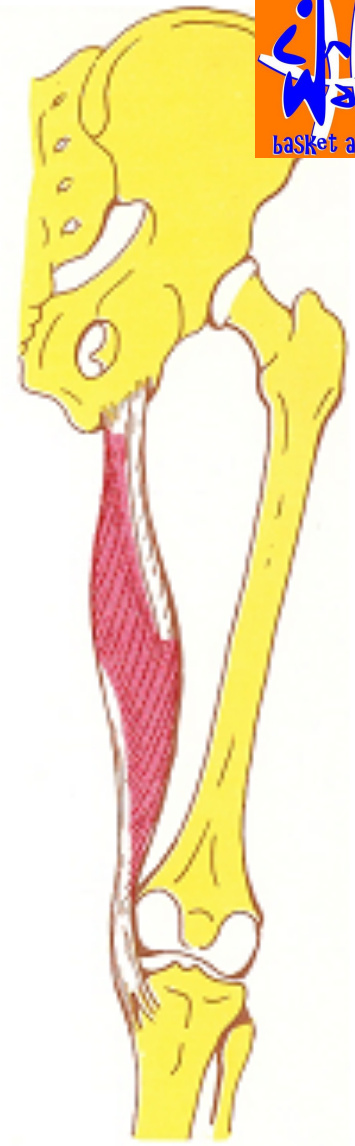
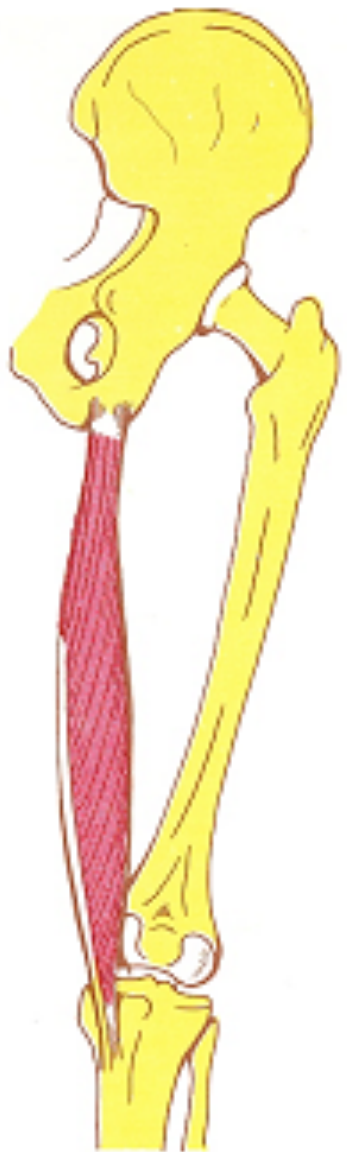


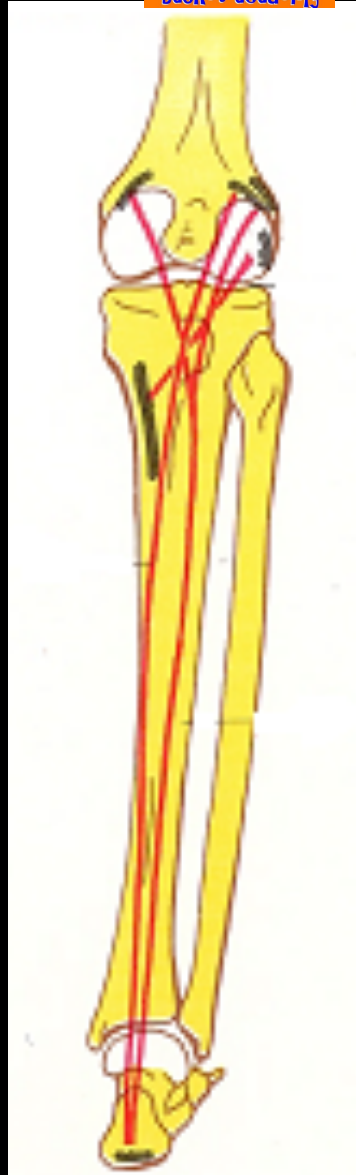
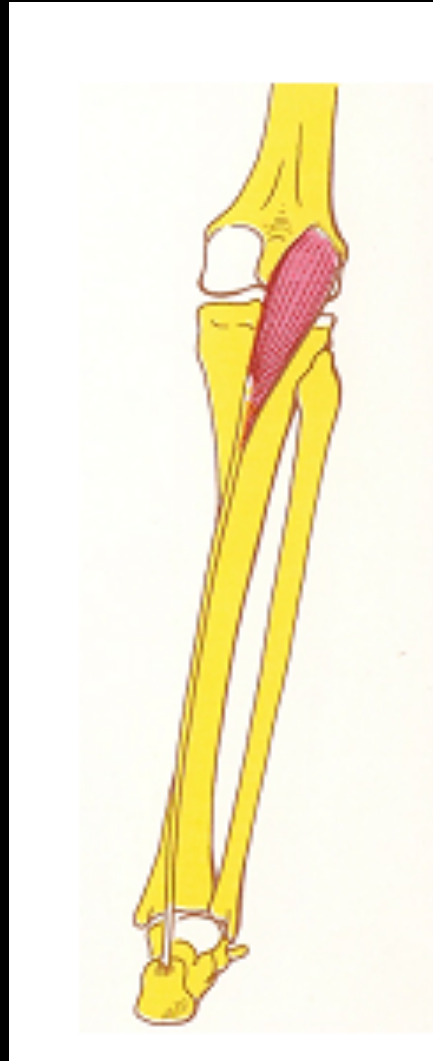
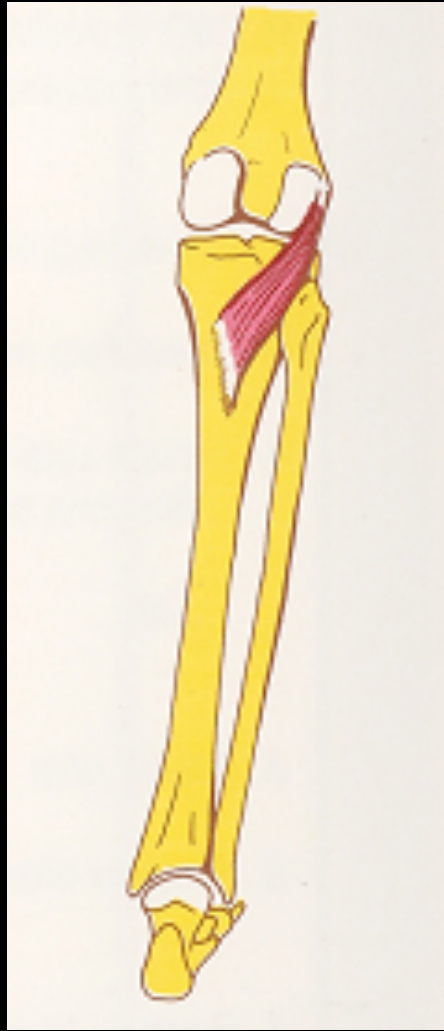
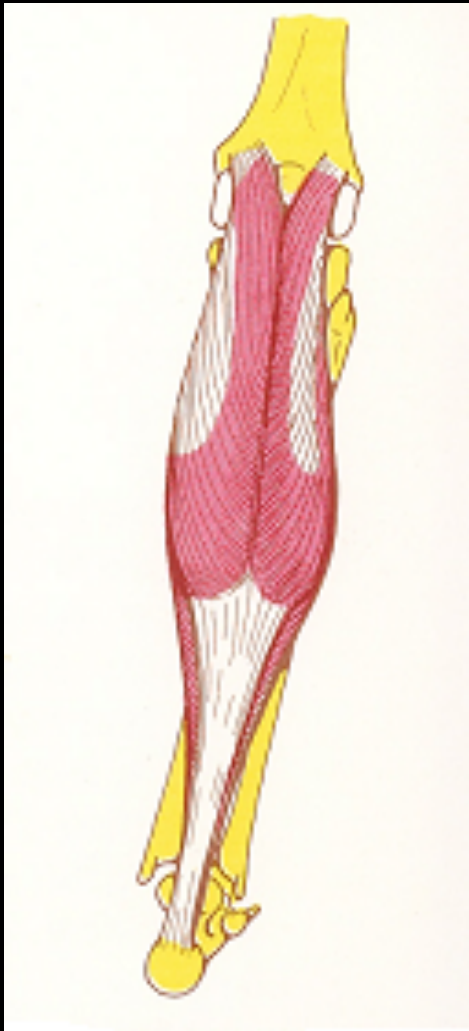




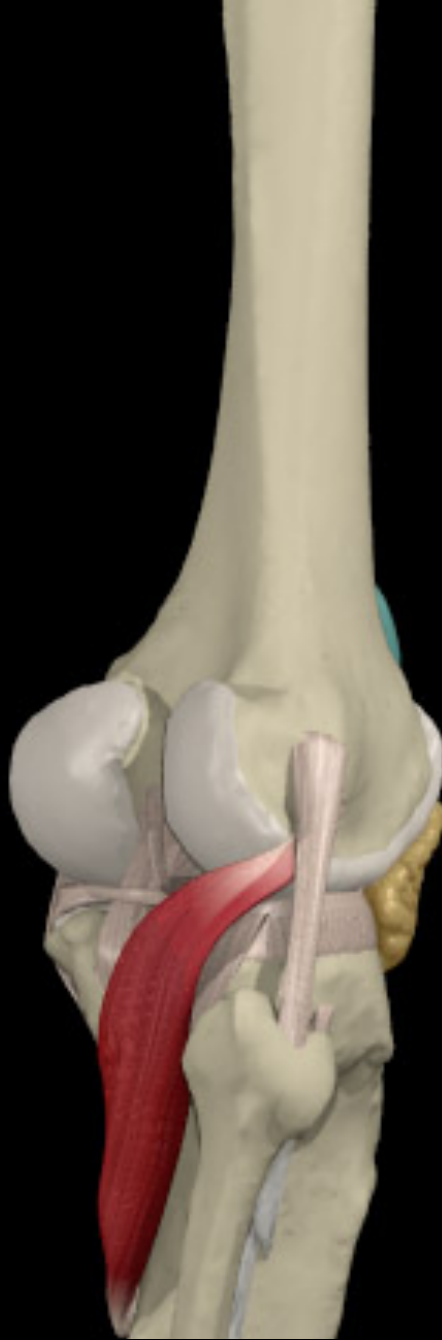






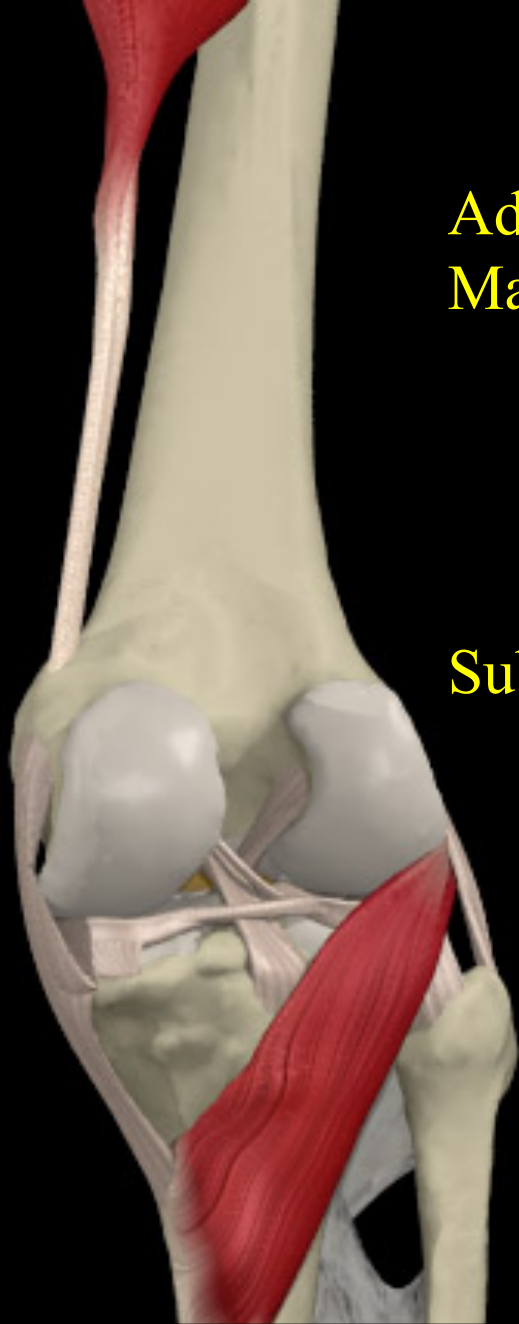


Poplíteo



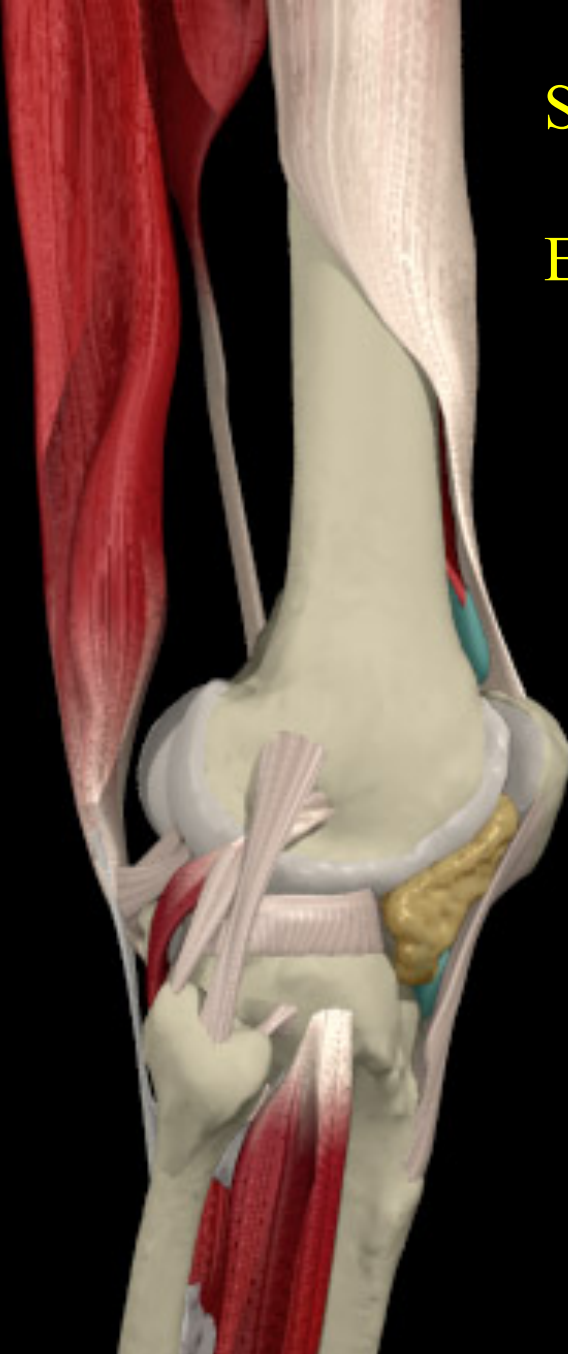
Adductor
Magnus

Subcrural



Semimembranosus

Extensor digitorum longus



Tibialis posterior



Vastus
Medialis

Plantaris
Soleus



Sartorius
Gracilis
Semimembranosus
Semitendinosus

Vastus lateralis
Vastus intermedius
Vastus medialis
Tendón cuadricipital

Biceps femoralis

Tibialis anterior
Peroneus longus

Tendón rotuliano
Inserción anserina



SemiM
SemiT



Biceps femoralis

Plantar delgado
Poplíteo

Só.....
Per.....
Ext.....
Tib.....



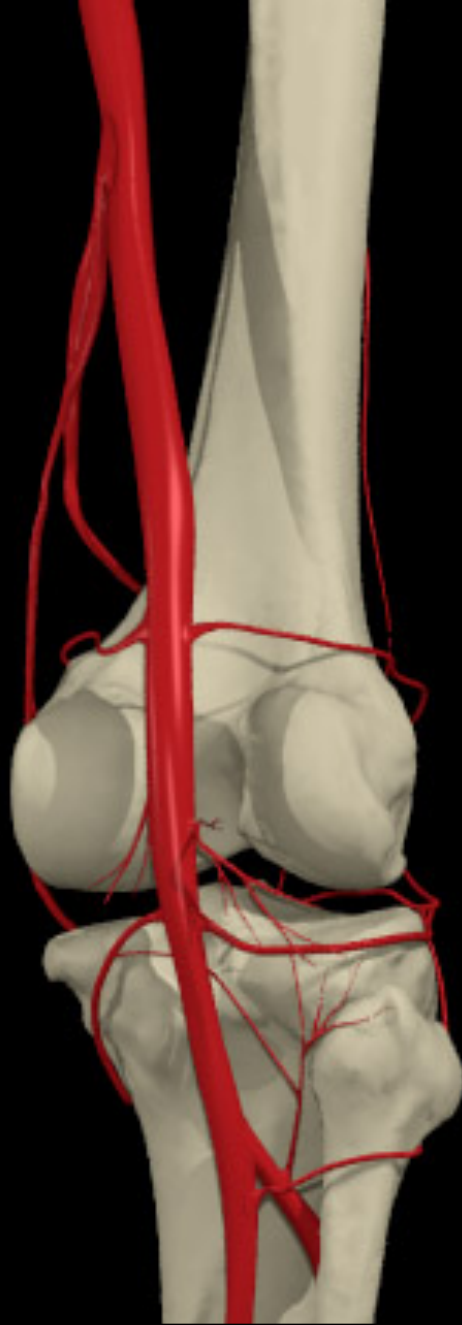
Ilio Tibial Tractus

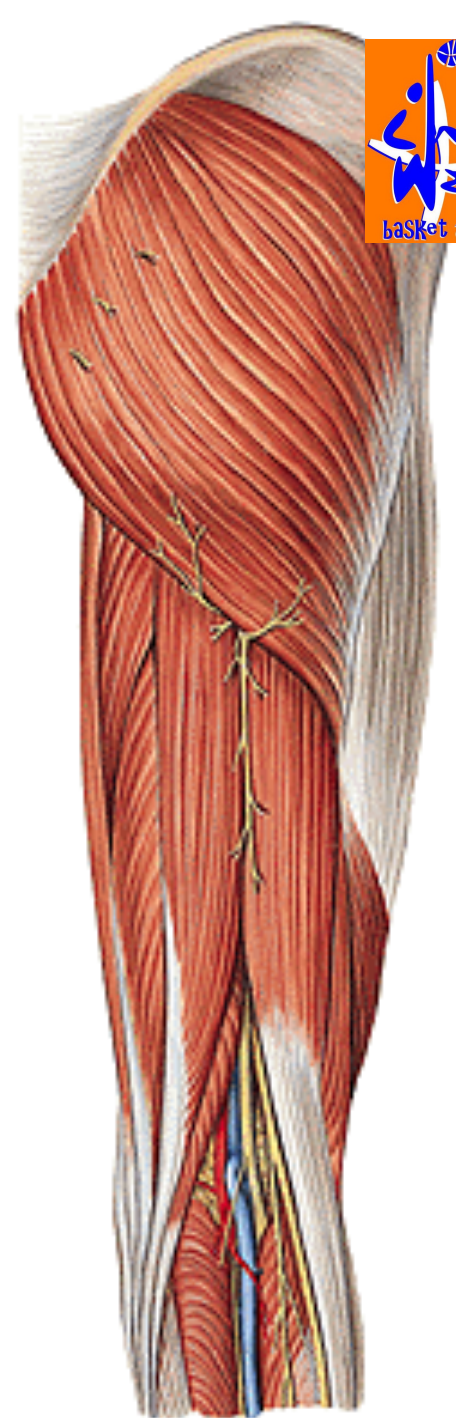
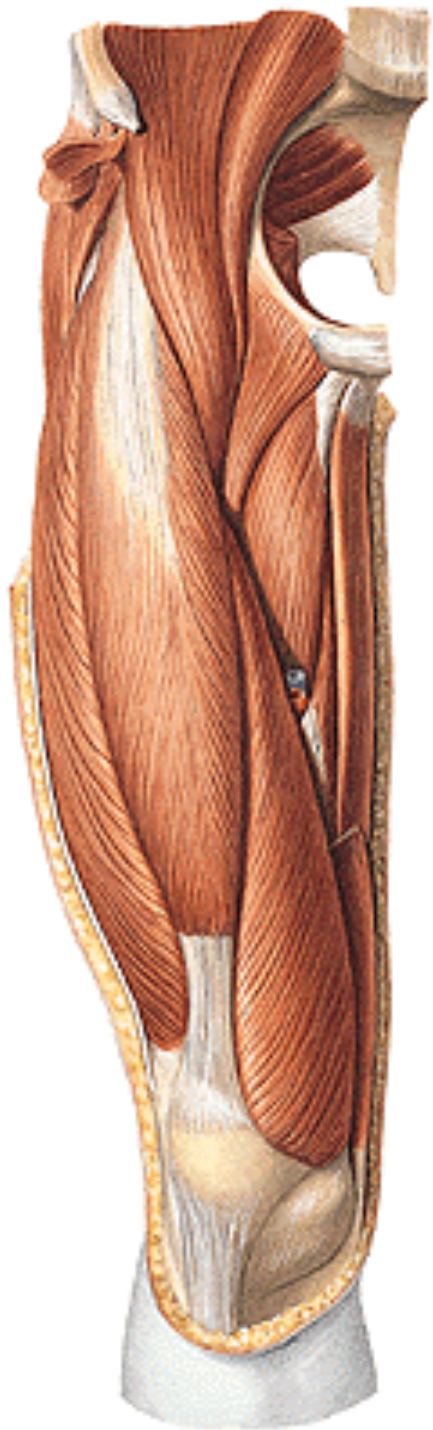
Expansiones cuadricipitales
directas y oblicuas



Gastrocnemius medialis

Gastrocnemius lateralis



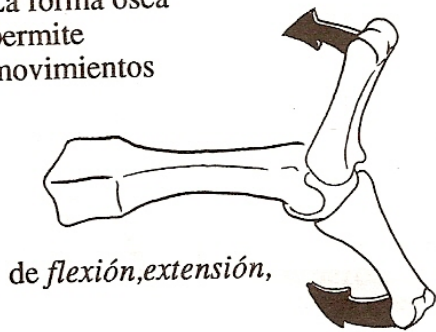


Protocolo trabajo rodilla

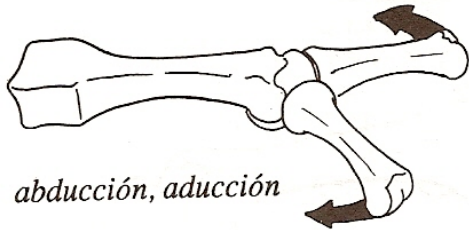
Chus Mateo Academy 2015



La forma ósea
permite
movimientos



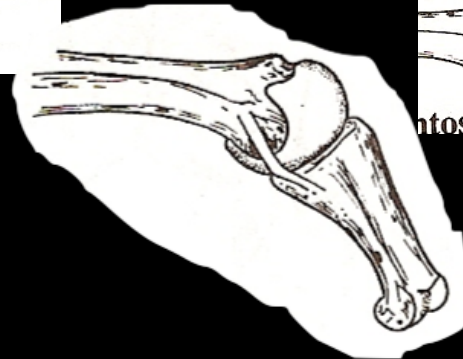
de flexión, extensión,



abducción, aducción

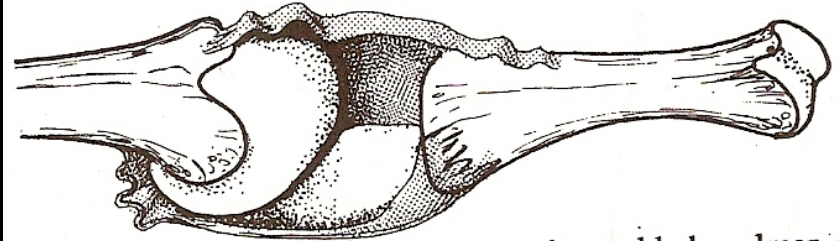


y ligeras rotaciones



extensión pasiva
amplia
extensión activa.

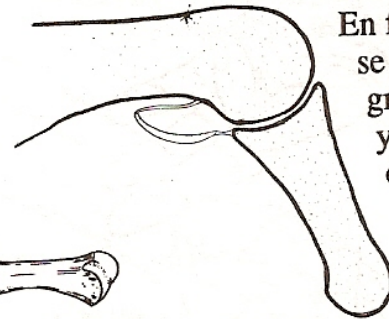
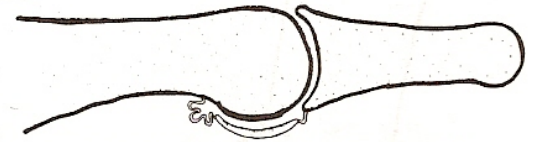
La cápsula es laxa
por delante y por detrás,



y tensa por los lados, está reforzada en el lado palmar
por una *placa de cartílago fibroso*: la *placa
palmar*, interrumpida en el borde de la falange,
lo que forma
una zona
bisagra.

Esta
completa

la superficie de la base de la falange cuando
la articulación está en extensión.



En flexión,
se dobla
gracias a su bisagra
y a los pliegues
de la cápsula.



ligamentos laterales, que van del tubérculo de la cabeza

