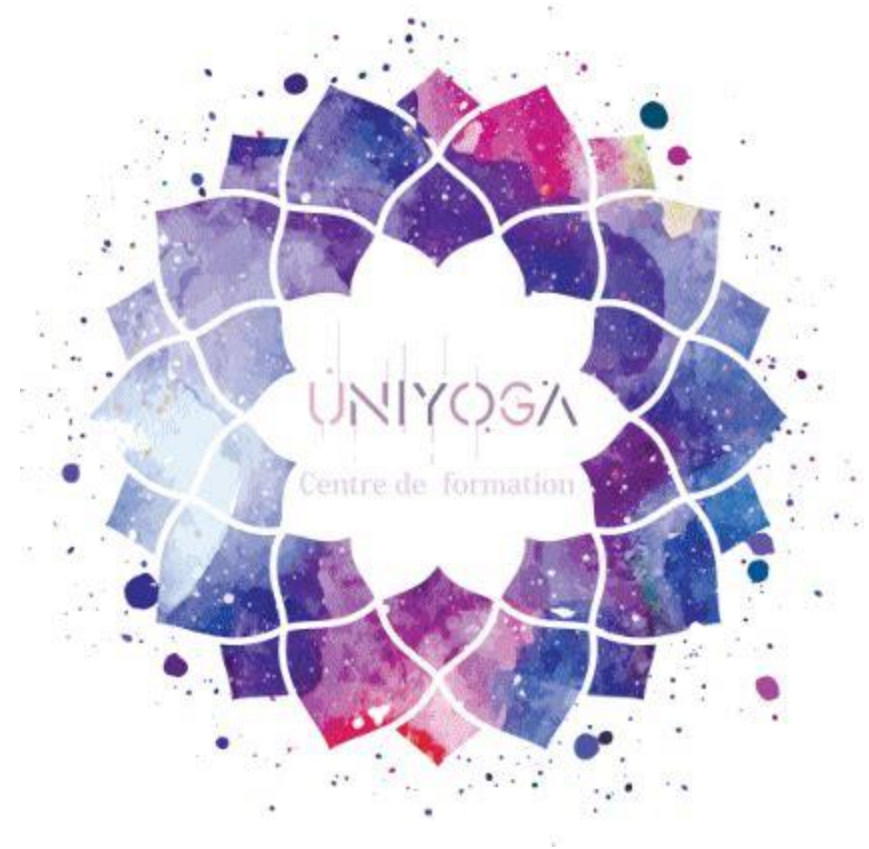


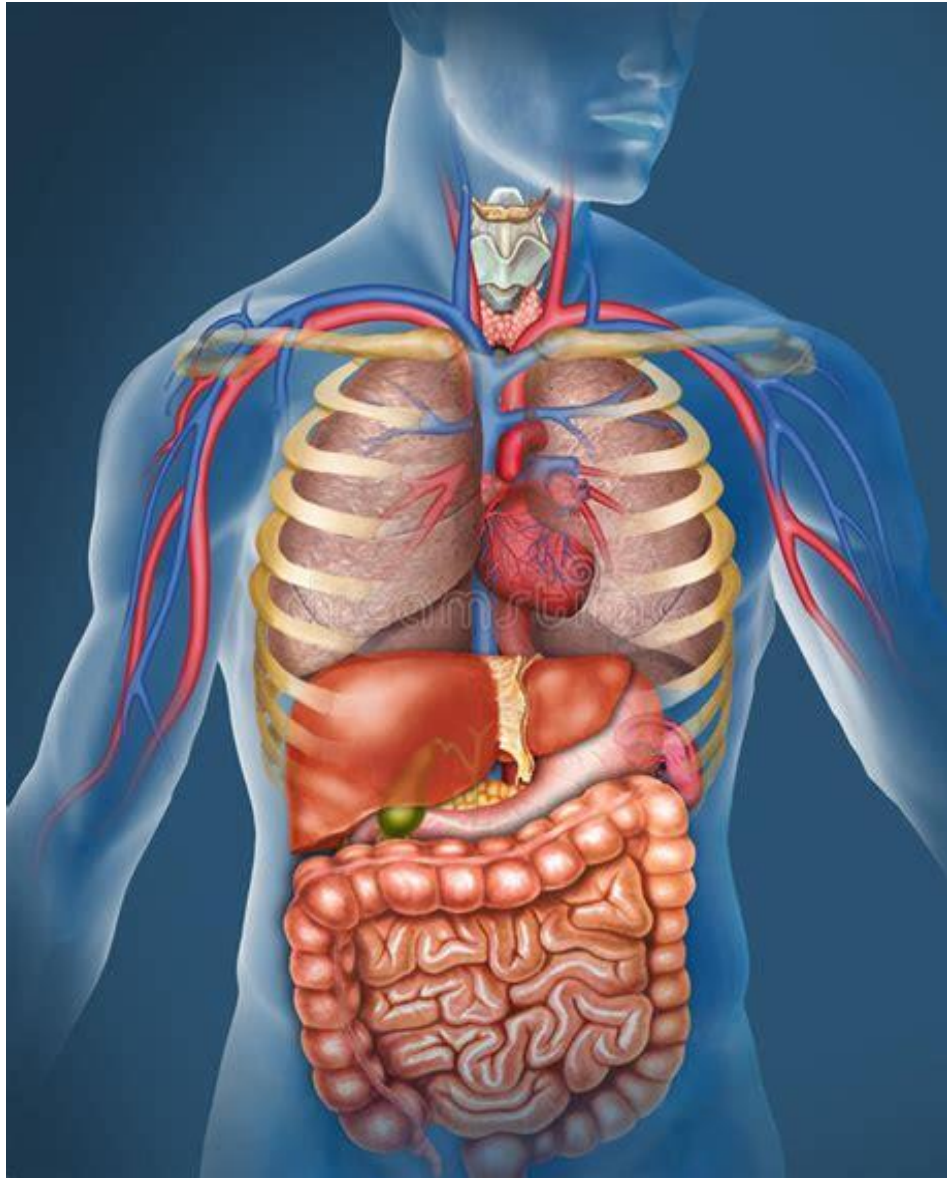
Anatomie et Physiologie dans le Yoga

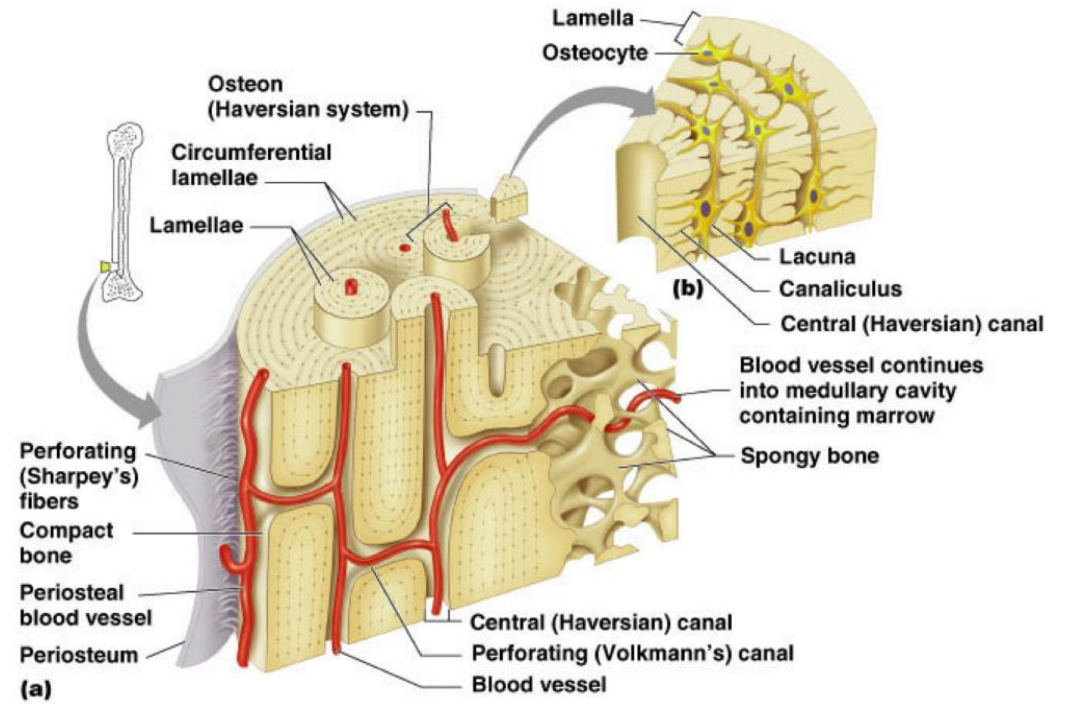
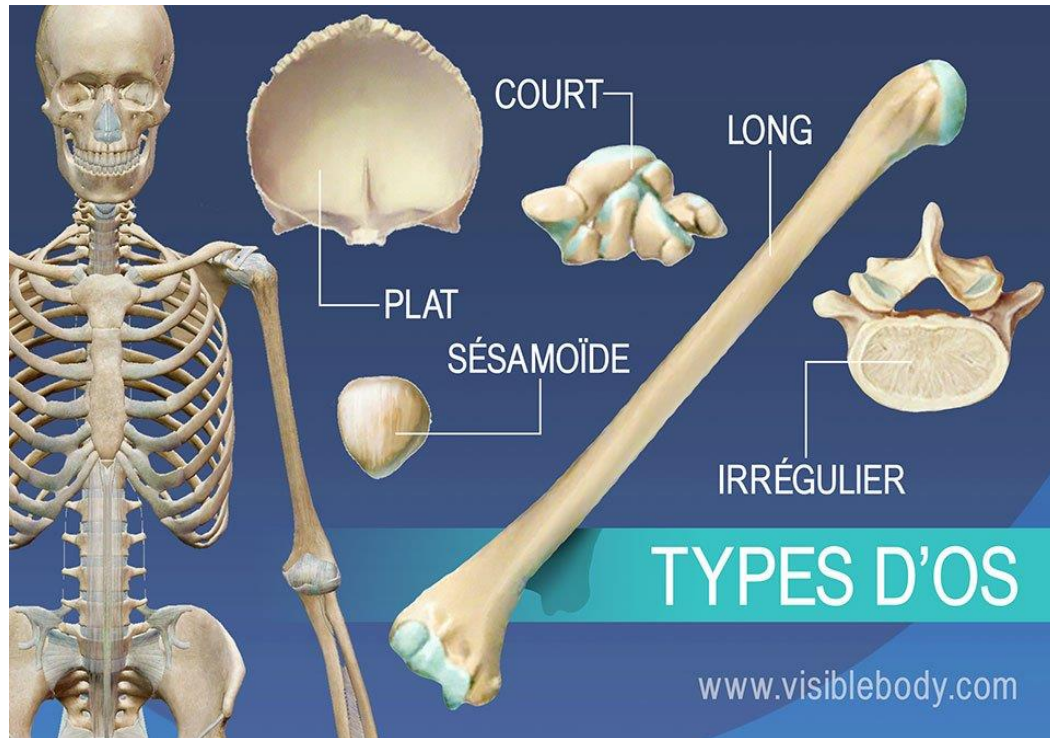
Dr Irene Clavijo

Decembre 2021

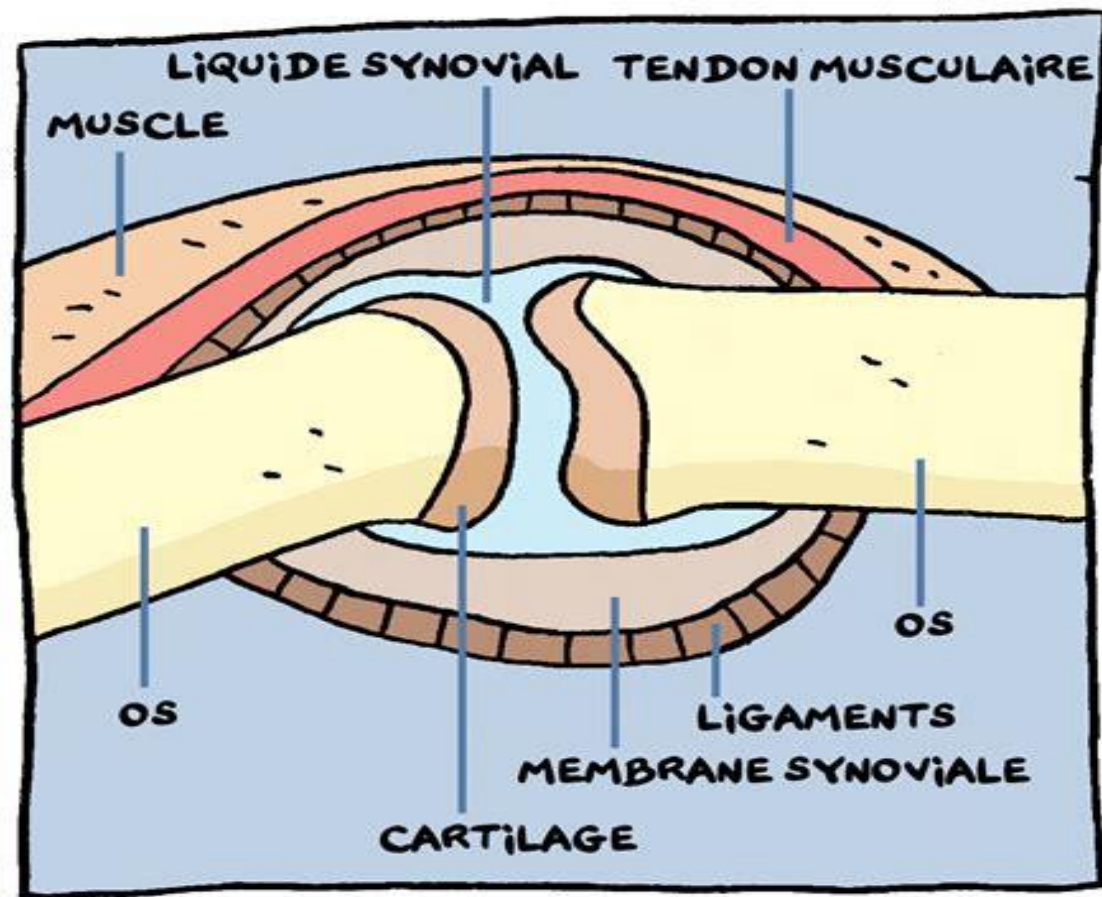
Mouans Sartoux

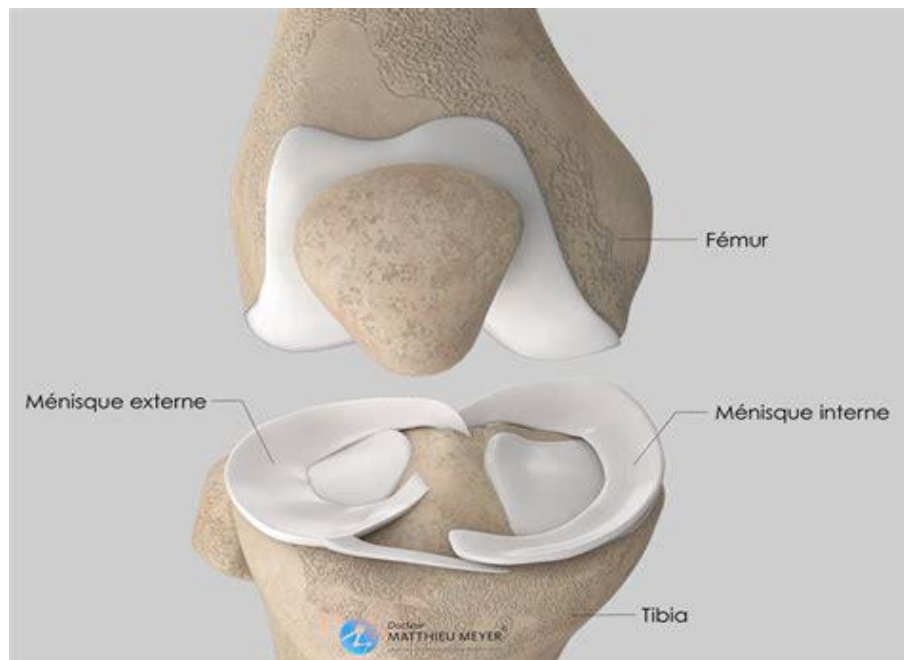
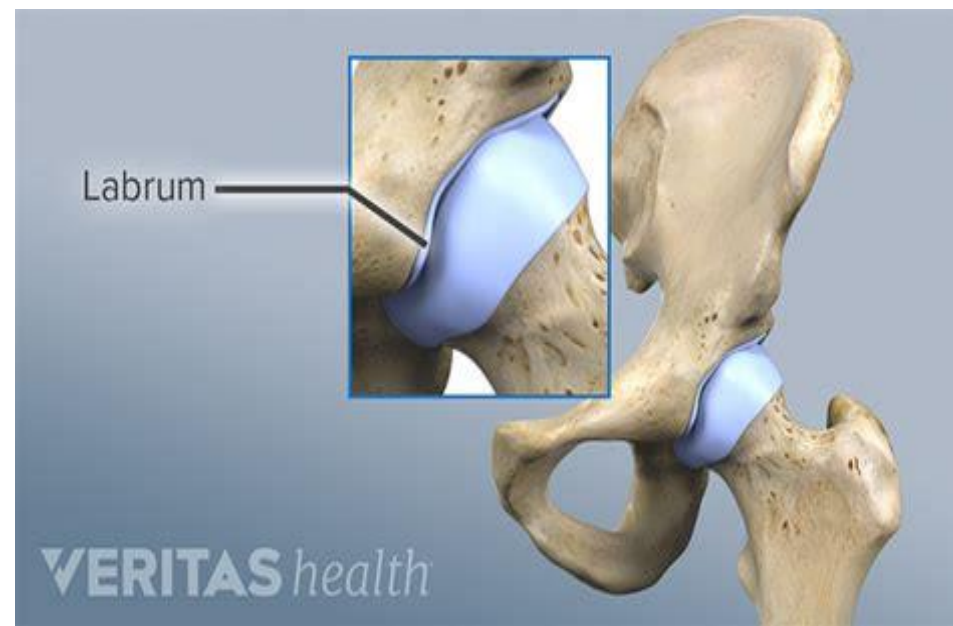


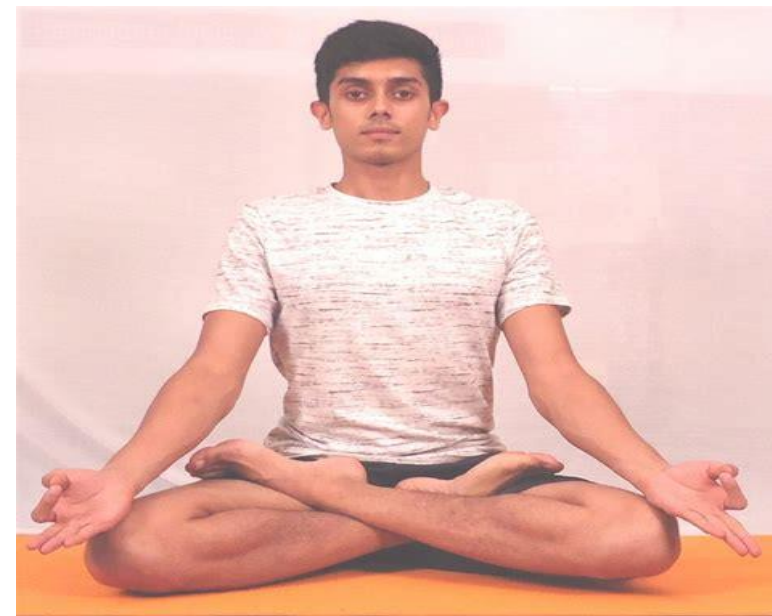
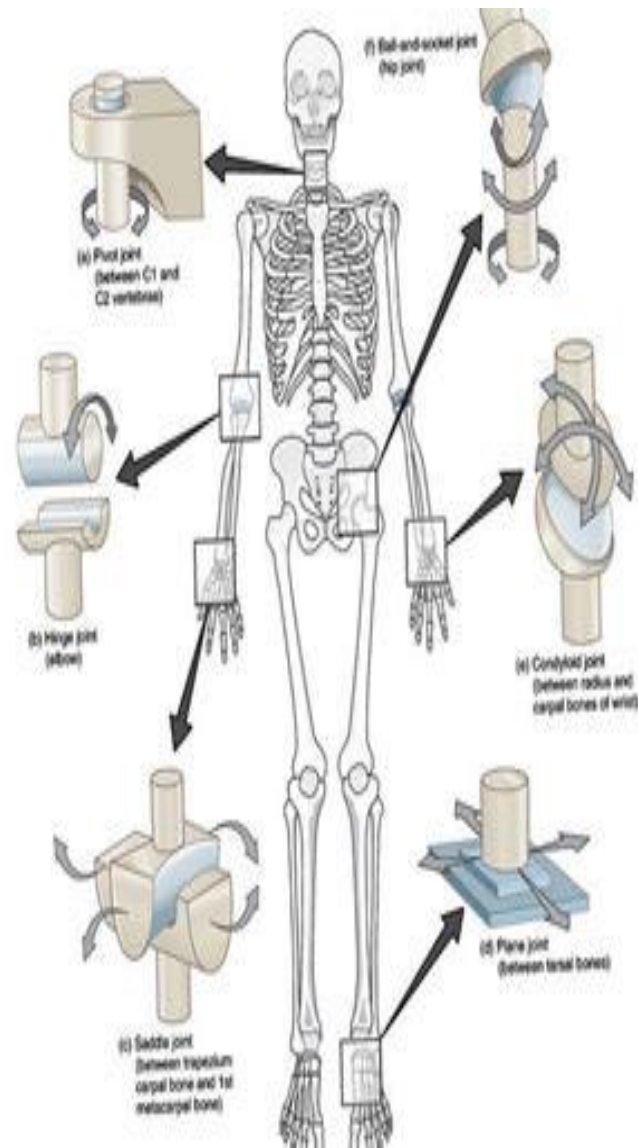


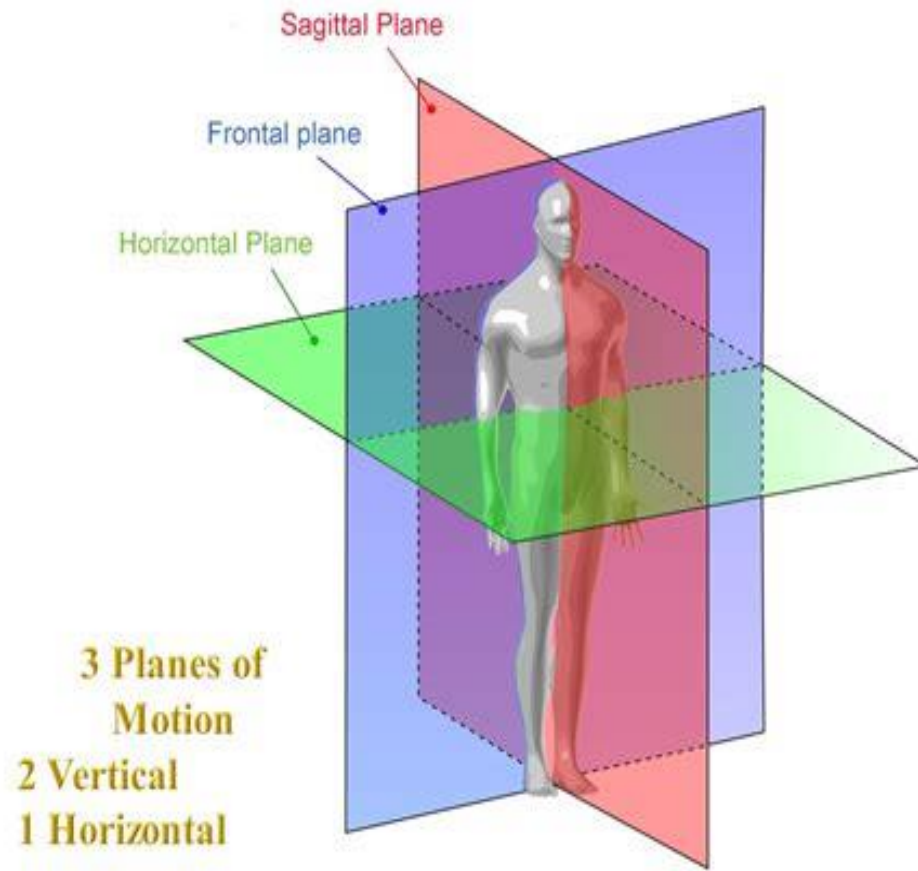




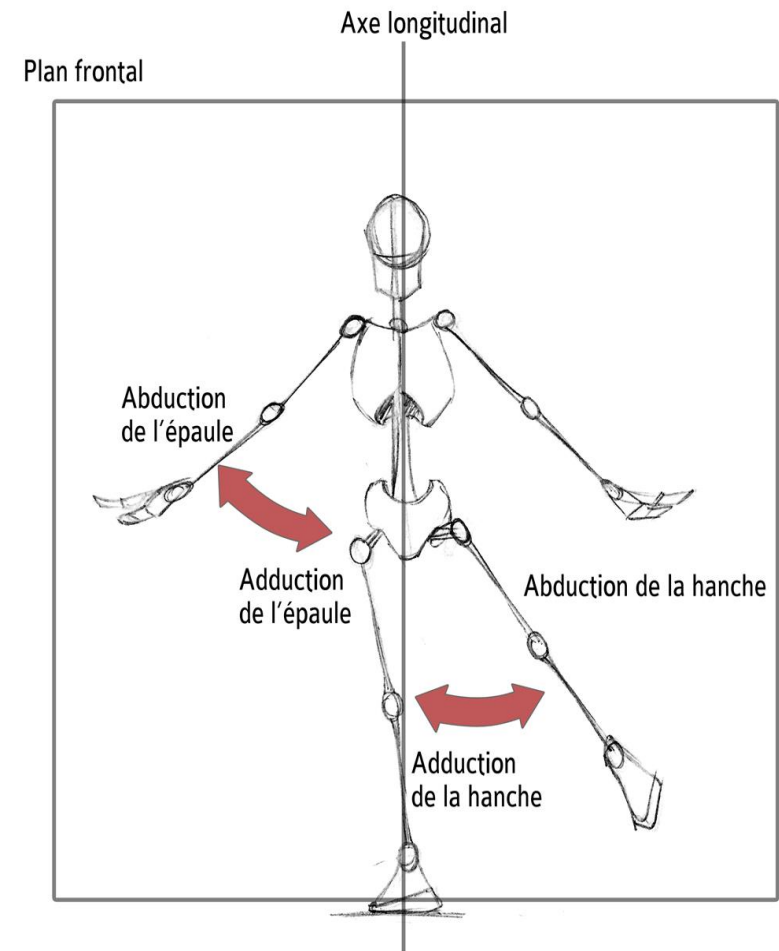




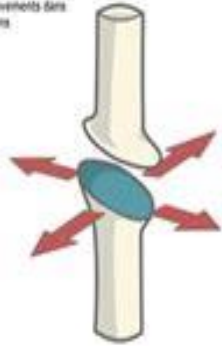




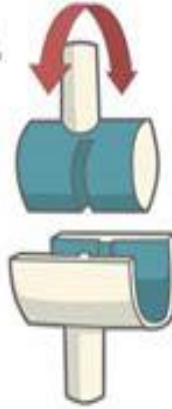
2



ARTHROÏDE
Petits mouvements dans
tous les sens



TROCHLEENNE
Flexion / Extension



TROCHOÏDE
Rotation externe / interne



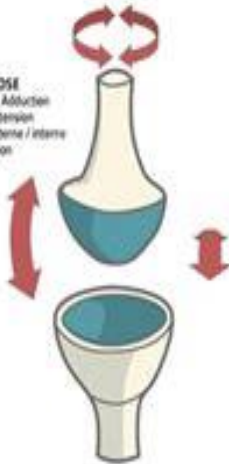
CONDYLIENNE
Abduction / Adduction
Flexion / Extension



SELLE
Abduction / Adduction
Flexion / Extension



ENARTHROSE
Abduction / Adduction
Flexion / Extension
Rotation externe / interne
Circumduction



**ARTICULATION
TROCHLEENNE**
1 (coude)



**ARTICULATION
TROCHOÏDE**
2 (radio-ulnaire)



**ARTICULATION
PLANE**
3 (intercarpiennes)



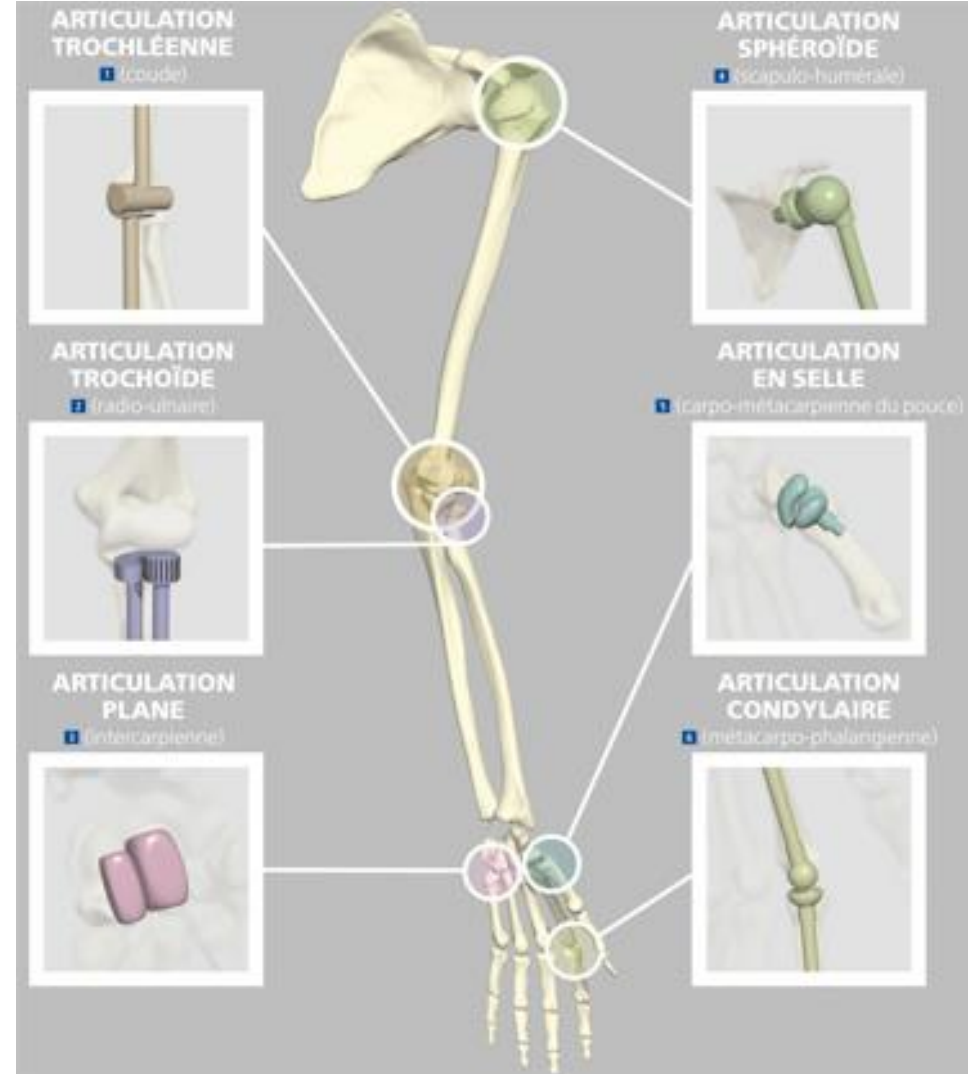
**ARTICULATION
SPHÉROÏDE**
4 (scapulo-humérale)

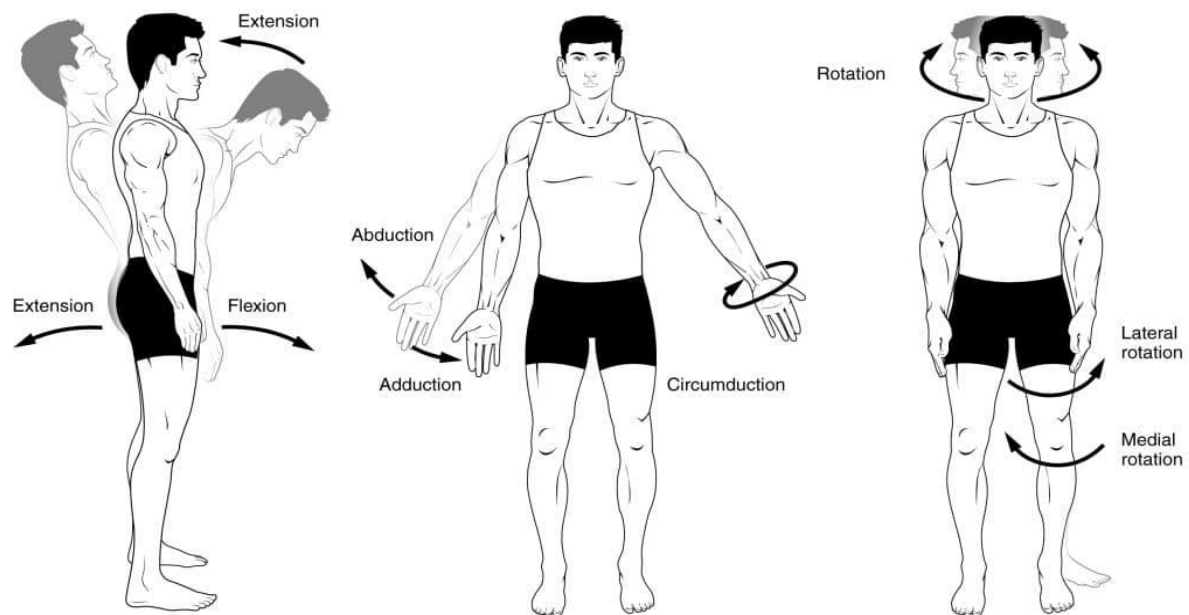


**ARTICULATION
EN SELLE**
5 (carpo-métacarpienne du pouce)

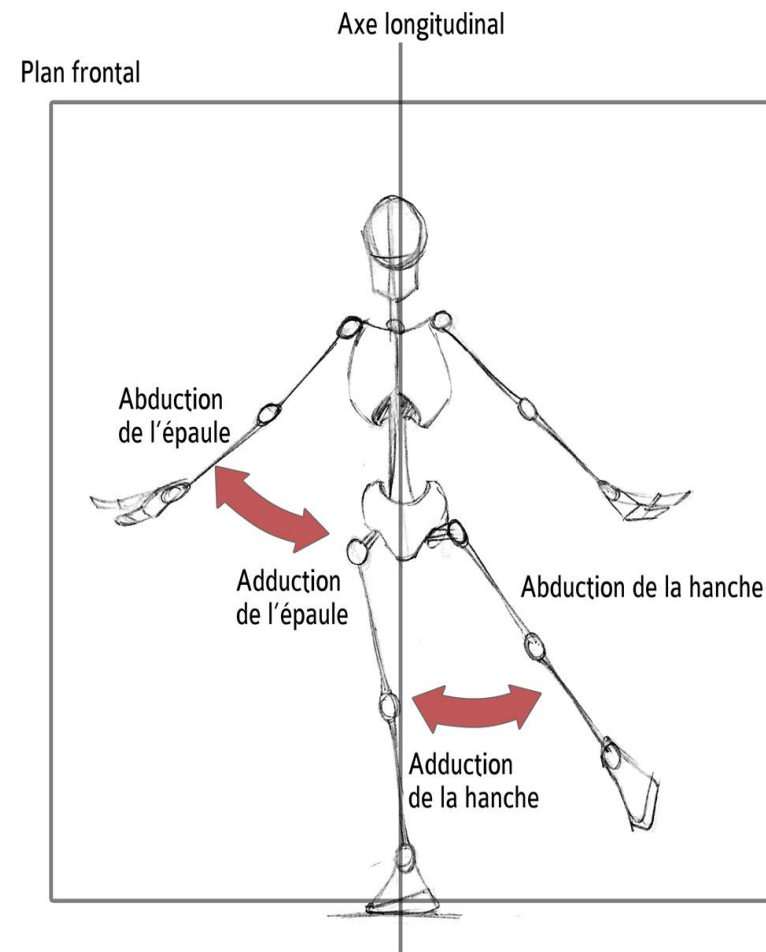
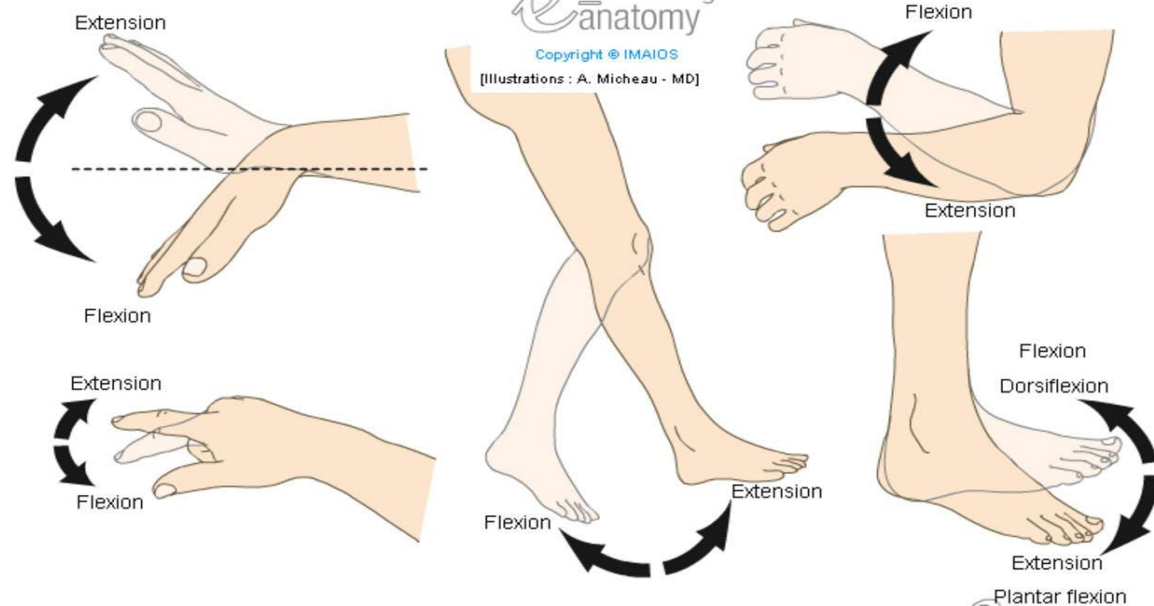


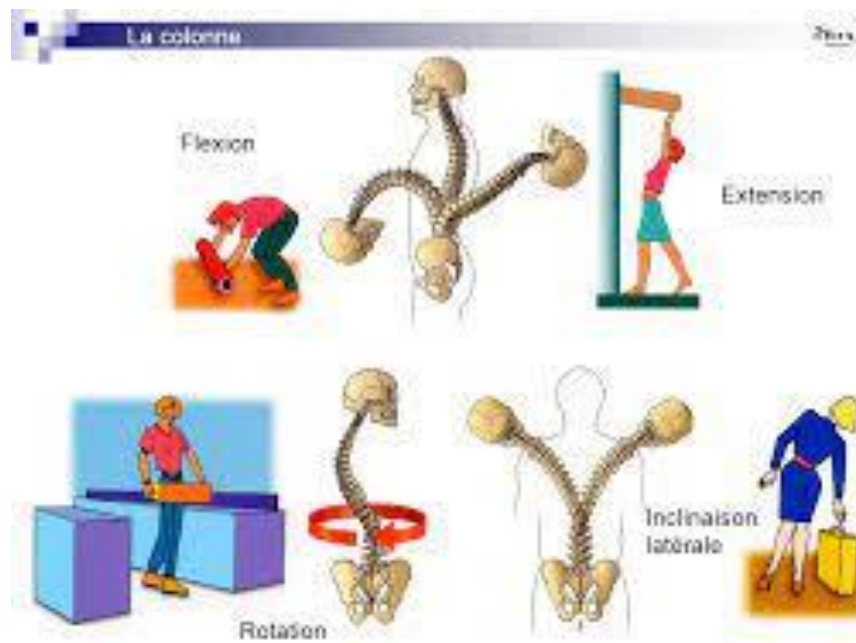
**ARTICULATION
CONDYLAIRE**
6 (métacarpo-phalangienne)



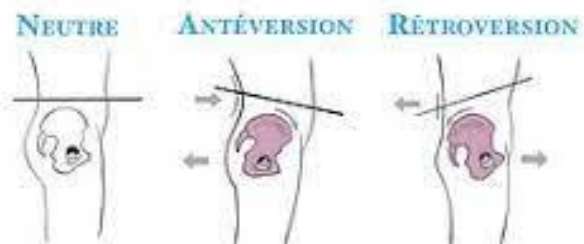


eānatomy³
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POSITION DU BASSIN

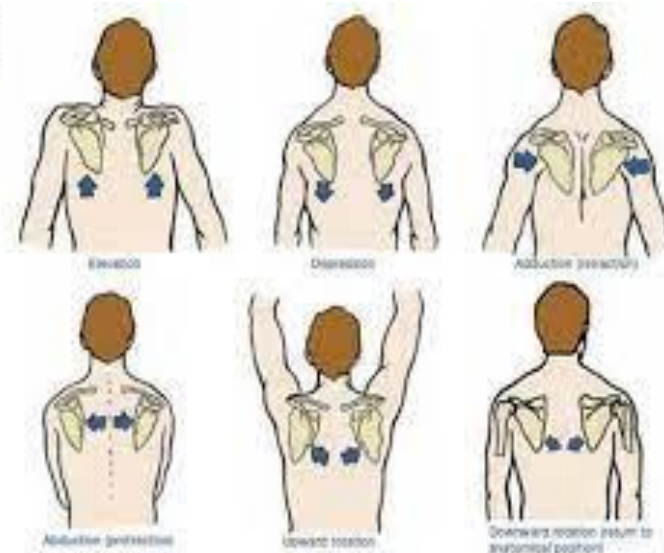


ARM SUPINATION AND PRONATION

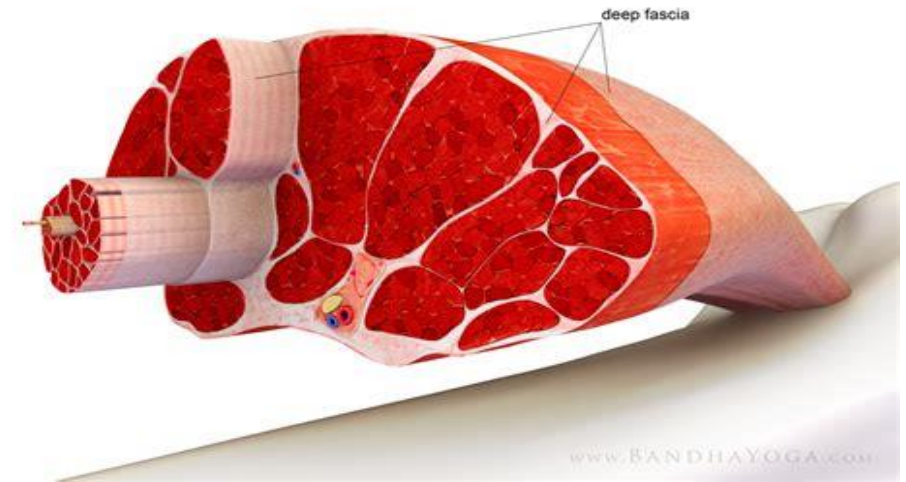
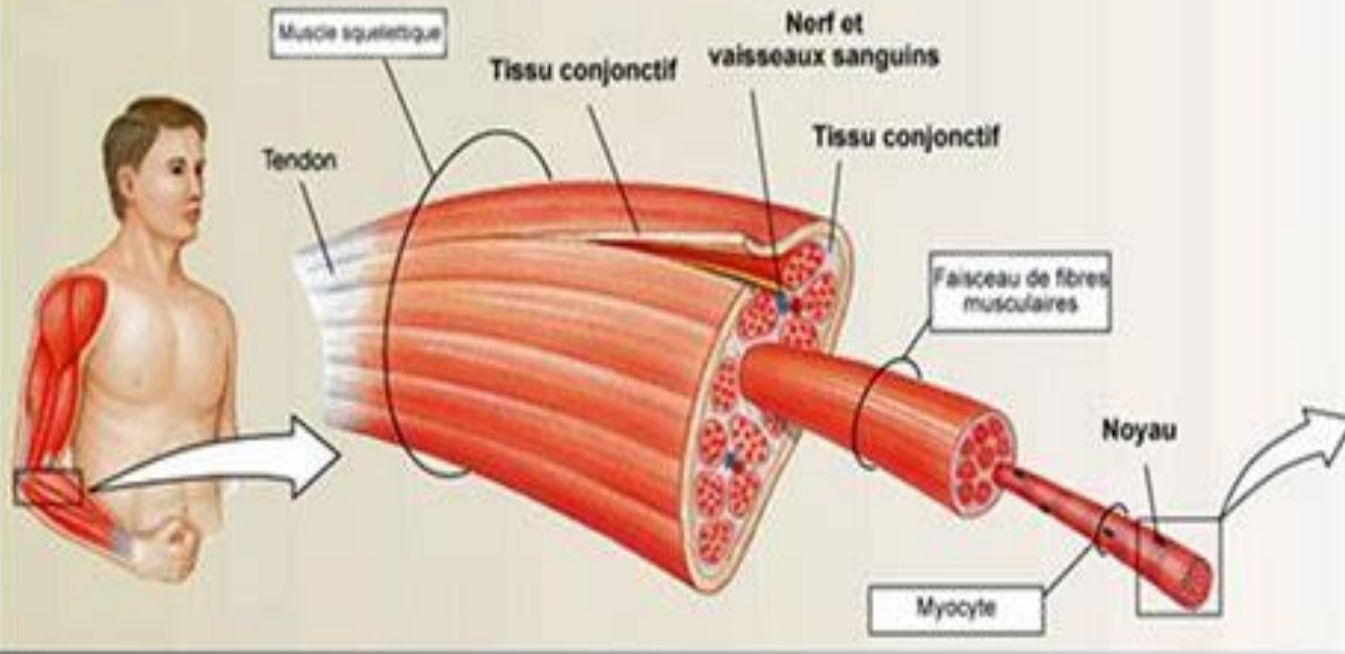


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Figure 3-34
Scapular movements



Le muscle squelettique



Contractions musculaires

Travail Musculaire

Concentrique

= Travail en
Raccourcissement

= Travail Moteur

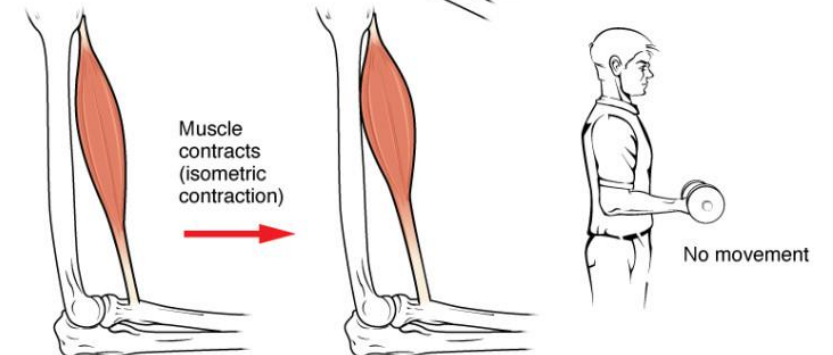
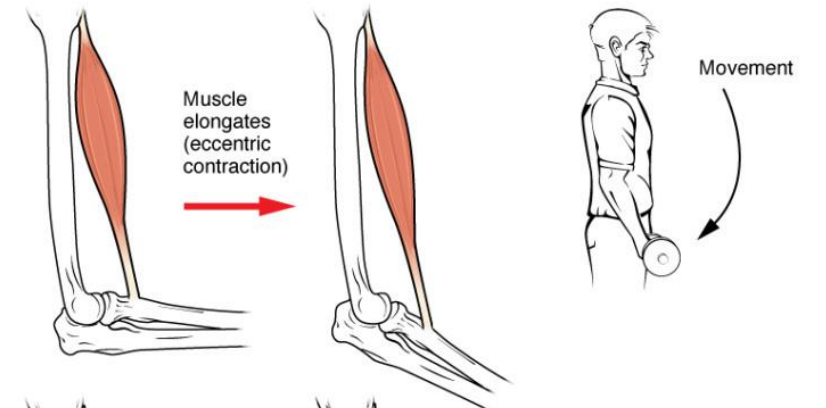
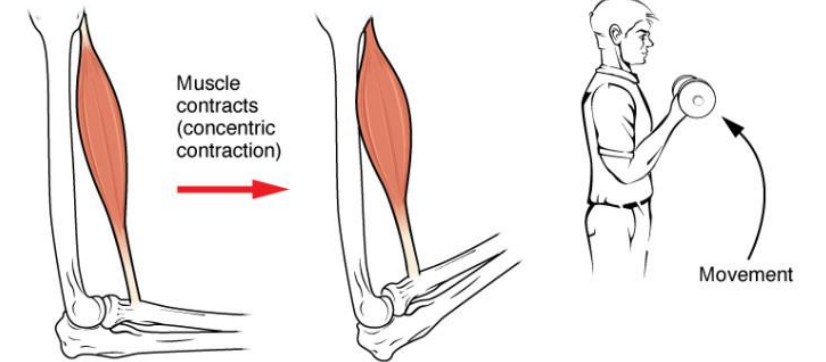
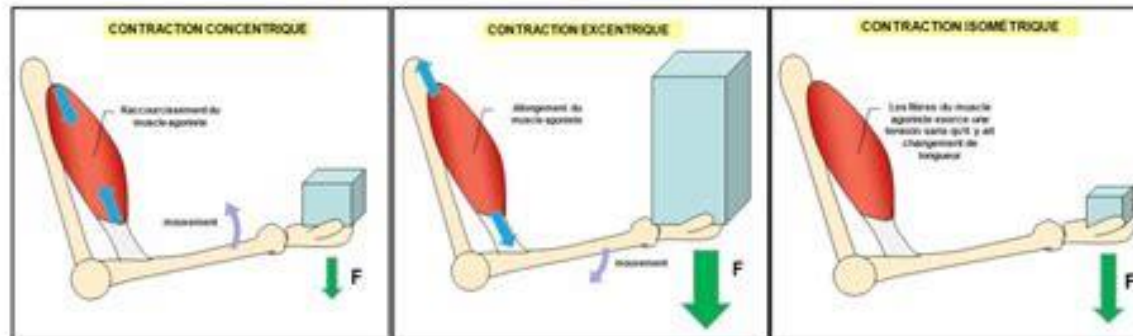
Excentrique

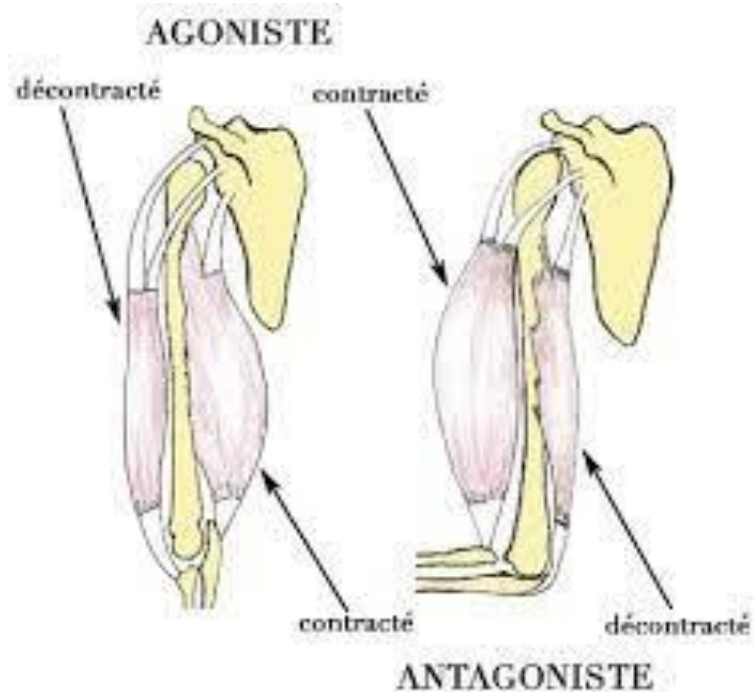
= Travail en
Allongement

= Travail Freinateur,
de Contrôle

Isométrique

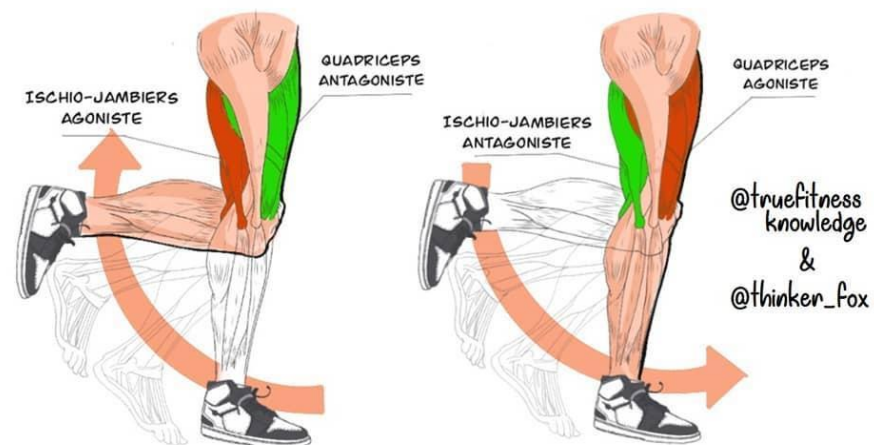
= Travail en
Immobilité





QUI FAIT QUOI ?

AGONISTE & ANTAGONISTE : EXPLICATIONS !



FLEXION DU GENOU

L'ISCHIO- SE **CONTRACTÉ** (AGONISTE)
LE QUADRI- SE **RELÂCHE** (ANTAGONISTE)

EXTENSION DU GENOU

L'ISCHIO- SE **RELÂCHE** (ANTAGONISTE)
LE QUADRI- SE **CONTRACTÉ** (AGONISTE)



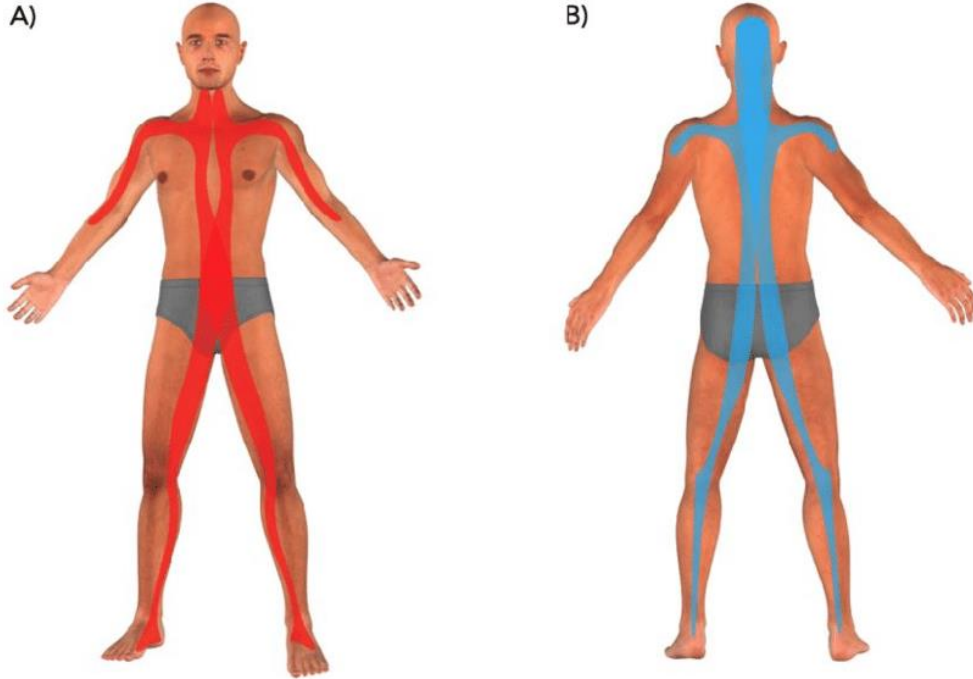
True Fitness Knowledge

#BASICS

Mode de contraction en chaîne ouverte/ en chaîne fermé



Étirements

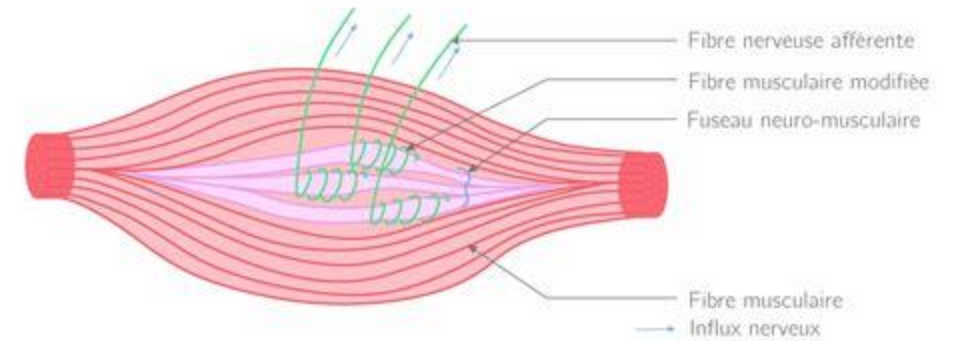
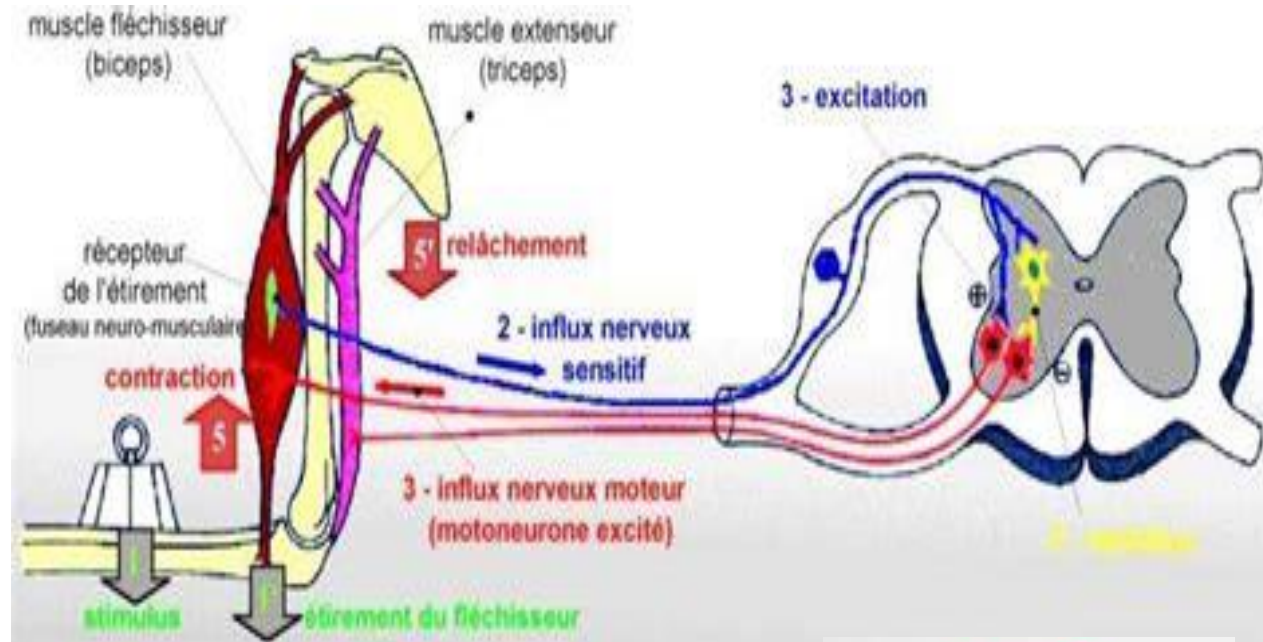


L'étirement se fait lentement.
Attention, un étirement ne doit **jamais faire mal** : il est souvent désagréable mais jamais douloureux

*Bien faits des étirements sur la HTA étude
l'Université de la Saskatchewan*

Publiée le 18 décembre 2020 dans le
Journal of Physical Activity and Health

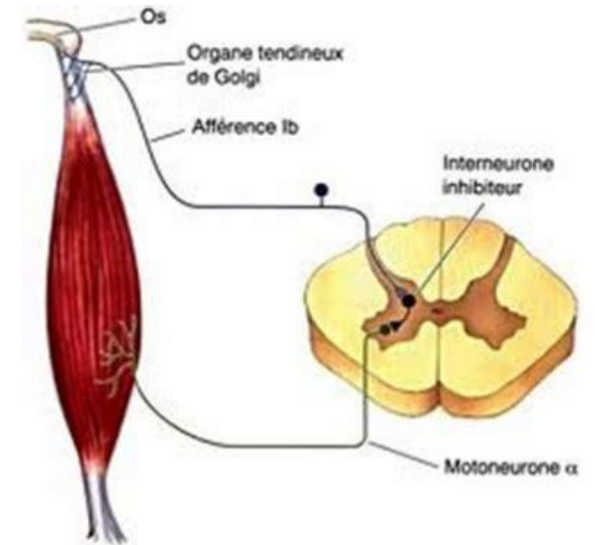
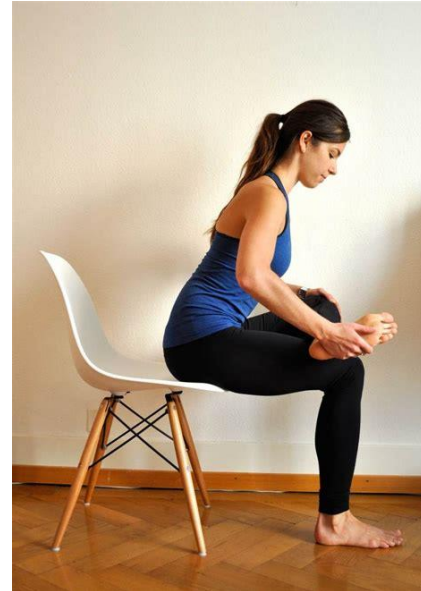
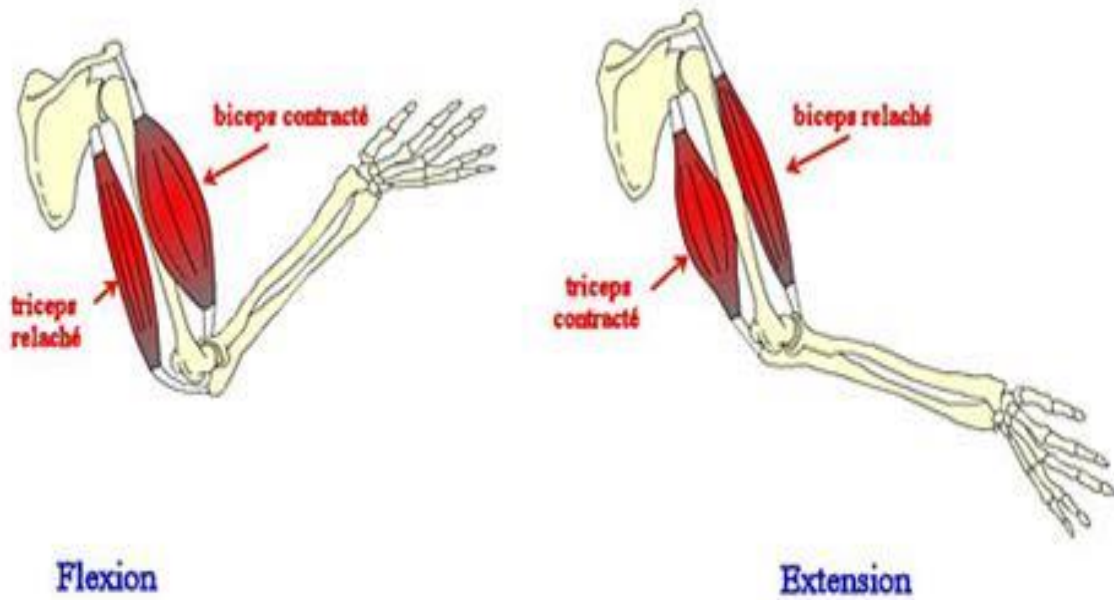
Physiologie de l'étirement



Réflexe myotatique



Inhibition réciproque / Réflexe myotatique inverse (PNF)



Étirement PNF

