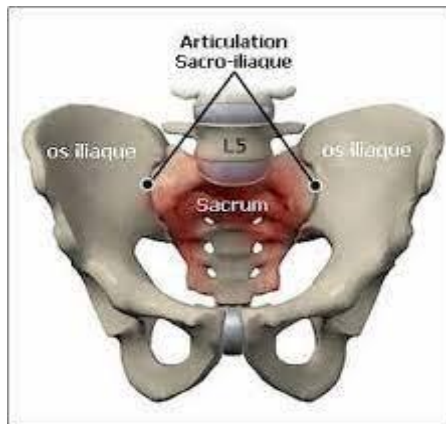
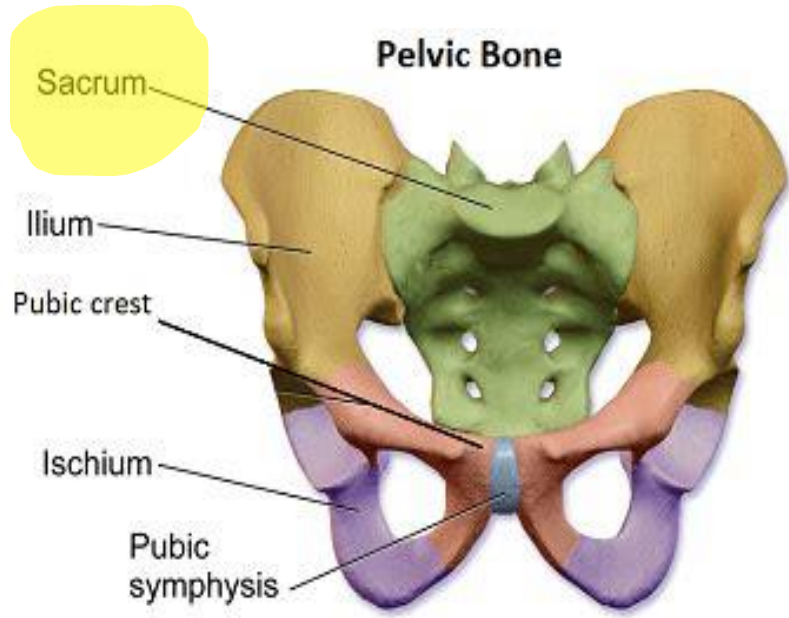
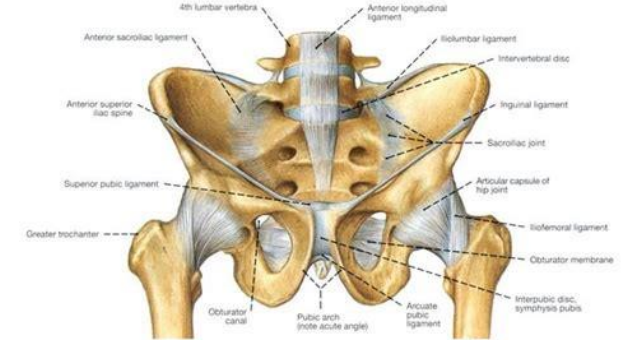


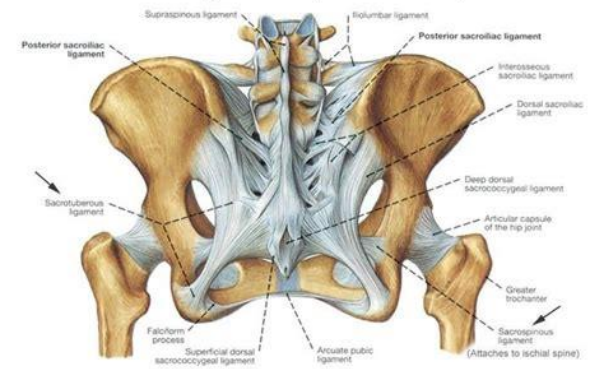
BASSIN



Pelvis and Ligaments, Front View, Male



Pelvis and Ligaments, Rear View, Female



Position normale

antéversion

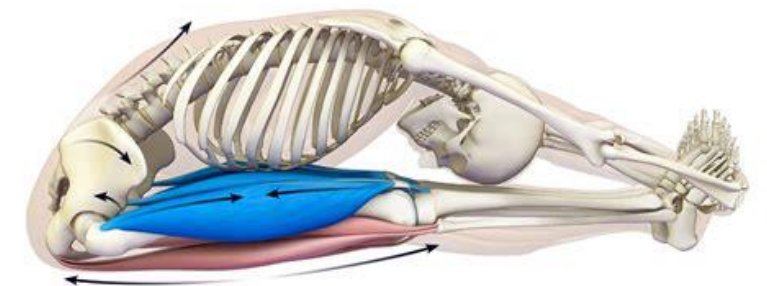
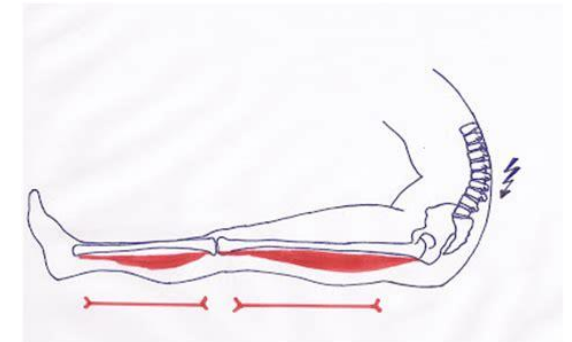
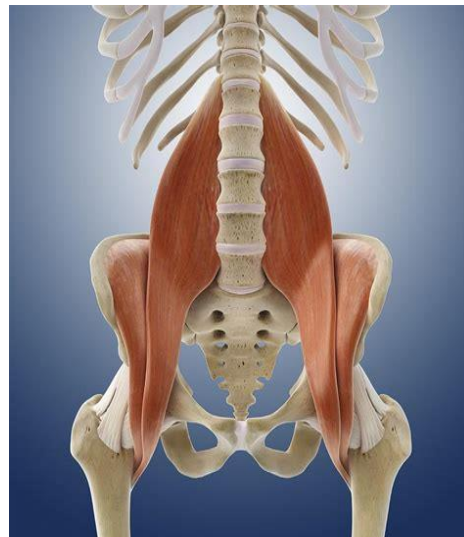
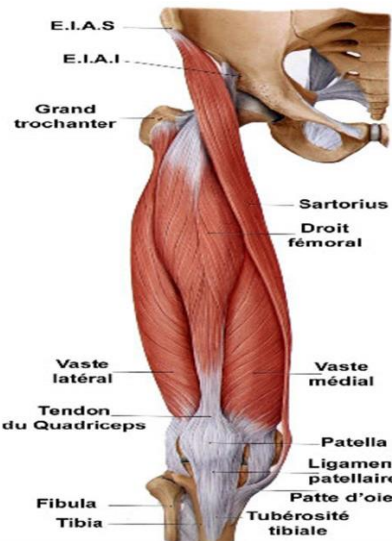
rétroversion



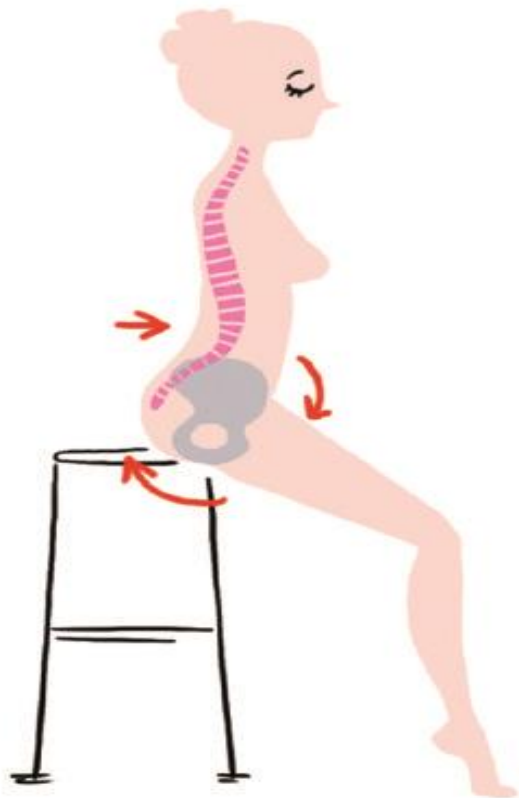
Les différentes positions du bassin



Proke

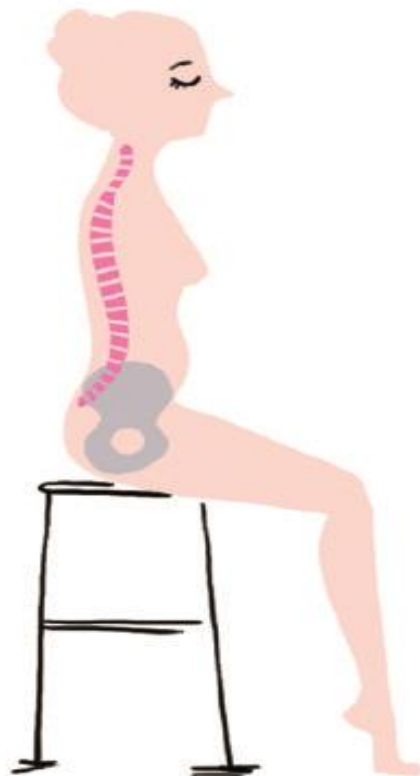


Antéversion



Le bassin bascule en avant.
Cette position a pour avantage
de replacer le bas de votre dos dans
une courbure physiologique.
Votre dos se redresse quasi
automatiquement si vous ouvrez l'angle
entre votre buste et votre cuisse

Intermédiaire

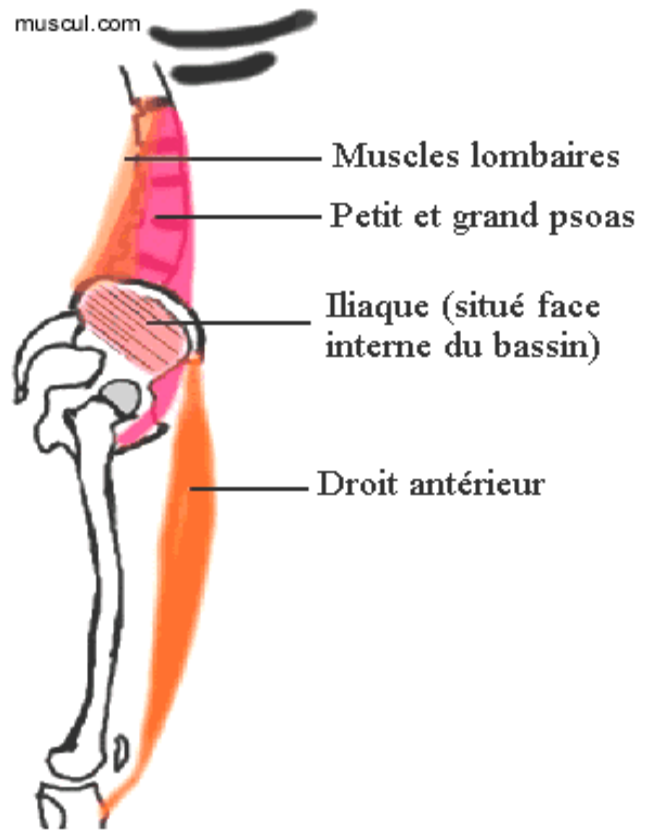


Cette position est celle
que l'on recommande
habituellement. Difficile
de la tenir toute la journée !

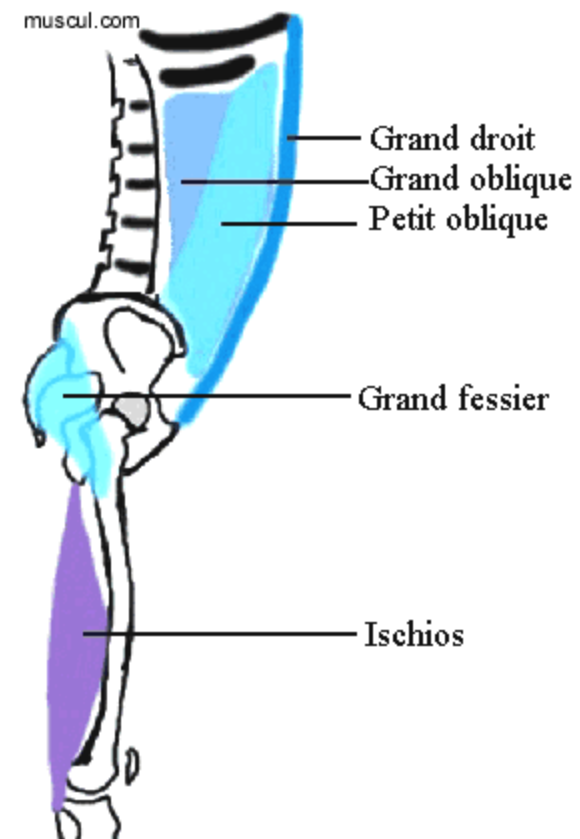
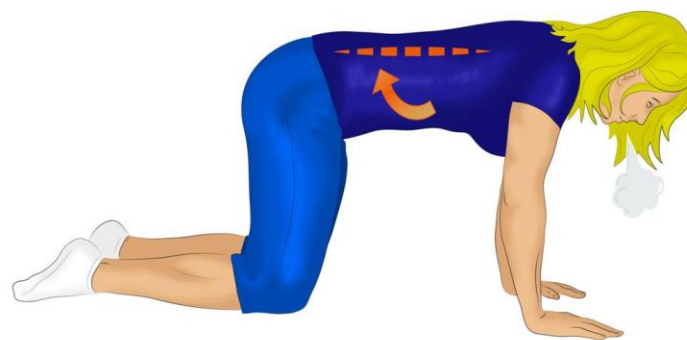
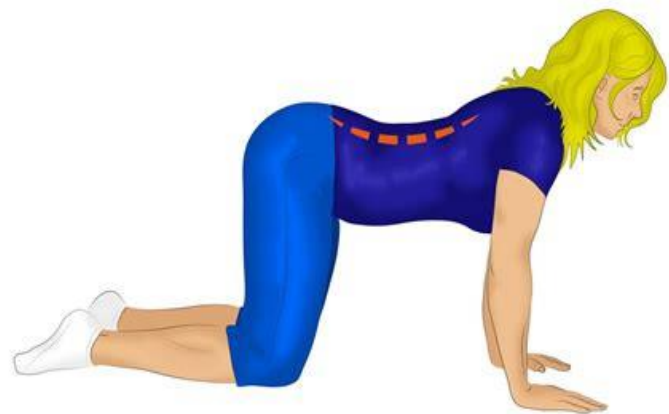
Rétroversion



Le bassin bascule en arrière.
La courbure de la région lombaire
s'inverse, votre dos s'enroule.
Cette position n'est pas interdite
mais il ne faut pas la conserver
trop longtemps. !

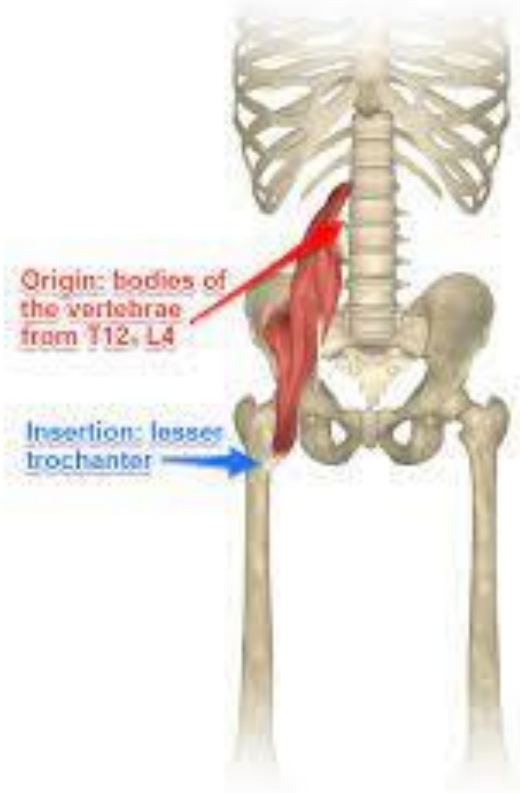


MUSCLES À ACTION LORDOSANTE

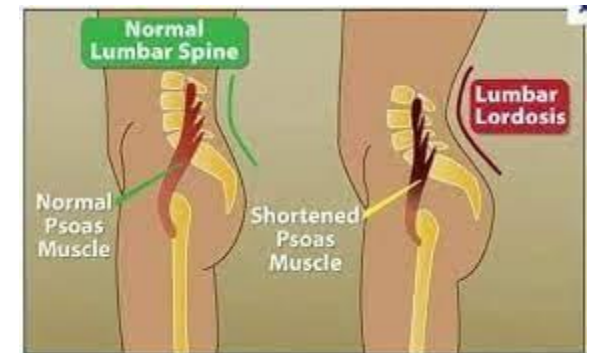
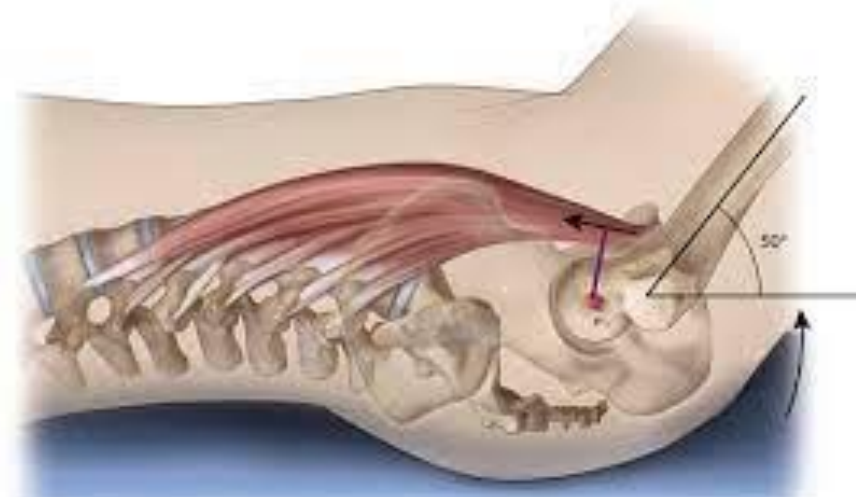


MUSCLES À ACTION DÉLORDOSANTE

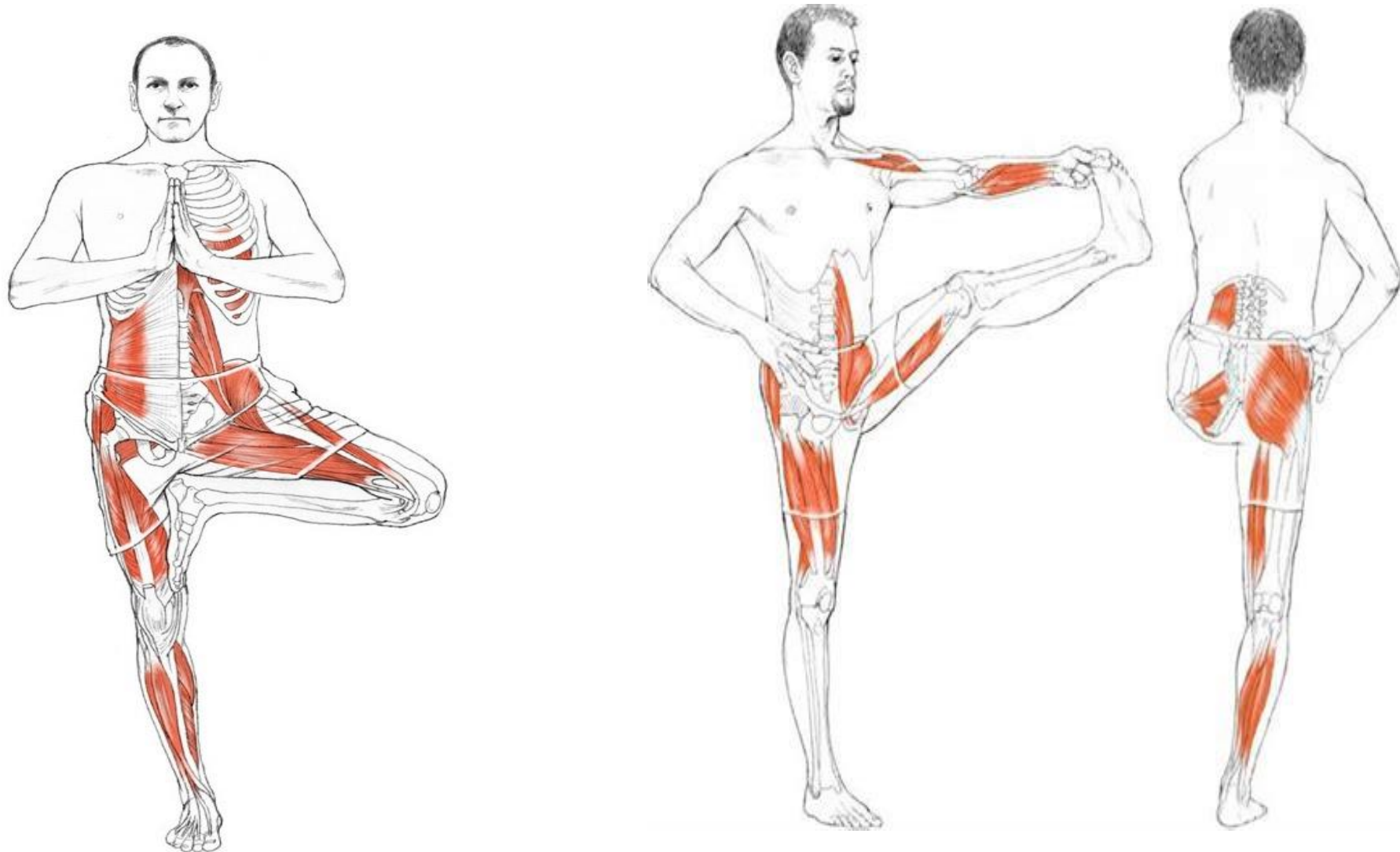
Étirement des muscles fléchisseurs de la **hanche**



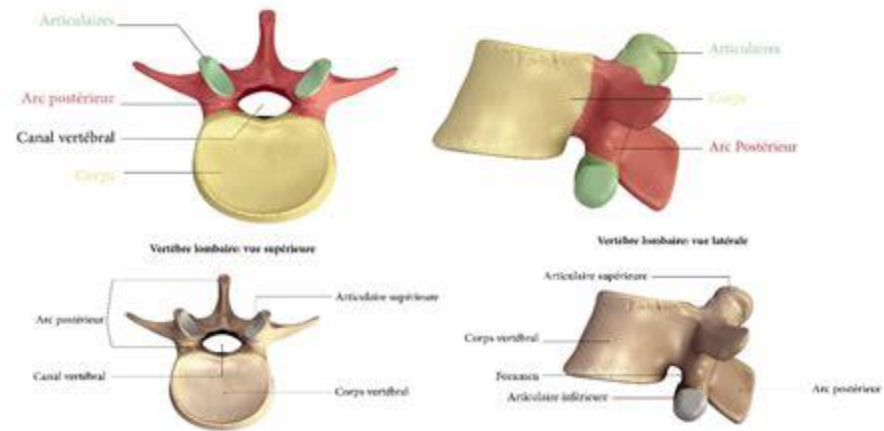
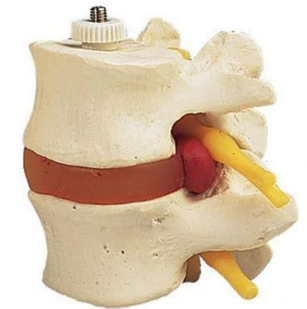
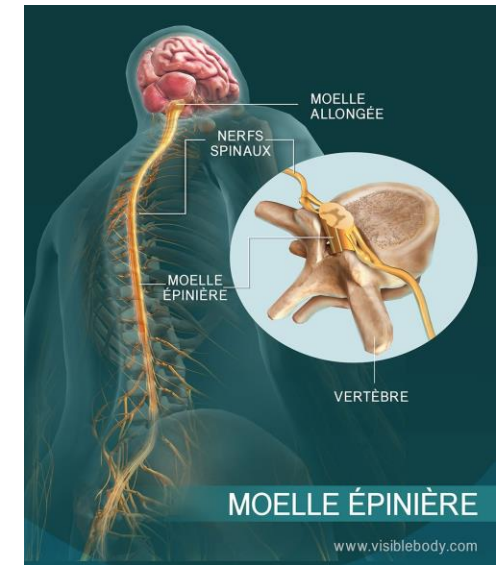
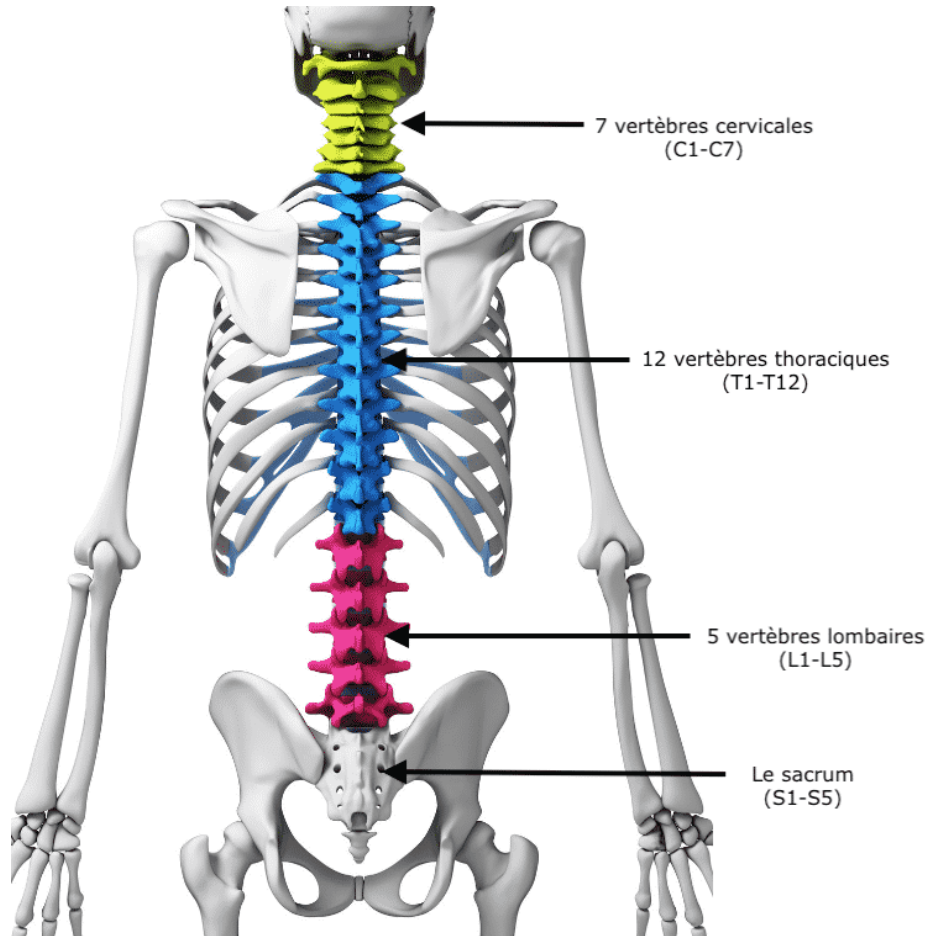
entrainement-sportif.fr/etirement-psoas.htm

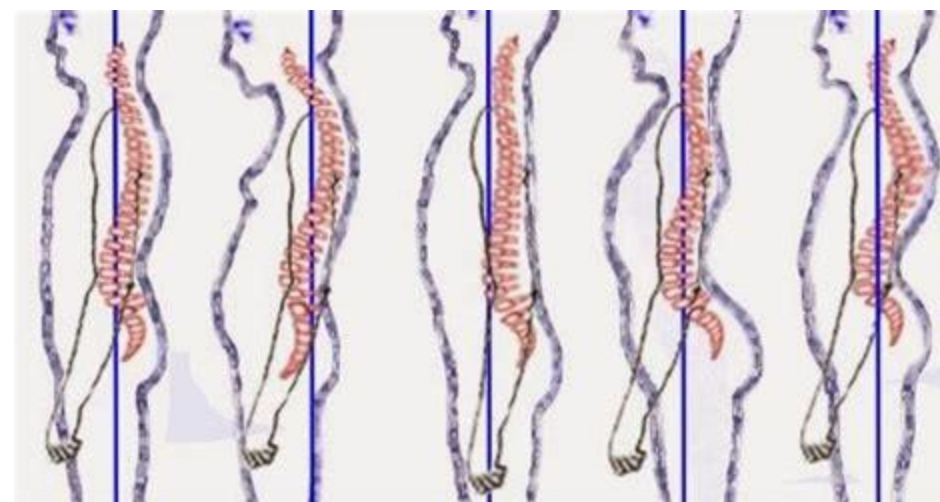
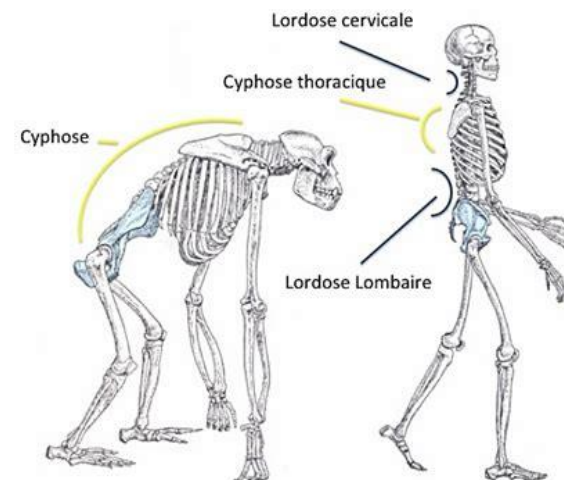
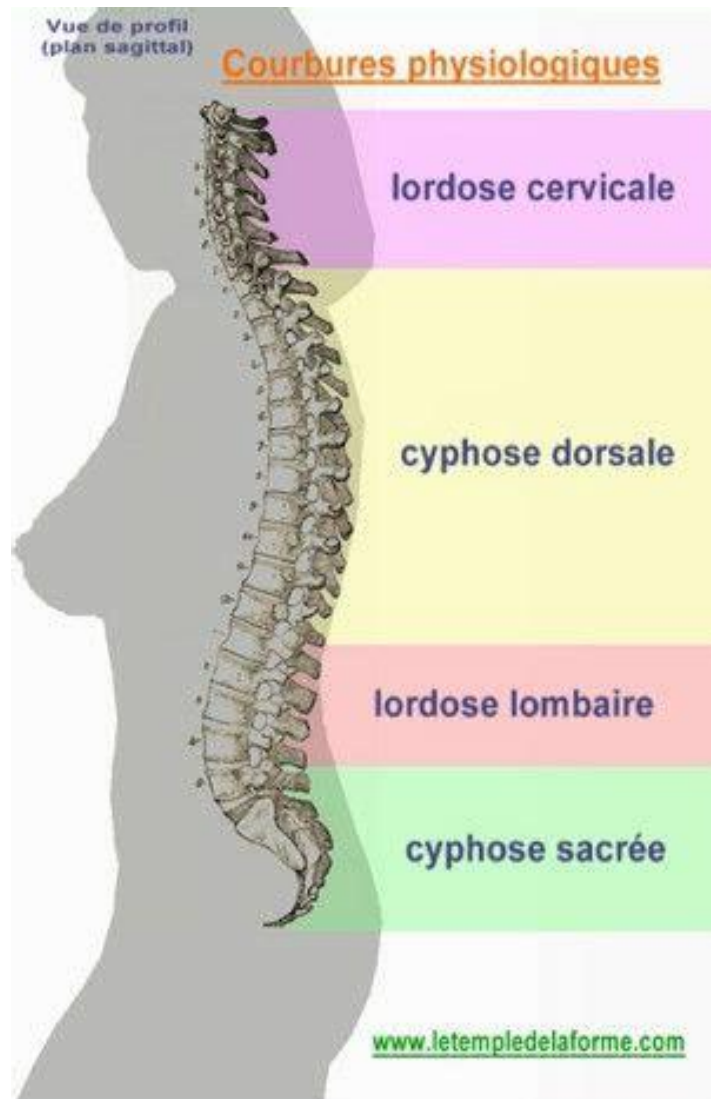


Muscles stabilisateurs du bassin



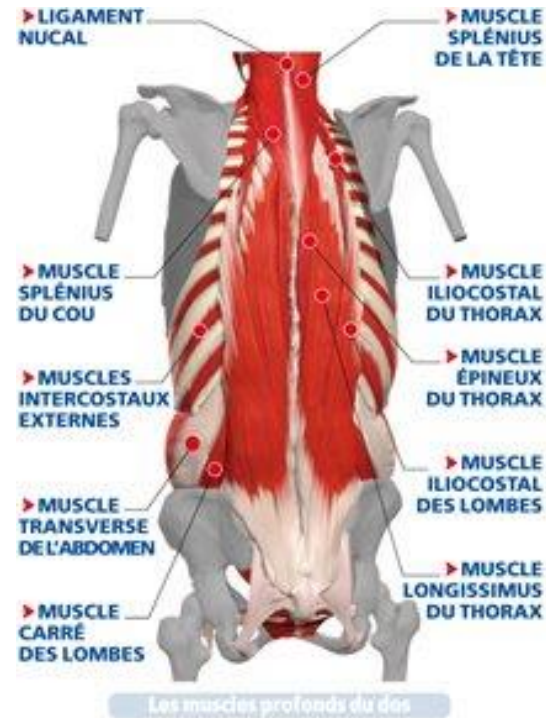
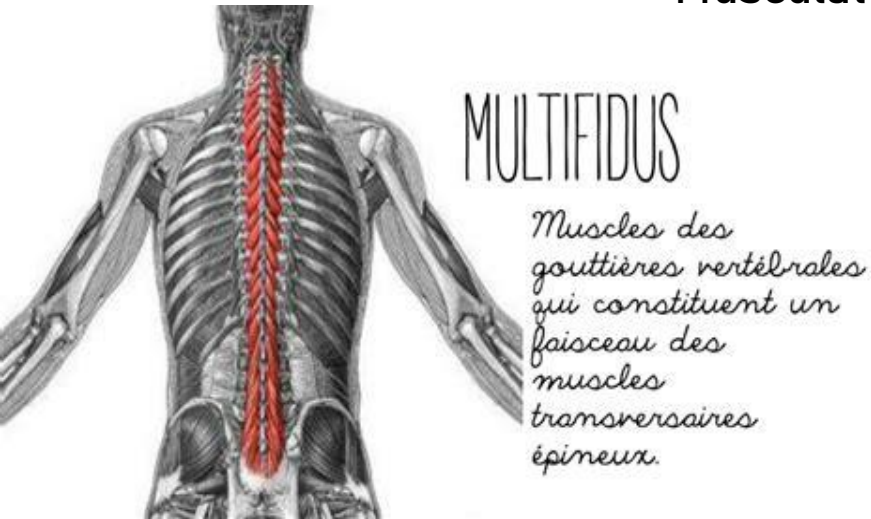
COLONNE VERTÉBRALE



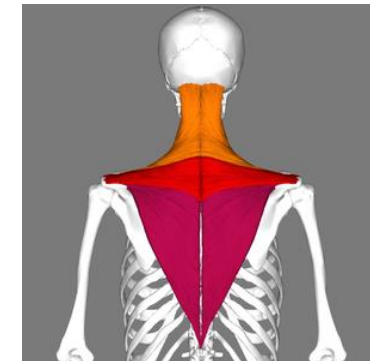
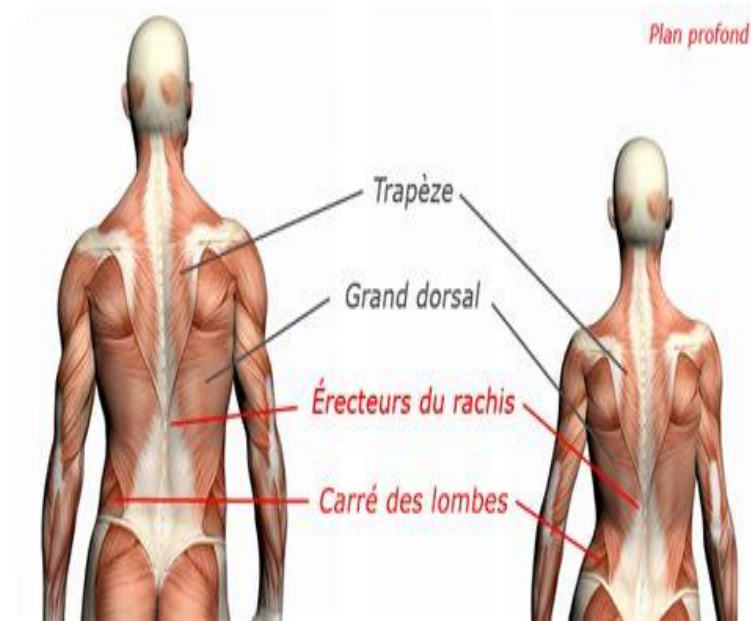


Musculature de la colonne vertébrale

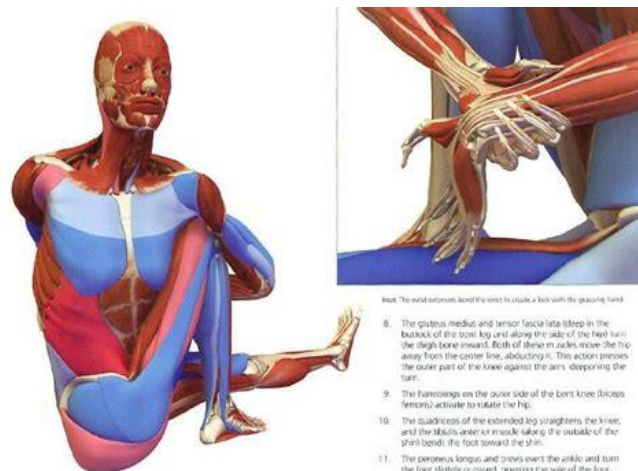
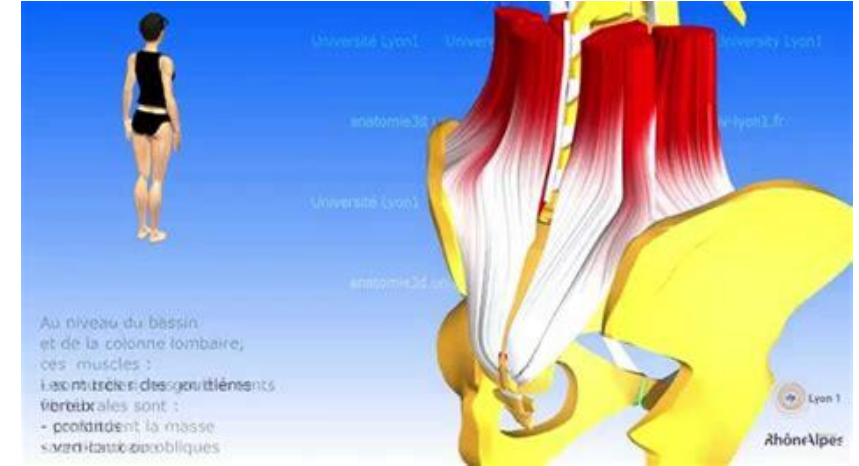
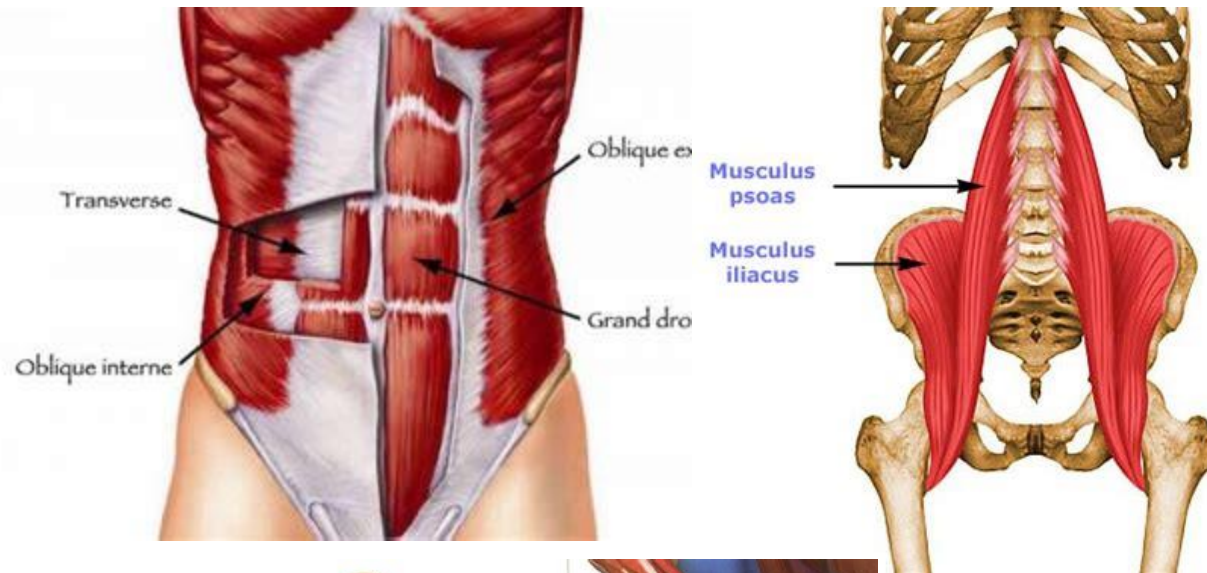
Musculature profonde



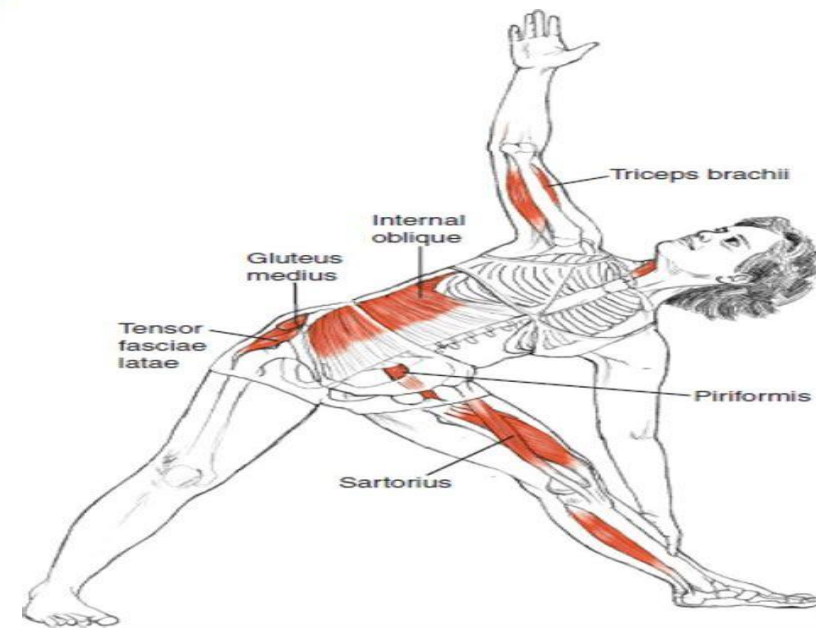
Musculature superficielle



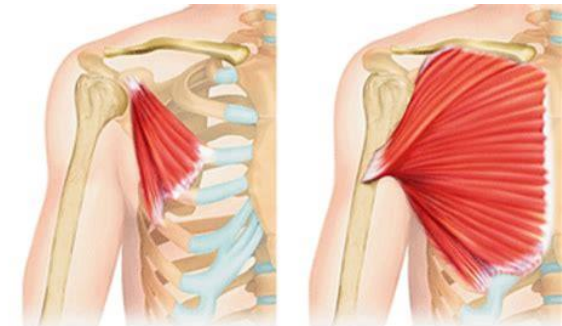
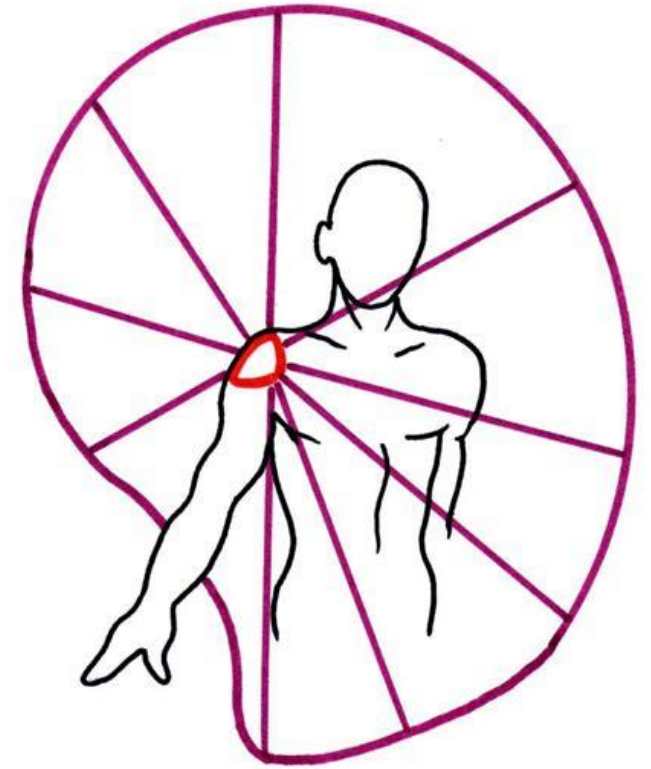
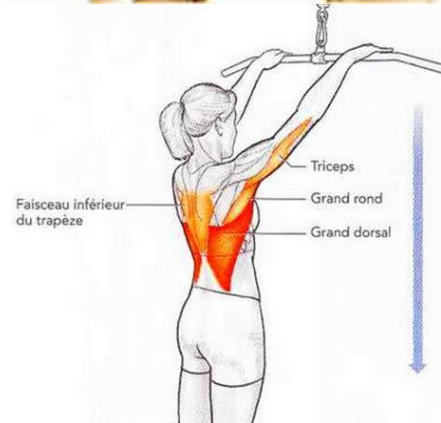
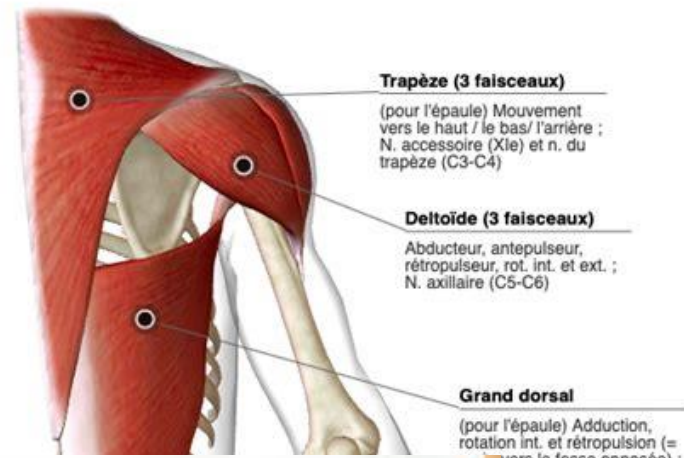
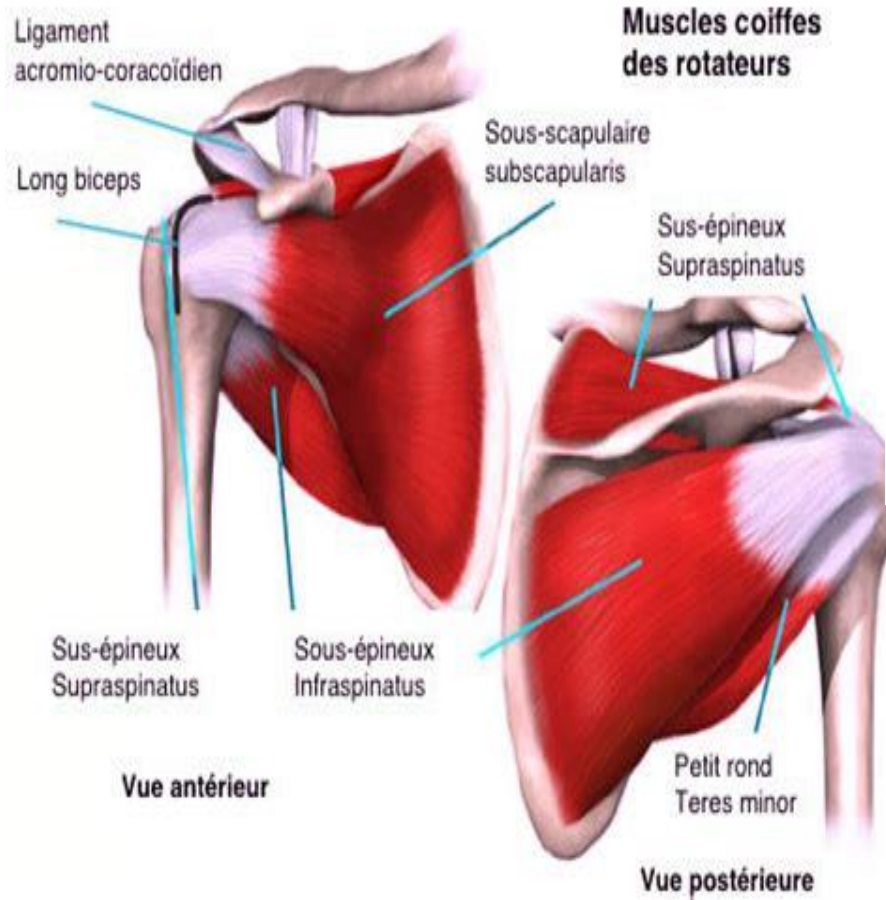
Musculature agissant aussi sur la colonne

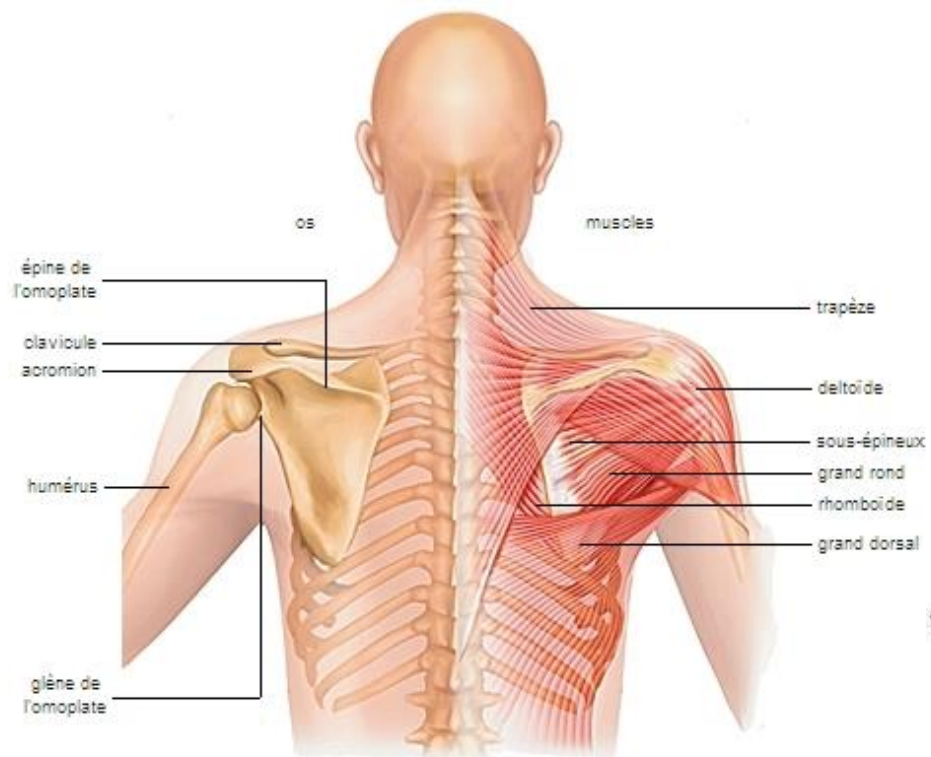


8. The gluteus medius and tensor fasciae latae lie in the buttocks of the lower leg and along the side of the thigh turn the thigh bone inward. Both of these muscles move the hip away from the center line, abducting it. This action presses the outer part of the knee against the arm, deepening the turn.
9. The hamstrings on the outer side of the bent knee (biceps femoris) activate to rotate the hip.
10. The quadriceps of the extended leg straightens the knee, and the tibialis anterior muscle turns the foot outward of the shin bends the foot toward the shin.
11. The peroneus longus and brevis exert the ankle and turn the foot slightly outward, opening the sole of the foot.

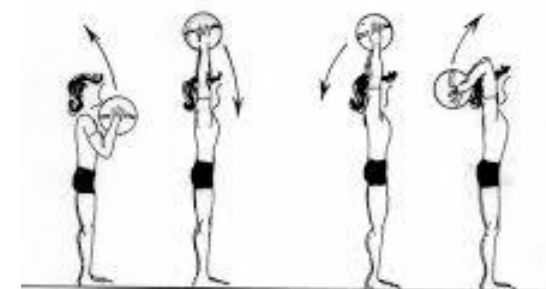


Épaule





Gomukhasana - Cow Face Pose
Fingers are locked at behind.



Synergie rhomboïdes-dentelé antérieur

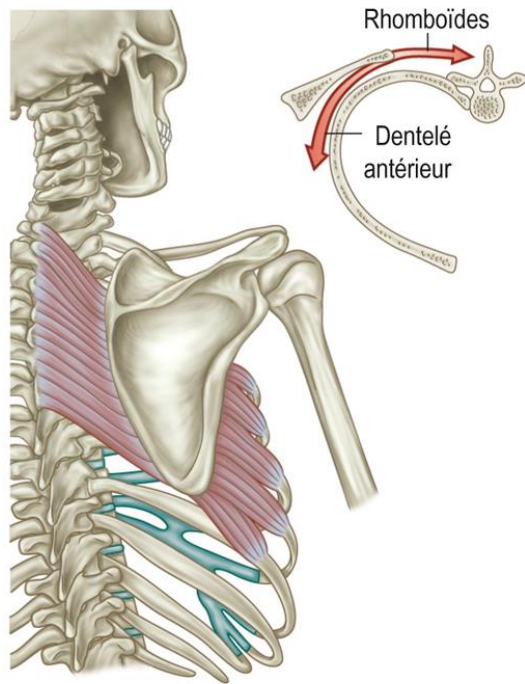


Fig. 6.5 Ensemble, les rhomboïdes et le dentelé antérieur, la continuité dans la Ligne Spirale, forment une écharpe myofasciale pour la scapula. La scapula est ainsi en suspension entre eux et sa position dépendra du tonus myofascial relatif de ces deux muscles. (Adapté de Calais-Germain, 1993.)

Ça veut dire anatomiquement...



Abaisse les épaules



Redressez le dos, étirer la taille



Ouvre la poitrine



Crée de l'espace dans l'articulation de l'épaule et amène les ischions vers le ciel



Étire la taille, grandis dans la posture et contracte la sangle abdominale avant d'aller vers l'arrière



Pousse avec la main le sol et étire le main libre vers le ciel. Étire le flanc droit et va vers la torsion.