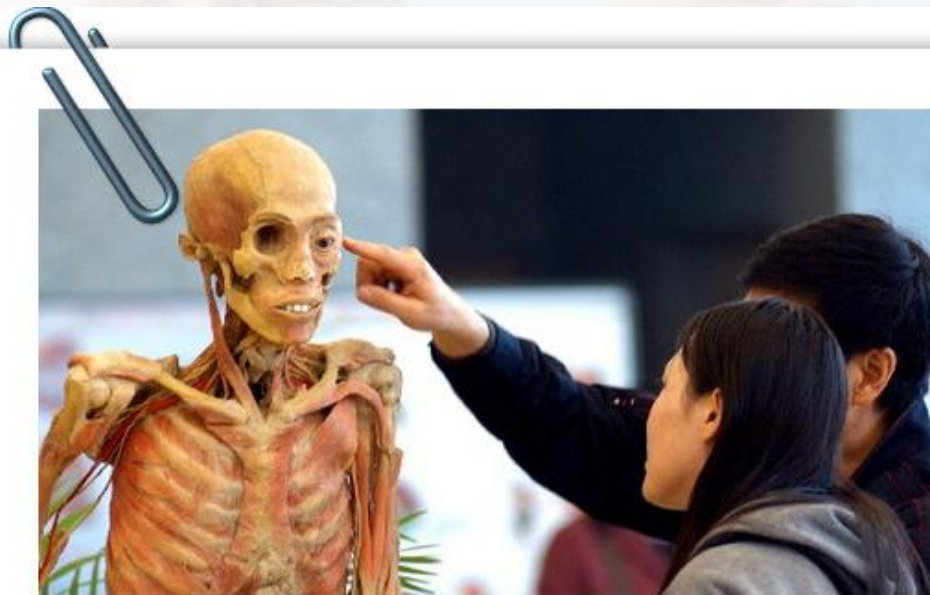
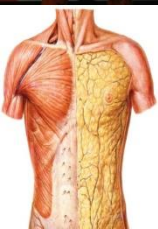


运动解剖学

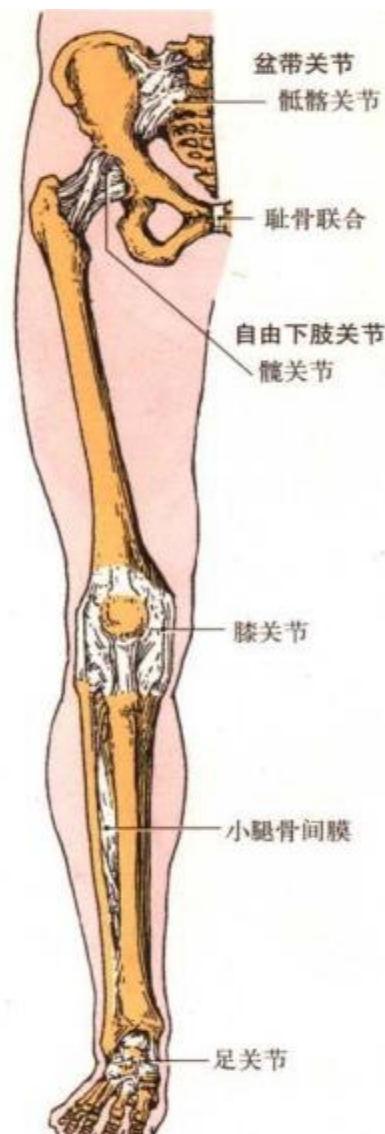
Locomotive Anatomy



成都体育学院运动解剖学教研室

自由下肢骨的连结

- 髋关节
- 膝关节
- 踝关节



髋关节

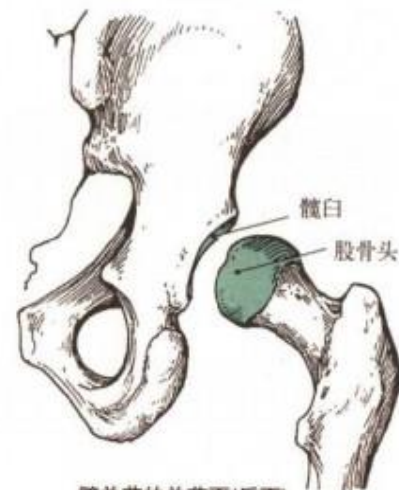
髋关节

1) 构成:

髋臼+股骨头

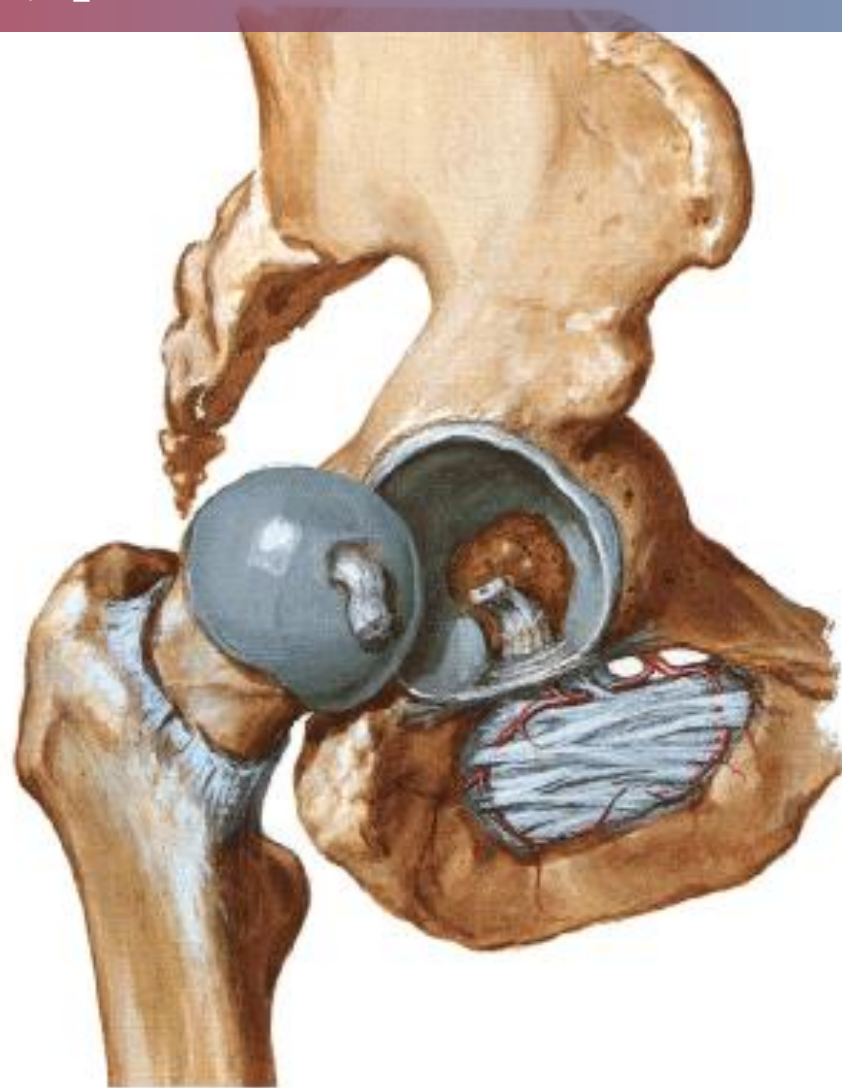
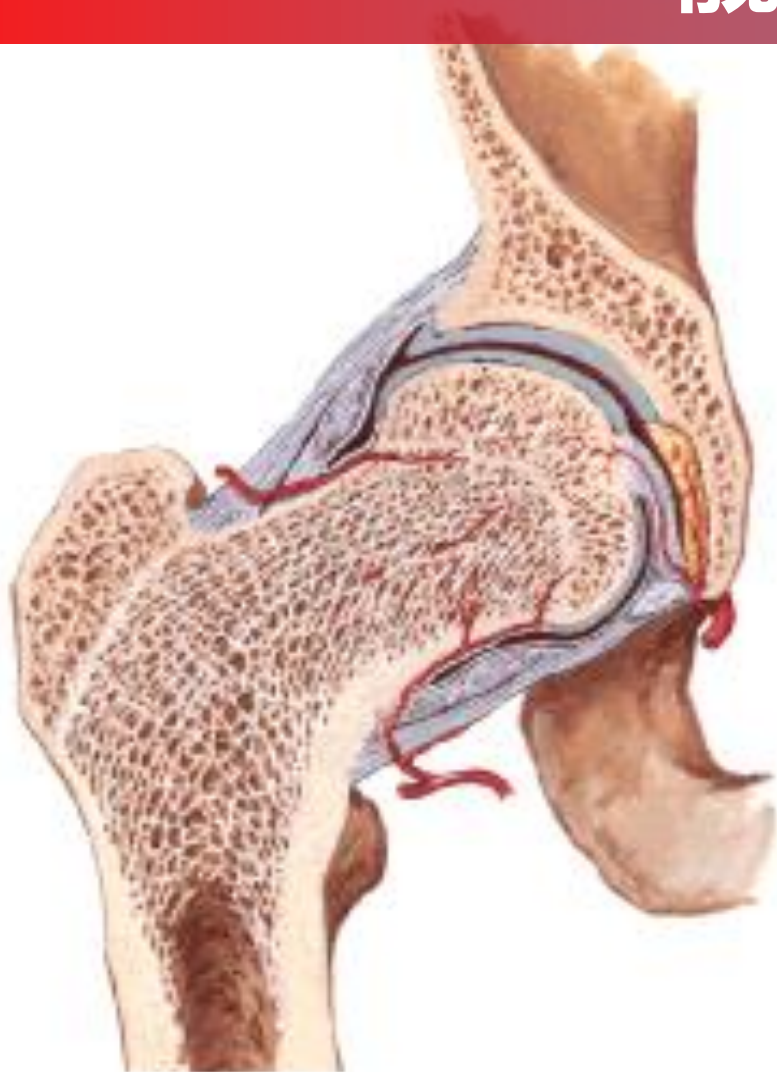


髋关节的关节面(前面)



髋关节的关节面(后面)

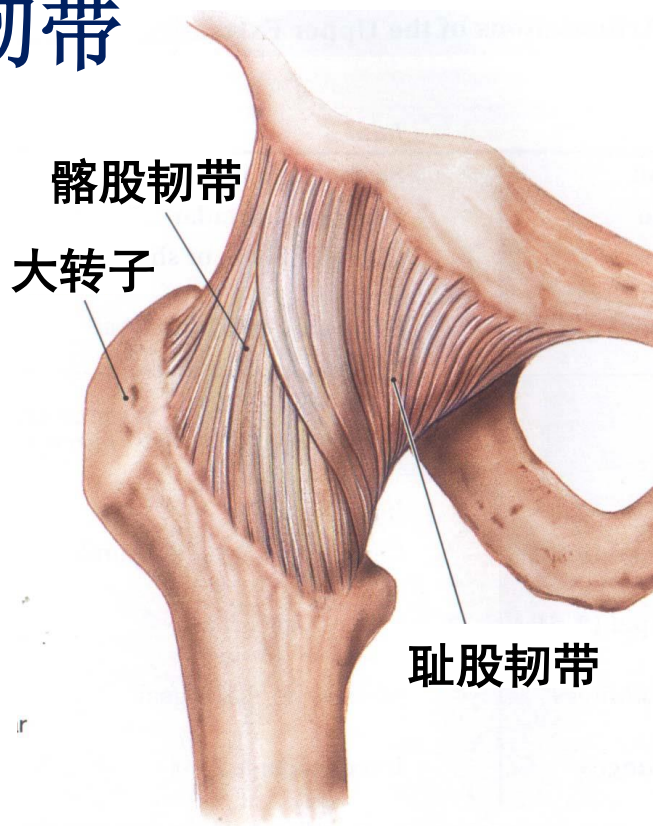
髋关节



髋关节

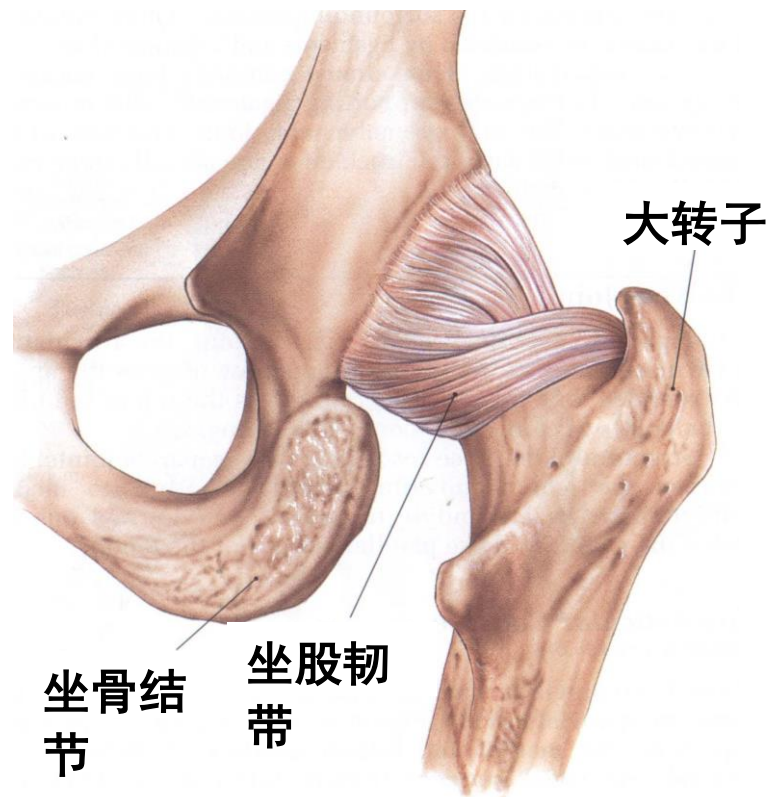
髋关节的韧带

- 髂股韧带
- 耻股韧带
- 坐股韧带



(b) Anterior view

髋关节前面观



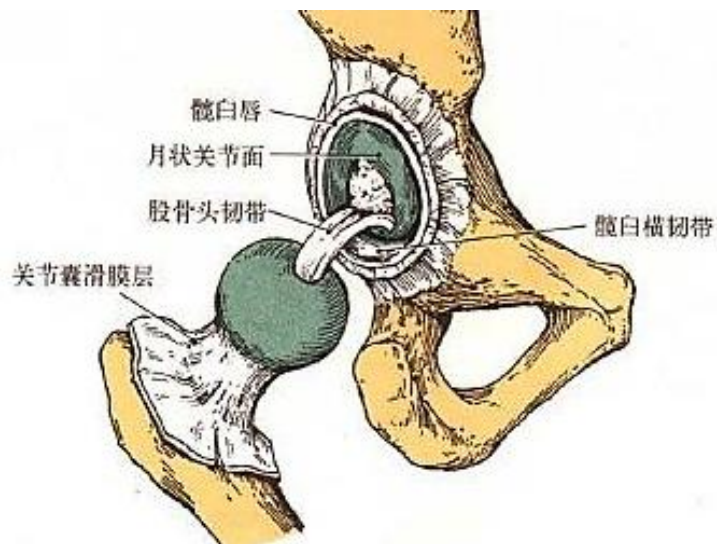
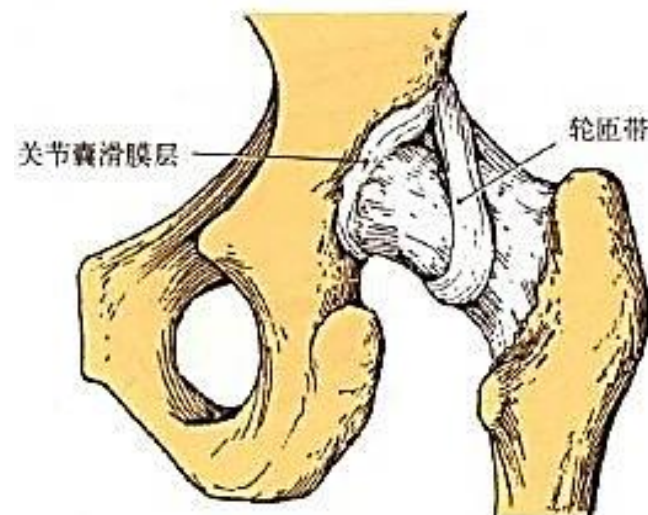
(c) Posterior view

髋关节后面观

髋关节

髋关节的韧带

- 股骨头韧带
- 髌臼横韧带
- 轮匝带



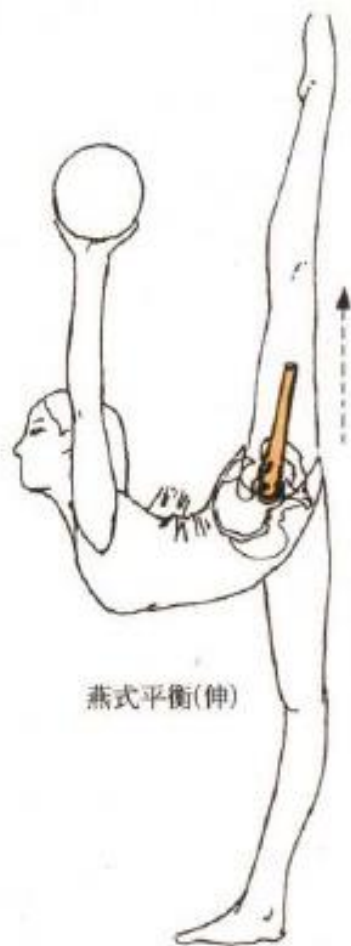
髋关节

髋关节

- 2) 运动:
- 屈、伸
 - 水平屈、伸
 - 内收、外展
 - 旋内、旋外
 - 环转



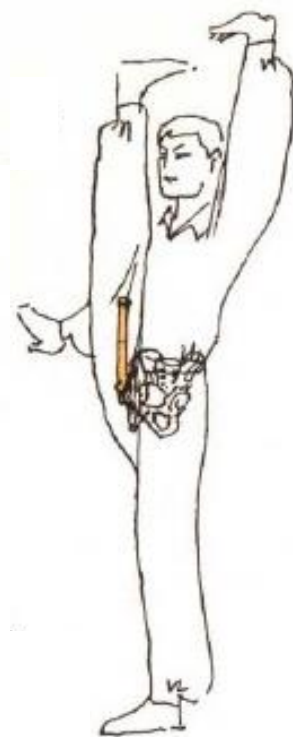
绕额状轴：屈、伸



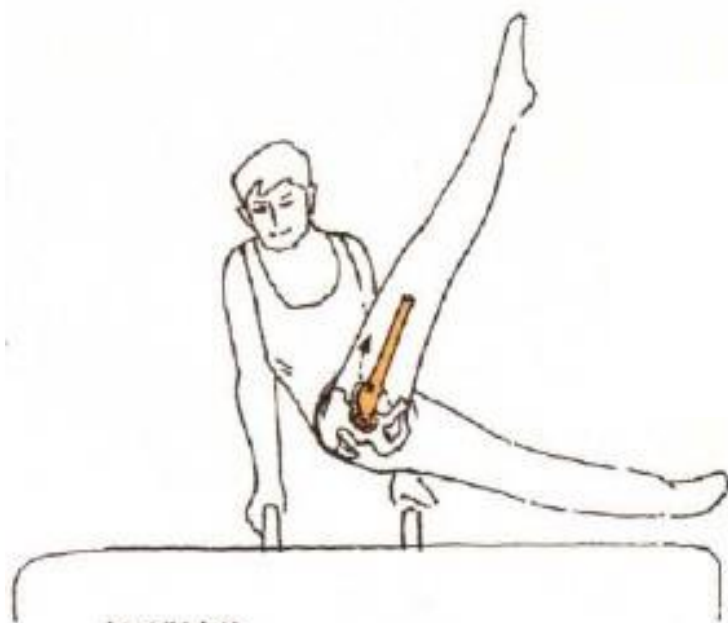
燕式平衡(伸)



直腿结环跳(伸)



绕矢状轴：外展、内收

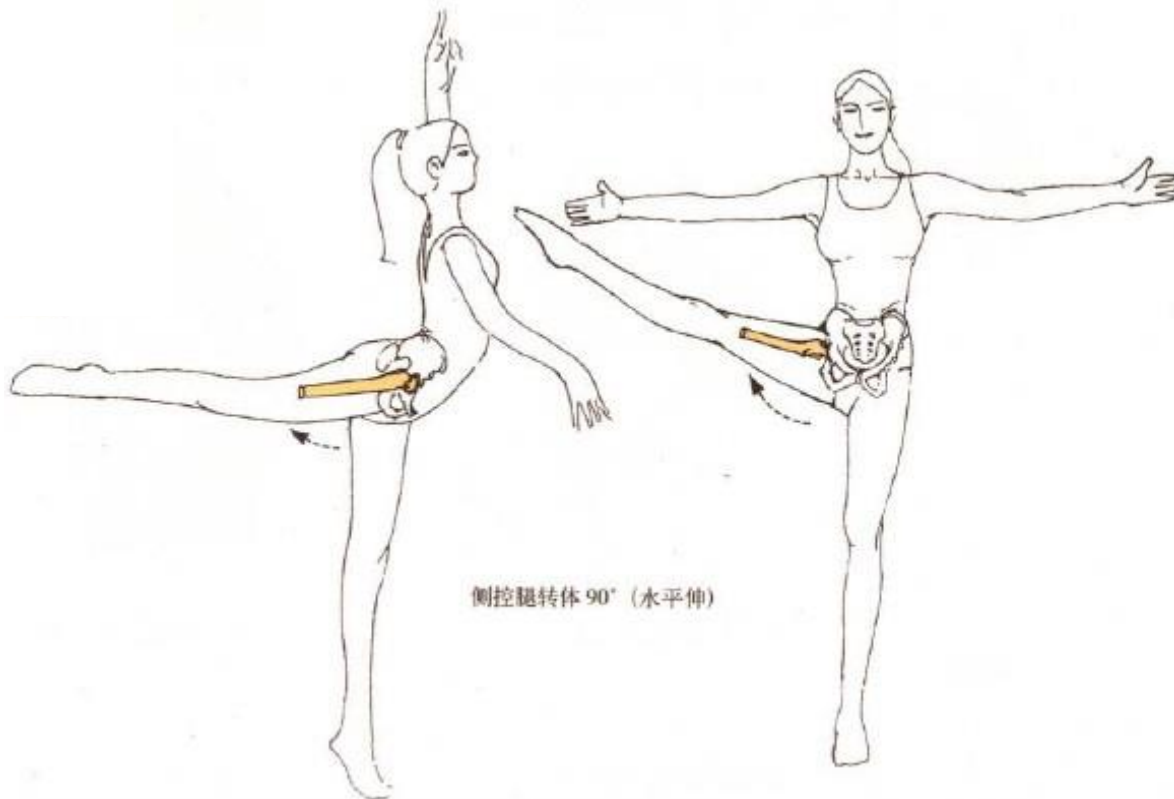
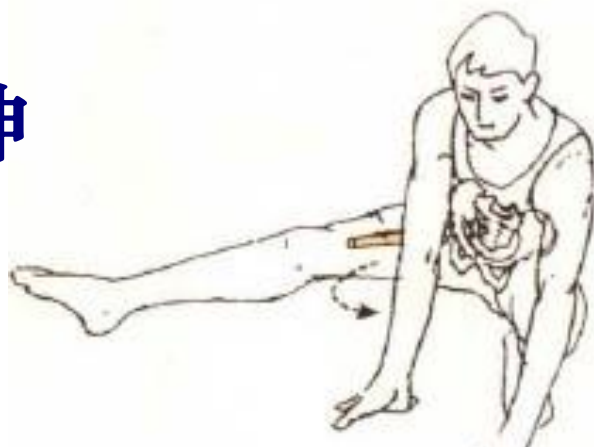


托马斯全旋
(屈位内收)



控腿
(屈位内收)

水平屈、伸



侧控腿转体 90° (水平伸)

绕垂直轴：内旋、外旋



髋关节要点总结

| 组成 | 主要结构及特点 |
|---------------|---|
| 头：股骨头 窝：髋臼 | <ul style="list-style-type: none">①关节面面积差较小；②关节囊较厚且紧张；③坚固性大，灵活性小； |

髋关节要点总结

| 辅助结构及特点 | 运 动 |
|--|--|
| <p>①髋臼唇：加深关节窝</p> <p>②主要韧带</p> <p>髂股韧带：限制大腿过度后伸</p> <p>耻股韧带：限制大腿外展外旋</p> <p>坐股韧带：限制大腿内收内旋</p> <p>股骨头韧带：营养股骨头</p> | <p>①屈、伸</p> <p>②水平屈、伸</p> <p>③内收、外展</p> <p>④内旋、外旋</p> <p>⑤环转</p> |