

运动解剖学

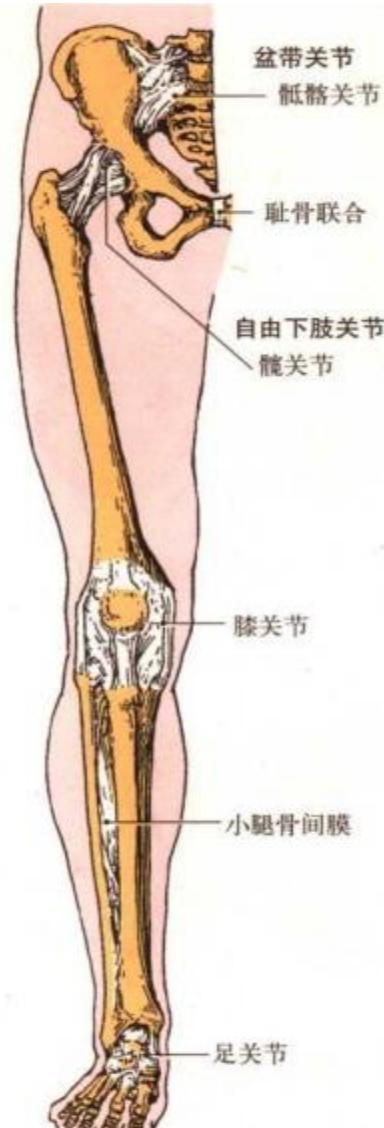
Locomotive Anatomy



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

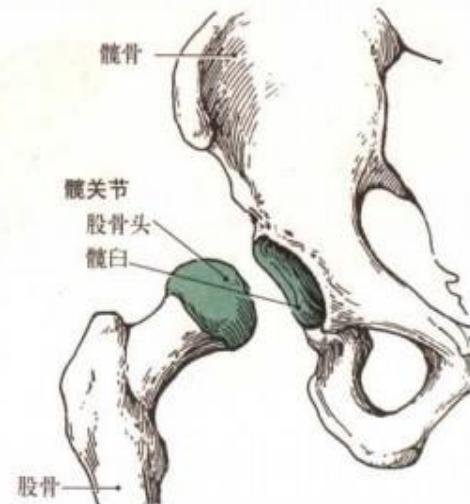
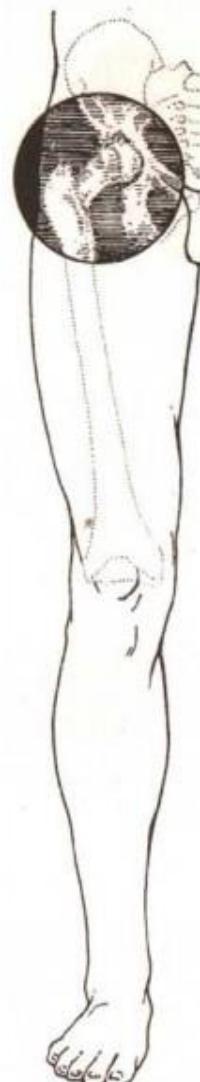


髋关节

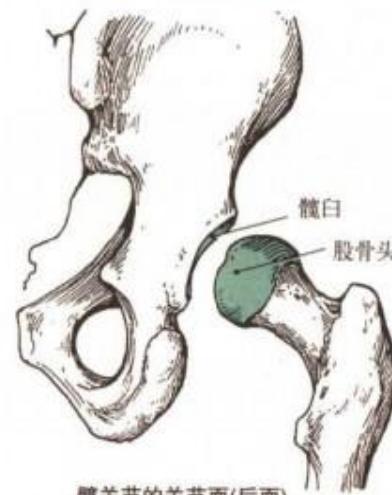
髋关节

1) 构成：

髋臼+股骨头

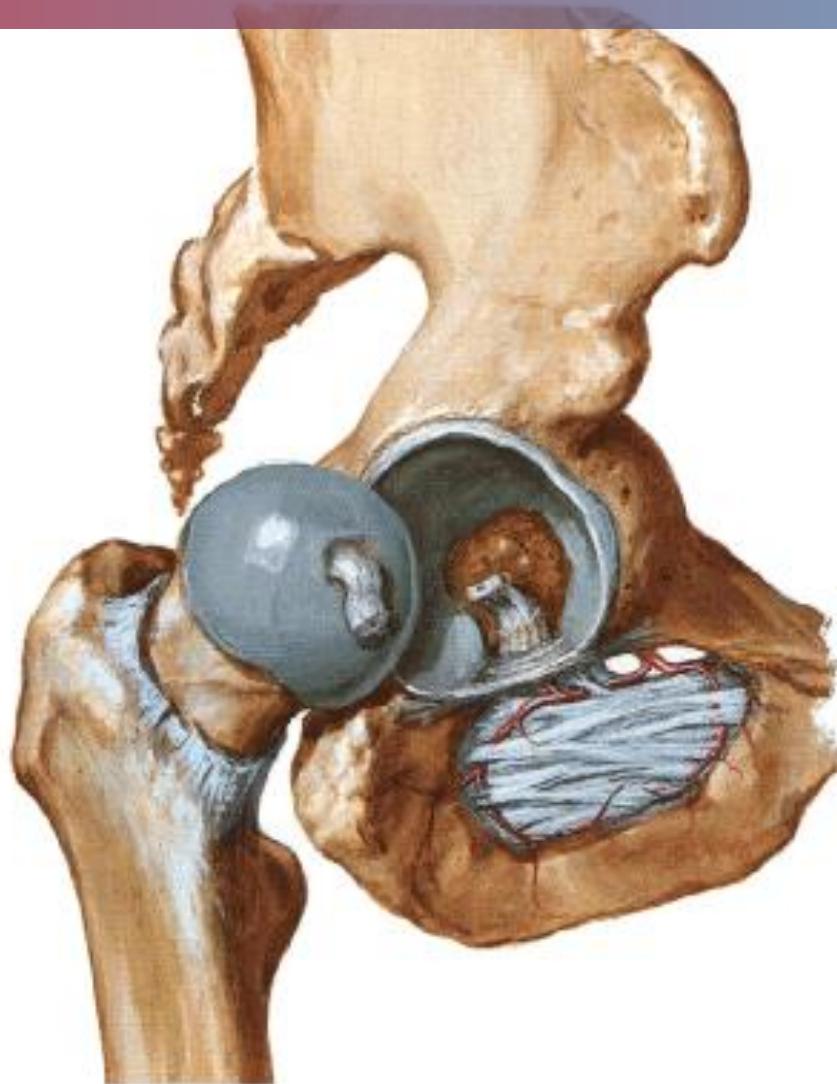
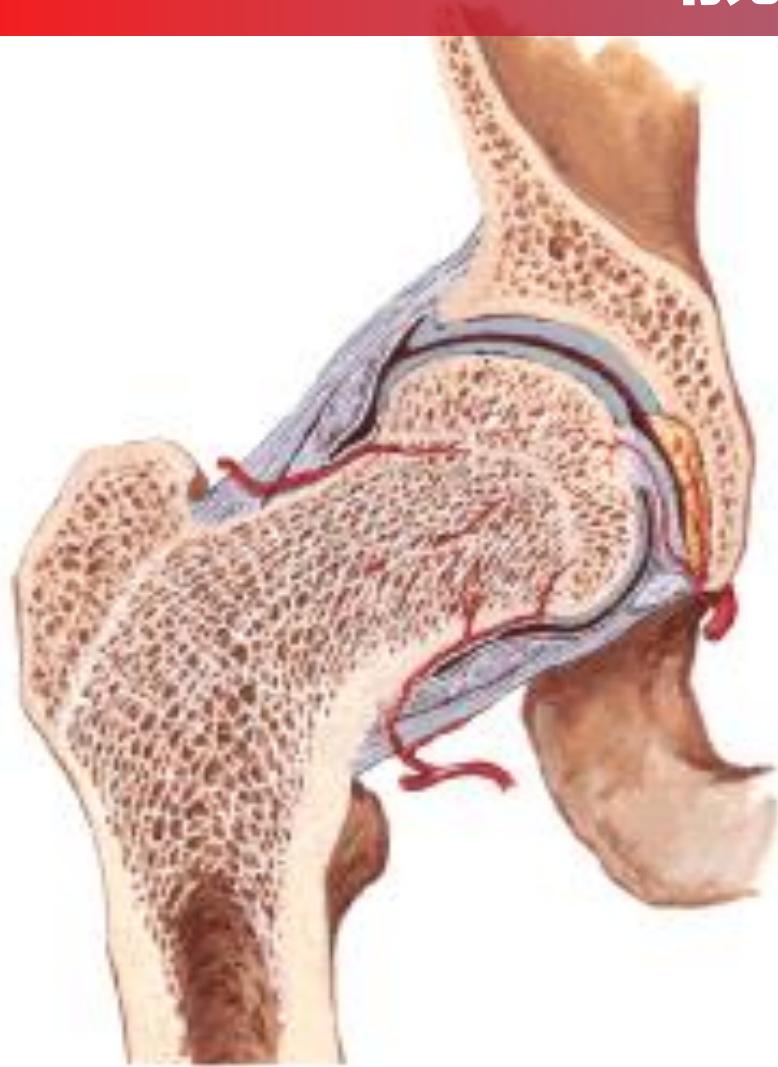


髋关节的关节面(前面)



髋关节的关节面(后面)

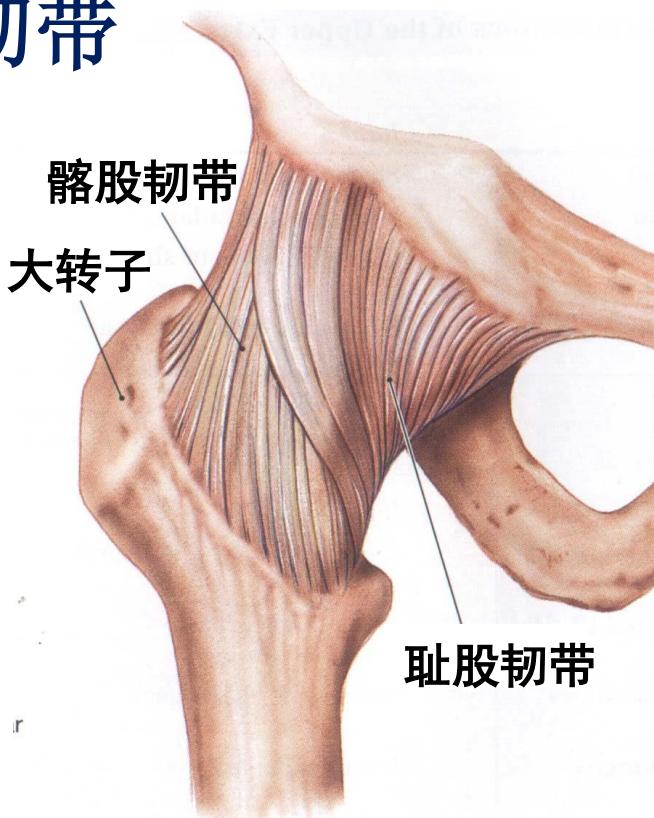
髋关节



髋关节

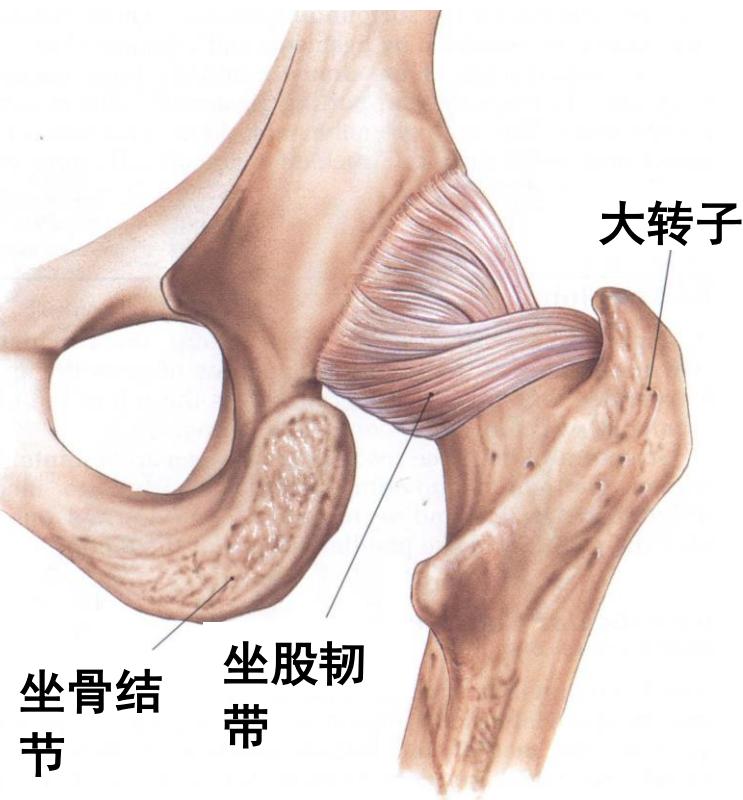
髋关节的韧带

- 髂股韧带
- 臀股韧带
- 坐股韧带



(b) Anterior view

髋关节前面观



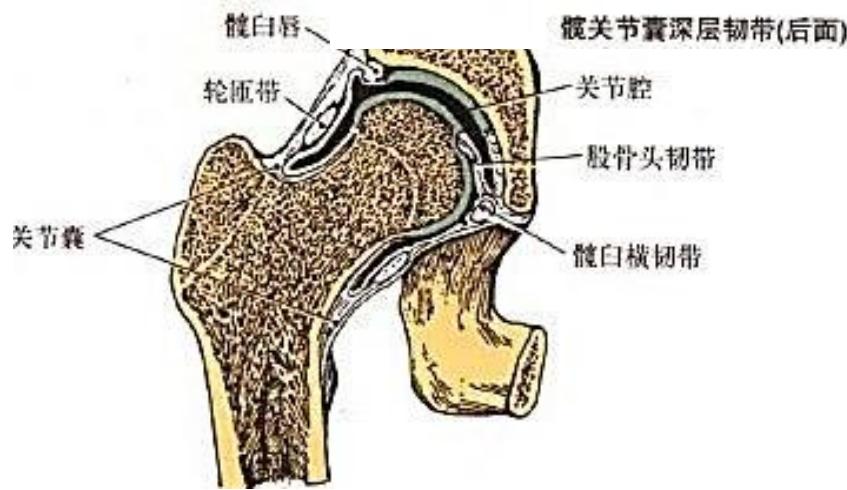
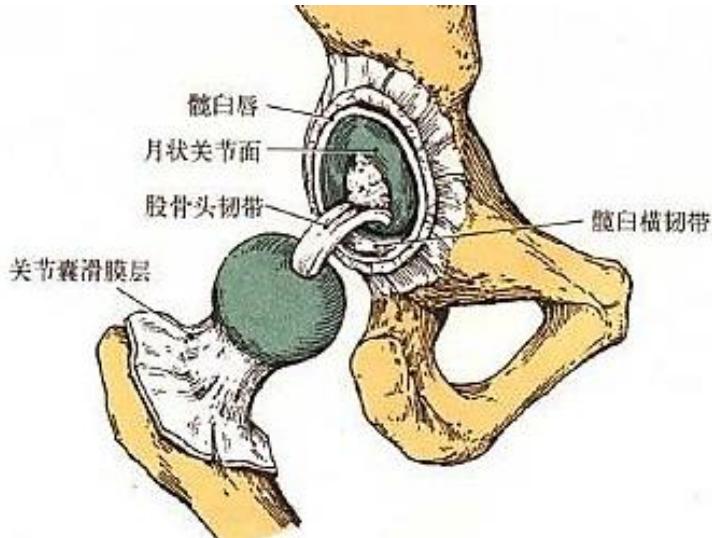
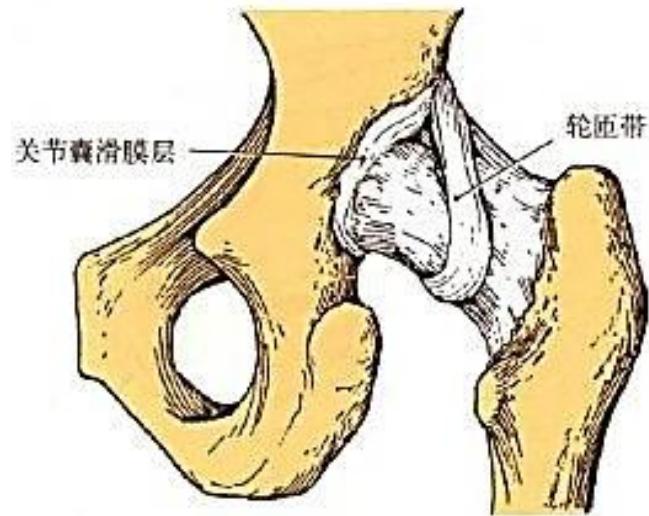
(c) Posterior view

髋关节后面观

髋关节

髋关节的韧带

- 股骨头韧带
- 髋臼横韧带
- 轮匝带



髋关节

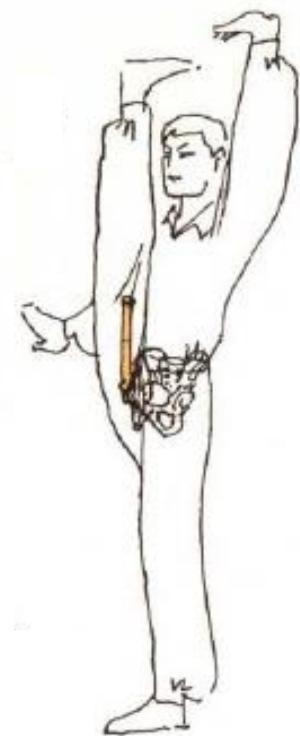
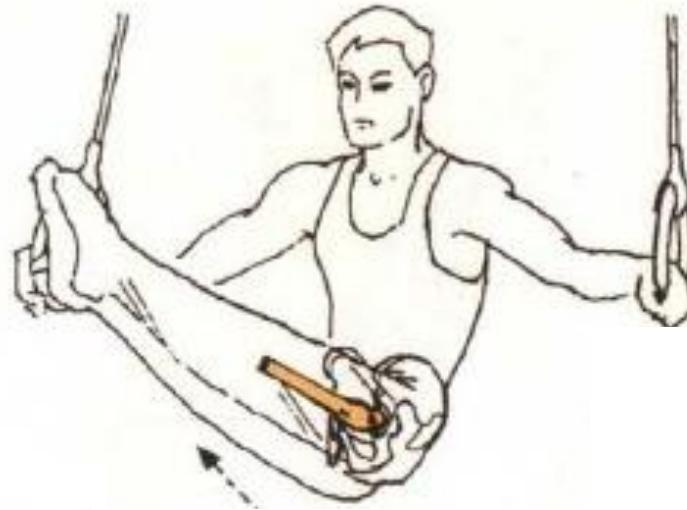
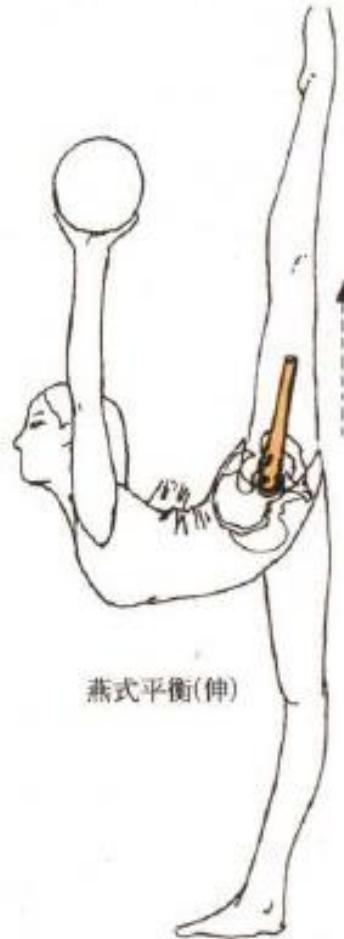
髋关节

2) 运动:

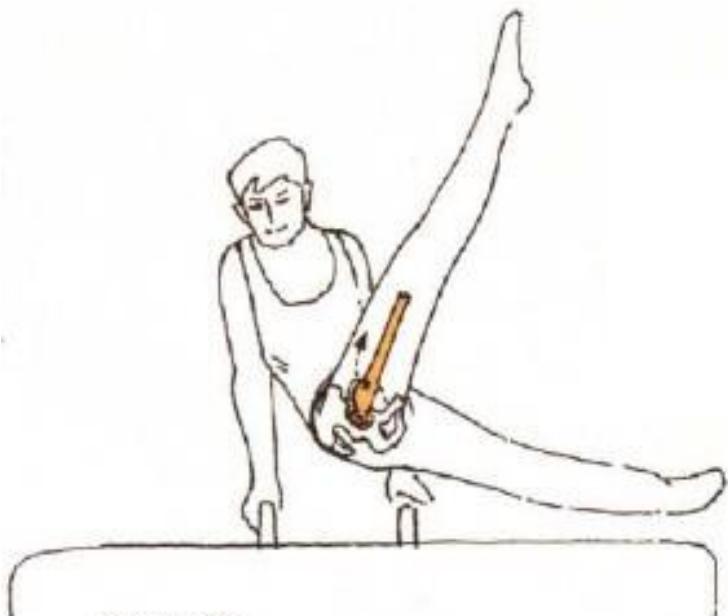
- 屈、伸
- 水平屈、伸
- 内收、外展
- 旋内、旋外
- 环转



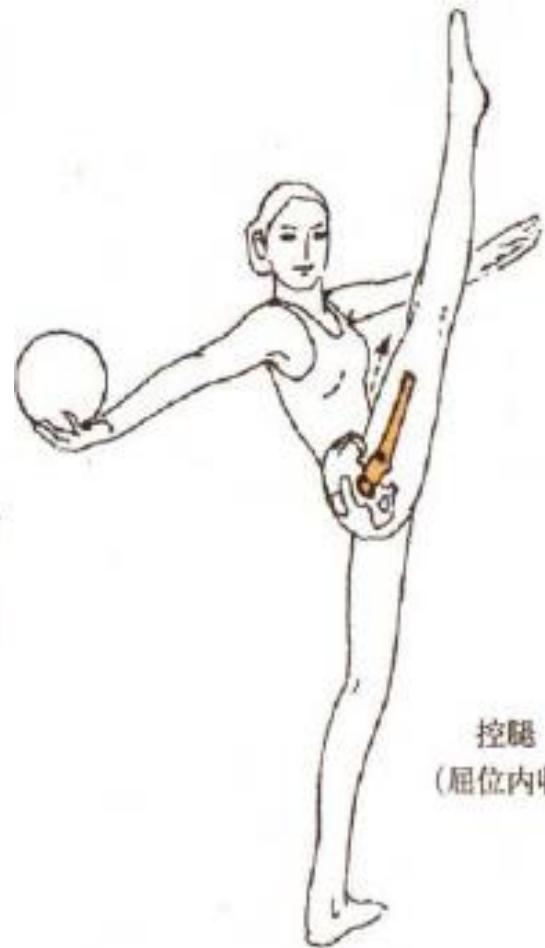
绕额状轴：屈、伸



绕矢状轴：外展、内收



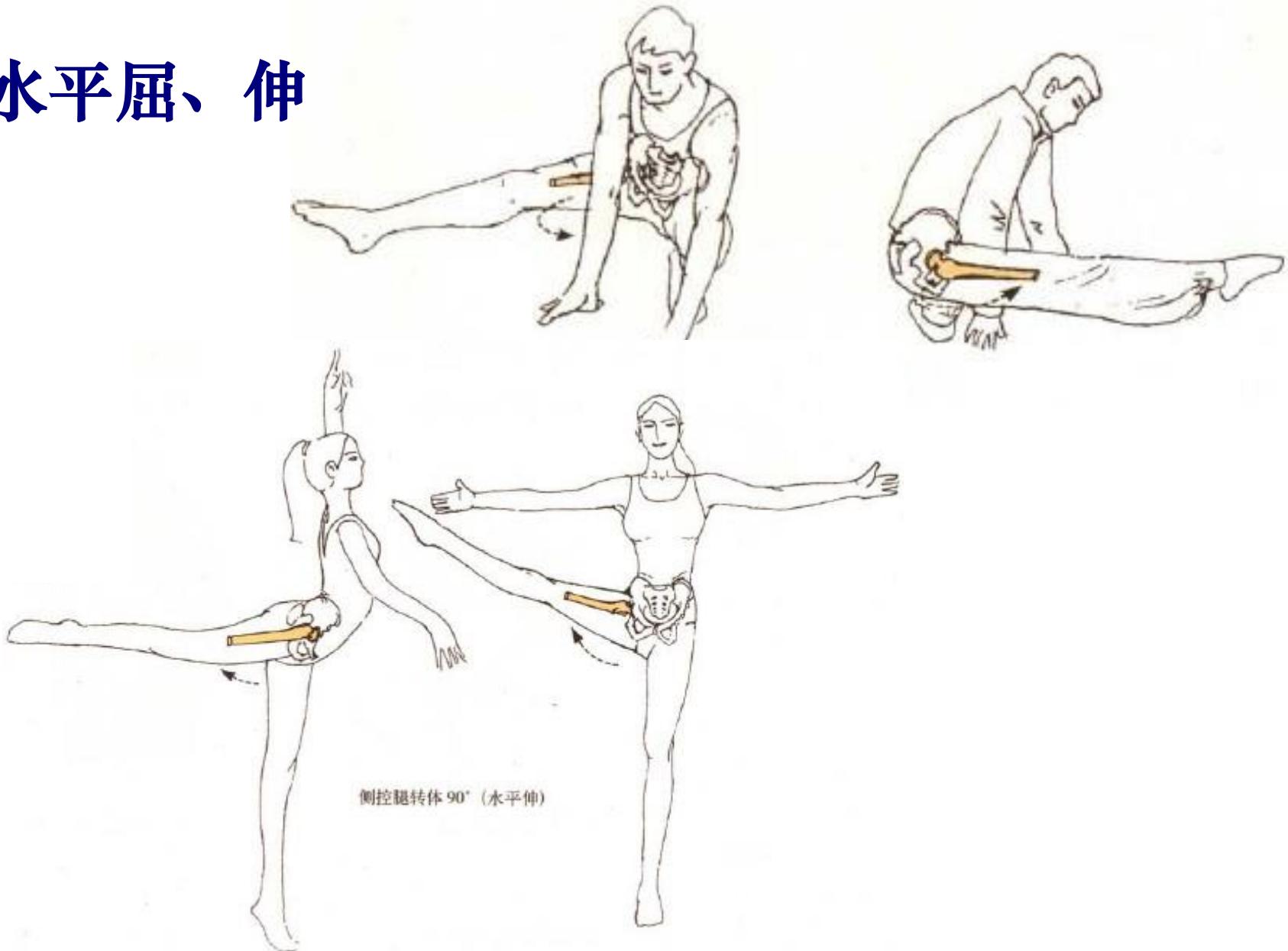
托马斯全旋
(屈位内收)



控腿
(屈位内收)



水平屈、伸



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>