

Anatomía y biomecánica de la columna vertebral: conceptos generales

Funciones de la columna vertebral

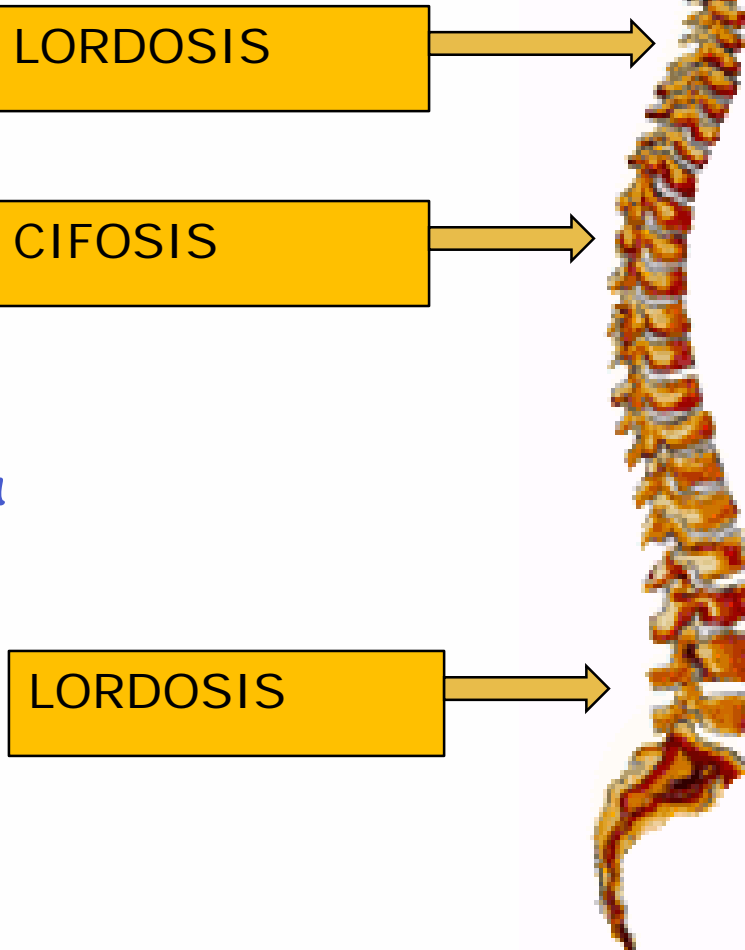
- ✦ Estabilidad
- ✦ Soporte estático y dinámico
- ✦ Protección médula
- ✦ Equilibrio



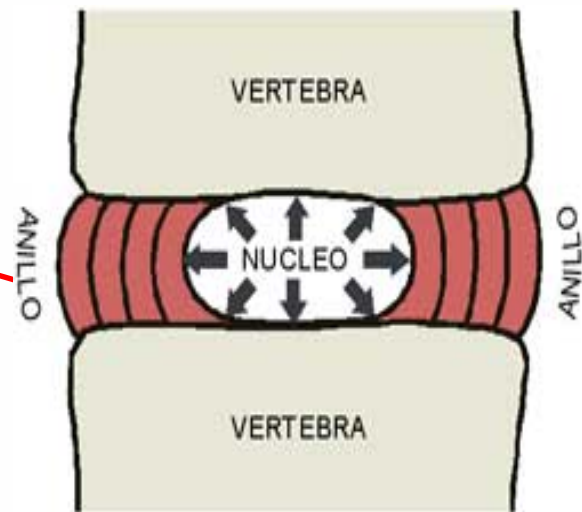
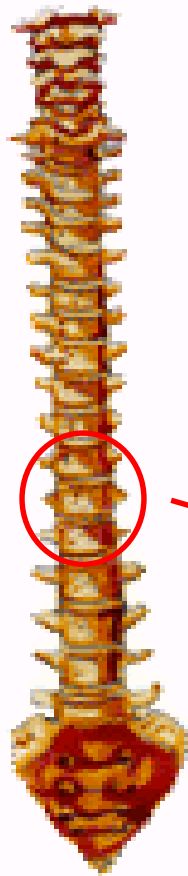
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La columna vertebral

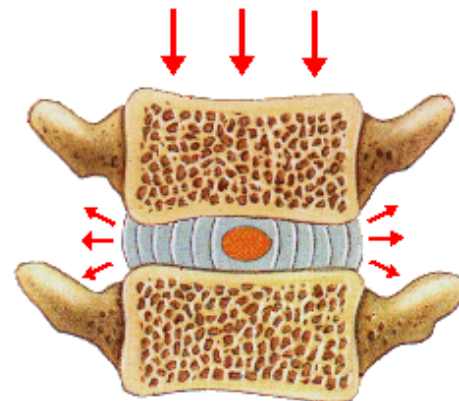
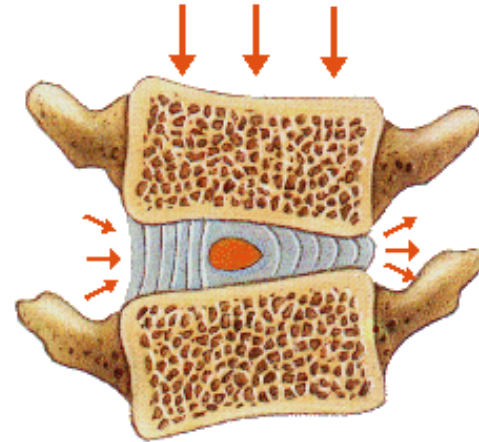
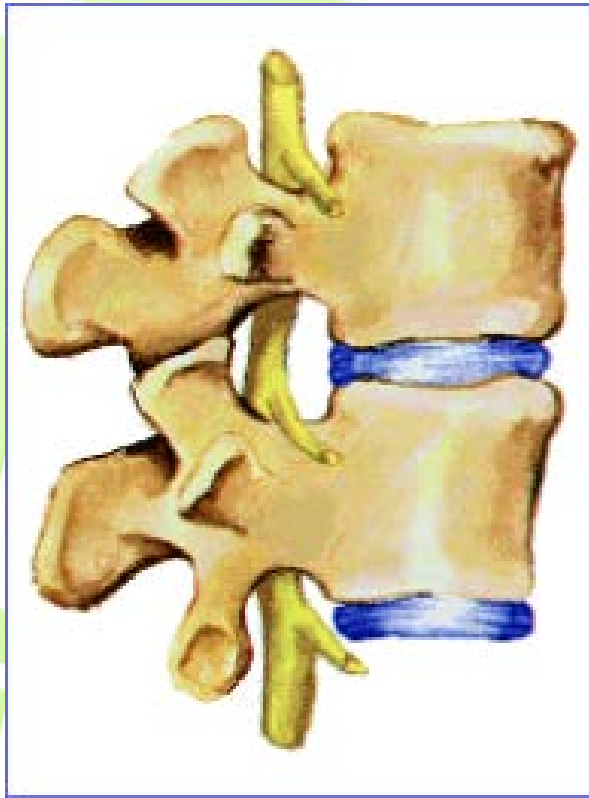
- 32-34 vértebras
- 3 regiones:
 - Cervical
 - Dorsal
 - Lumbar
- 2 tipos de curvatura
 - Cifosis
 - Lordosis.



Los discos intervertebrales

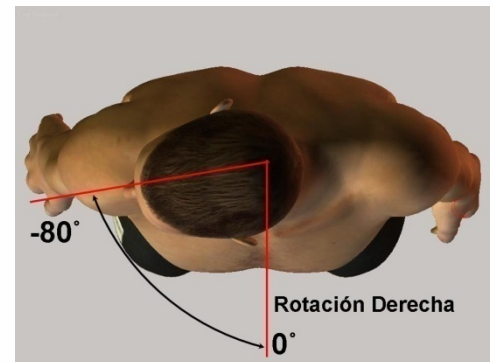
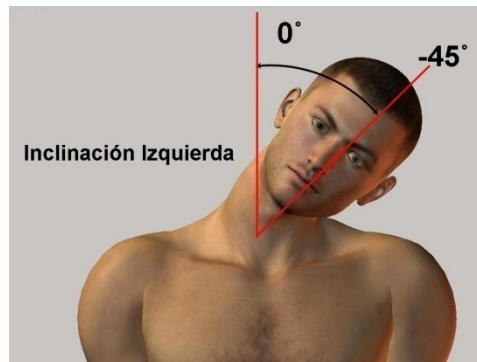
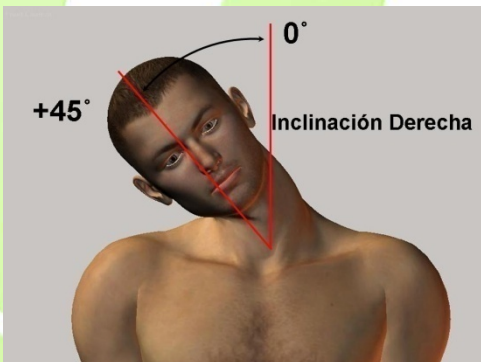
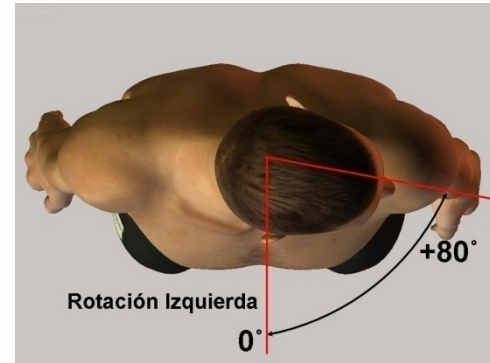
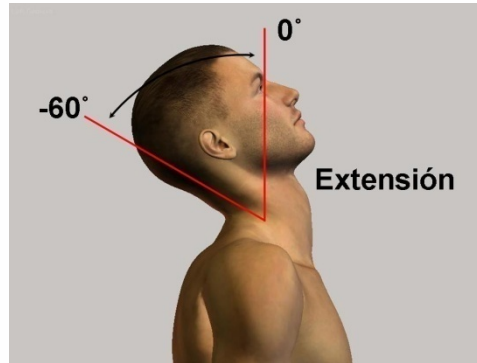
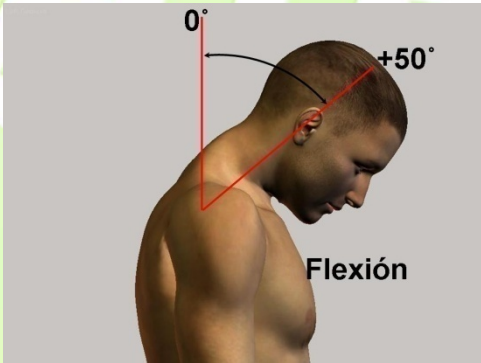


Biomecánica vertebral



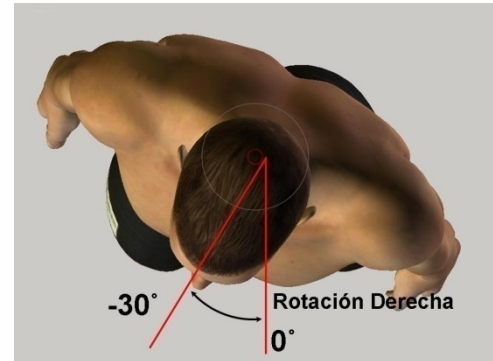
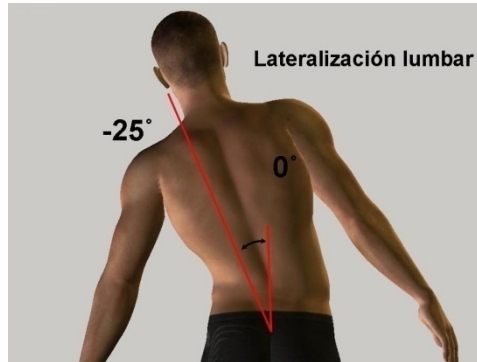
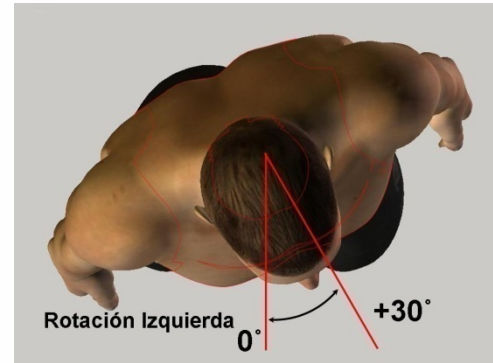
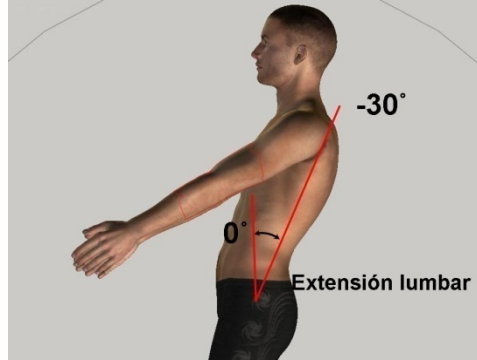
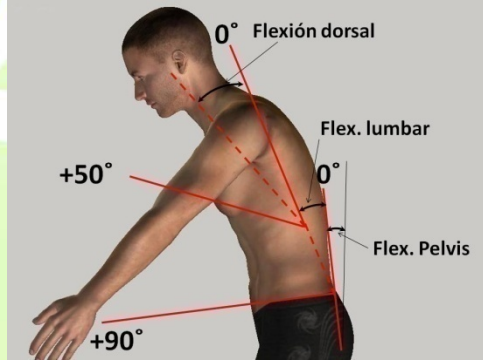
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Zona cervical



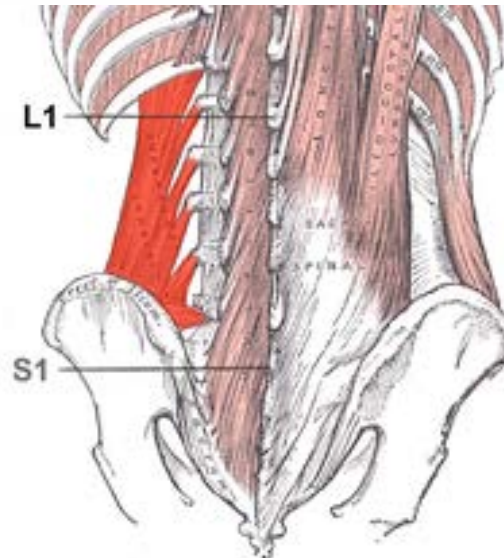
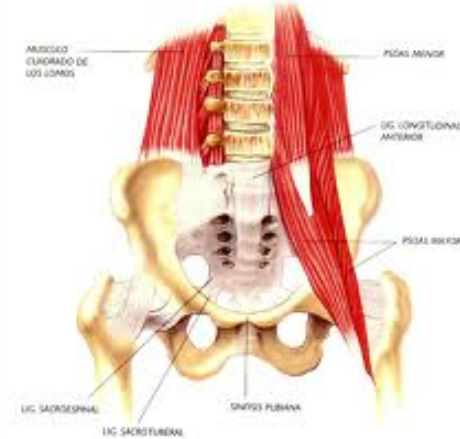
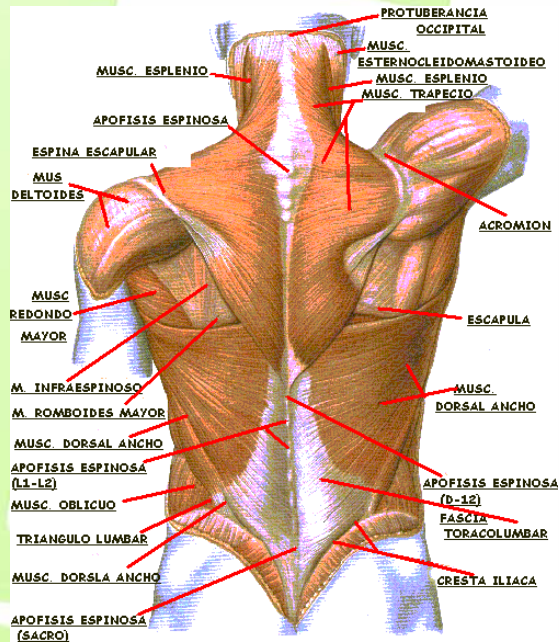
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Zona lumbar



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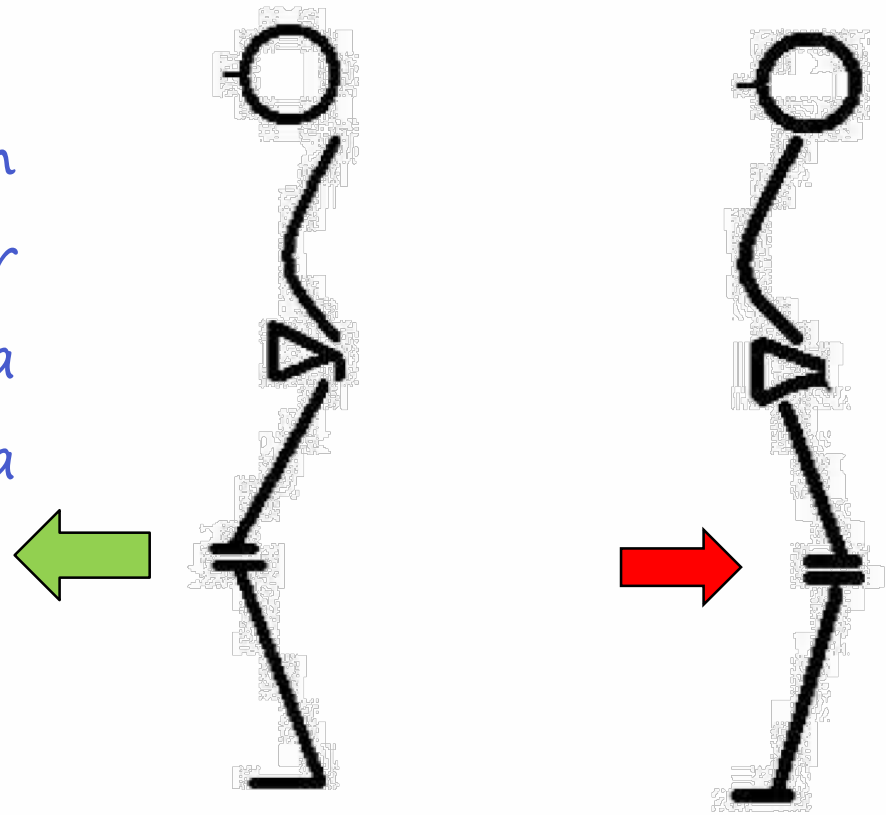
Musculatura



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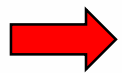
¿Flexión de rodillas??

Corregir la hiperextensión de rodilla es el primer paso para asegurar una correcta estática de la pelvis.

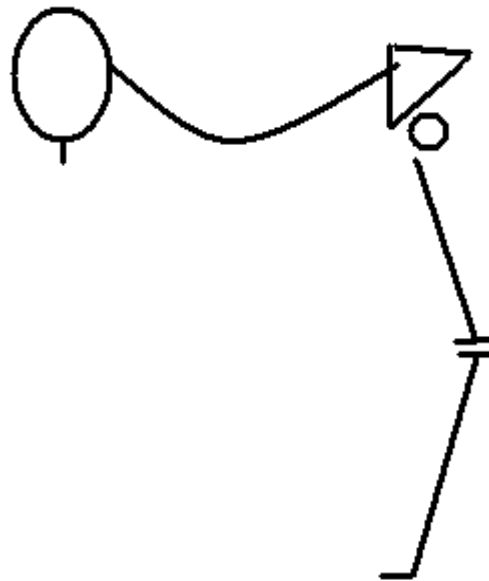


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¿Postura correcta?



NO



Principales lesiones

Principales Lesiones

Etiología del dolor lumbar

- ☀ Tendinitis.
- ☀ Fracturas.
- ☀ Distensiones
- ☀ Luxaciones, subluxaciones
- ☀ Neuropatías.



Principales Lesiones



Higiene postural: Actividades de la vida diaria (AVD)

Higiene postural: AVD

Al llevar pesos:

Sí



No



Sí



No



Higiene postural: AVD

Al agacharse o planchar:



Sí



No



Sí



No

Higiene postural: AVD

Al tender ropa o manipular objetos elevados:



Higiene postural: AVD

Al sentarse:

Sí



No



No



No



No



Sí



No



Higiene postural: AVD

A la hora de descansar:





Muchas gracias