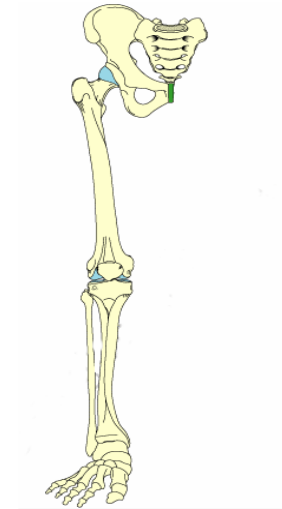


# ANATOMIE : LE MEMBRE INFÉRIEUR

Licence STAPS 2ème année



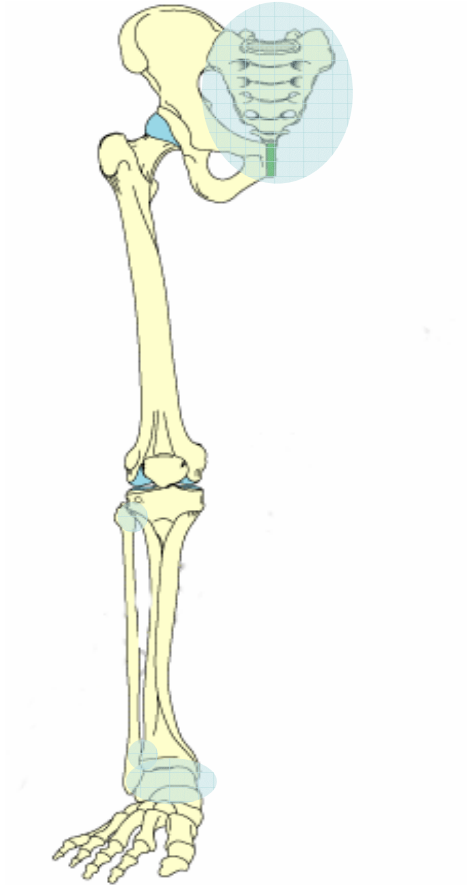
SUPPORT DE COURS 2005-2006

Stéphane TANGUY

Département STAPS – Université d'Avignon et des pays de Vaucluse

# Anatomie : LE MEMBRE INFÉRIEUR

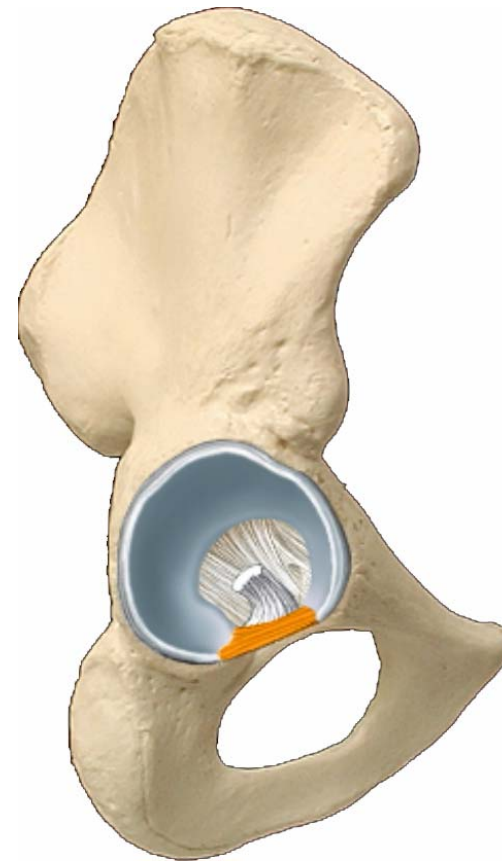
## ARTHROLOGIE : vue générale



NOMS	Surfaces articulaires	TYPES (Union, Structures, mouvements....)
<b>BASSIN:</b> Sacro-iliaque Symphyse pubienne		
<b>HANCHE:</b> Coxo-fémorale		
<b>GENOU:</b> Fémoro-patellaire Fémoro-tibila Tibio-fibulaire proximale		
Tibio-fibulaire distale		
Talo-crurale (cheville)		
<b>PIED:</b> Intertarsienne Tarso-métatarsienne Metatarsophalangienne Interphalangienne		

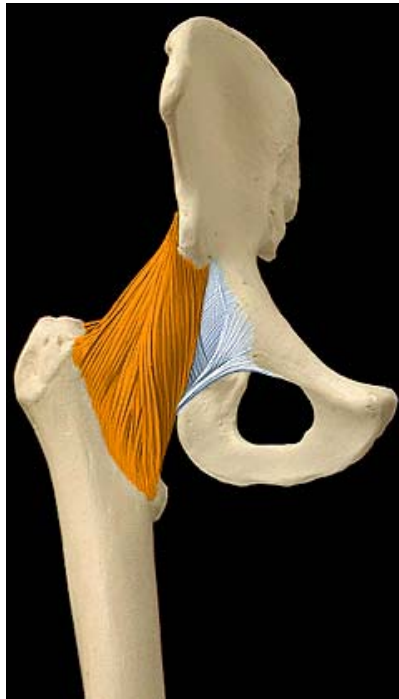
**Anatomie : LE MEMBRE INFÉRIEUR**

**LA HANCHE :**  
**articulation COXO-FÉMORALE**  
*Surfaces articulaires*



## Anatomie : LE MEMBRE INFÉRIEUR

### LA HANCHE : articulation COXO-FÉMORALE *Moyens d'union*



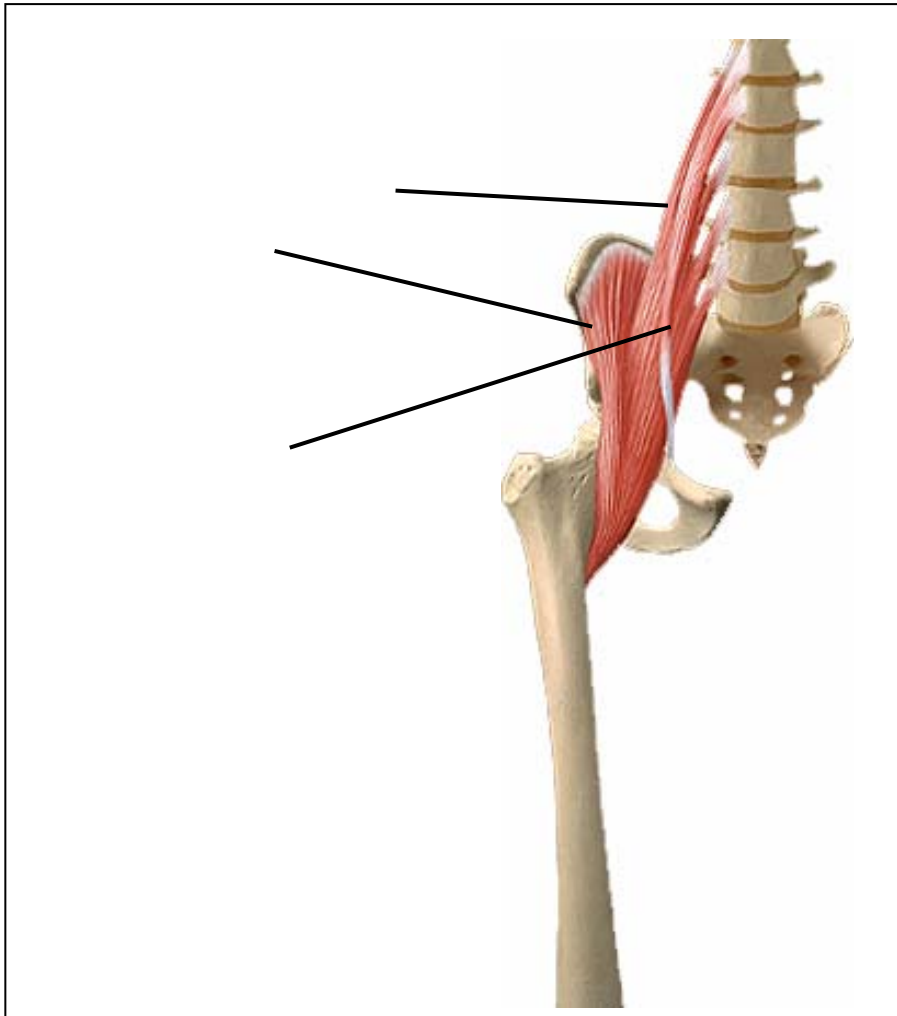
## Anatomie : LE MEMBRE INFÉRIEUR

### LA HANCHE : articulation COXO-FÉMORALE *Moyens d'union*



**Anatomie : LE MEMBRE INFÉRIEUR**

**LA HANCHE :**  
**articulation COXO-FÉMORALE**  
*Myologie : muscles qui croisent la hanche (1)*

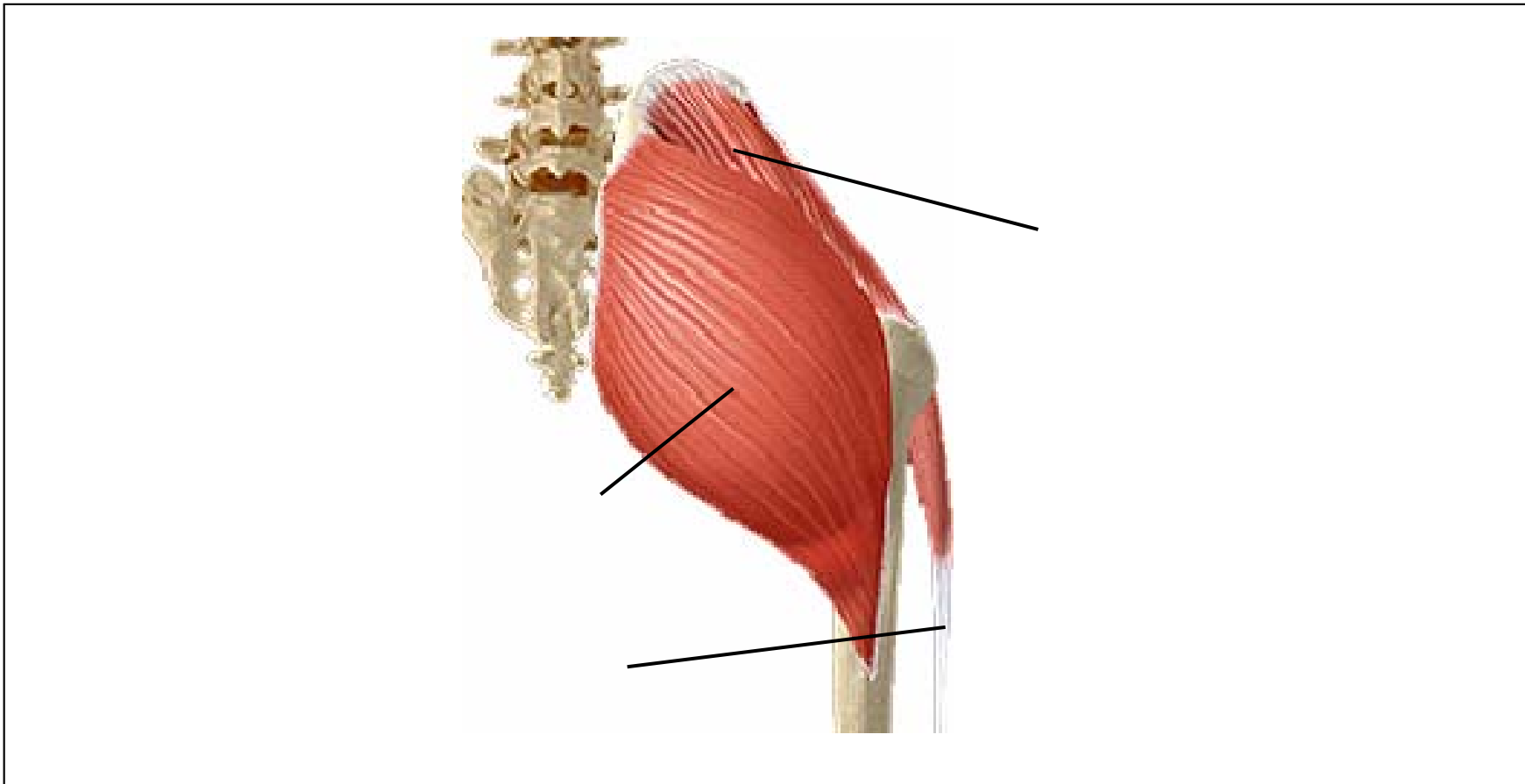


**Anatomie : LE MEMBRE INFÉRIEUR**

**LA HANCHE :  
articulation COXO-FÉMORALE**

*Myologie : muscles qui croisent la hanche (2)*

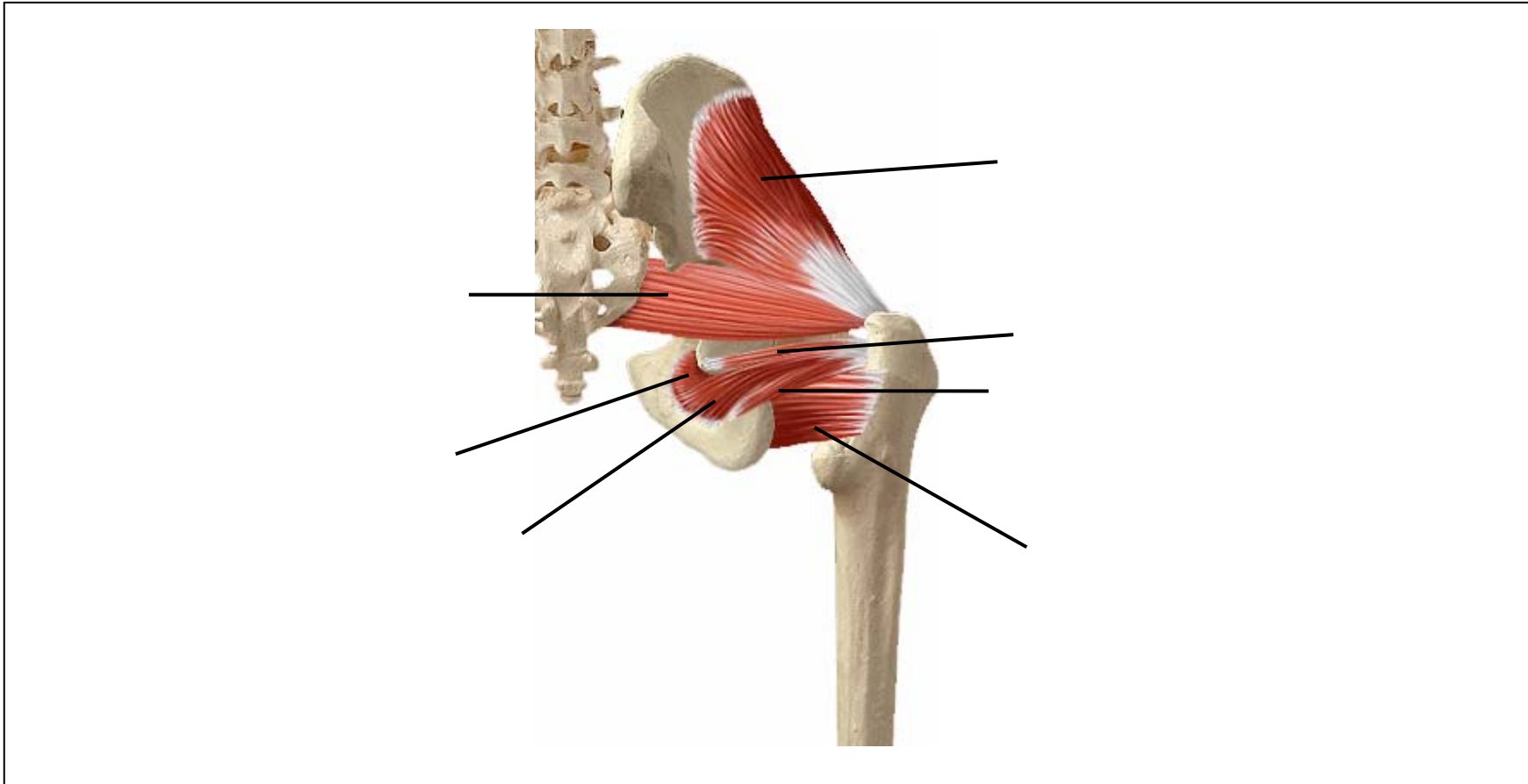
*Muscles de la région glutéale : PLANS SUPERFICIEL et MOYEN*



**Anatomie : LE MEMBRE INFÉRIEUR**

**LA HANCHE :**  
**articulation COXO-FÉMORALE**  
*Myologie : muscles qui croisent la hanche (2')*

*Muscles de la région glutéale : PLAN PROFOND*



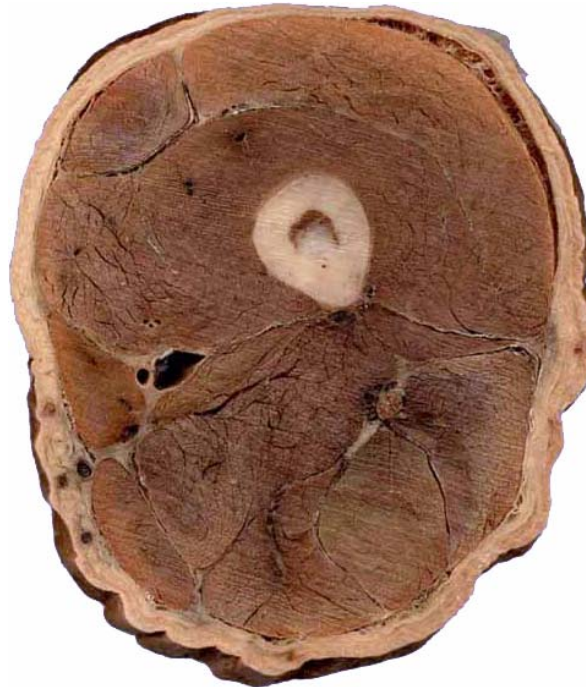


**Anatomie : LE MEMBRE INFÉRIEUR**

**LA HANCHE :  
articulation COXO-FÉMORALE**

*Myologie : muscles qui croisent la hanche et la cuisse (3)*

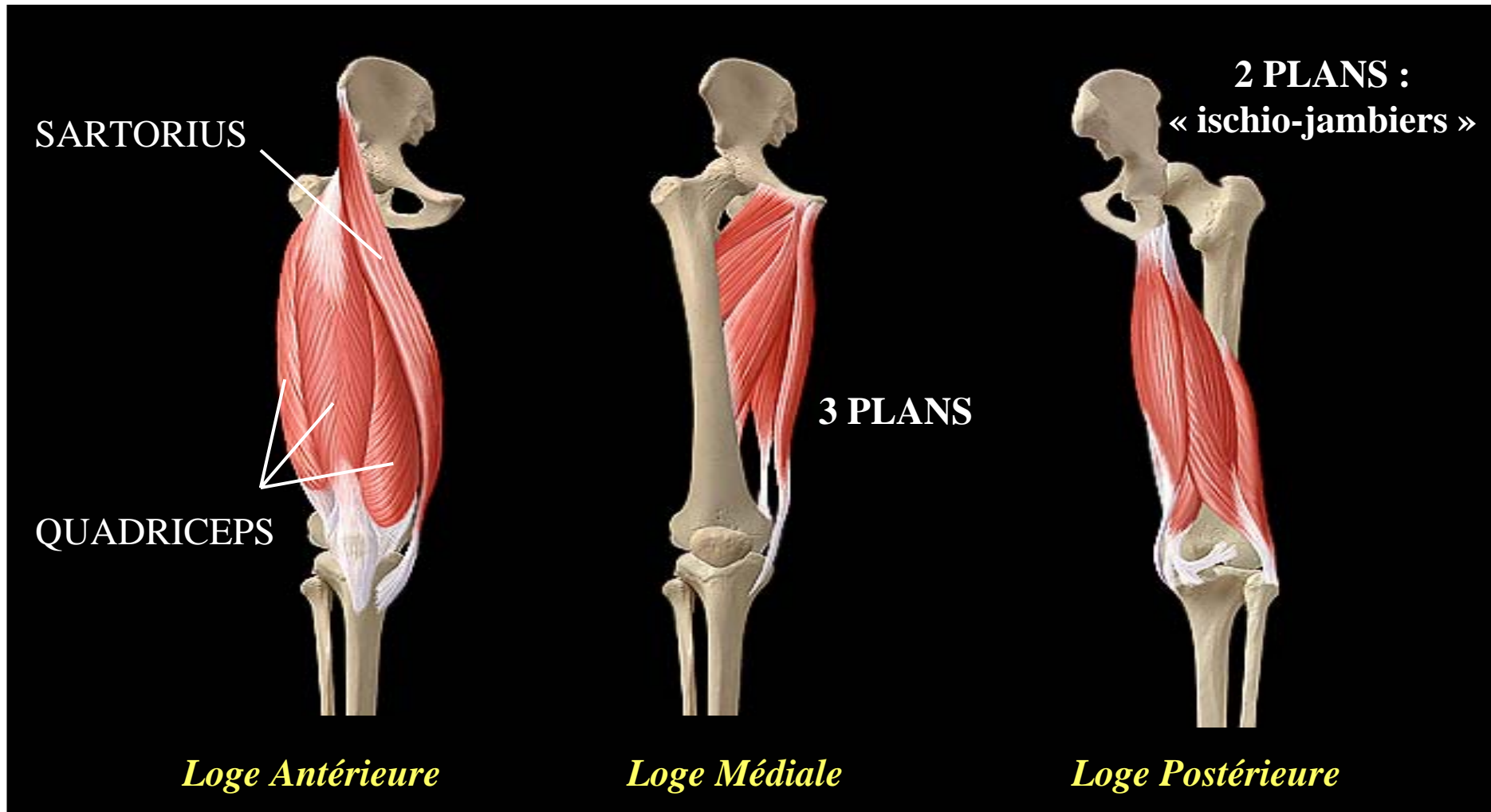
*Coupe Transversale de la cuisse droite : vue supérieure*



**Anatomie : LE MEMBRE INFÉRIEUR**

**LA HANCHE :  
articulation COXO-FÉMORALE**

*Myologie : muscles qui croisent la hanche et la cuisse (4)*

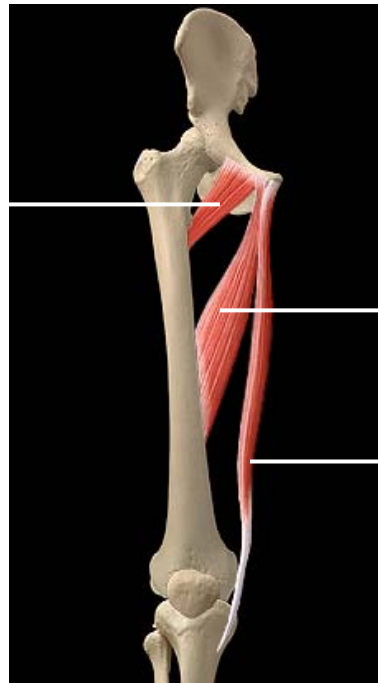


## Anatomie : LE MEMBRE INFÉRIEUR

### LA HANCHE : articulation COXO-FÉMORALE

*Myologie : muscles qui croisent la hanche et la cuisse (4)*

*Région médiale de la cuisse : PLAN SUPERFICIEL*

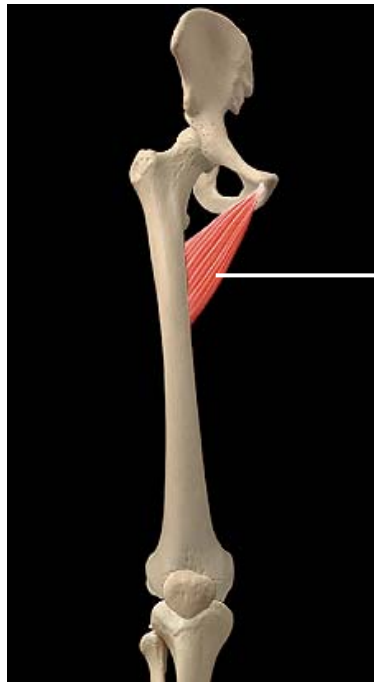


**Anatomie : LE MEMBRE INFÉRIEUR**

**LA HANCHE :  
articulation COXO-FÉMORALE**

*Myologie : muscles qui croisent la hanche et la cuisse (4')*

*Région médiale de la cuisse : PLAN INTERMÉDIAIRE*

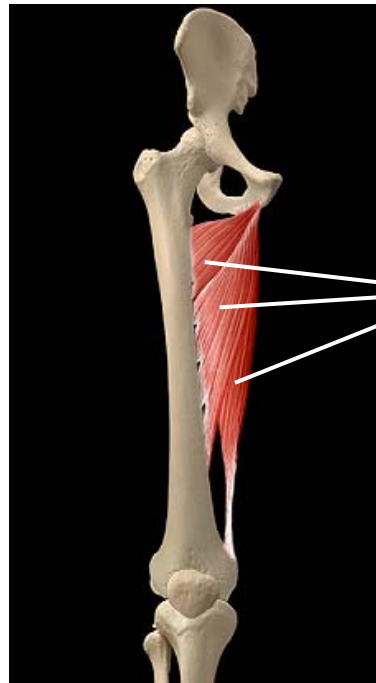


## Anatomie : LE MEMBRE INFÉRIEUR

### LA HANCHE : articulation COXO-FÉMORALE

*Myologie : muscles qui croisent la hanche et la cuisse (4'')*

*Région médiale de la cuisse : PLAN PROFOND*

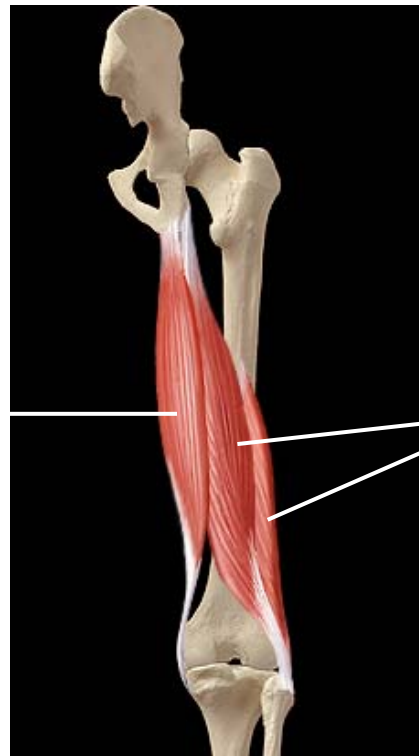


**Anatomie : LE MEMBRE INFÉRIEUR**

**LA HANCHE :  
articulation COXO-FÉMORALE**

*Myologie : muscles qui croisent la hanche et la cuisse (4''''')*

*Région postérieure de la cuisse : PLAN SUPERFICIEL*

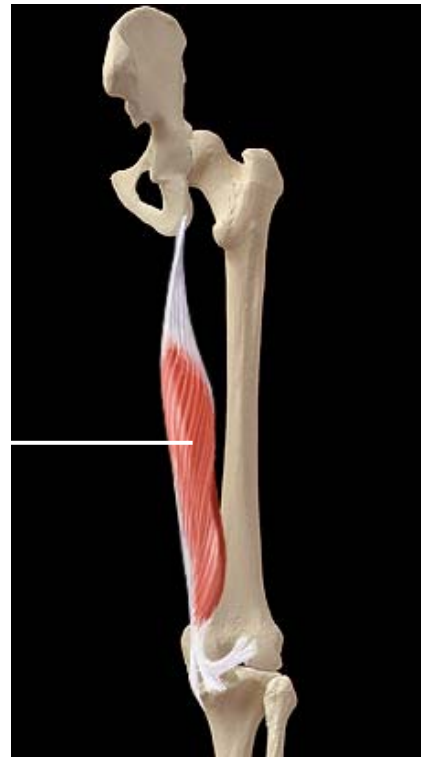


## Anatomie : LE MEMBRE INFÉRIEUR

### LA HANCHE : articulation COXO-FÉMORALE

*Myologie : muscles qui croisent la hanche et la cuisse (4''''''')*

*Région postérieure de la cuisse : PLAN PROFOND*



**Anatomie : LE MEMBRE INFERIEUR**

**LA HANCHE :  
articulation COXO-FEMORALE**

*Mouvements : 3 ddl*

MOUVEMENTS	AMPLITUDE	MUSCLES IMPLIQUES
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*Adduction*

*Abduction*

*Flexion (Antépulsion )*

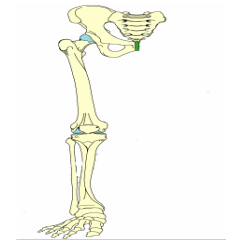
*Extension (Rétropulsion)*

*Rotation médiale*

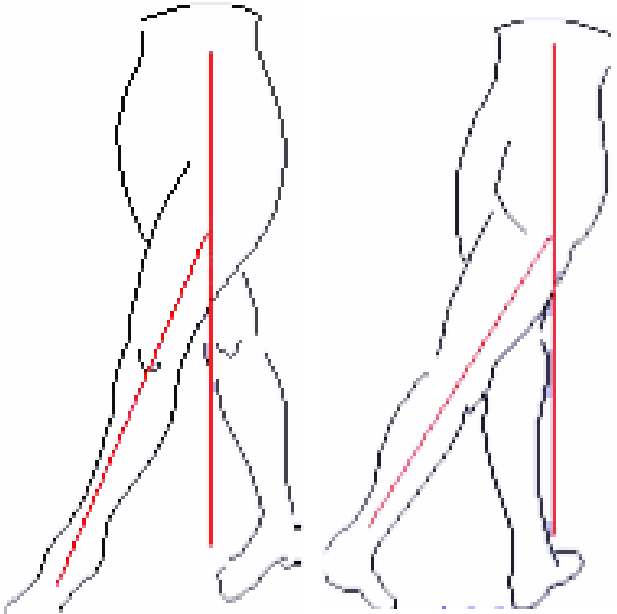
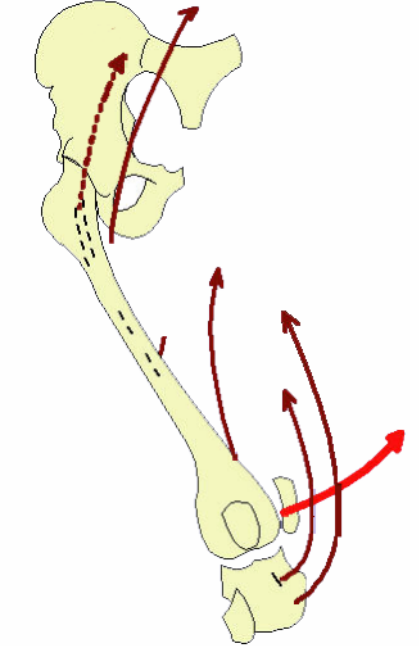
*Rotation latérale*



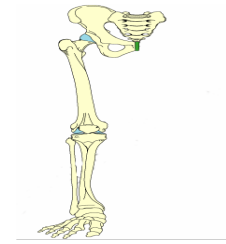
**Anatomie : LE MEMBRE INFERIEUR**



**LA HANCHE :**  
**articulation COXO-FEMORALE**  
*Mouvements : 3 ddl*

<b>MOUVEMENT</b>	<i>Adduction</i>
<p><b>AMPLITUDE</b></p>  Two line drawings of a human leg from a posterior view. The left drawing shows the leg in a neutral standing position with a vertical red line representing the midline. The right drawing shows the leg moved towards the midline, with a red line indicating the new vertical axis and a dashed line showing the original midline position.	<p><b>MUSCLES IMPLIQUES</b></p>  An anatomical diagram of the hip and femur. Red arrows indicate the direction of movement for adduction: one arrow points from the femur towards the midline, and another points from the femur towards the midline from a different angle. A dashed line shows the original position of the femur.

**Anatomie : LE MEMBRE INFERIEUR**

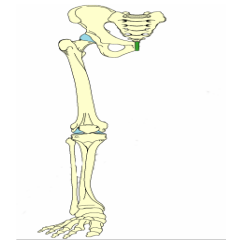


**LA HANCHE :  
articulation COXO-FEMORALE**

*Mouvements : 3 ddl*

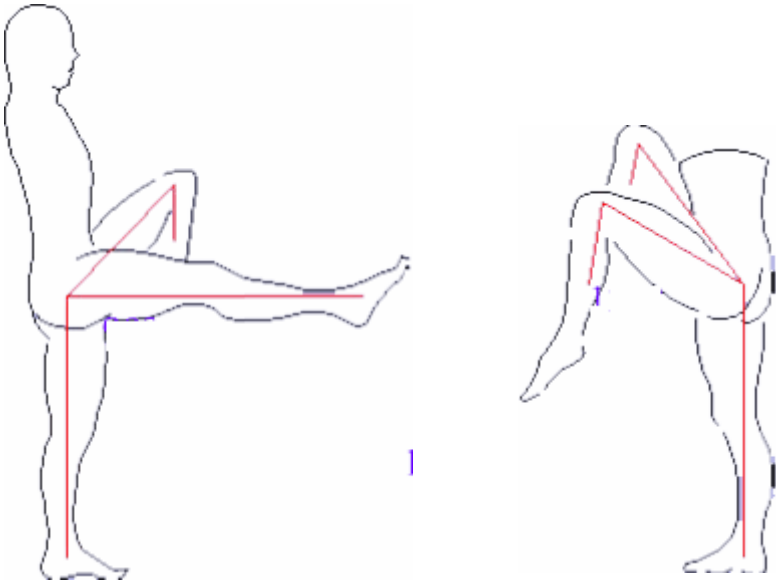
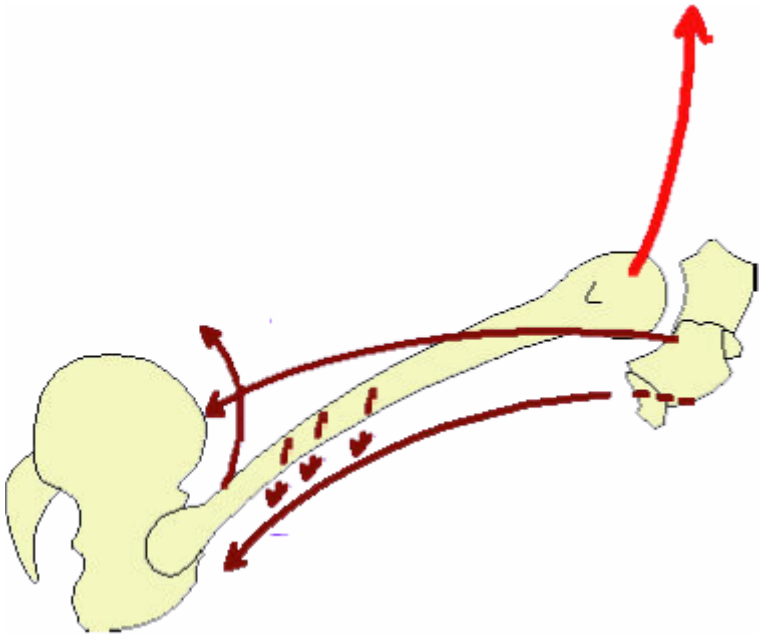
<b>MOUVEMENT</b>	<i>Abduction</i>
<p><b>AMPLITUDE</b></p> Three line drawings of a human leg from the side, illustrating the range of motion for hip abduction. The top drawing shows the leg in a neutral standing position. The middle drawing shows the leg abducted to the side, with a red arrow indicating the movement. The bottom drawing shows the leg abducted further, with a red arrow indicating the movement.	<p><b>MUSCLES IMPLIQUES</b></p> An anatomical diagram of the hip joint and femur. Red arrows indicate the direction of movement for abduction. A dashed red arrow points from the femoral head towards the greater trochanter, representing the line of pull for the abductor muscles. Solid red arrows point from the greater trochanter towards the femoral head, representing the direction of the femur during abduction.

**Anatomie : LE MEMBRE INFERIEUR**

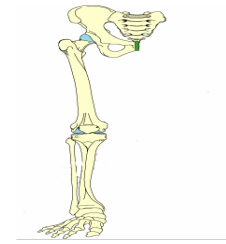


**LA HANCHE :  
articulation COXO-FEMORALE**

*Mouvements : 3 ddl*

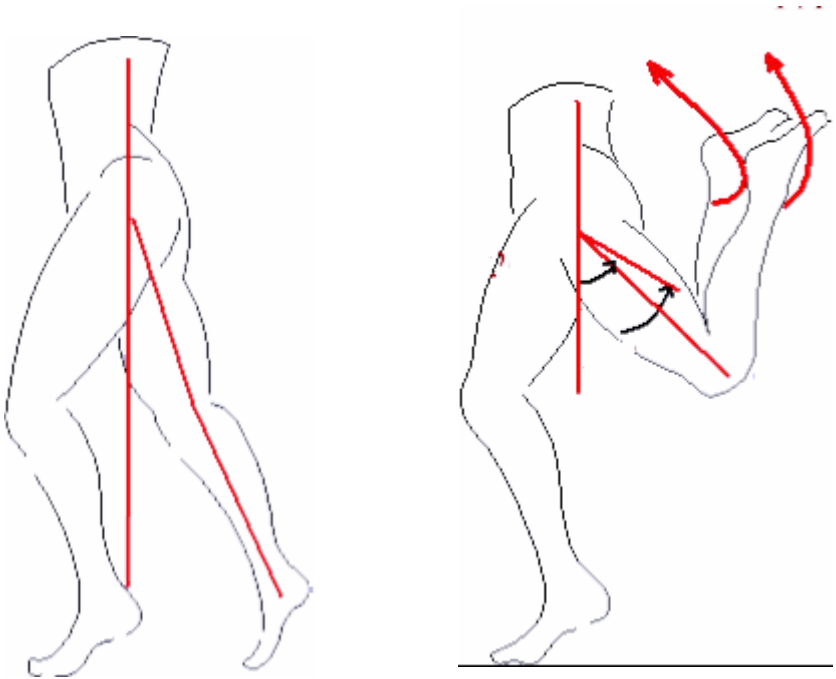
<b>MOUVEMENT</b>	<i>Flexion (Antépulsion )</i>	
<p><b>AMPLITUDE</b></p>  Two diagrams illustrating the range of motion for hip flexion. The left diagram shows a person in profile with the right leg extended forward, with red lines indicating the angle of flexion. The right diagram shows a person from the back with the right leg bent, also with red lines indicating the angle of flexion.	<p><b>MUSCLES IMPLIQUES</b></p>  A diagram of the hip joint and femur. Red arrows point to the hip joint, the femur, and the lower leg, indicating the muscles involved in the movement of flexion.	

**Anatomie : LE MEMBRE INFERIEUR**

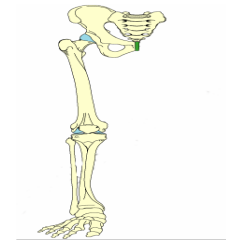


**LA HANCHE :  
articulation COXO-FEMORALE**

*Mouvements : 3 ddl*

<b>MOUVEMENT</b>	<i>Extension (Rétropulsion)</i>	
<p><b>AMPLITUDE</b></p> 	<p><b>MUSCLES IMPLIQUES</b></p>	

**Anatomie : LE MEMBRE INFÉRIEUR**

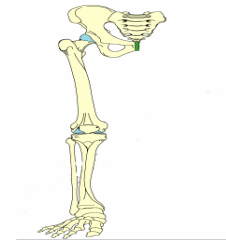


**LA HANCHE :  
articulation COXO-FÉMORALE**

*Mouvements : 3 ddl*

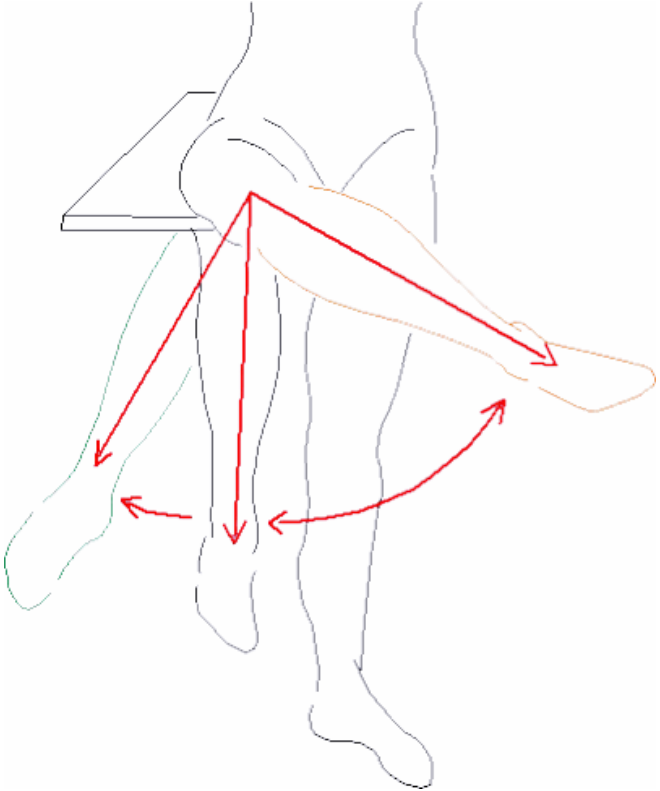
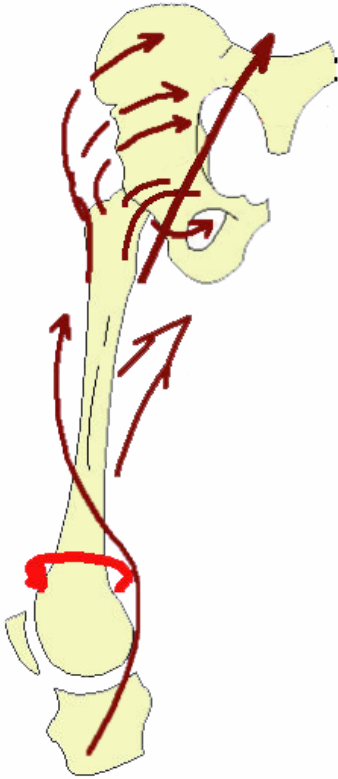
<b>MOUVEMENT</b>	<i>Rotation médiale</i>
<p><b>AMPLITUDE</b></p> A line drawing of a human lower limb from a posterior view. Red arrows indicate the range of motion for medial rotation. One arrow points from the midline towards the right (medial), and another curved arrow shows the arc of rotation. A vertical red line serves as a reference for the midline.	<p><b>MUSCLES IMPLIQUÉS</b></p> An anatomical diagram of the hip and femur. Red arrows indicate the contraction of muscles that medially rotate the hip. On the femur, a red circular arrow indicates the direction of rotation. The muscles shown include the gluteus medius, gluteus minimus, and tensor fasciae latae.

**Anatomie : LE MEMBRE INFÉRIEUR**



**LA HANCHE :  
articulation COXO-FÉMORALE**

*Mouvements : 3 ddl*

<b>MOUVEMENT</b>	<i>Rotation latérale</i>
<p><b>AMPLITUDE</b></p>  A diagram of a human lower limb from a posterior view. Red arrows indicate the range of motion for lateral rotation. One arrow points from the midline towards the right, another from the midline towards the left, and a curved arrow at the bottom indicates the arc of rotation.	<p><b>MUSCLES IMPLIQUÉS</b></p>  A diagram of the hip and femur from a posterior view. Red arrows indicate the direction of force or movement for muscles involved in lateral rotation. Arrows point from the greater trochanter of the femur towards the greater sciatic foramen, and from the lesser trochanter towards the lesser sciatic foramen.