

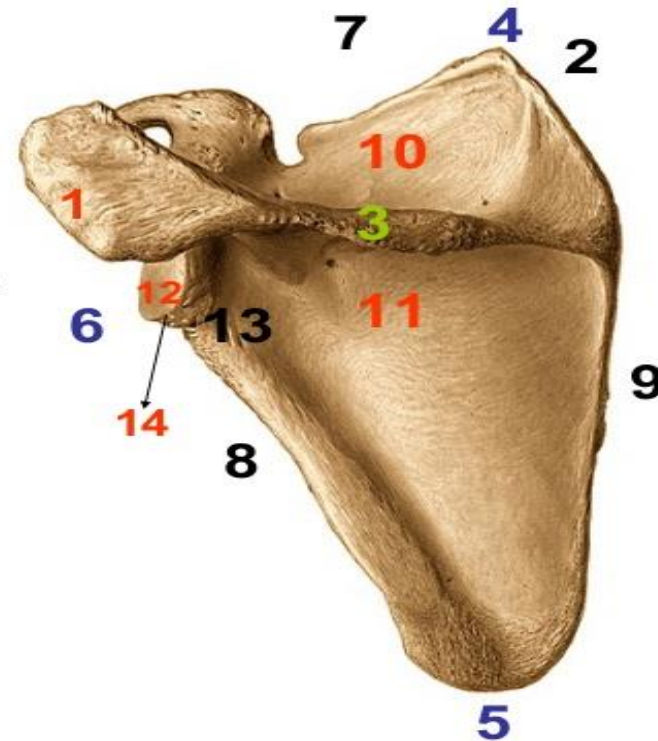
A black silhouette of a muscular man standing in profile, flexing his right arm. He is positioned on the left side of the frame, with his right arm raised and bent at the elbow, showing his bicep. The background is a light gray gradient, and the bottom of the image has a dark blue horizontal bar.

# AKTİF HAREKET SİSTEMİ

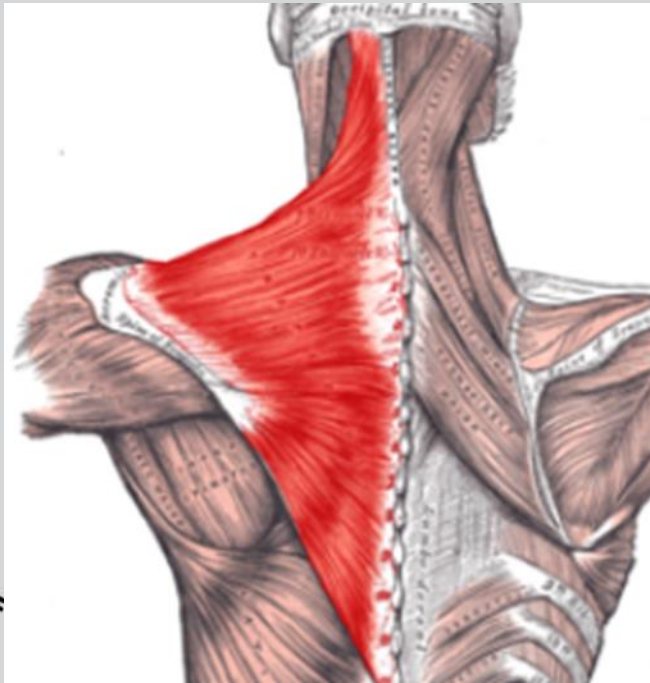
## Sırt Kasları

# SCAPULA Aspect Dorsalis

1. ACROMION
2. ANGULUS ACROMIALIS
3. SPINA SCAPULAE
4. ANGULUS SUPERIOR
5. ANGULUS INFERIOR
6. ANGULUS LATERALIS
7. MARGO SUPERIOR
8. MARGO LATERALIS
9. MARGO MEDIALIS
10. FOSSA SUPRA SPINATA
11. FOSSA INFRA SPINATA
12. CAVITAS GLENOIDALIS
13. COLUM SCAPULAE
14. TUBERCULUM SCAPULAE

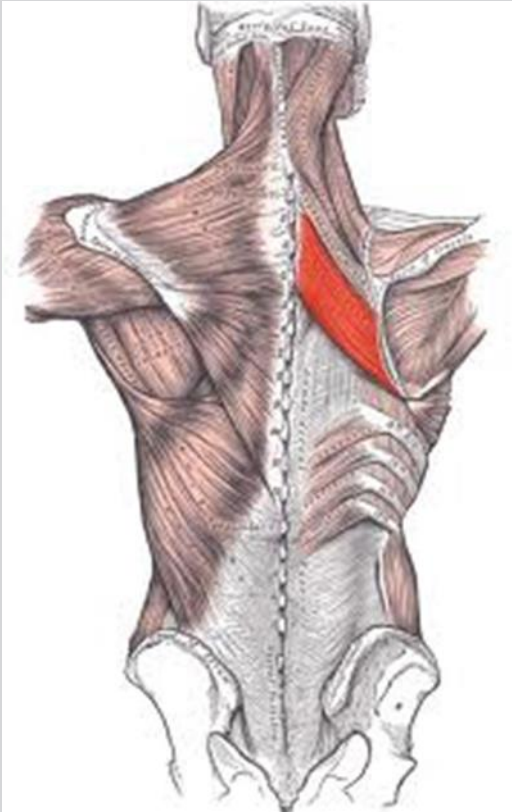


# TRAPEZIUS



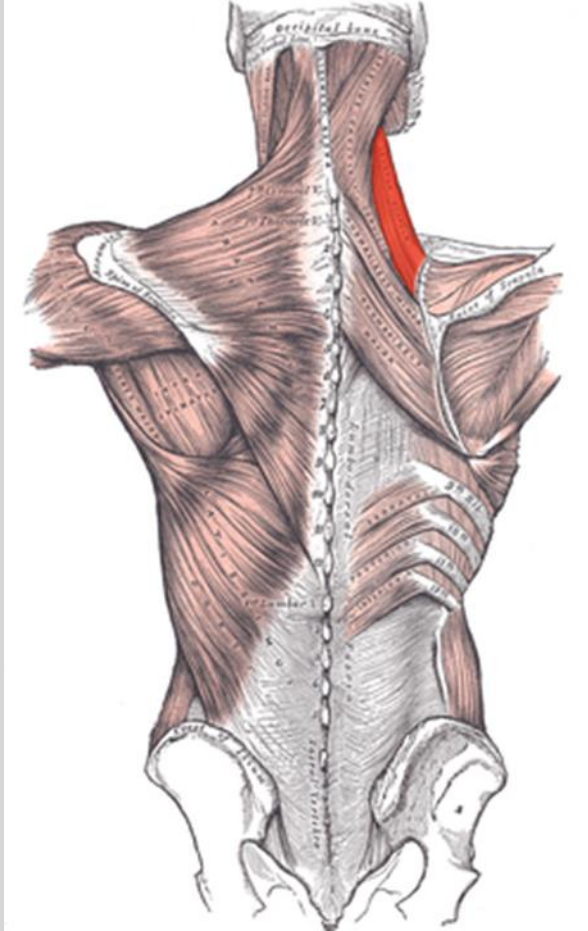
- O: occipital tuberosity, cervical ve thoracic vertebrae spinous process
- I: clavicle, acromion process ve spine of scapula
- F: elevate shoulder, rotates scapula, elevates clavicle, hyperextension scapula

# Rhomboideus Major-Minor



- O: C1-2-3-4
- C6-C7 vertebrae spinos process
- I: medial kenar scapula
- F: scapulayı omurgaya doğru yukarı kaldırır

# Levator Scapula



- C1-2-3-4 transver process
- Scapulanın superior açısı
- Omuz silkme hareketi



# Serratus Anterior



- O:1-9 kosta
- I: scapulanın medial kenarı
- F:superior parça: elevate scapula
- İnférieur parça:rorates scapula
- Kollar sabit bir yere tutunulduğunda kostaları yukarı kaldırarak inspirasyona yardım eder





- O:Thoraca lumbal fascia aracılığı ile tüm T ve L vertabrelerin spinoz processleri,sacrum ve crista iliac
- I:Tuberculum minor of Humerus
- F:Kolun iç rotasyonu,arkaya çekiş,kolu aşağı çeker. Vurma ve fırlatma hareketlerinde prime mover olarak görev yapar. Halkadaki T duruşu
- En güçlü kol adduktoru,barfix.