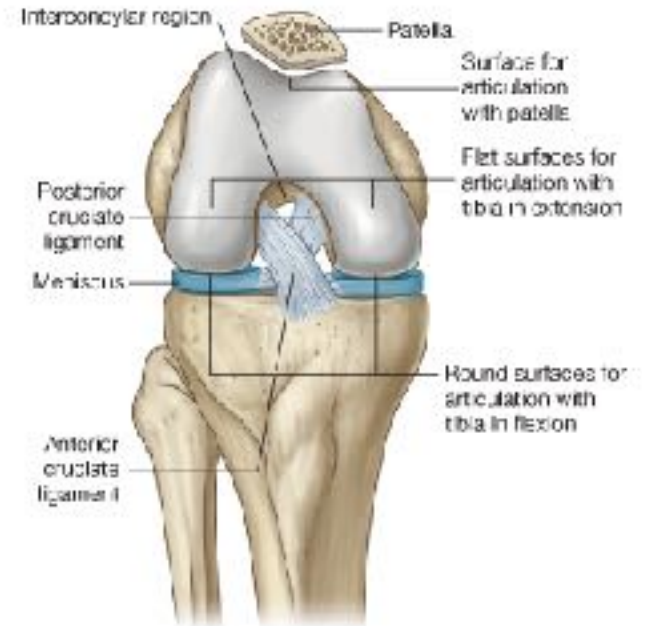
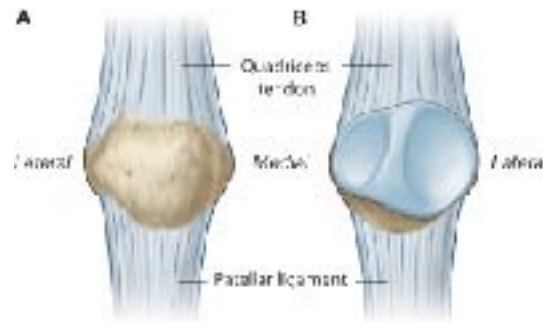
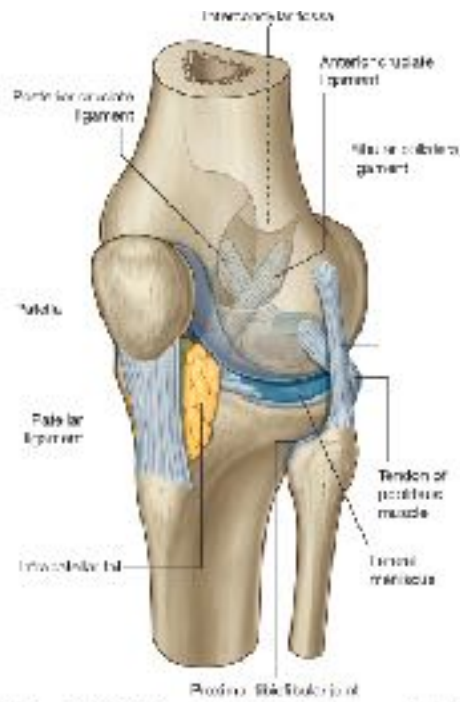


# Pro Anatomi

Diz eklemi kontrolü-Uyluk kasları; origo, insersiyoy, inervasyon ve fonksiyonları

4.hft

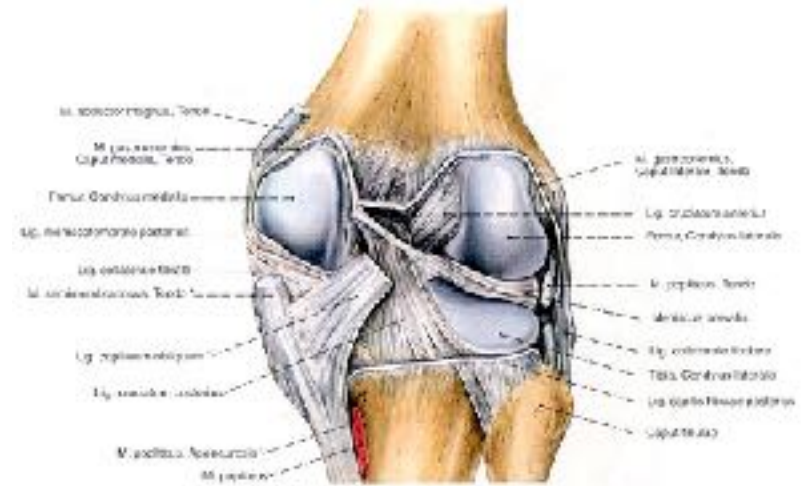
Serap Alsancak



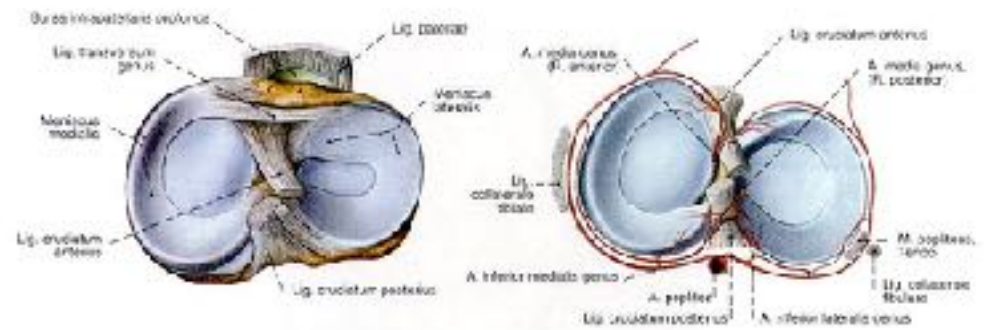
- **M. quadriceps femoris'in insertio açısını büyütür.**
- **Vücudun en büyük sesamoid kemiğidir.**

# Diz ligamentleri ve menisküsleri

- Lig.patella
- Lig.collaterale tibiale
- Lig.collaterale fibulare
- Lig.popliteum obliquum
- Lig.popliteum arcuatum
- Lig.cruciatum anterius
- Lig.cruciatum posterius

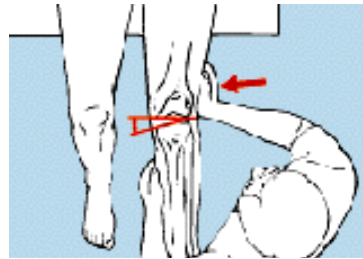


- Meniscus medialis
- Meniscus lateralis



# Diz Ligament Testleri

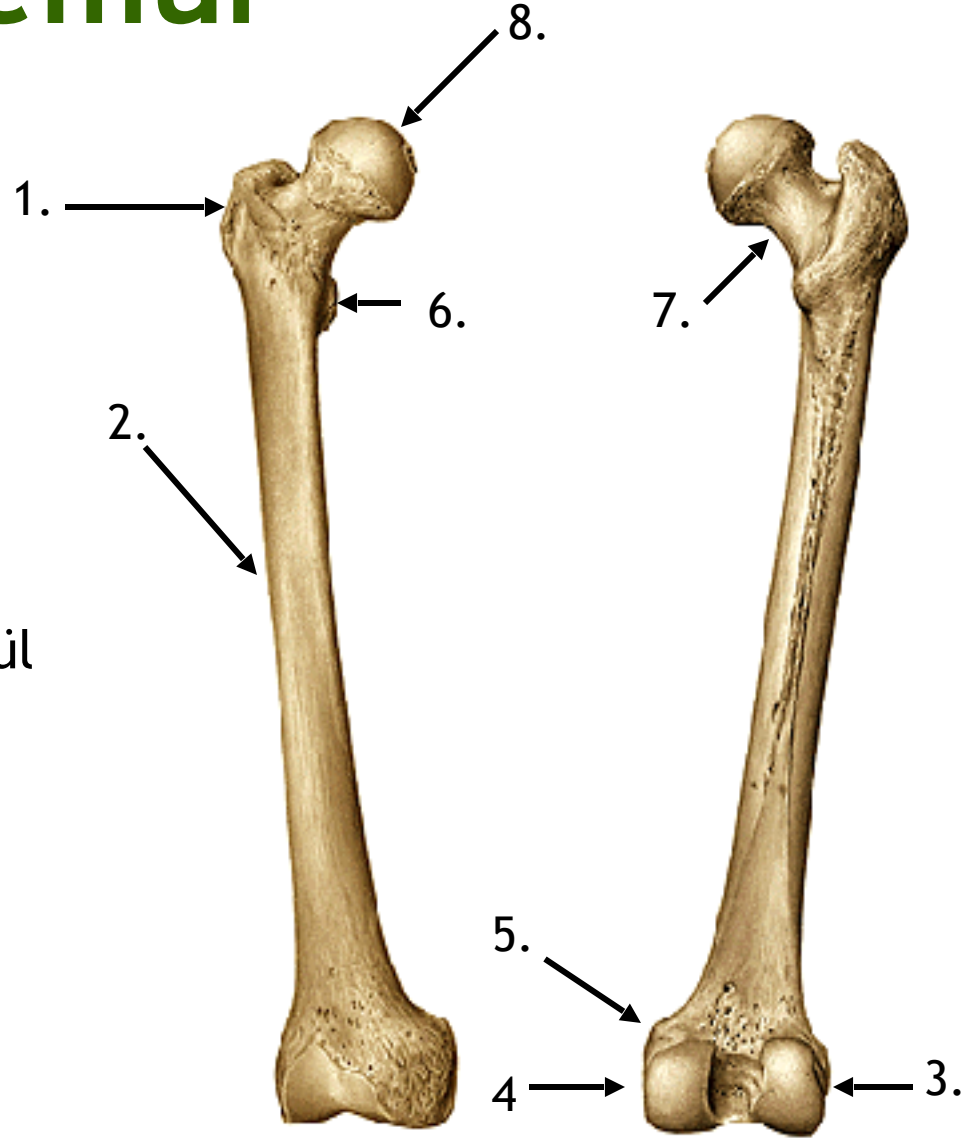
Test	Değerlendirilen Ligament
Anterior Çekmece	ACL
Posterior Çekmece	PCL
Valgus Stres	MCL
Varus Stres	LCL



# Femur

## Sağ Femur - Anterior Görünüm

1. Trokanter major
2. Femur shaftı
3. Lateral kondil
4. Medial kondil
5. Adductor Tuberkül
6. Trokanter minor
7. Femur boynu
8. Femur başı



# Diz hareketlerinden sorumlu kaslar

## Fleksiyon:

### Hamstrings:

-Biceps Femoris

-Semimembranosus

-Semitendinosus

Sartorius

Gracilis

Popliteus

Gastrocnemius



## Ekstansiyon:

### Quadriceps:

-Rectus Femoris

-Vastus Intermedius

-Vastus Lateralis

-Vastus Medialis



# Uyluk Kaslarının Yerleşimi (Kompartmanlar)

Anterior (Ön) Kompartman

M. quadriceps femoris

M. sartorius

Medial (İç) Kompartman

M. gracilis

M. pectineus

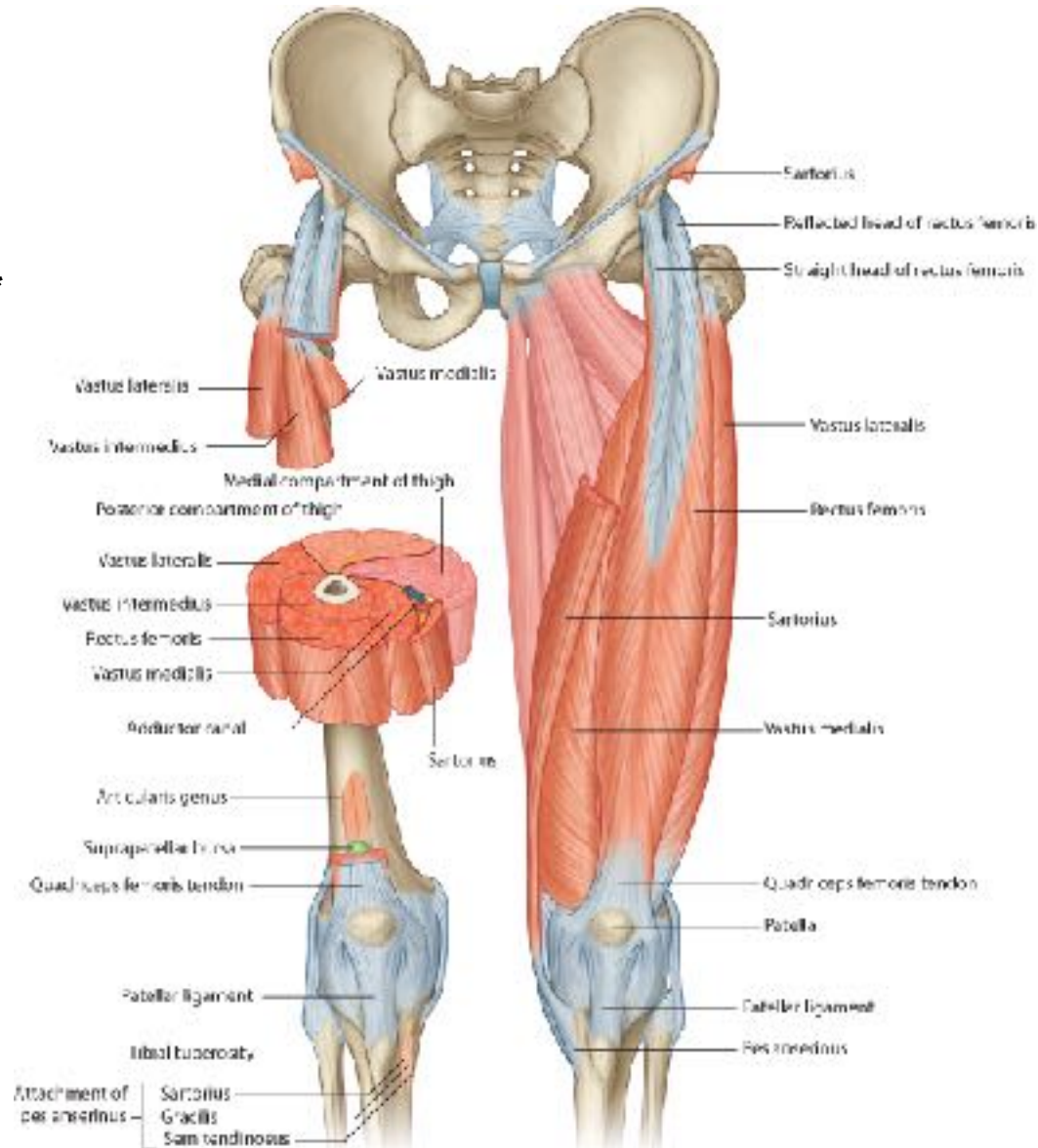
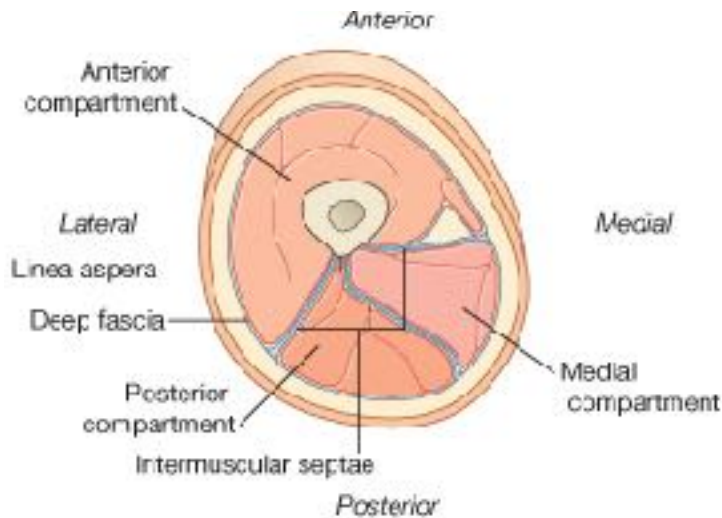
M. adductor longus, brevis, magnus\*

Posterior (arka) Kompartman

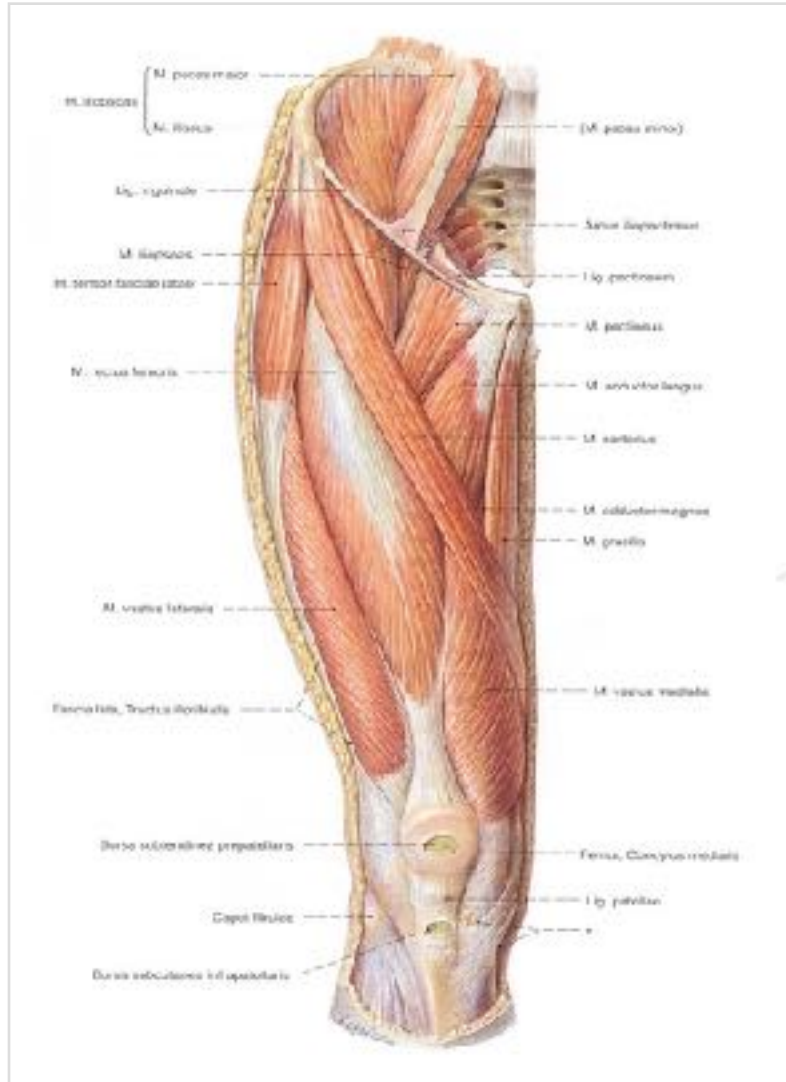
M. biceps femoris

M. semitendineus

M. semimembraneus



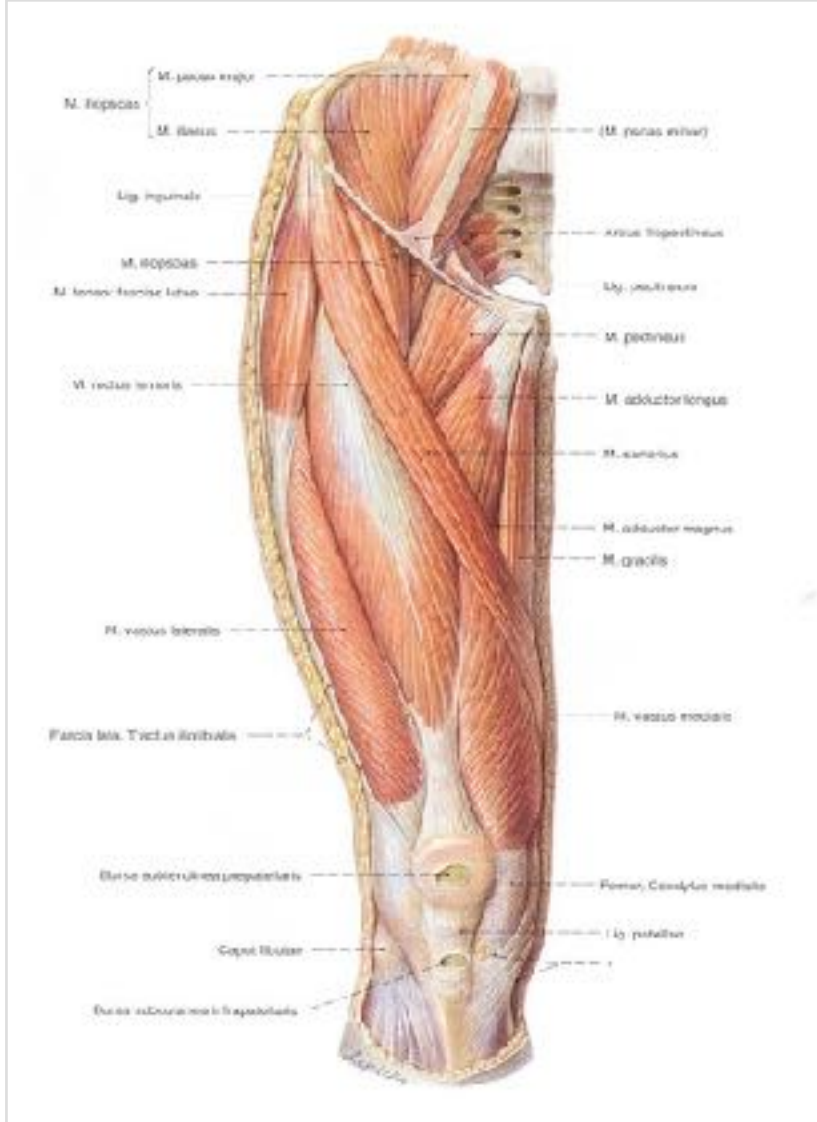
# M. quadriceps femoris



- O: 4 başlı
  - M. rectus femoris: caput rectum, (SIAI'dan) ve caput reflexum (acetabulum üzerindeki oluktan),
  - M. vastus medialis: linea aspera (labrum mediale)
  - M. vastus lateralis: linea aspera (labrum laterale), troc. major
  - M. vastus intermedius: femur ön yüzü
- I: patella, tuberositas tibia
- In: n. femoralis
- F:
  - Kalça: flex (caput rectum)
  - Diz: ekstensiyon

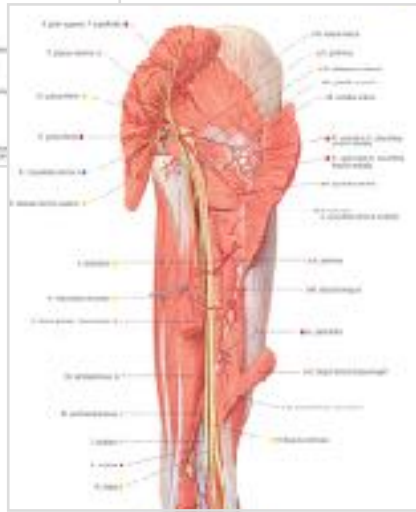
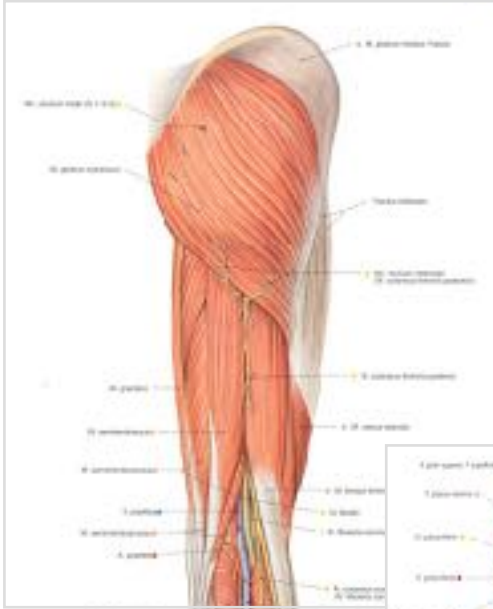


# M. sartorius



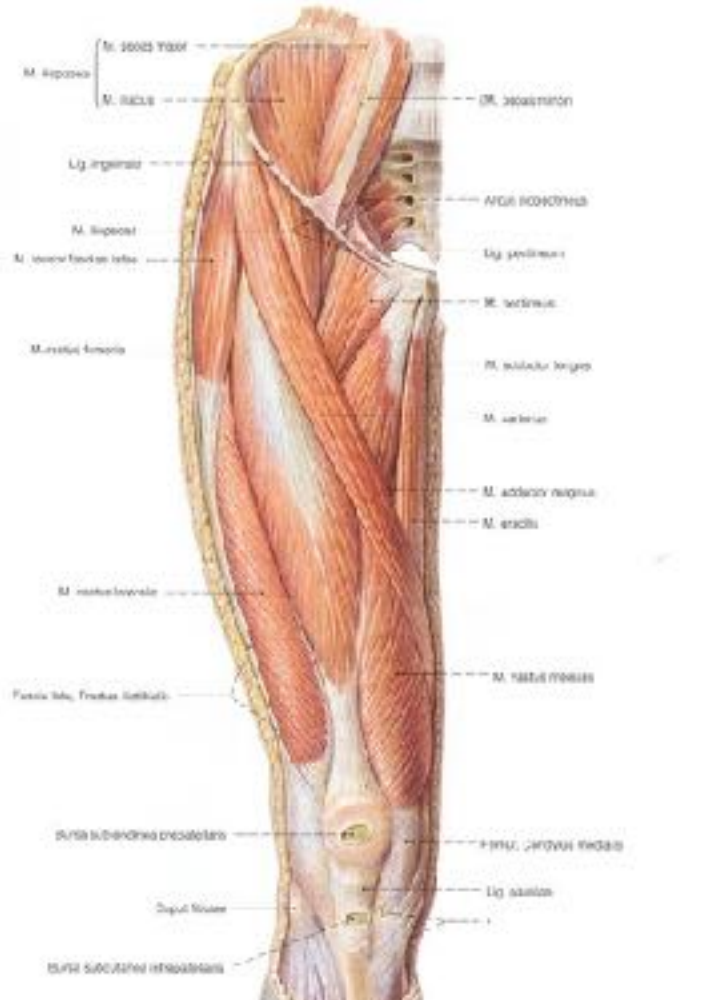
- En uzun kas
- O: SIAS
- I: tuberositas tibia'nın medial yüzü (pes anserius)
- n: n. femoralis
- F:
  - Kalçada, flek+abd+dış rotasyon
  - Dizde, flek+iç rotasyon

# Hamstring Kasları (Iskiocrural kaslar)



- M. biceps femoris
- M. semitendinosus
- M. semimembranosus
- In: n. ischiadicus (Siyatik sinir)
- F:
  - Kalça ekleminde, uyluğa ekstensiyon
  - Diz ekleminde, bacağa fleksiyon

# Adduktor kaslar



- Uyluğun medialinde bulunurlar
- Adduksiyon yaptırırlar
- N. obturatorius
- M. adductor magnus: en kuvvetli adduktor