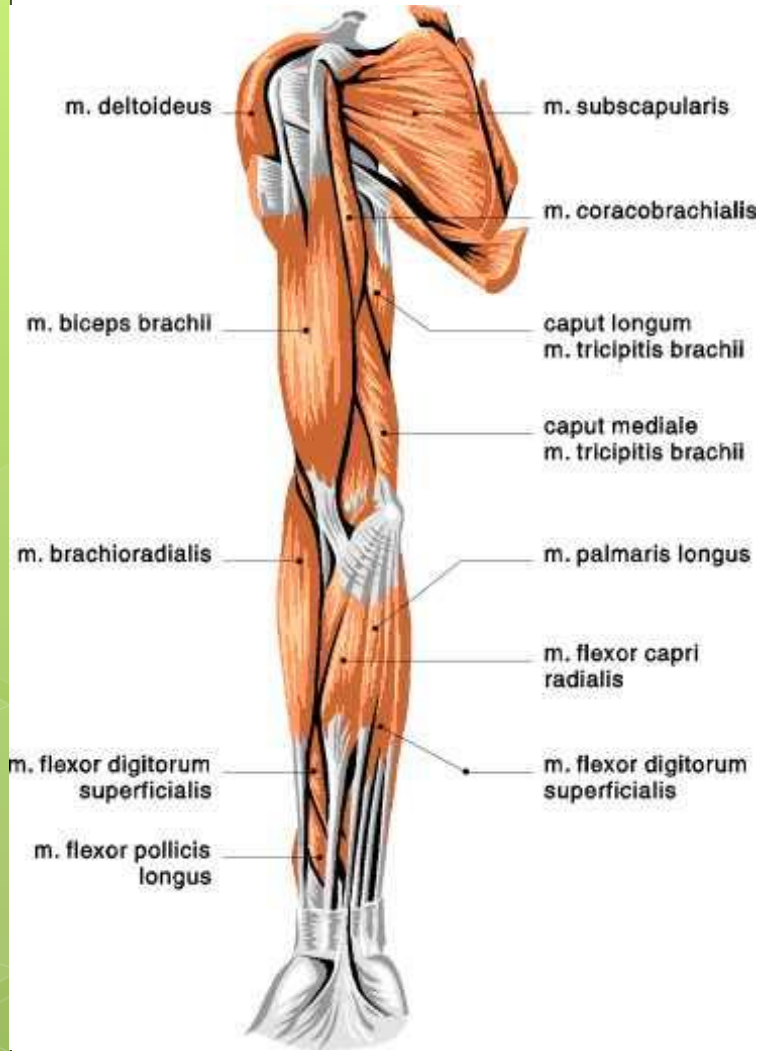


ektremite kasları

Ust ektremite

Alt ektremite



● Biceps brachii

O: scapulanın
coracoid processi ve
supraglenoid
tuberosity

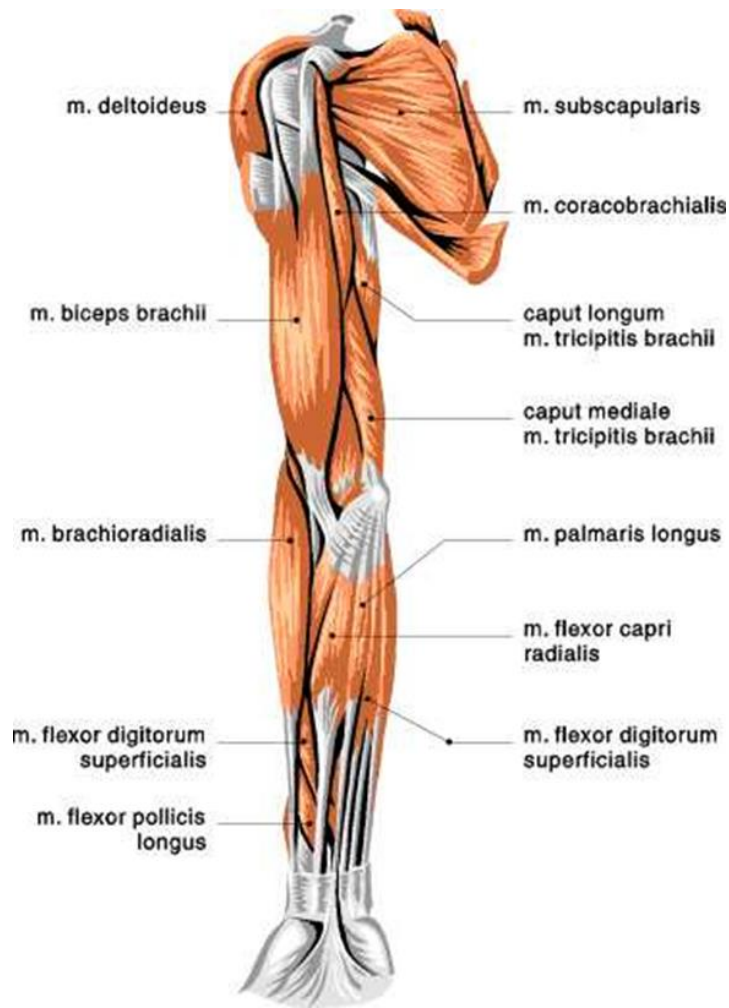
I: tuberosity of radius

F: flexion ve
supination ön kol

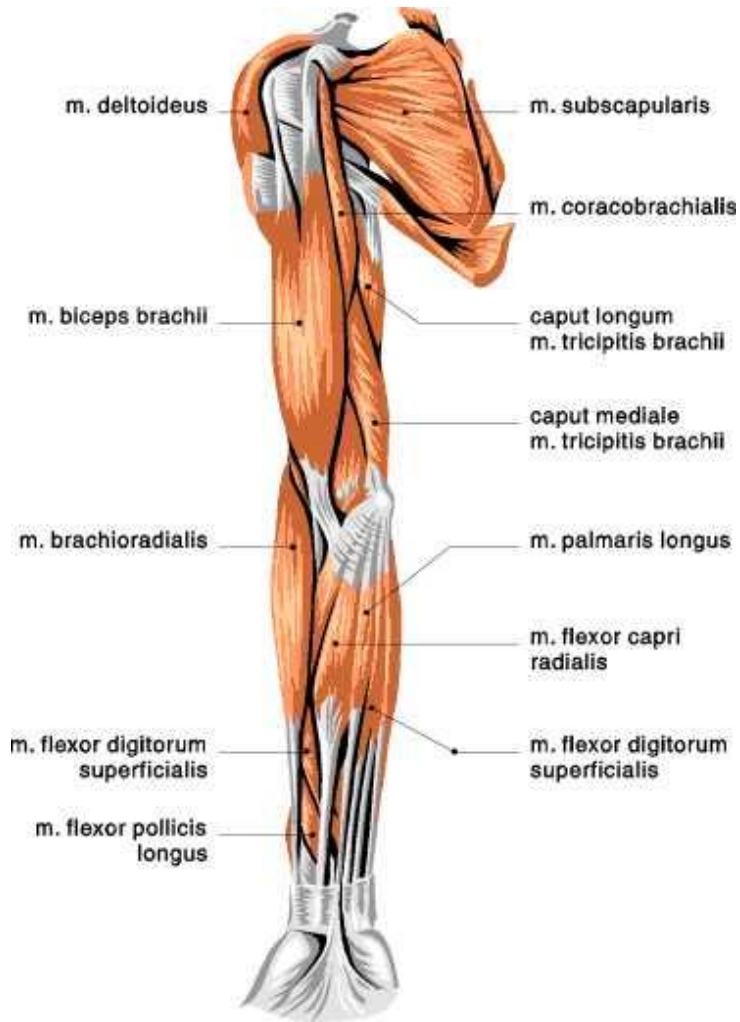
O: Origin – başlangıç

I : insertion – kemiğe
yapıştığı yer,

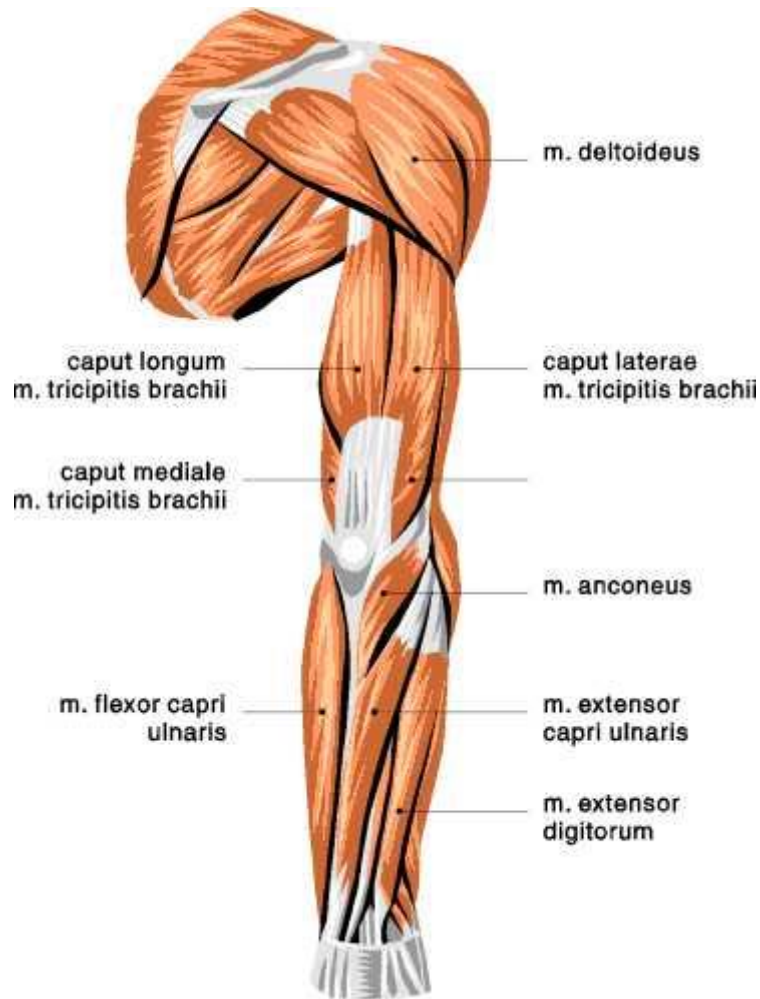
F: fonksiyon



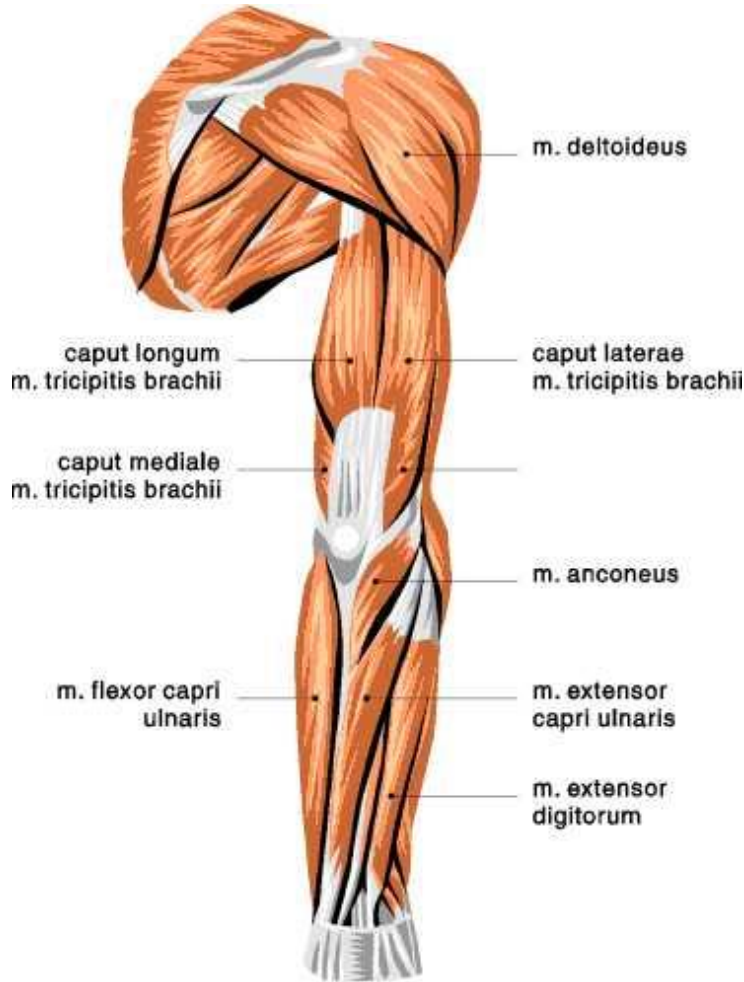
- Brachialis
- O: anterior distal surface of humerus
- I: tuberosity of ulna
- F: flexes forearm



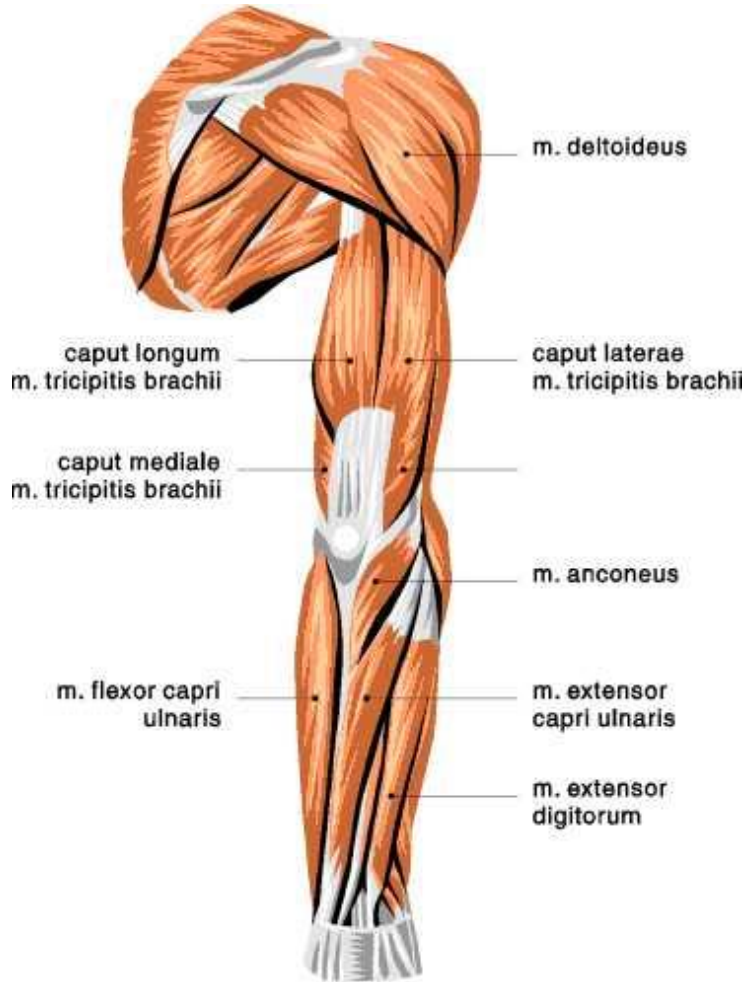
- Bracii radialis
- O: lateral epicondyle of humerus
- I: styloid process of radius
- Flexes for arm



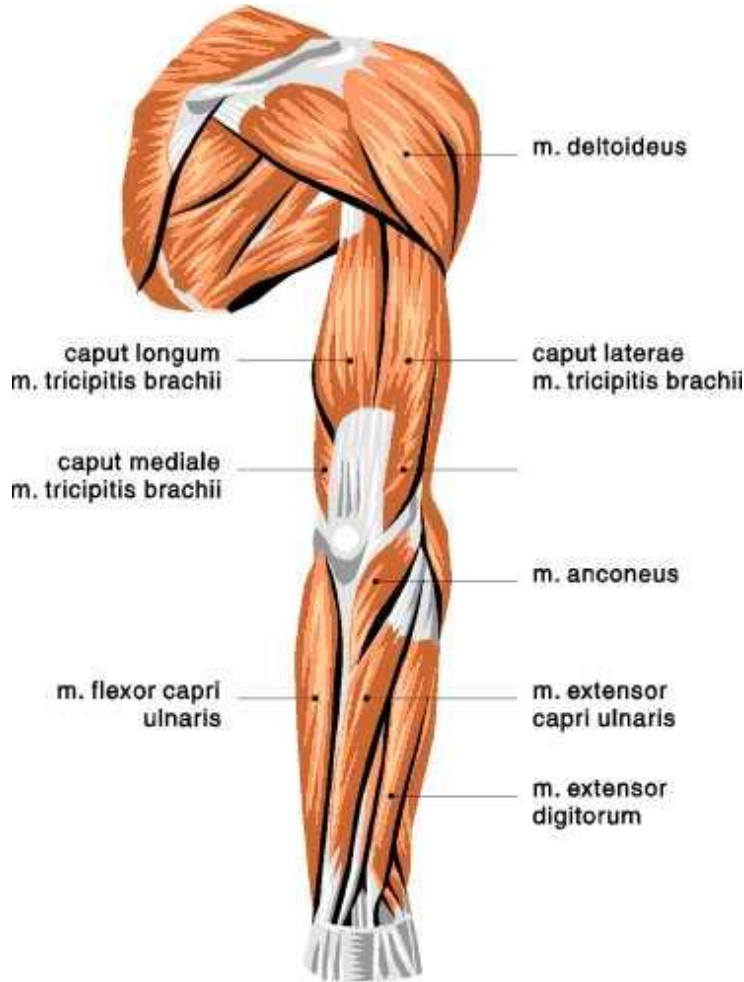
- Anconeus
- O: posterior surface of lateral epicondyle of humerus
- I: lateral margin of olecranon ulna
- F. Extends forearm



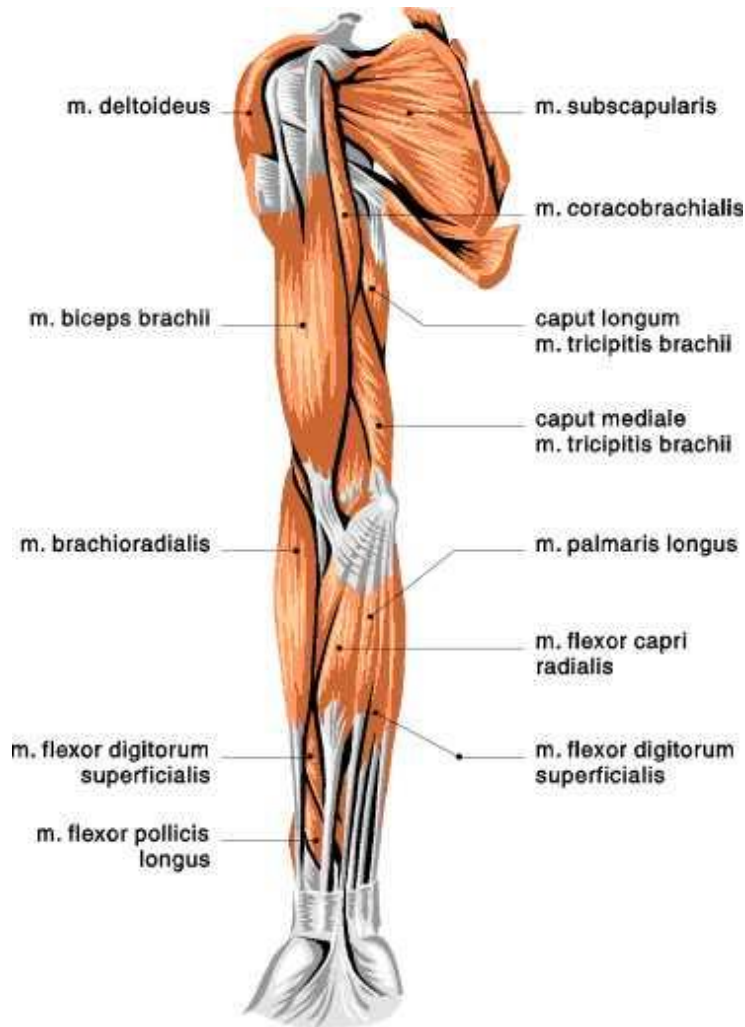
- Triceps Lateral head
- O: superior lateral margin of humerus
- I: olecranon process of ulna
- F: extends forearm
.pronasyon sırasında ulnayı lateral doğru hareket ettirir.



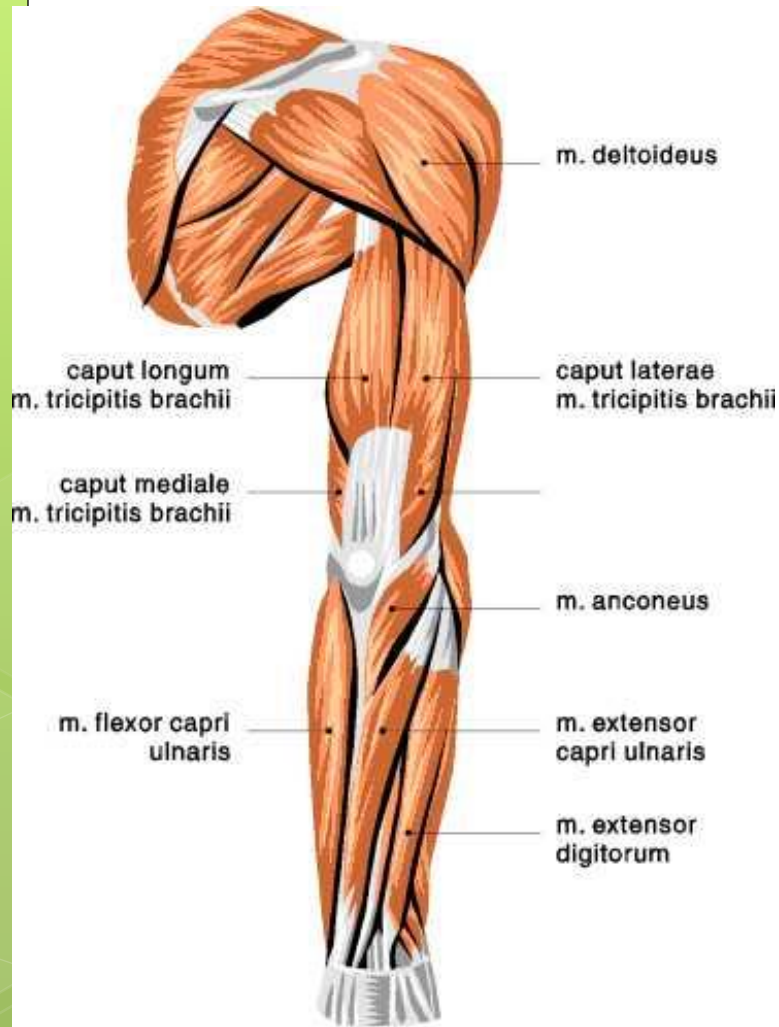
- Triceps Long head
- O: scapula
- I: olecranon process of ulna
- F: extends forearm
.pronasyon sırasında
ulnayı lateral edogru
hareket ettirir.



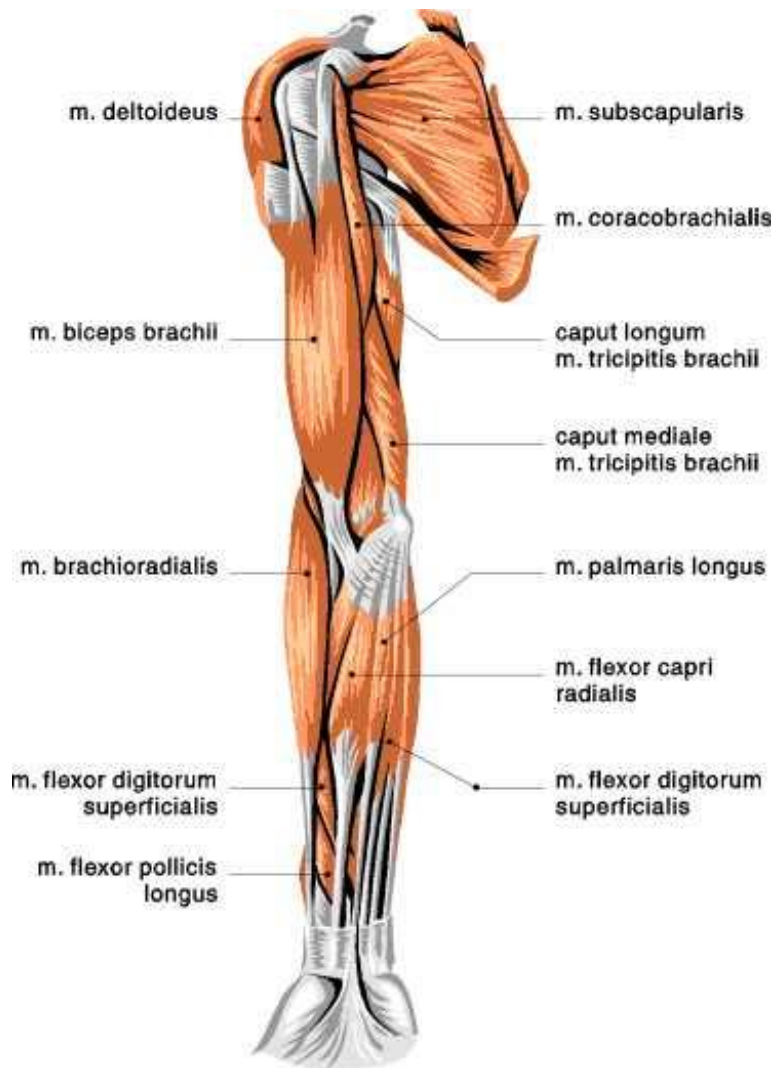
- Triceps medial head
- O: posterior margin margin of humerus
- I: olecronon process of ulna
- F: extens forarm
.pronasyon sırasında ulnayı lateral edogru hareket ettirir.



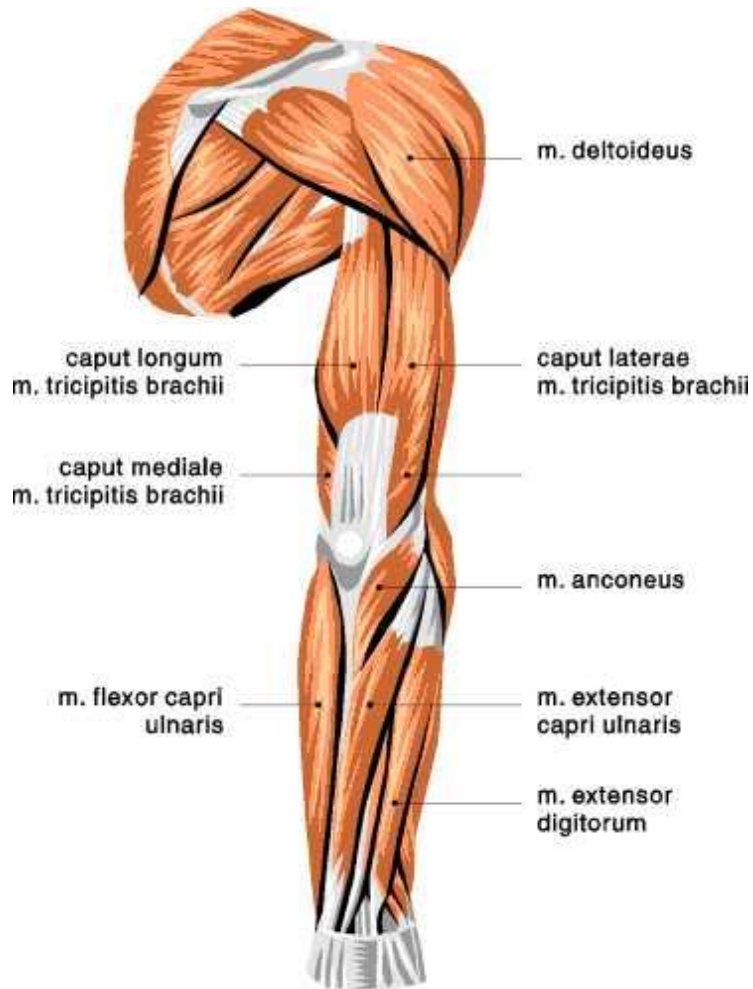
- Flexor carpi radialis
- O: medial epicondyle of humerus
- I: base of 2nd metacarpal
- F: flexes and abduccts palms



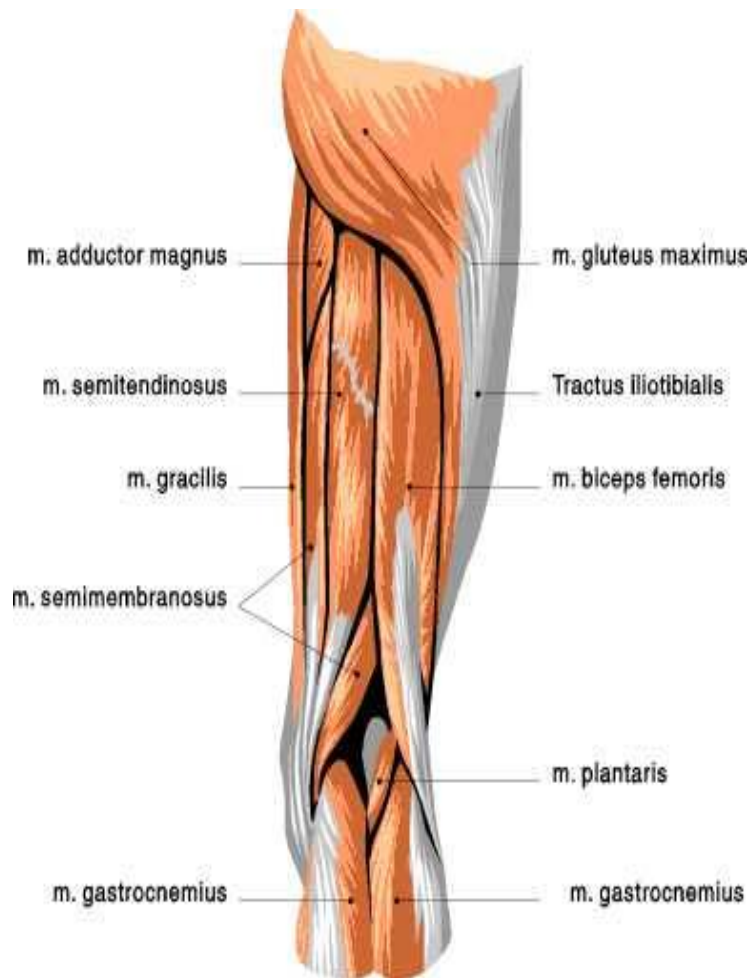
- Flexor carpi ulnaris
- O: medial epicondyle of humerus ,ulnanın olecronon ve antromedial bölümüne yapışır
- I: base of 3-5 metacarpal
- F: flexes and abduccts palms



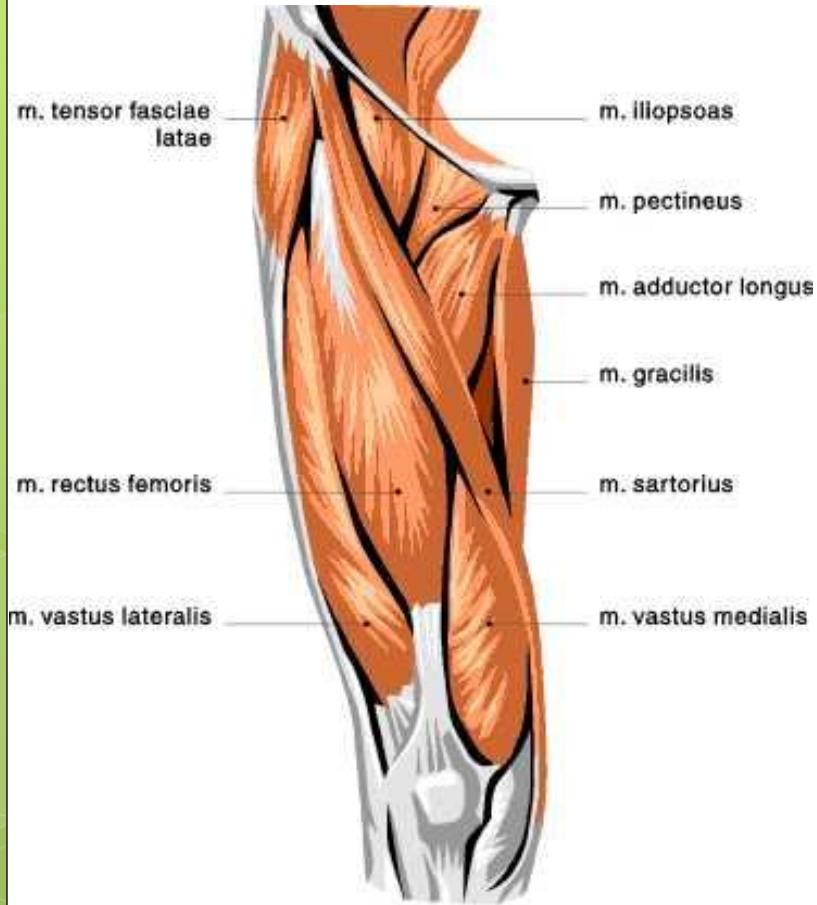
- Palmaris Longus
- O: medial epicondyle of humerus ,
- I: palmar aponeurosis
- F: flexes palms



- Extensor carpi ulnaris-
- O: medial epicondyle of humerus
- I: base of 5 metacarpal



- Hamstring grubu
- Flex legs
- Extend and adducts thigh



- Quadriceps
- Extend leg flexes thigh

