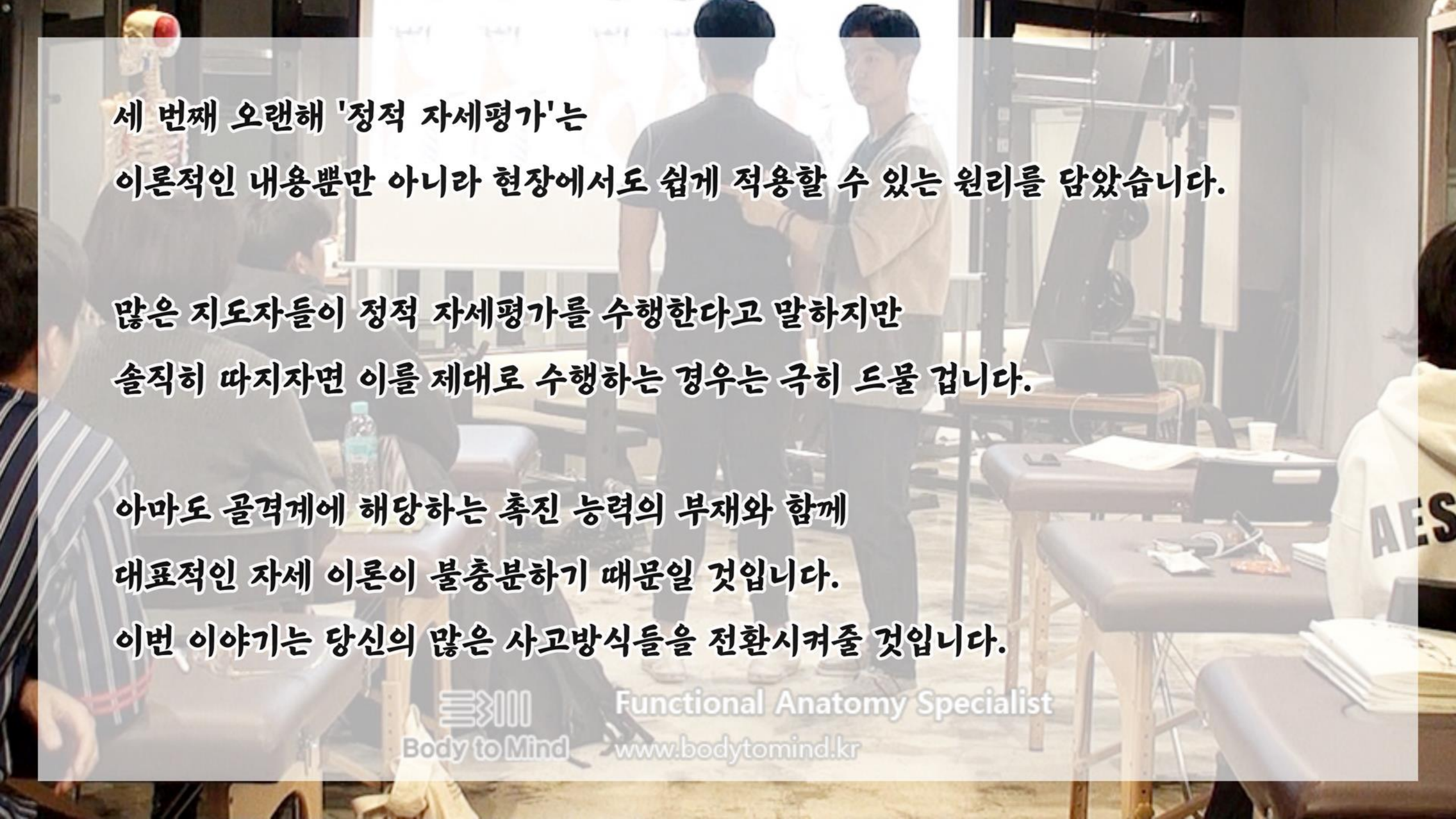
정적 자세평가

#정적자세평가 #정적자세 #자세평가
#오늘도랜덤해부학 #오랜해
#바디투마인드 #김형욱



세 번째 오랜해 '정적 자세평가'는
이론적인 내용뿐만 아니라 현장에서도 쉽게 적용할 수 있는 원리를 담았습니다.

많은 지도자들이 정적 자세평가를 수행한다고 말하지만
솔직히 따지자면 이를 제대로 수행하는 경우는 극히 드물 겁니다.

아마도 골격계에 해당하는 촉진 능력의 부재와 함께
대표적인 자세 이론이 불충분하기 때문일 것입니다.
이번 이야기는 당신의 많은 사고방식들을 전환시켜줄 것입니다.

우리들이 나눌 이야기

- 좋은 자세 VS 나쁜 자세
- 자세가 중요한 이유
- 대표적인 자세 이론
- 자세 불균형의 기준
- 자세 불균형의 유형
- 매뉴얼한 정적 자세평가

자세평가의 현실

얼마나 어떻게 하는가?

정적 자세평가 VS 동적 자세평가


자세와 정렬은 다르다.

자세와 관련된 용어

정렬

무게중심

생체역학

중립

자세

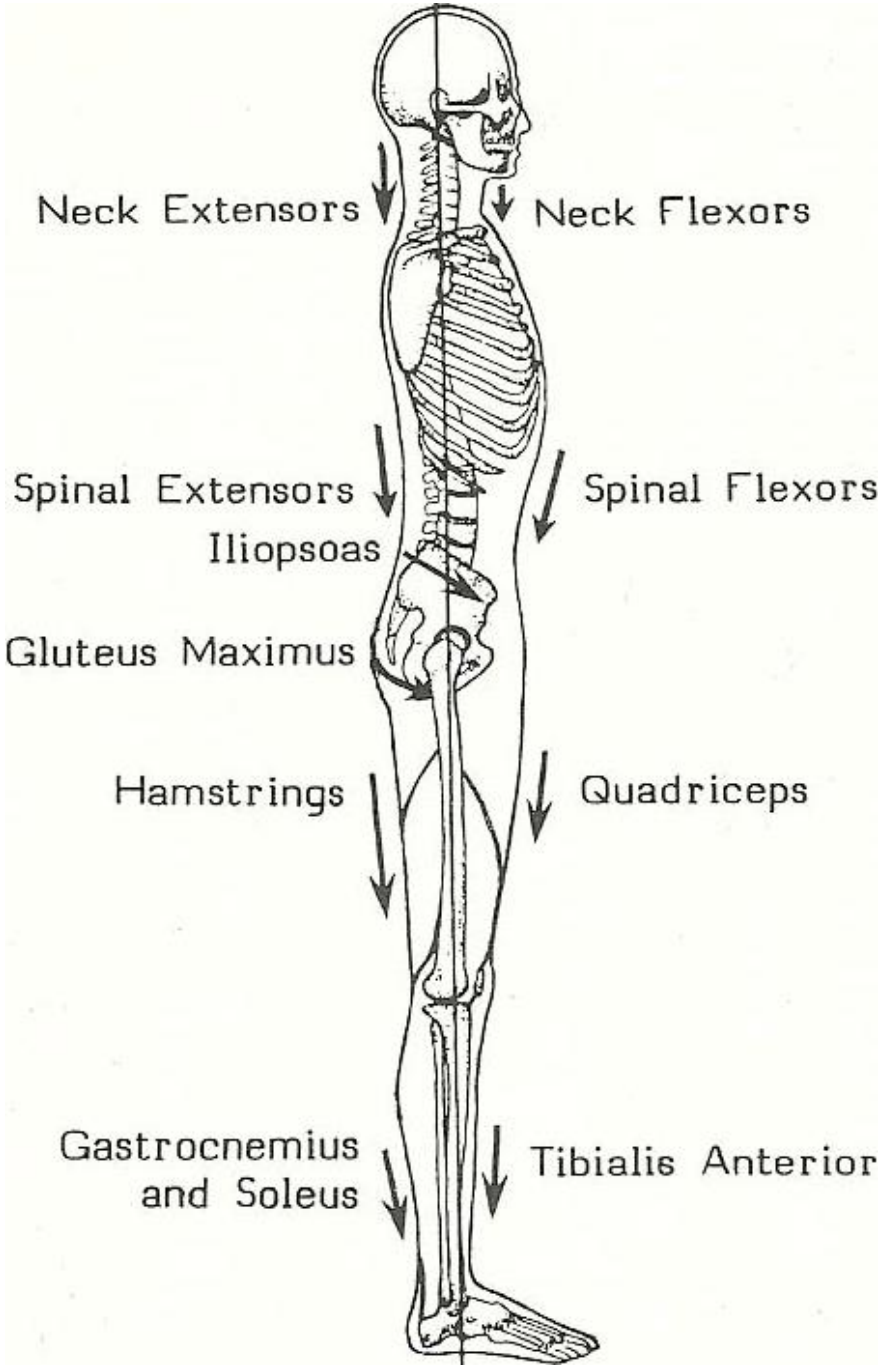
중력선

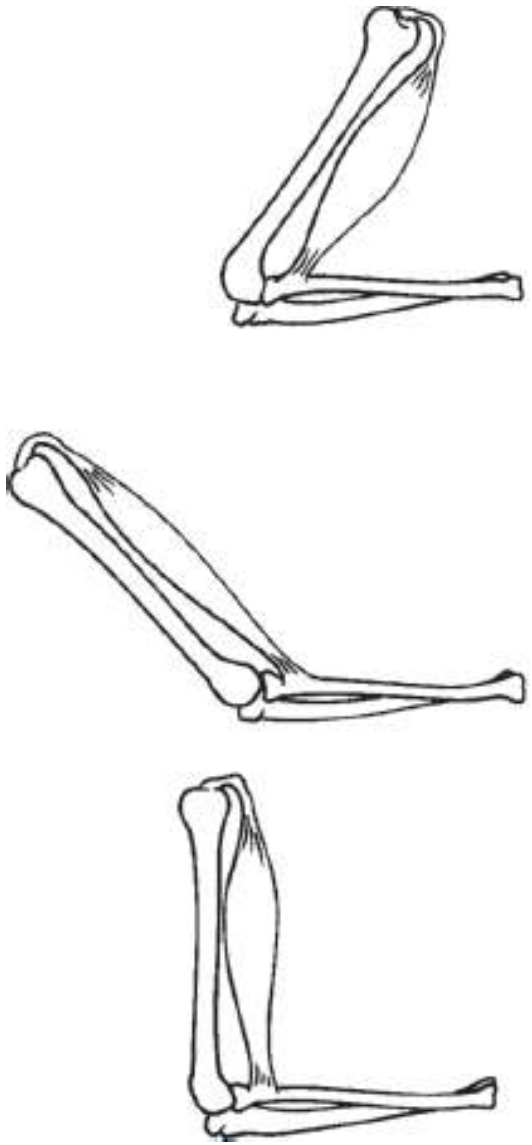
Center of Gravity =

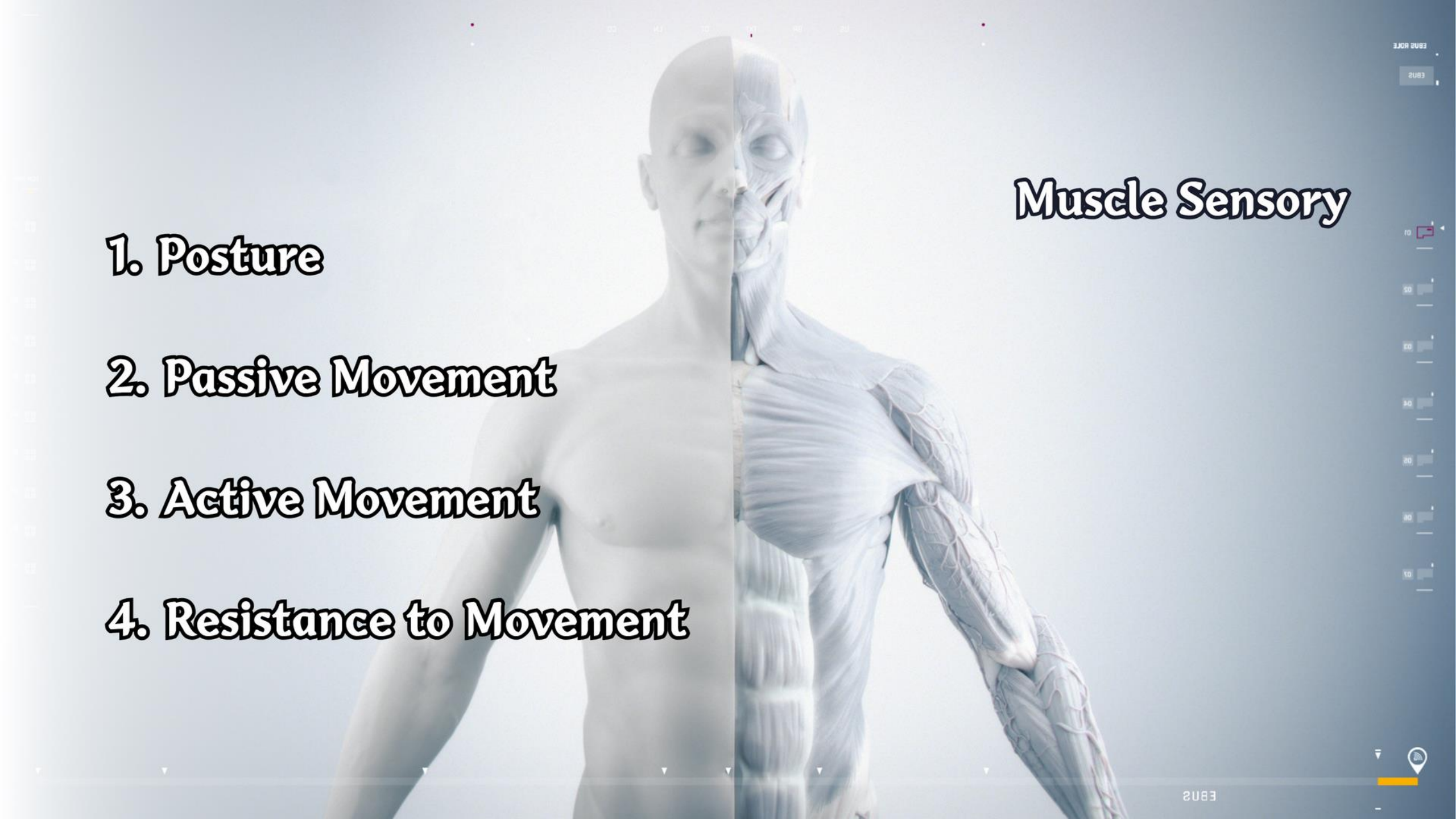
Homo sapiens

Pan troglodytes


코로나 극복 기원 강의에서
인대를 선택했던 이유

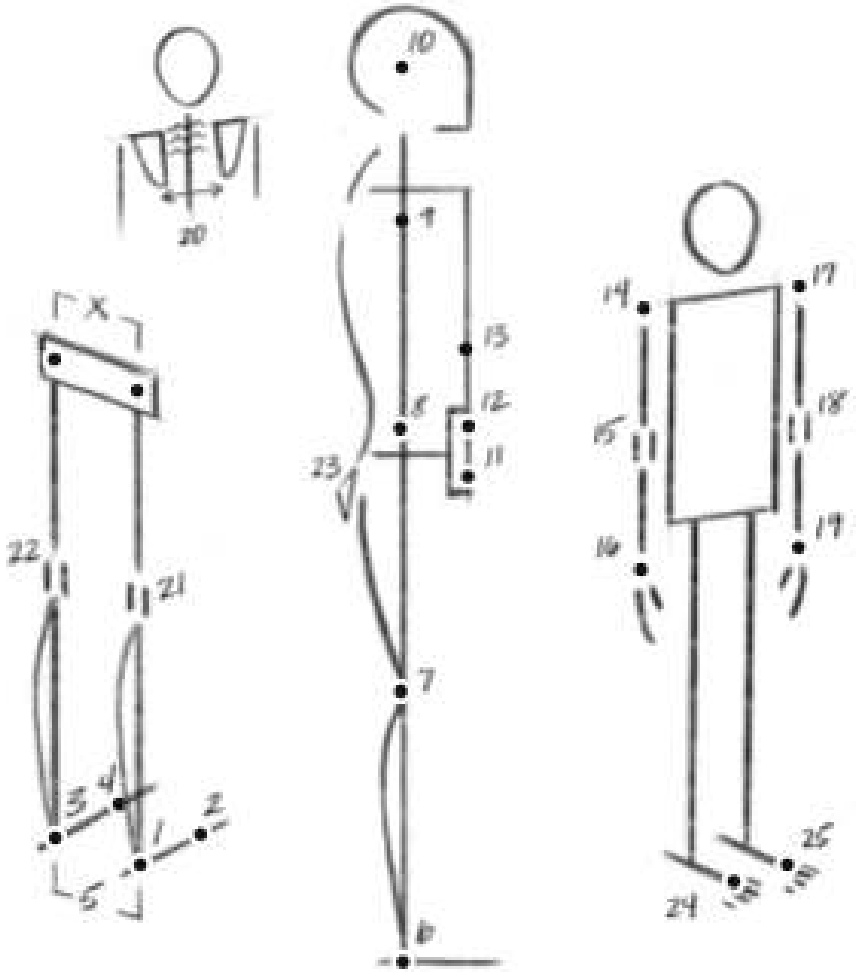

Neck Extensors
Neck Flexors
Spinal Extensors
Spinal Flexors
Iliopsoas
Gluteus Maximus
Hamstrings
Quadriceps
Gastrocnemius and Soleus
Tibialis Anterior


F_m
Rotary component
Dislocating component
Angle of attachment > 90°
F_m
Rotary component
Stabilizing component
Angle of attachment < 90°
F_m
(100% rotary)
Angle of attachment = 90°

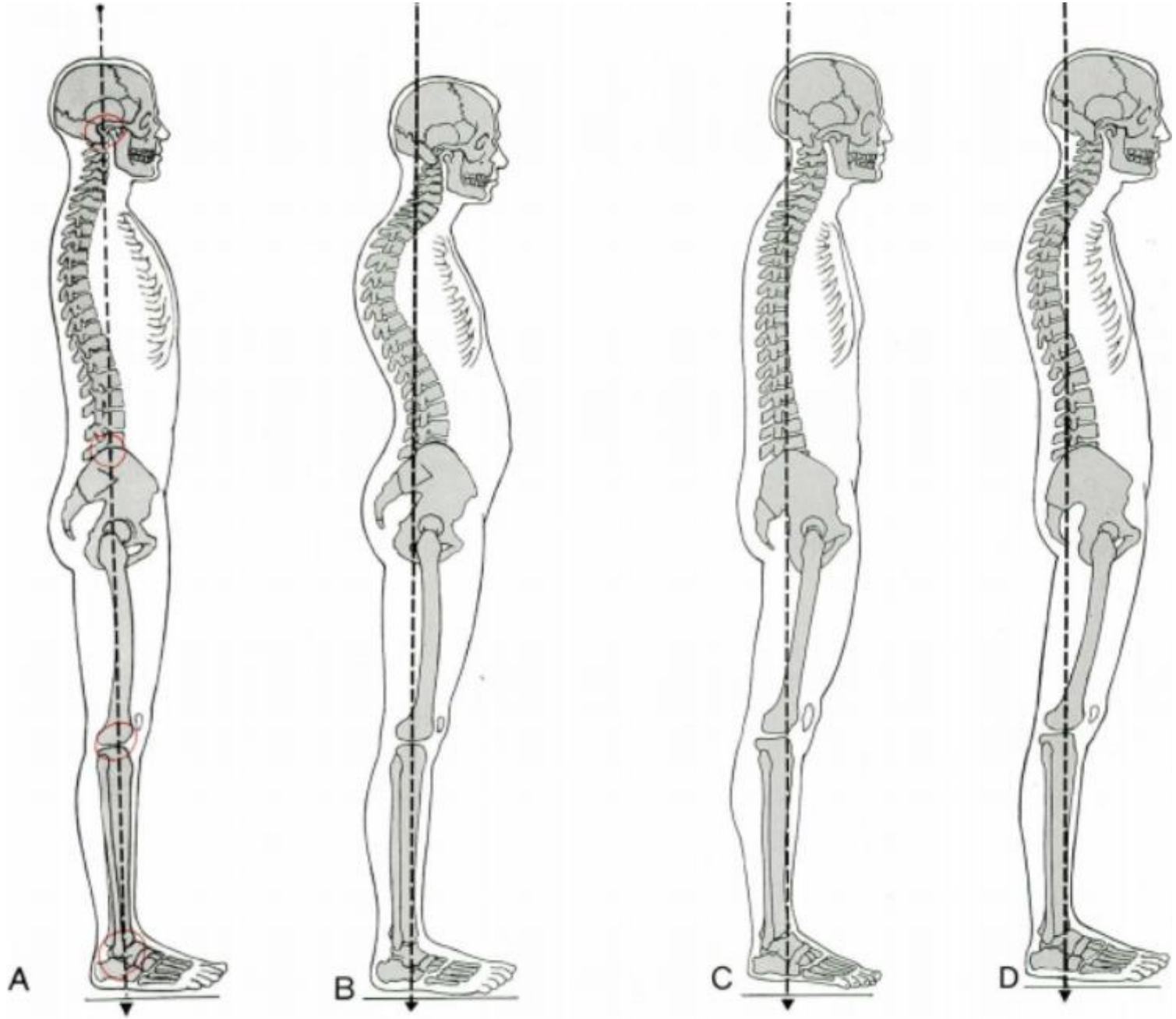

Muscle Sensory
1. Posture
2. Passive Movement
3. Active Movement
4. Resistance to Movement

ALIGNMENT MATTERS:
25 Points to Optimal Function and Health

by Katy Bowman, MS



The First 50 Exercises

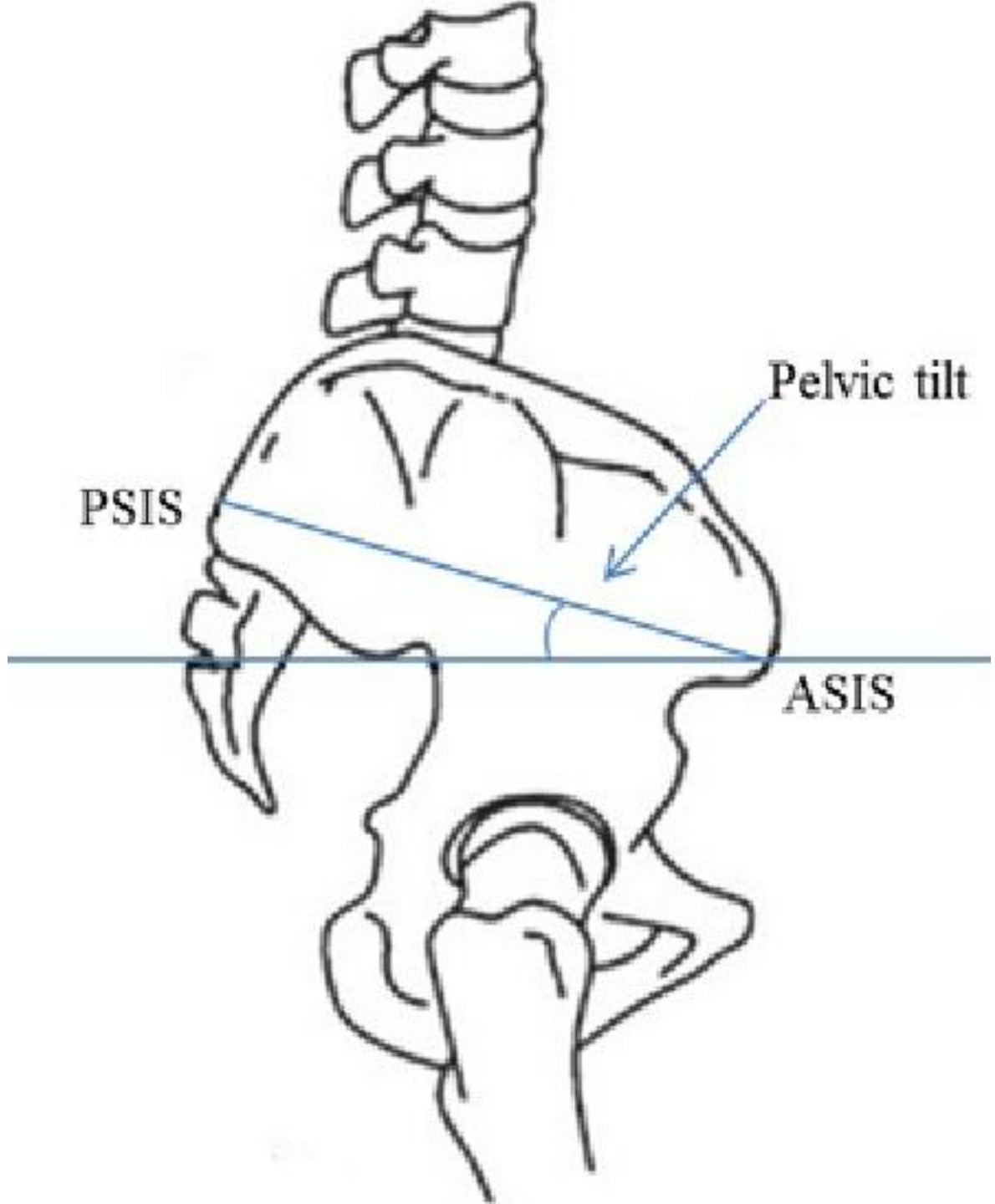


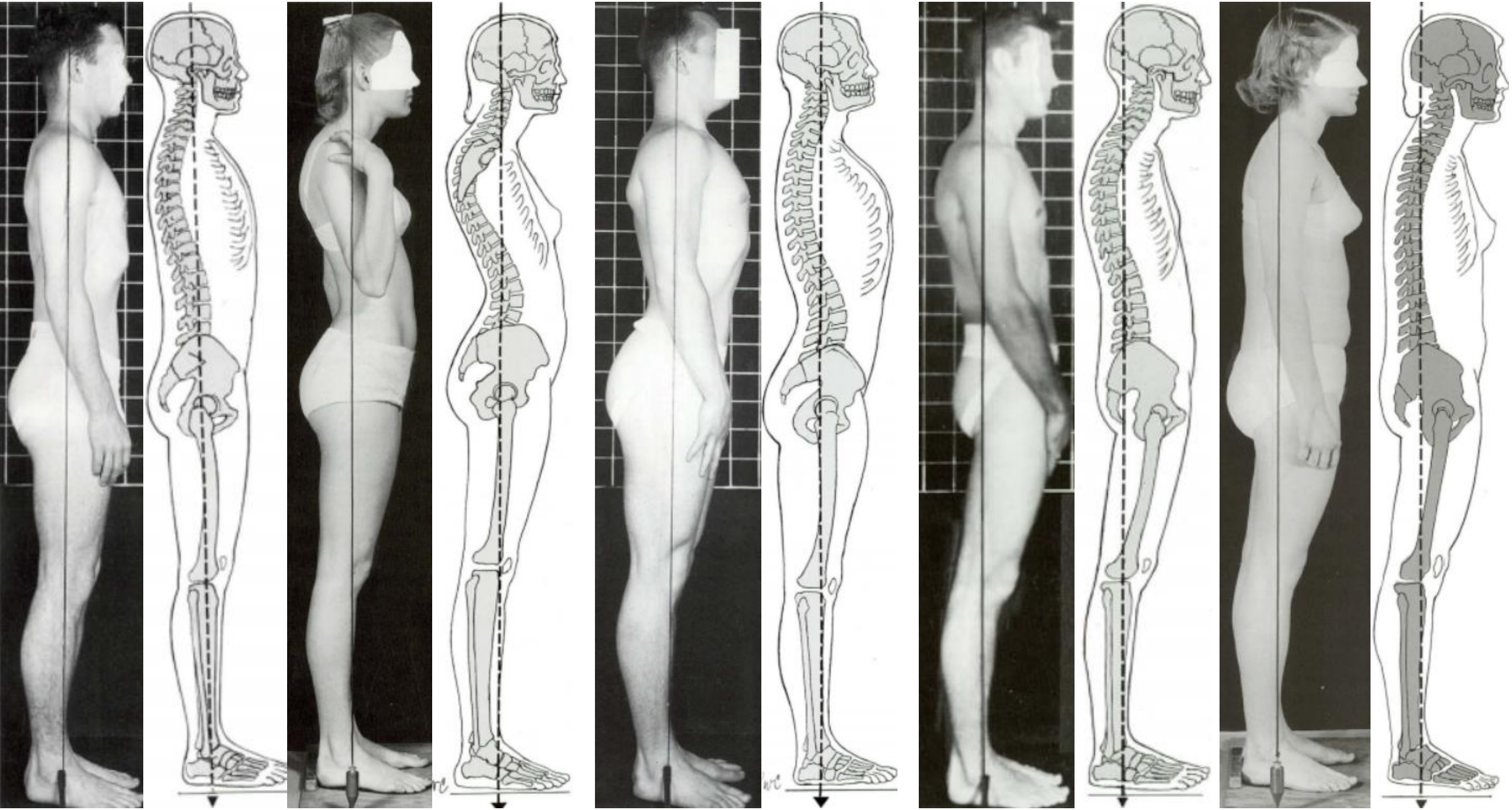
A 이상적 정렬

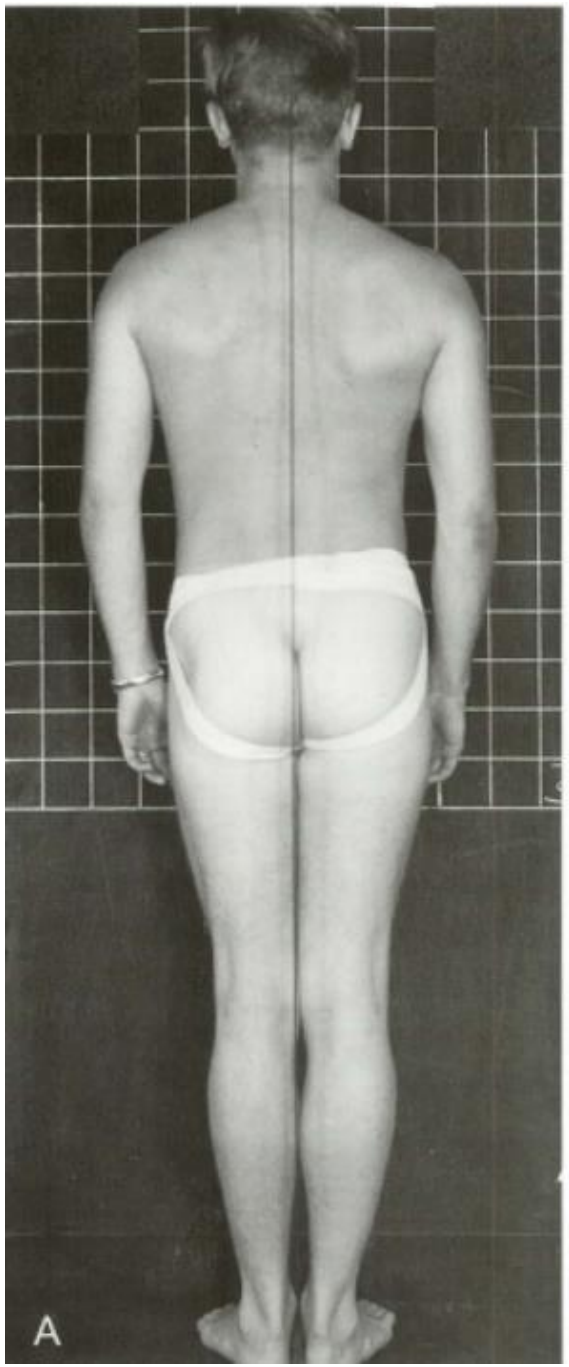
B 후만-전만 자세

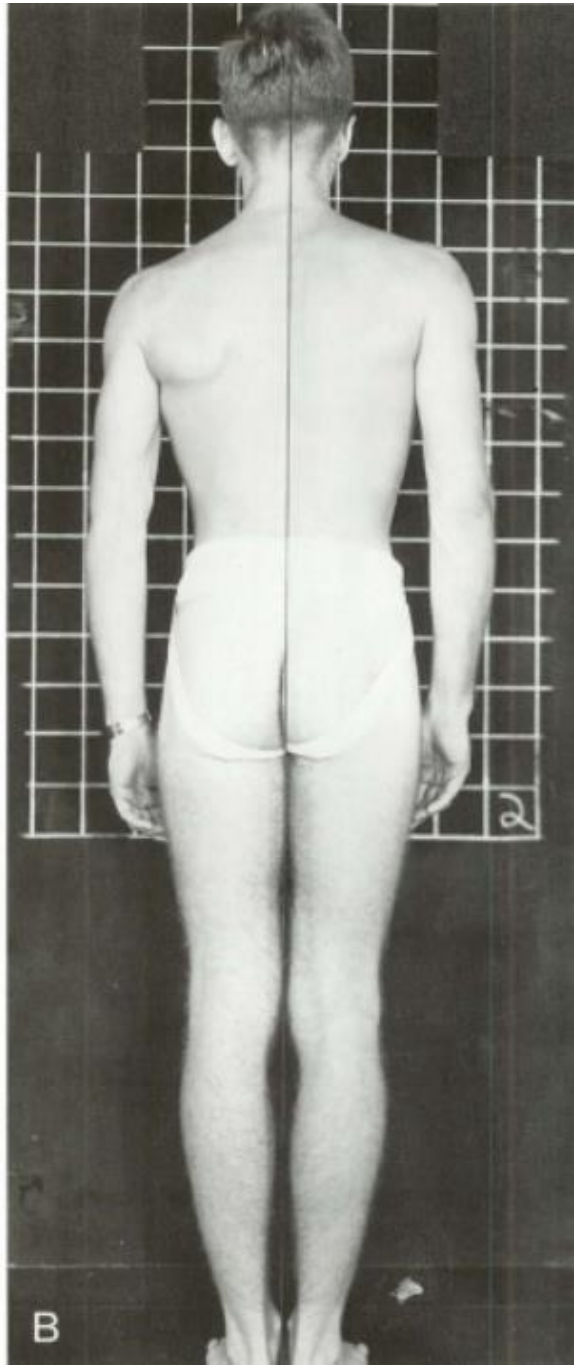
C 편평 등 자세

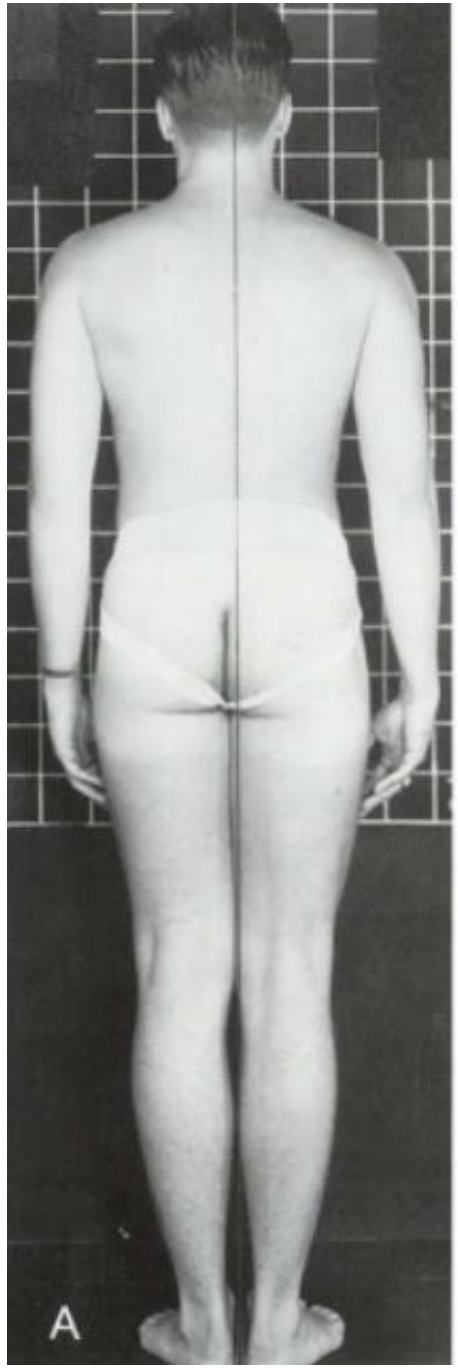
D 굽은 등 자세

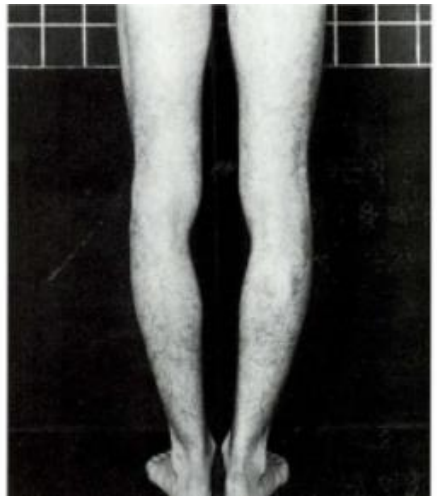
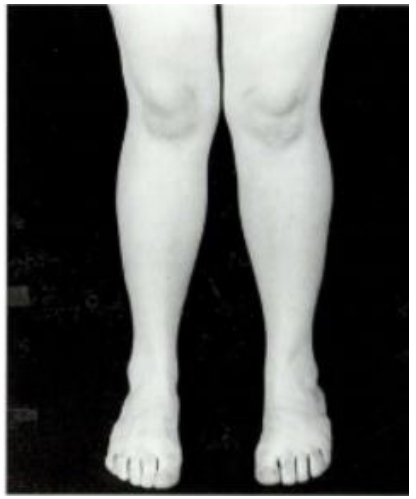
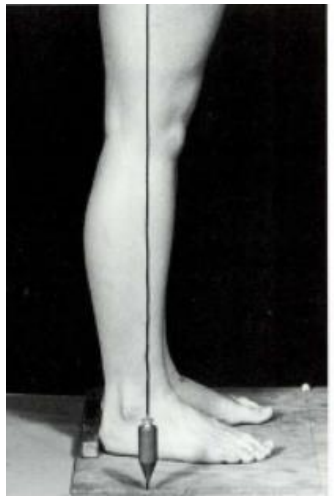

Pelvic tilt
PSIS
ASIS




A


B

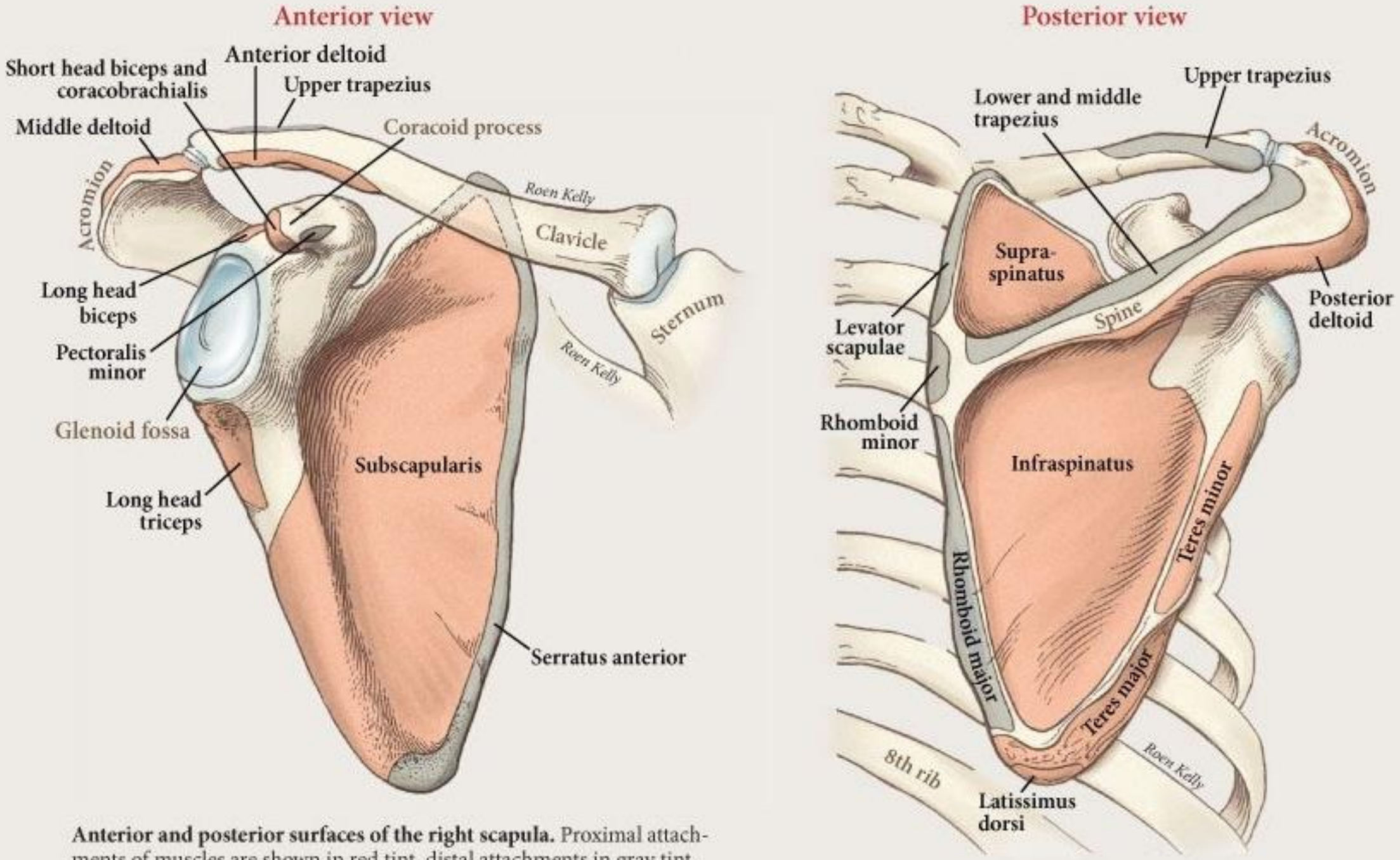

A

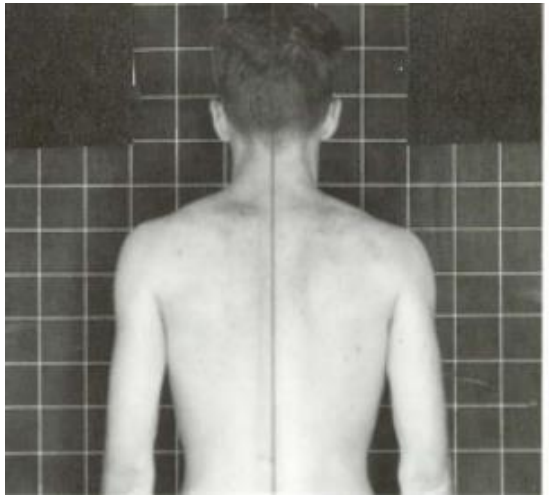


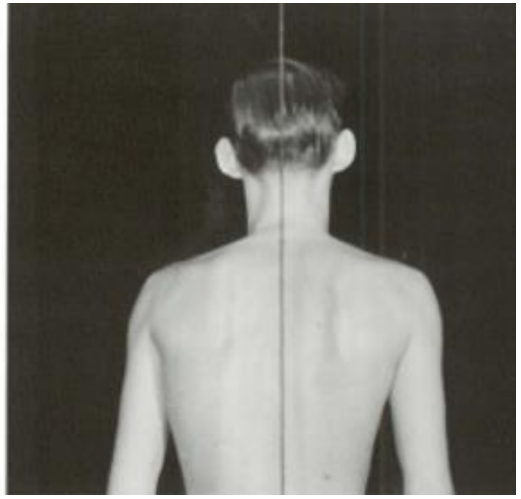




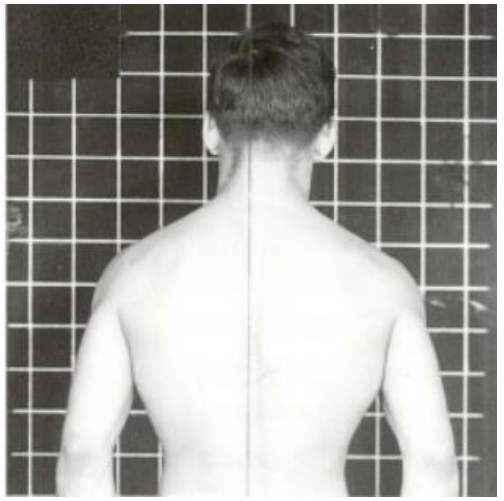


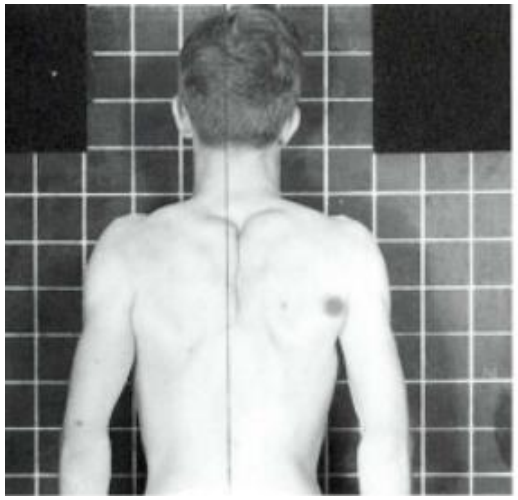
Anterior and posterior surfaces of the right scapula. Proximal attachments of muscles are shown in red tint, distal attachments in gray tint.

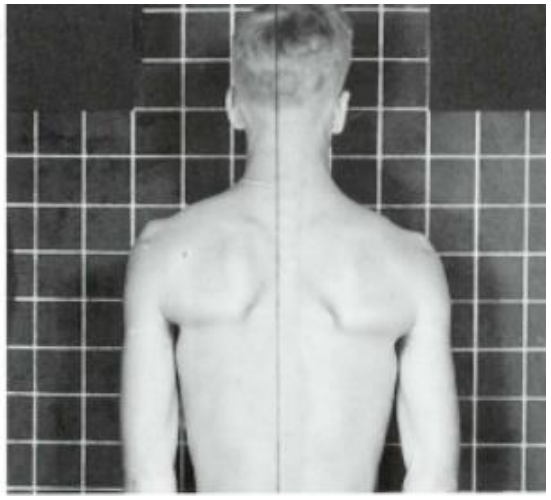


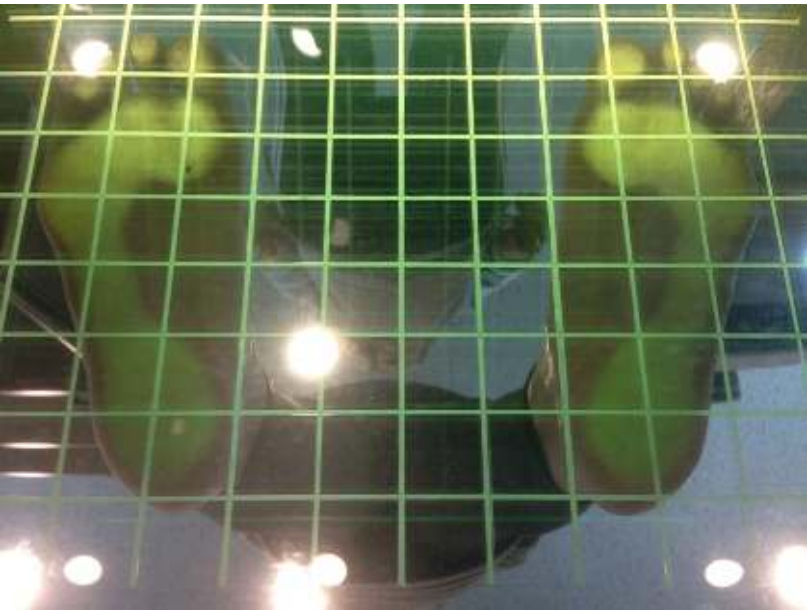
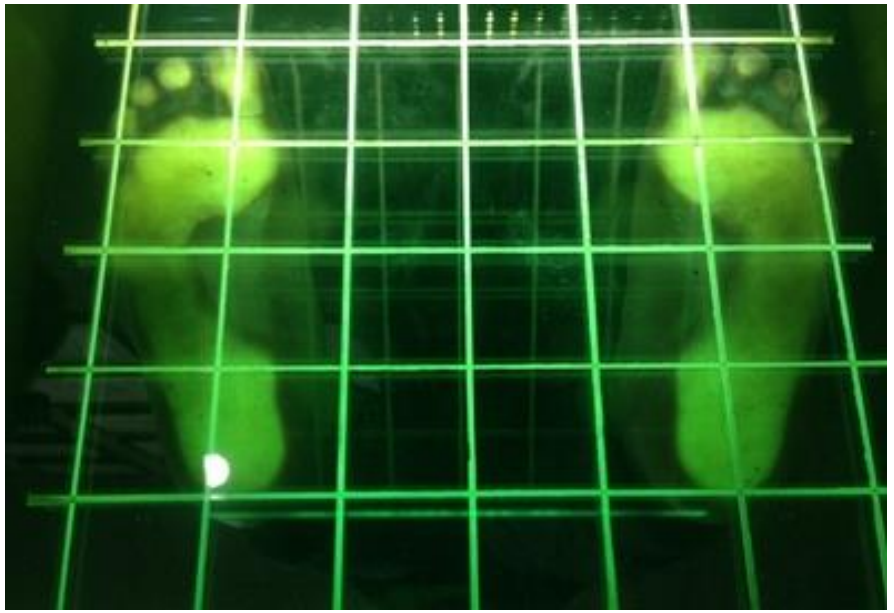
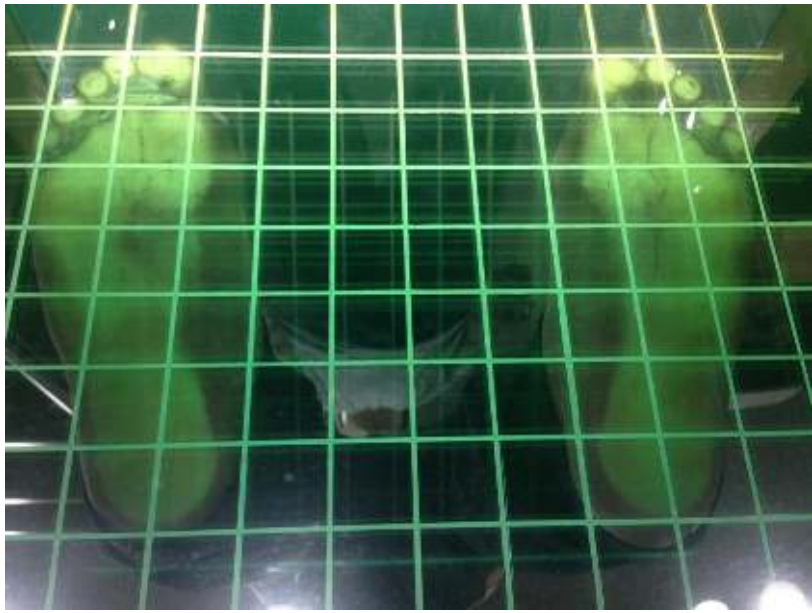
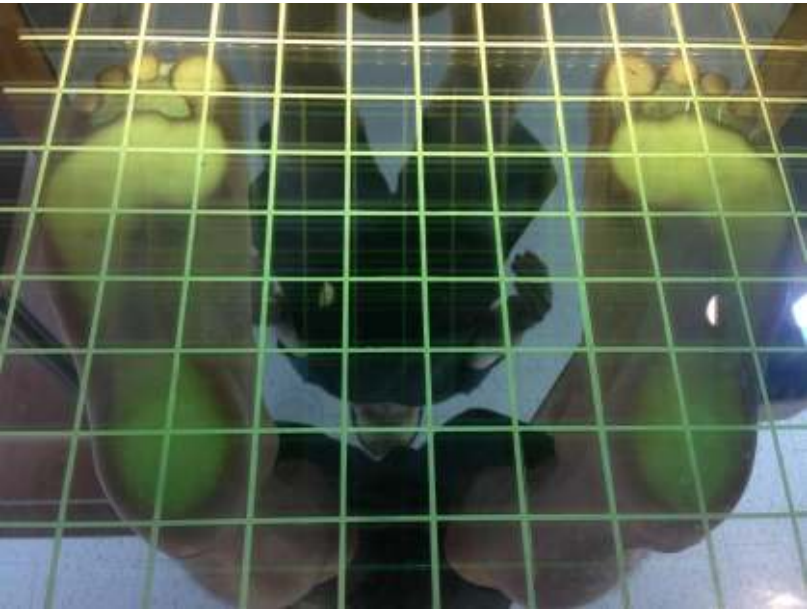
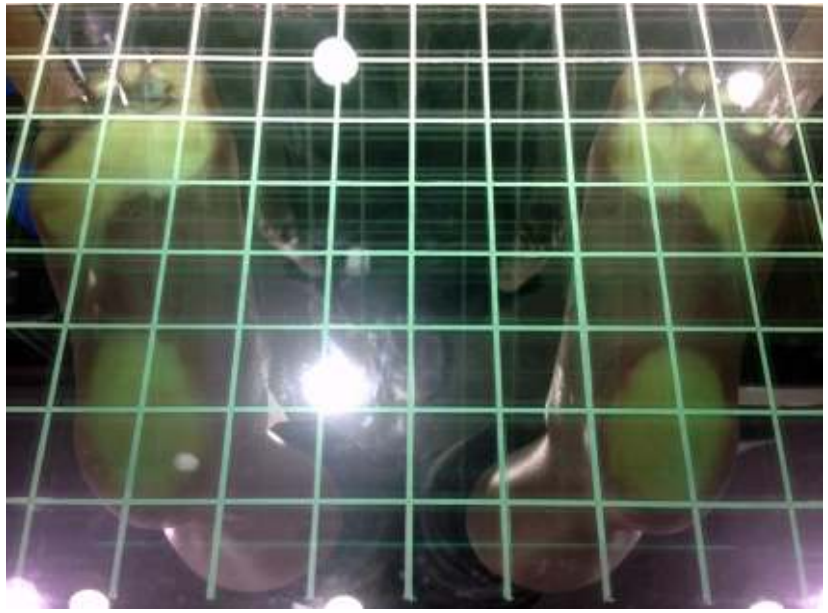
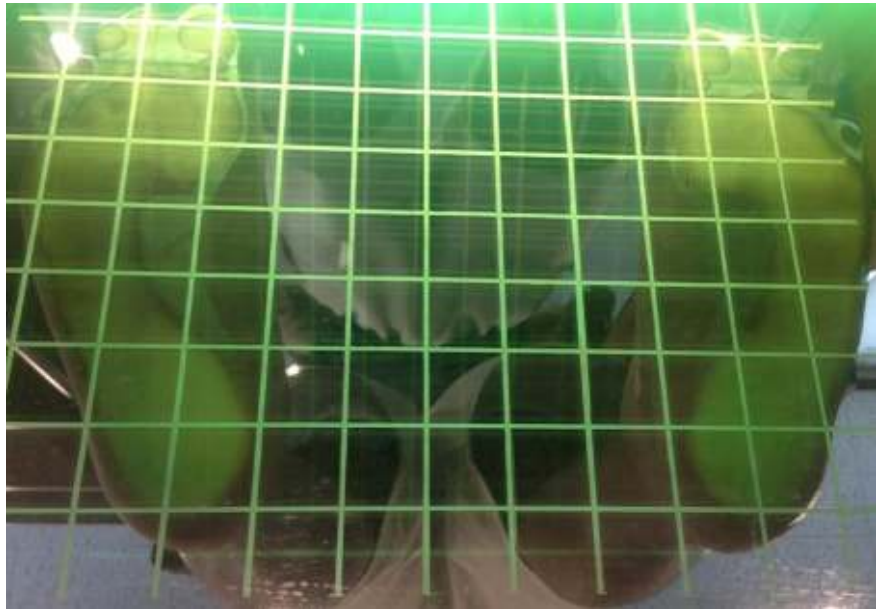


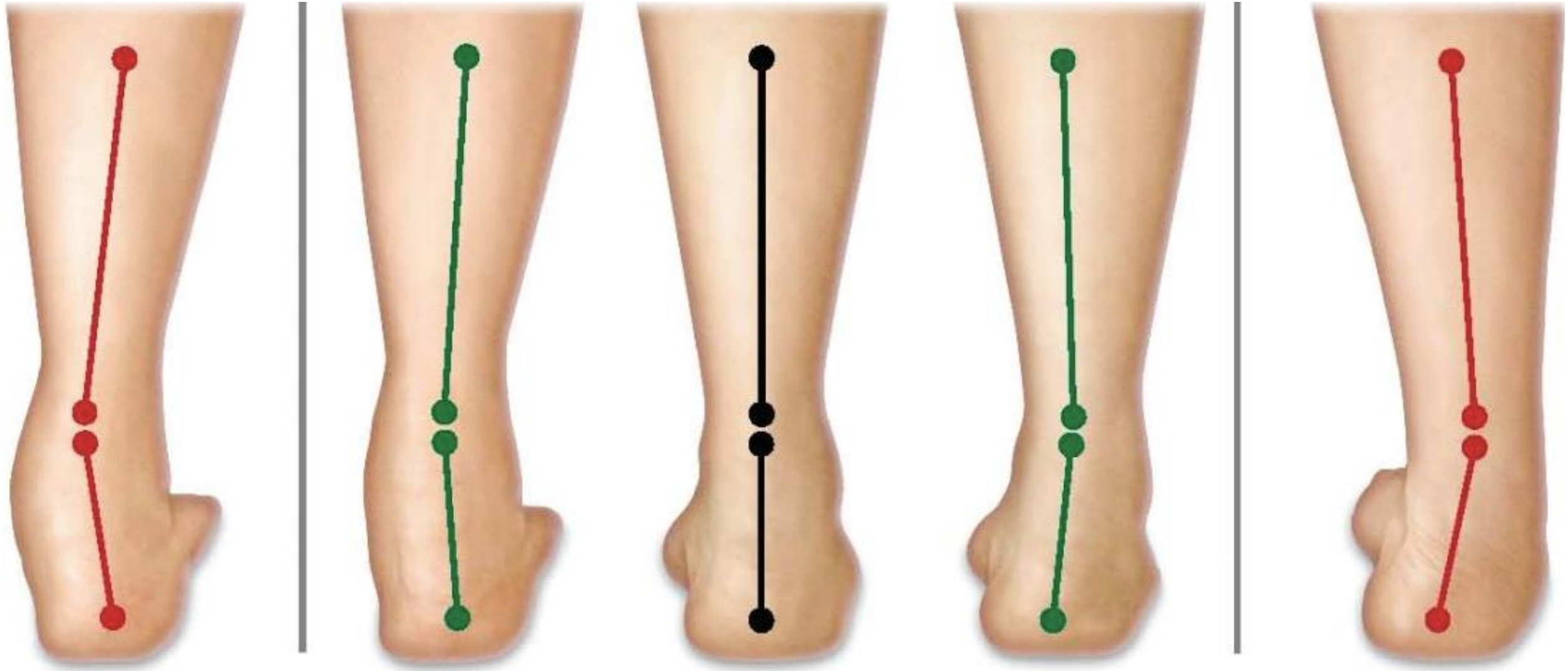

329
7/1/47

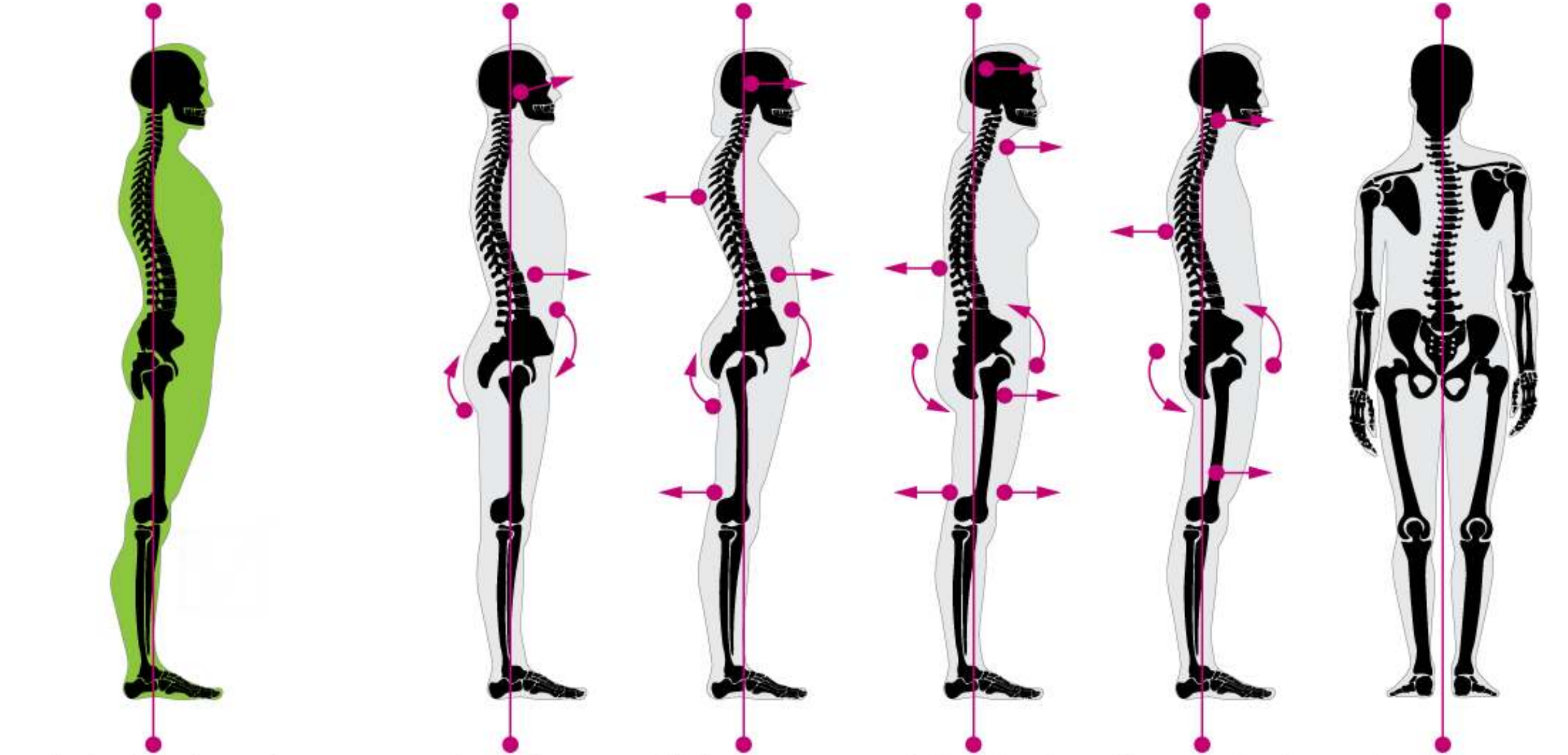


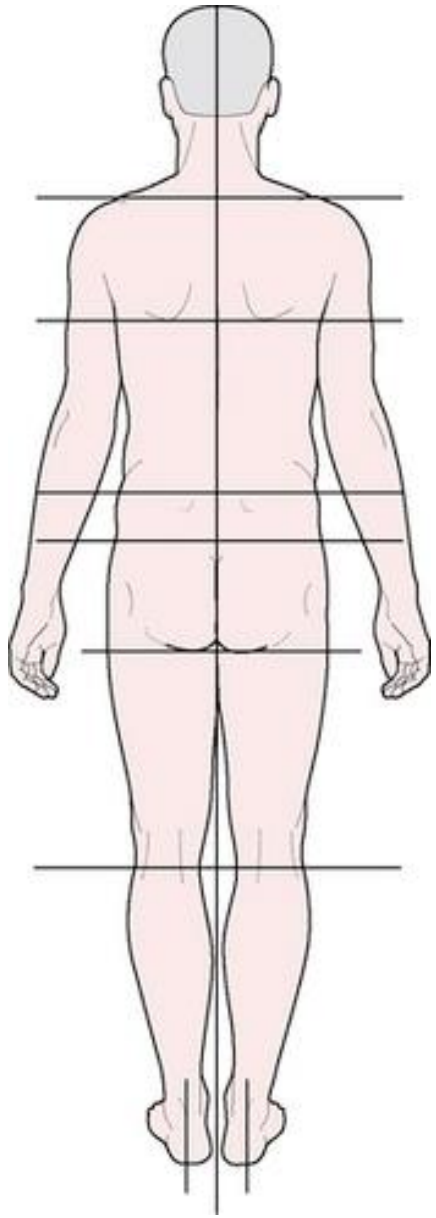


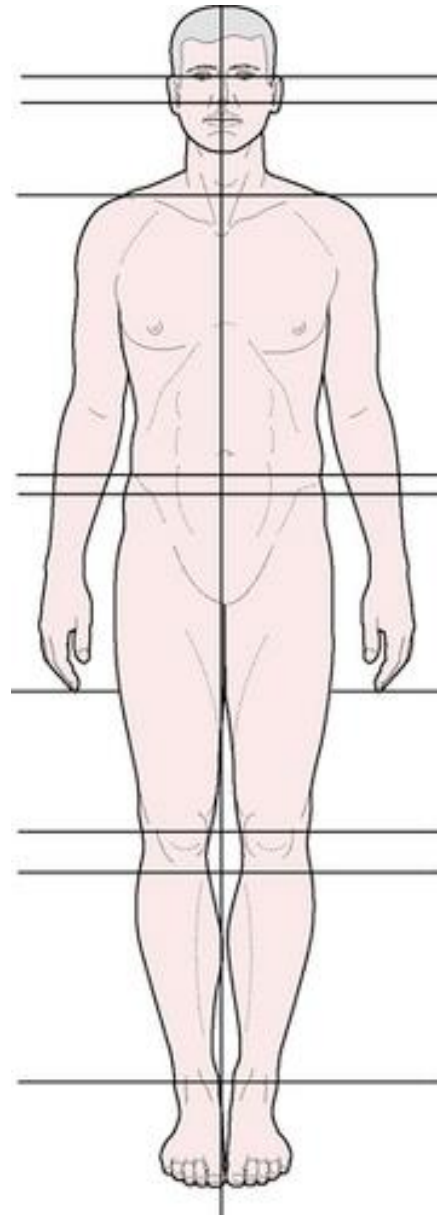


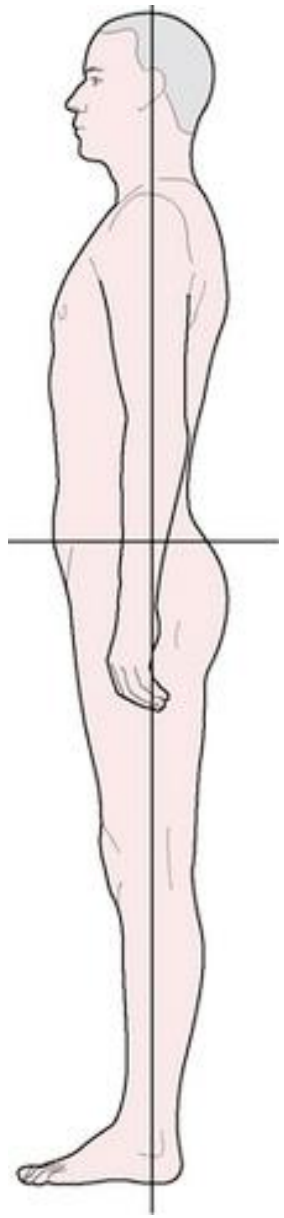







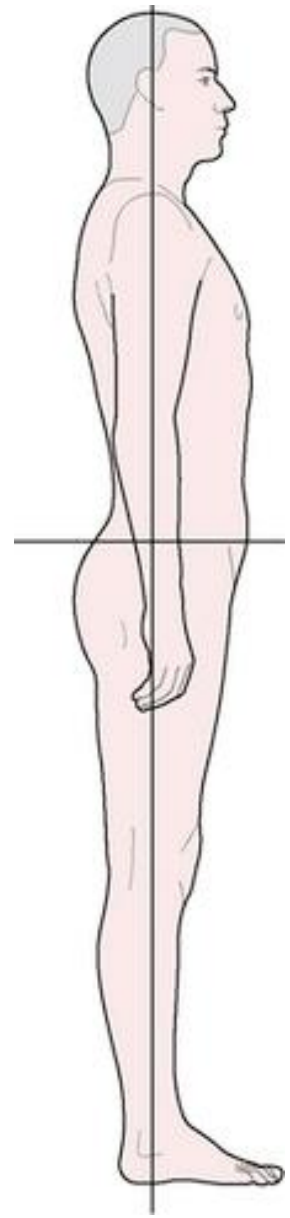

Over pronation
Pronation
Neutral
(Right foot)
Supination
Over supination

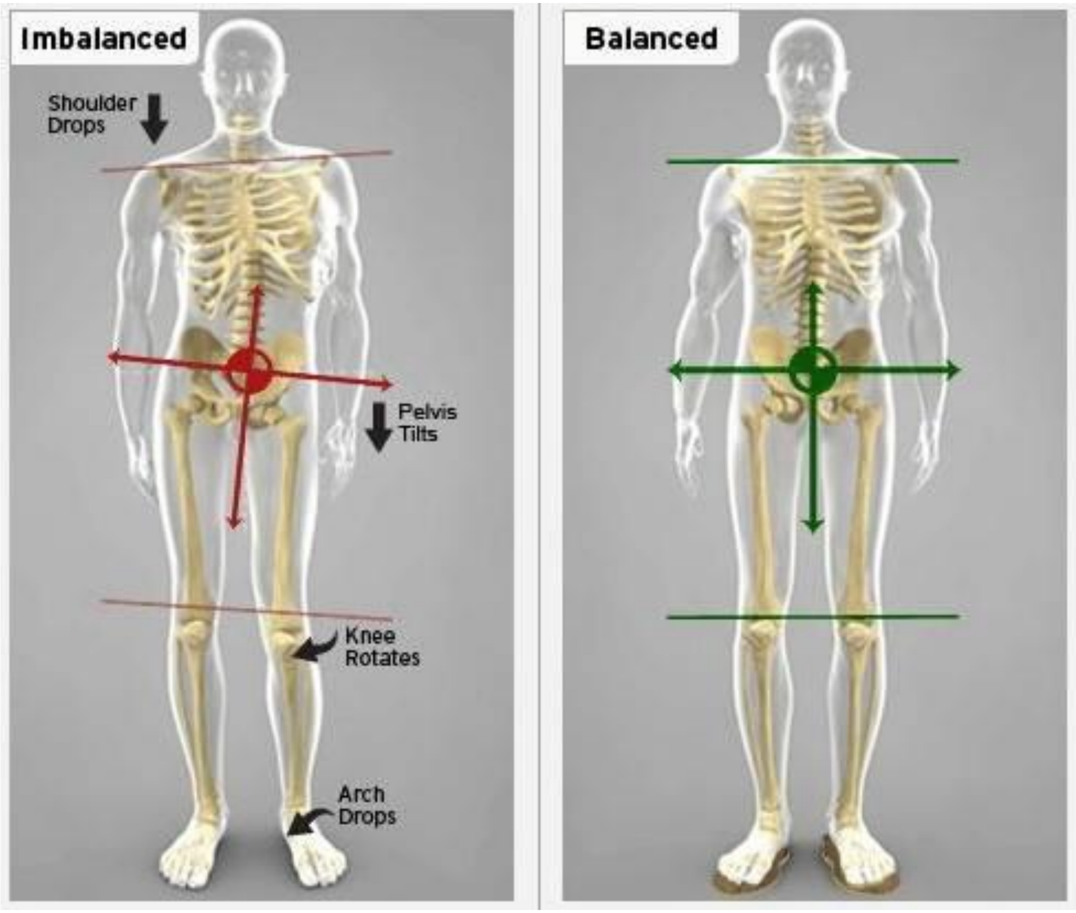

Neutral Balanced
a) Lordosis
b) Kyphosis
c) Flat Back
d) Sway Back
e) Scoliosis

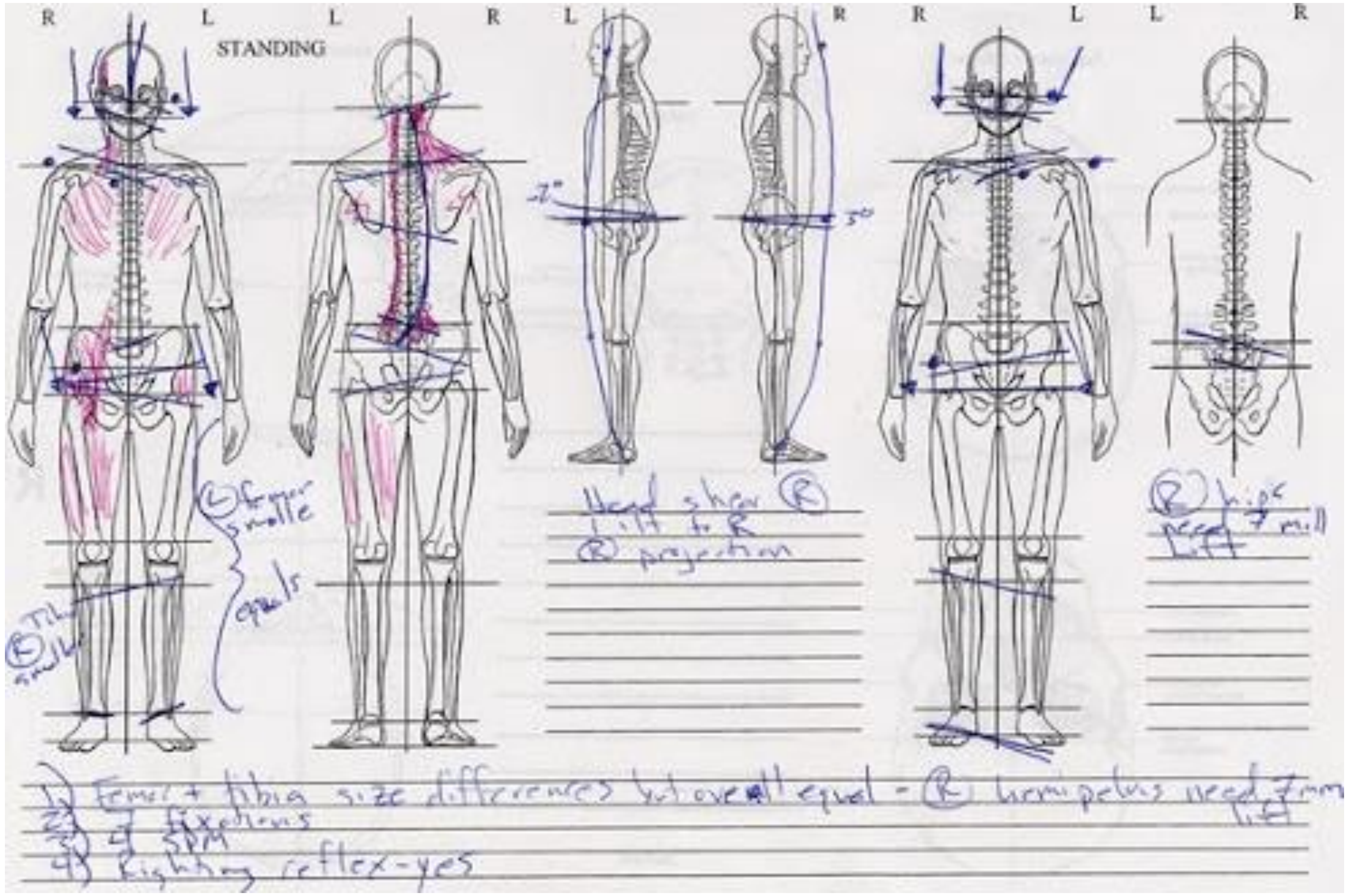


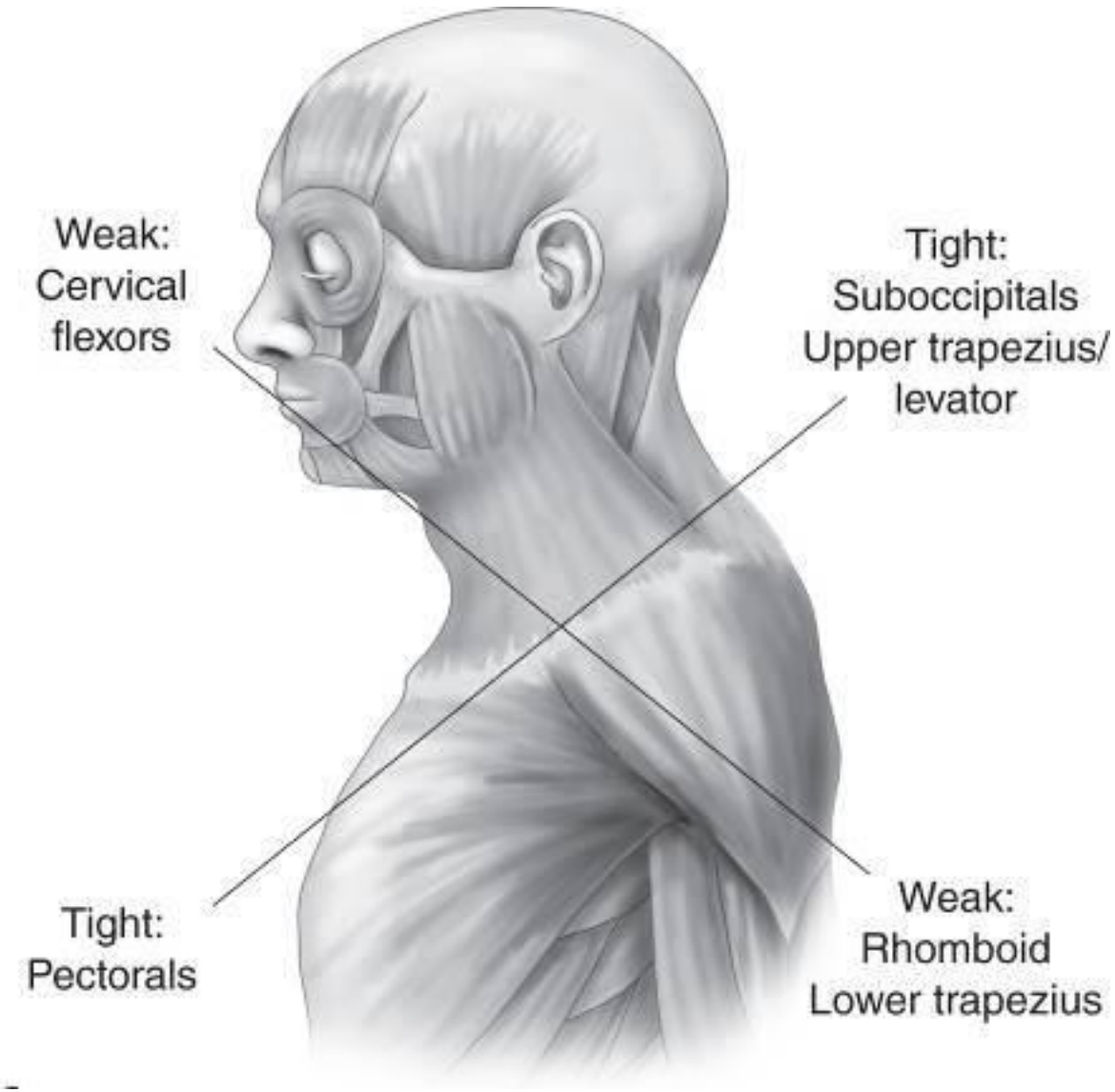







Imbalanced
Shoulder Drops
Pelvis Tilts
Knee Rotates
Arch Drops
Balanced


R L L R L R R L L R
STANDING


Weak:
Cervical
flexors
Tight:
Suboccipitals
Upper trapezius/
levator
Tight:
Pectorals
Weak:
Rhomboid
Lower trapezius


Weak:
Abdominals
Tight:
Thoracolumbar
extensors
Tight:
Hip flexors
Weak:
Gluteus maximus

Achilles' tendon alignment test 아킬레스건 정렬 검사

· purpose : foot and ankle alignment · position : standing
· marker region : middle of posterior heel, middle of posterior ankle · normal : foot and ankle vertical
· interpretation : excessive foot pronation, excessive foot supination, left-right deviation

navicular drop test 주상골 하강 검사

· purpose : foot pronation alignment, flatfoot assessment · position : sitting and standing

· contact region : ground, navicular tuberosity · technique : distance measurement · normal : deviation 6mm ↓, left-right deviation 3mm ↓

· interpretation : deviation 6mm ↑, left-right deviation 3mm ↑, excessive foot pronation, flatfoot

craig's test 크레이그 검사

· purpose : femoral neck torsion angle · position : prone, knee flexion 90˚

· contact region : ankle, greater trochanter of femur · technique : hip internal rotation · normal : palpation when 8~15˚

· interpretation : anteversion - palpation when > 15˚, retroversion - palpation when < 15˚

recurvatum test 반장슬 검사

· purpose : posterolateral rotary instability, genu recurvatum · position : supine
· contact region : great toe · technique : leg raise, tibial tuberosity deviation
· interpretation : knee hyperextension, calf external rotation (genu varum)

patella mobility test 슬개골 가동성 검사

· purpose : patella mobility · position : supine

· contact region : superior and inferior or medial and lateral patella · technique : gliding, left-right deviation · normal : neutral

· interpretation : imbalance, instability, pain

insall salvati ratio test 슬개골 및 슬개건 비율 검사

· purpose : patella alignment · position : sitting
· marker region : patella, tibial tuberosity · normal : 1:08~1.2 ratio
· interpretation : patella malalignment, left-right deviation

weber barston maneuver test 다리 길이 검사

· purpose : leg alignment and lengthening · position : bridge and supine · movement : passive neutral
· contact region : medial malleolus of tibia · technique : palpation, left-right comparison · normal : neutral, left-right deviation 1cm ↓
· interpretation : malalignment, SI joint dysfunction

leg length discrepancy test 다리 길이 검사

· purpose : leg alignment and lengthening · position : supine

· contact region : ASIS of pelvis ~ medial malleolus of tibia · technique : distance measurement · normal : neutral, left-right deviation 1cm ↓

· interpretation : malalignment, SI joint dysfunction

humeral anterior gliding test 상완골 전방활주 검사

· purpose : humerus alignment · position : neutral

· contact region : acromion process of scapula, anterior and posterior of humerus · normal : about 1/3 anterior gliding

· interpretation : humerus anterior gliding syndrome

통찰이라는 것의 최대 결점은

목적에까지 도달하지 않는 것이 아니라

목적을 지나쳐버리는 일이다.

La Rochefoucauld

인간의 자세와 정렬에 대해서 어떻게 들었나요.
이들은 서로가 다른 의미를 지니기 때문에 구분지어야 하지만
그동안 그래본 적 없으니 자세 한 번 본 적 없을 지도 모릅니다.

오랜해를 통해서 대표적인 자세 이론과 실제적인 평가 방법들을 제시했지만
저는 그보다도 자세 이면의 것을 강조하고 싶었습니다.

만약 이것이 필수적으로 선행되지 않는다면
우리들이 수행고자 하는 행위들이 생각보다 의미롭지 않을 겁니다.

자세와 보행분석

시상면 정렬을 위한 자세평가와 분석

세 번째 오랜해와 관련된 이야기

바디투마인드

칼럼 구독 오픈채팅방

수료생 전용방은 개별 문의