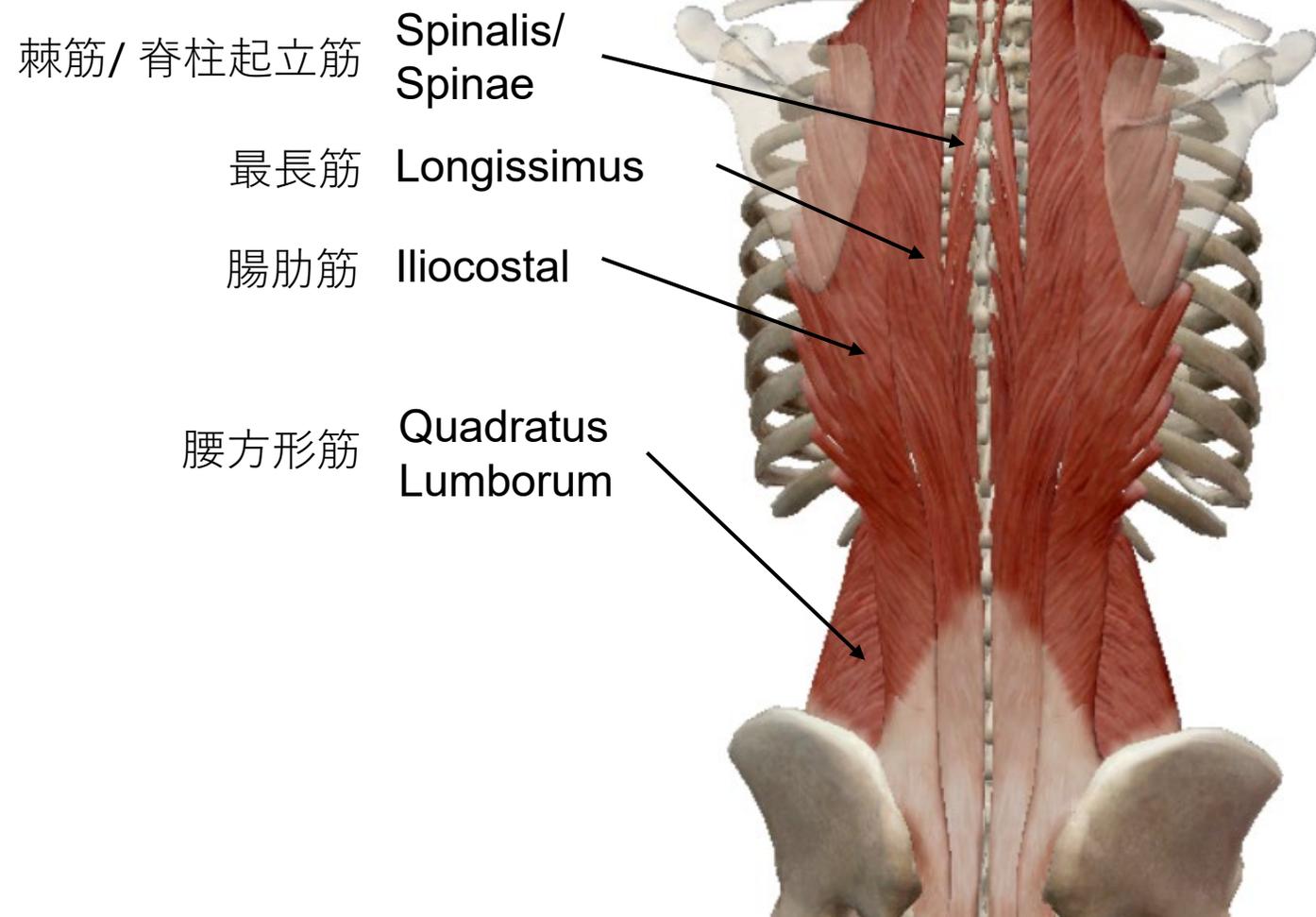


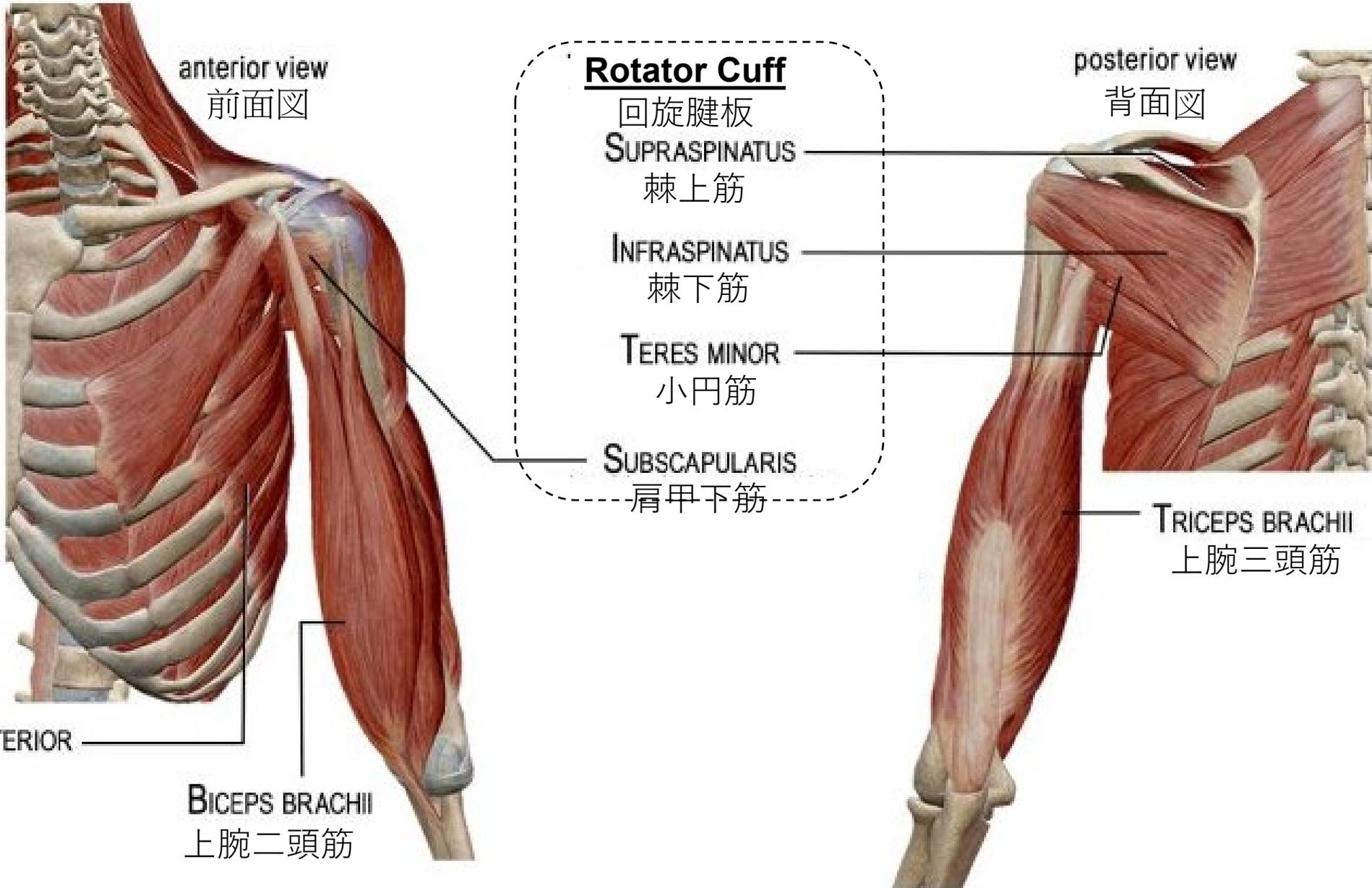


# Muscles for Spine

背骨の筋肉

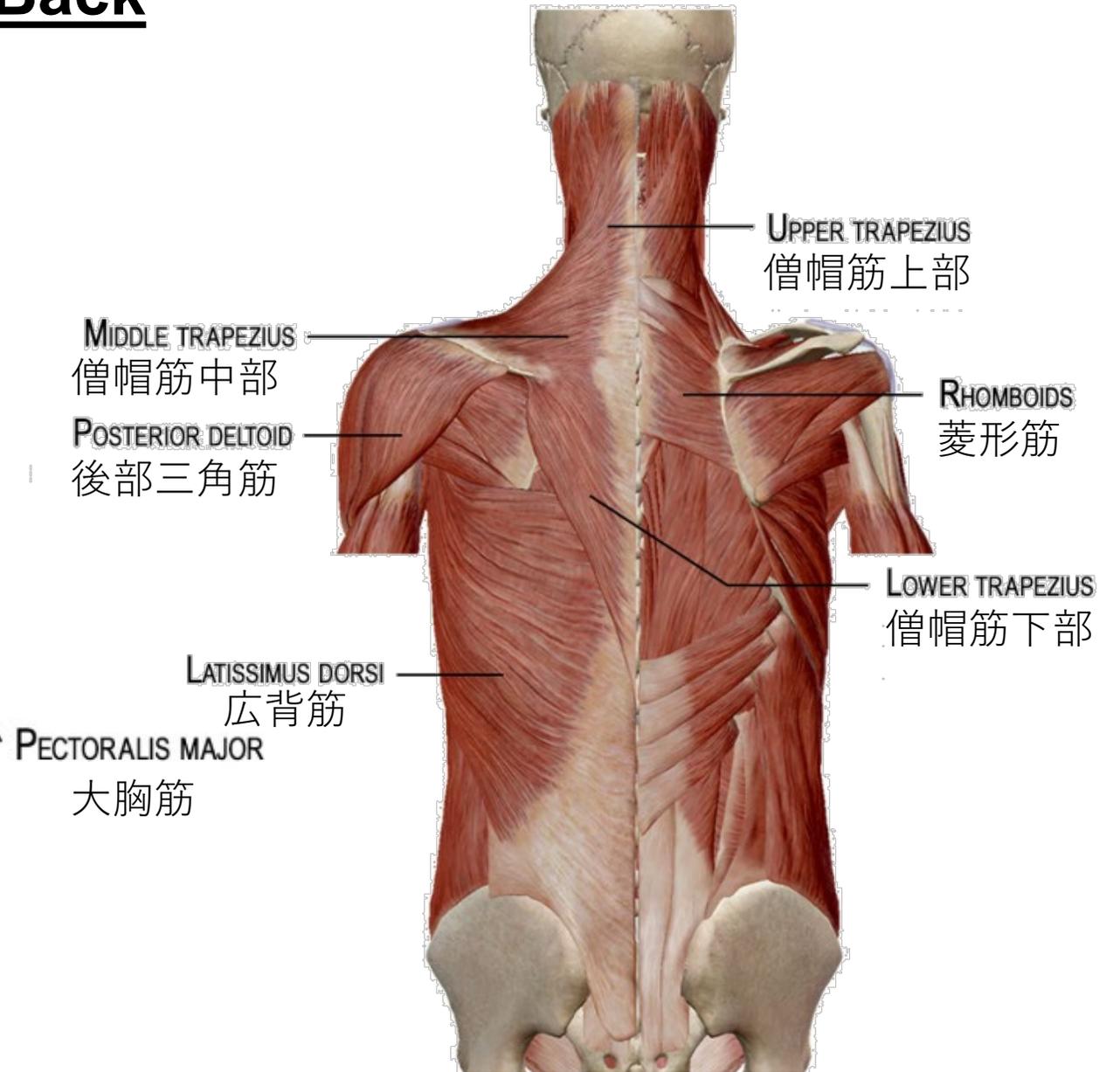
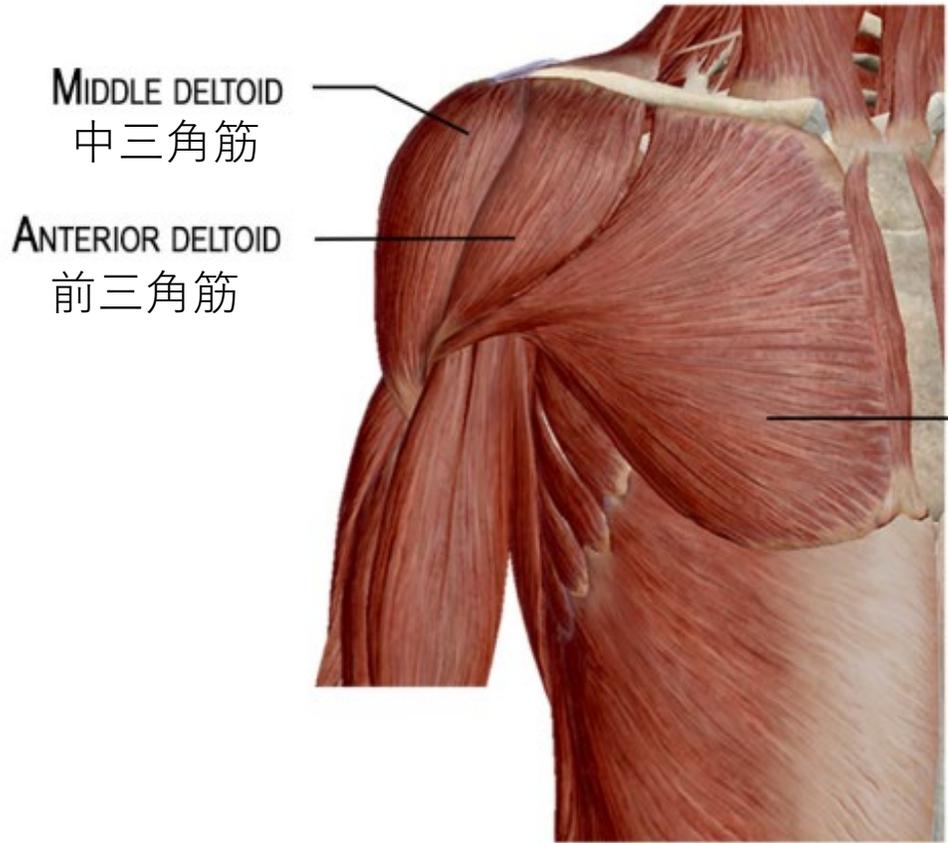


# Muscles in Arm & Shoulder 腕と肩の筋肉



# Muscles in Arm & Shoulder & Back

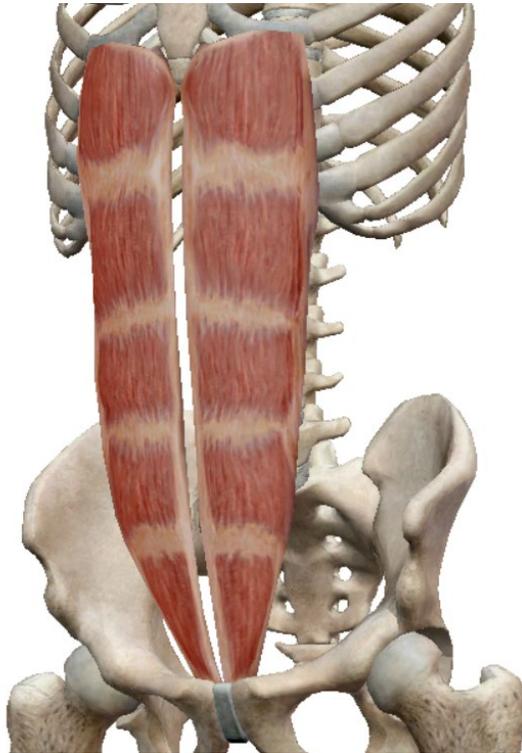
腕・肩・背中の筋肉



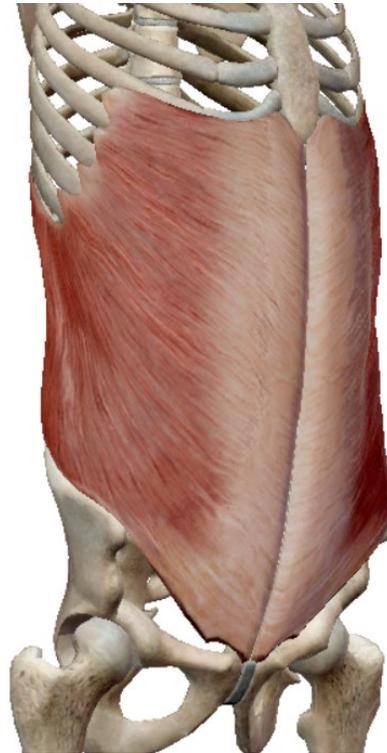


# Muscles in Abs 腹筋の筋肉

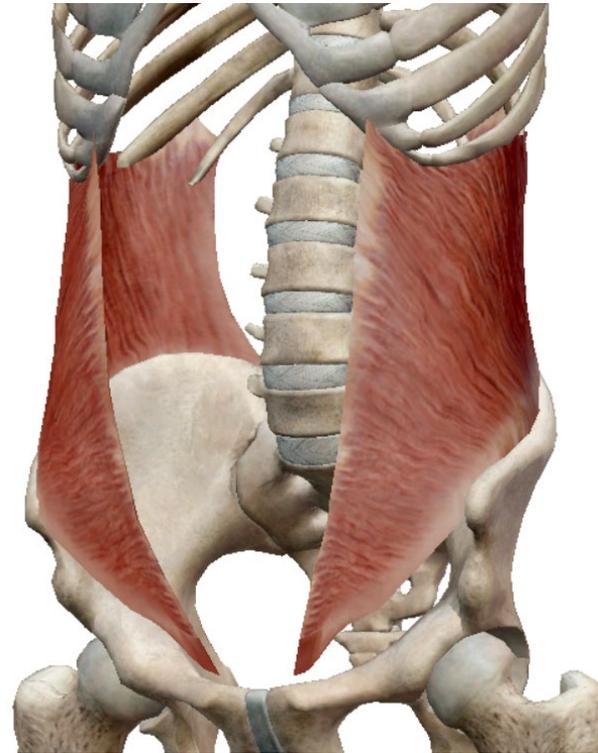
Rectus abdominis  
腹直筋



External Oblique  
外腹斜筋



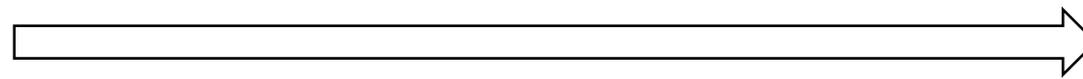
Internal Oblique  
内腹斜筋



Transversus abdominis  
腹横筋

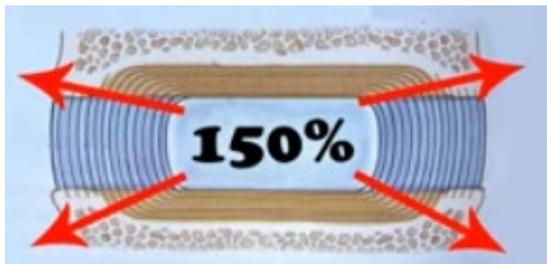


Superficial layer  
表層



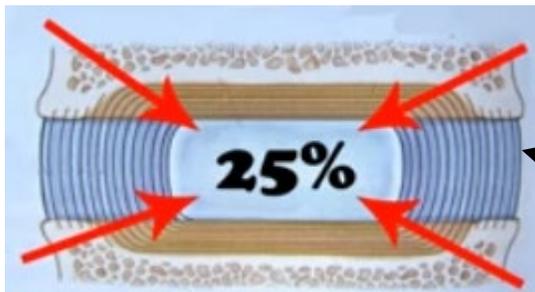
Deep layer  
深層

# Disc Pressure 椎間板にかかる圧力



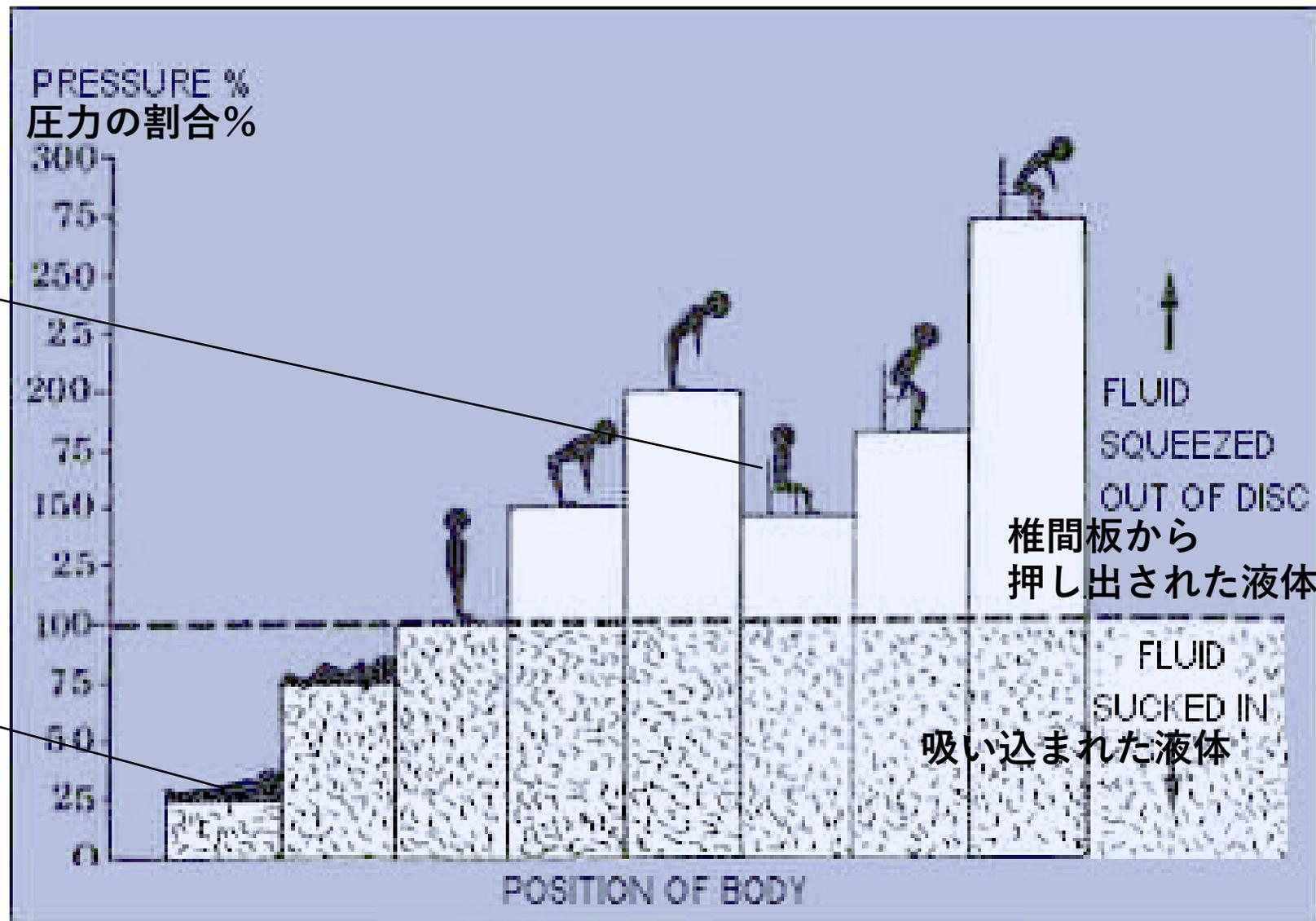
**Sitting**

座ったとき



**Sleeping/ Lay down**

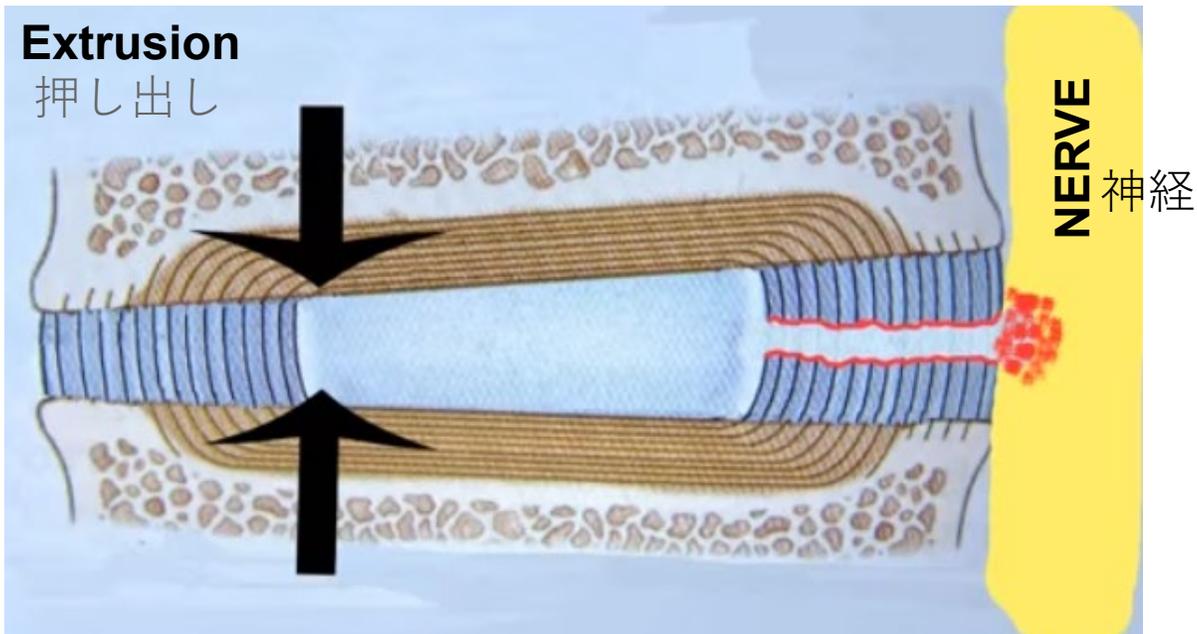
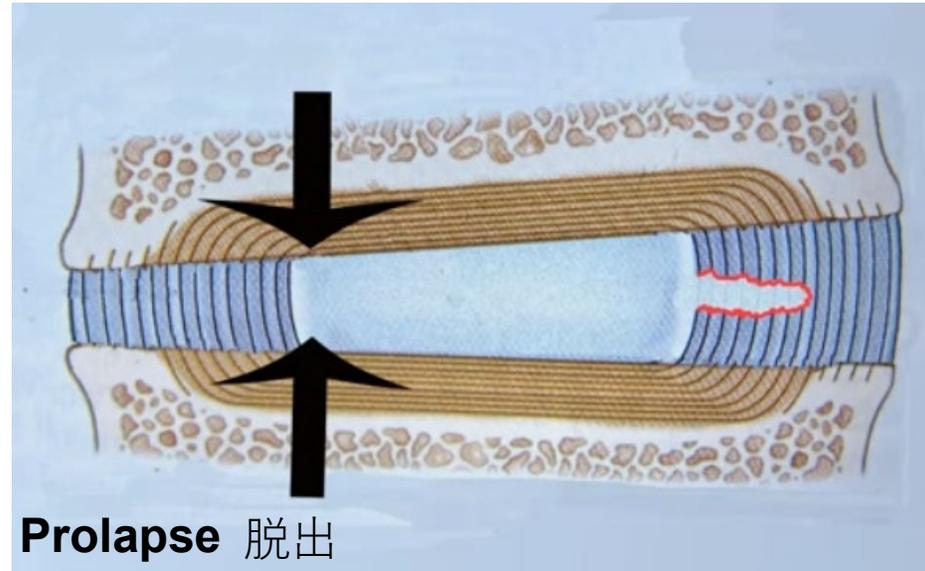
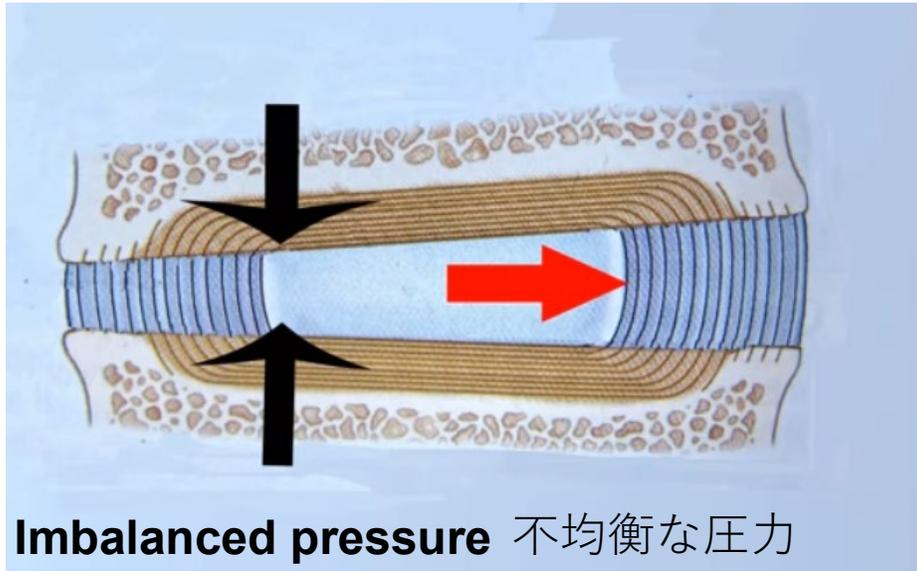
寝ている/横になっているとき



身体の位置



# Disc Pressure 椎間板にかかる圧力

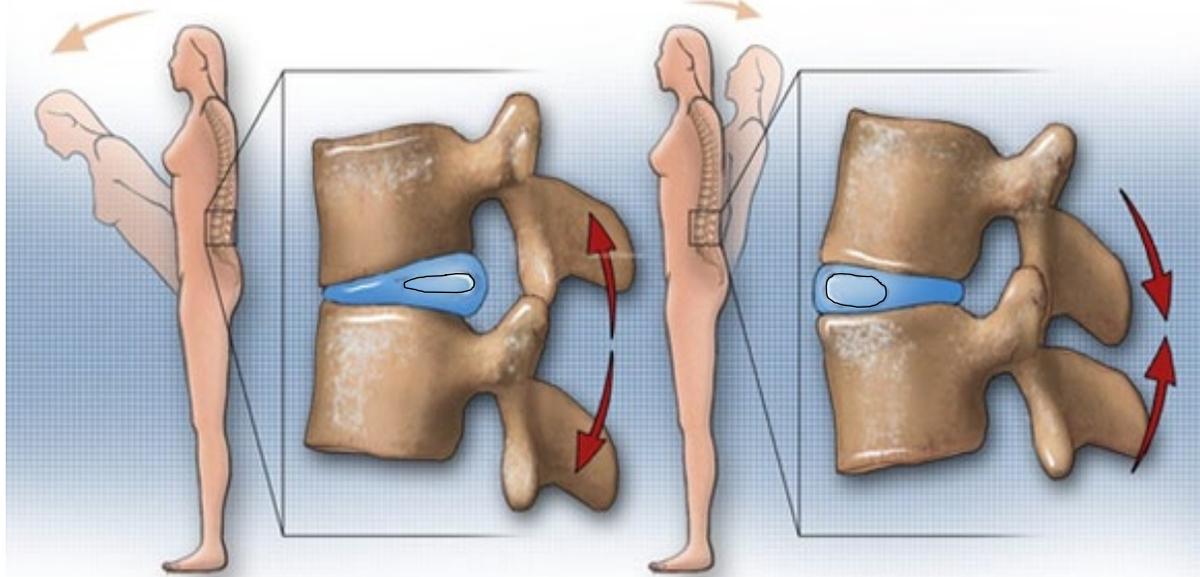


## Stages of Disc Herniation 椎間板ヘルニアの段階

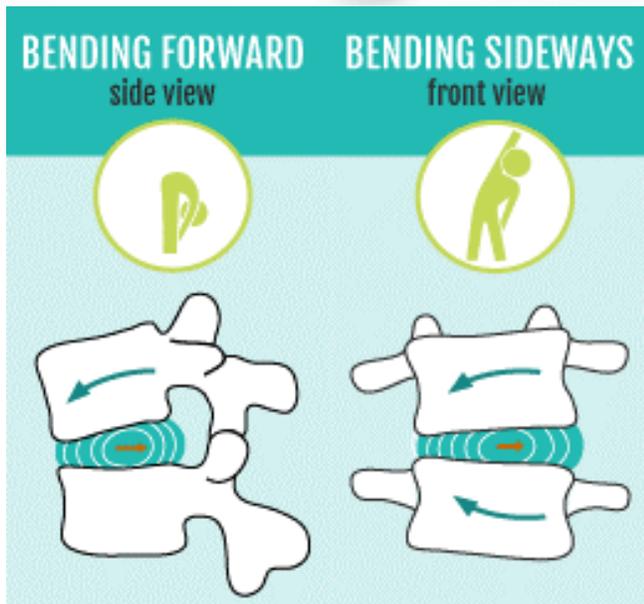
- Stage 1 Degeneration 変性
- Stage 2 Prolapse 脱出
- Stage 3 Extrusion 押し出し
- Stage 4 Sequestration 隔離

# Disc Problem – Slipped Disc

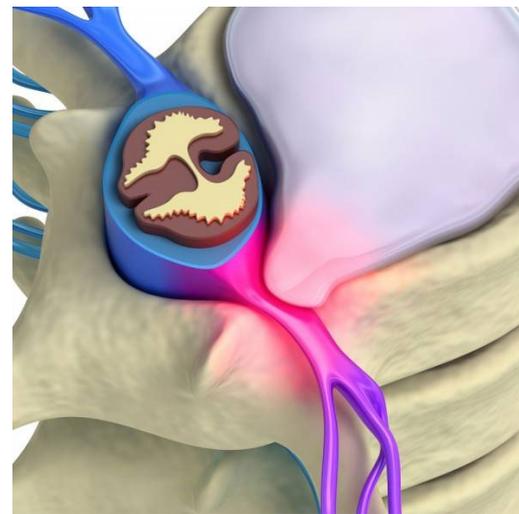
椎間板の問題-椎間板ヘルニア



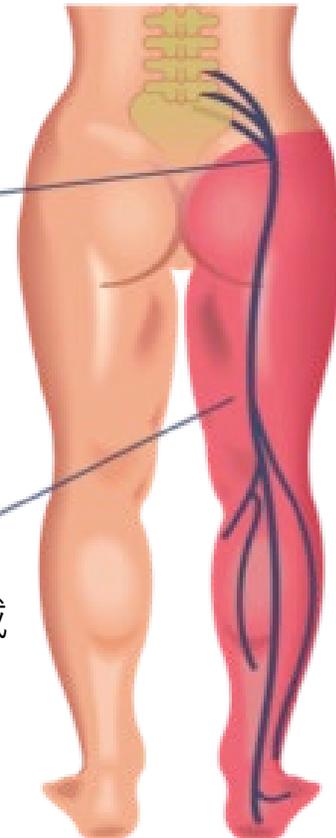
前屈  
横から見たとき



側屈  
前から見たとき



坐骨神経  
Sciatic Nerve



Areas of pain  
(in red)

痛みのある領域  
(赤色)



# Disc Problem – Spondylolisthesis

椎間板の問題-脊椎すべり症

脊椎すべり症のレベル

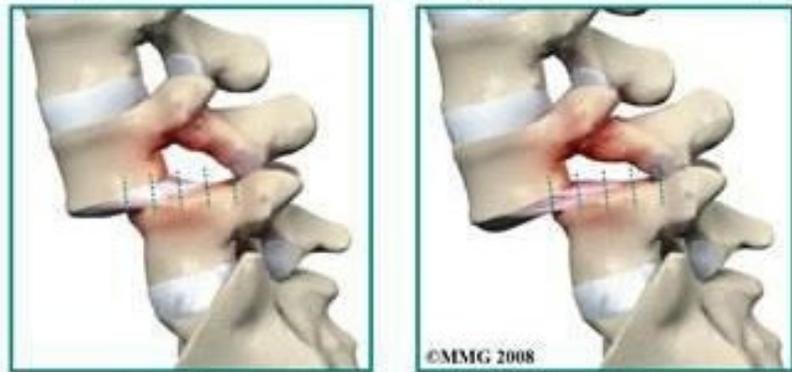
## Grades of spondylolisthesis



**Normal spine**  
通常の背骨

**Grade 1**  
<25% slippage  
グレード1  
<25%スリップ

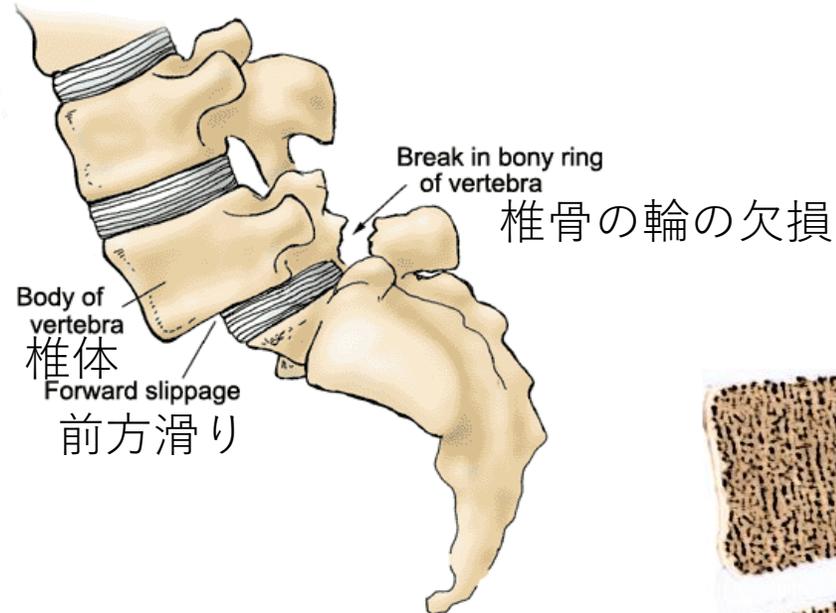
**Grade 2**  
25-50% slippage  
グレード2  
<25-50%スリップ



**Grade 3**  
50-75% slippage  
グレード3  
<50-75%スリップ

**Grade 4**  
>75% slippage  
グレード4  
<75%スリップ

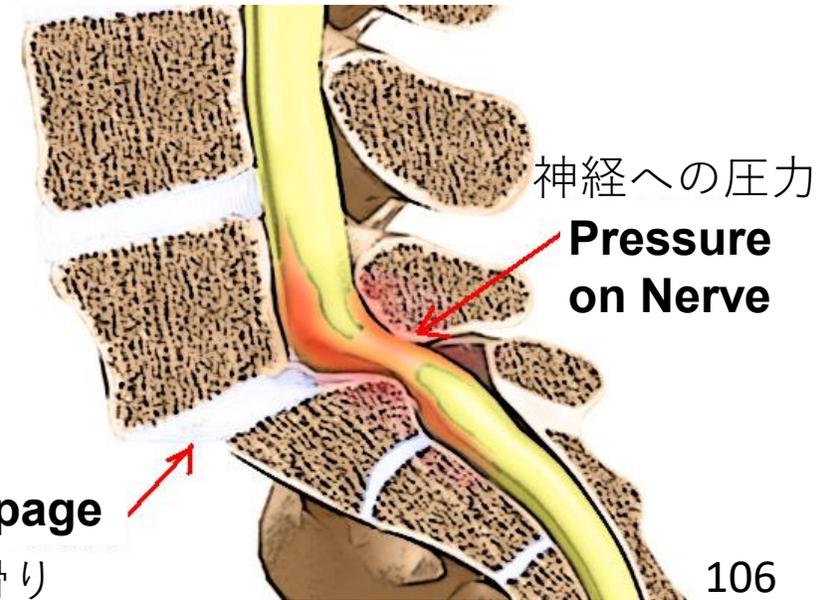
## Spondylolisthesis 脊椎すべり症



Side View of Low Backbone

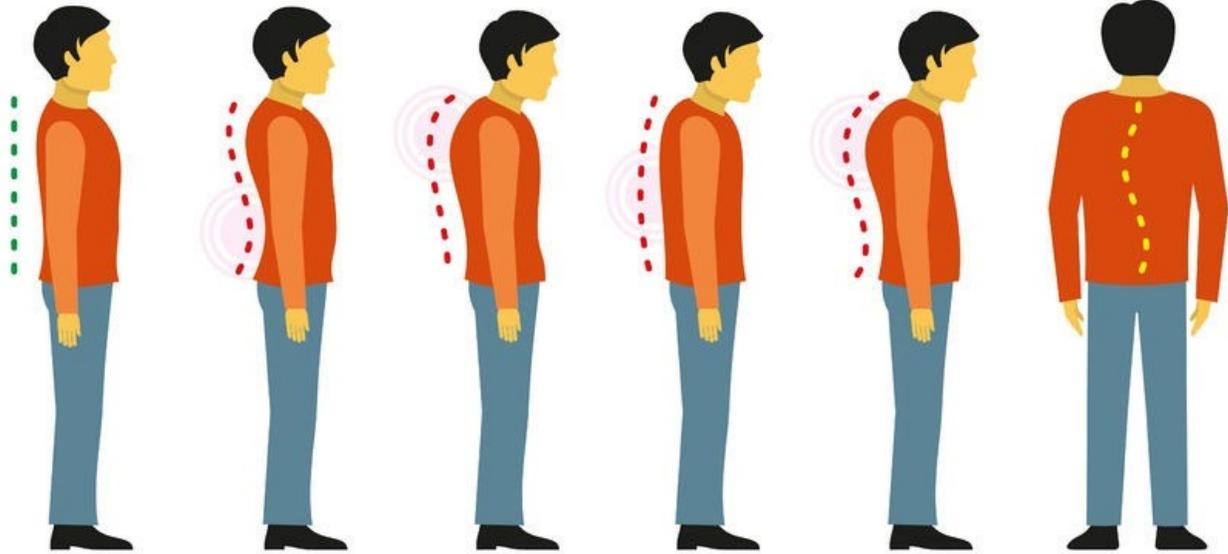
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背骨下部の側面図



# Spine Problem 脊椎の問題

## SPINE DISEASES 脊椎の病気



NORMAL

通常

LORDOSIS

脊柱前弯症

KYPHOSIS

脊柱後湾症

FLAT BACK

平背

SWAY BACK

脊柱湾曲

SCOLIOSIS

脊柱側湾症

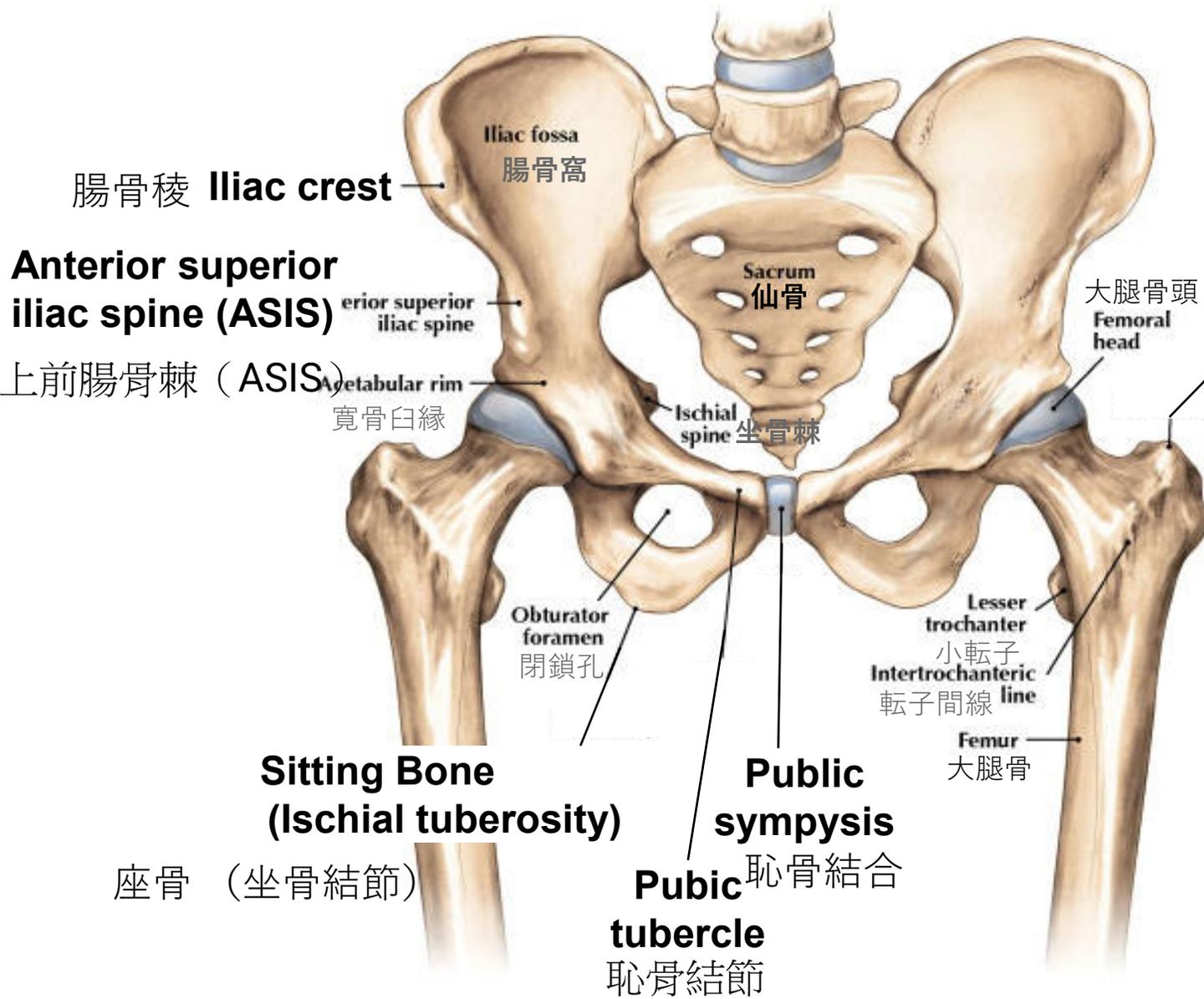
通常の背骨  
Normal spine



脊柱側弯症による奇形  
Deformity from scoliosis



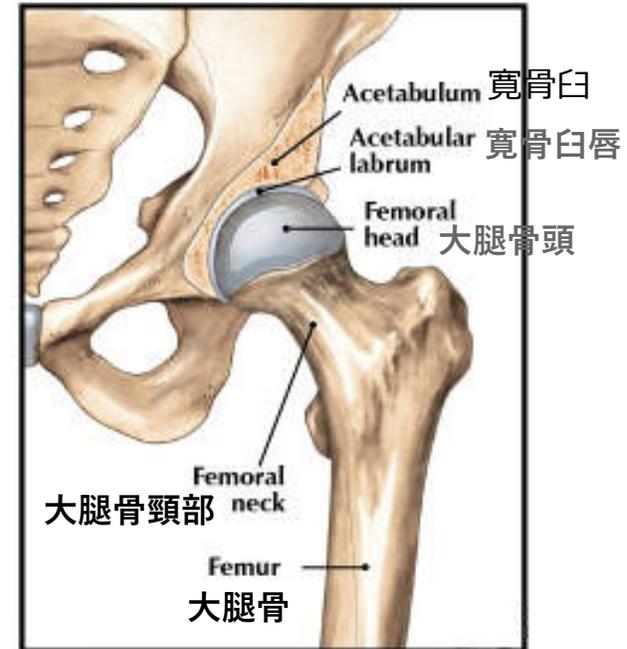
# Pelvis and Leg 骨盤と脚



## ANATOMY OF THE HIP

股関節の解剖学

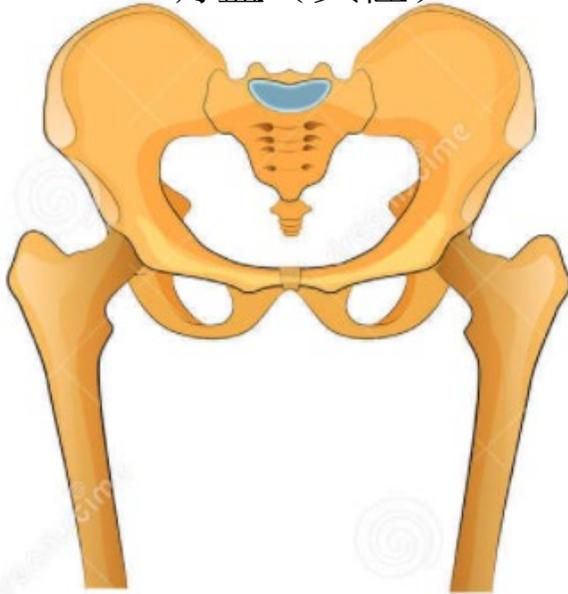
Greater trochanter 大転子



# Pelvis (Female Vs Male) 骨盤（女性対男性）

female pelvis

骨盤（女性）

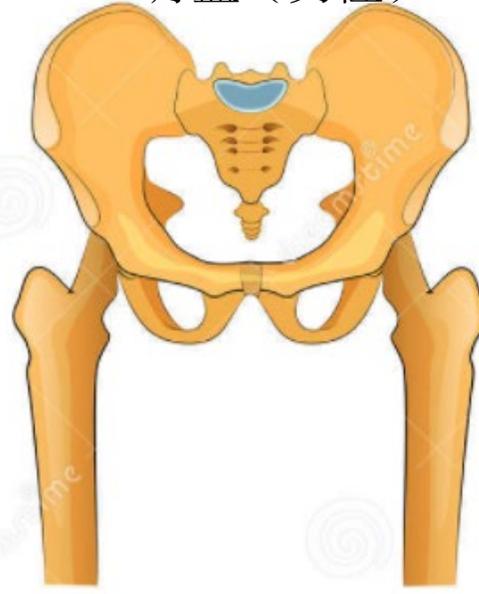


- Cavity is broad, shallow
- Pelvic inlet oval + outlet round
- Bones are lighter, thinner
- Pubic angle larger
- Coccyx more flexible, straighter
- Ischial tuberosities shorter, more everted

空洞は広く、浅い  
骨盤入口楕円形+出口は円形  
重さは軽く、薄い  
恥骨の角度が大きい  
尾骨は柔軟でまっすぐ  
坐骨結節は短く、  
裏返しになっている

male pelvis

骨盤（男性）

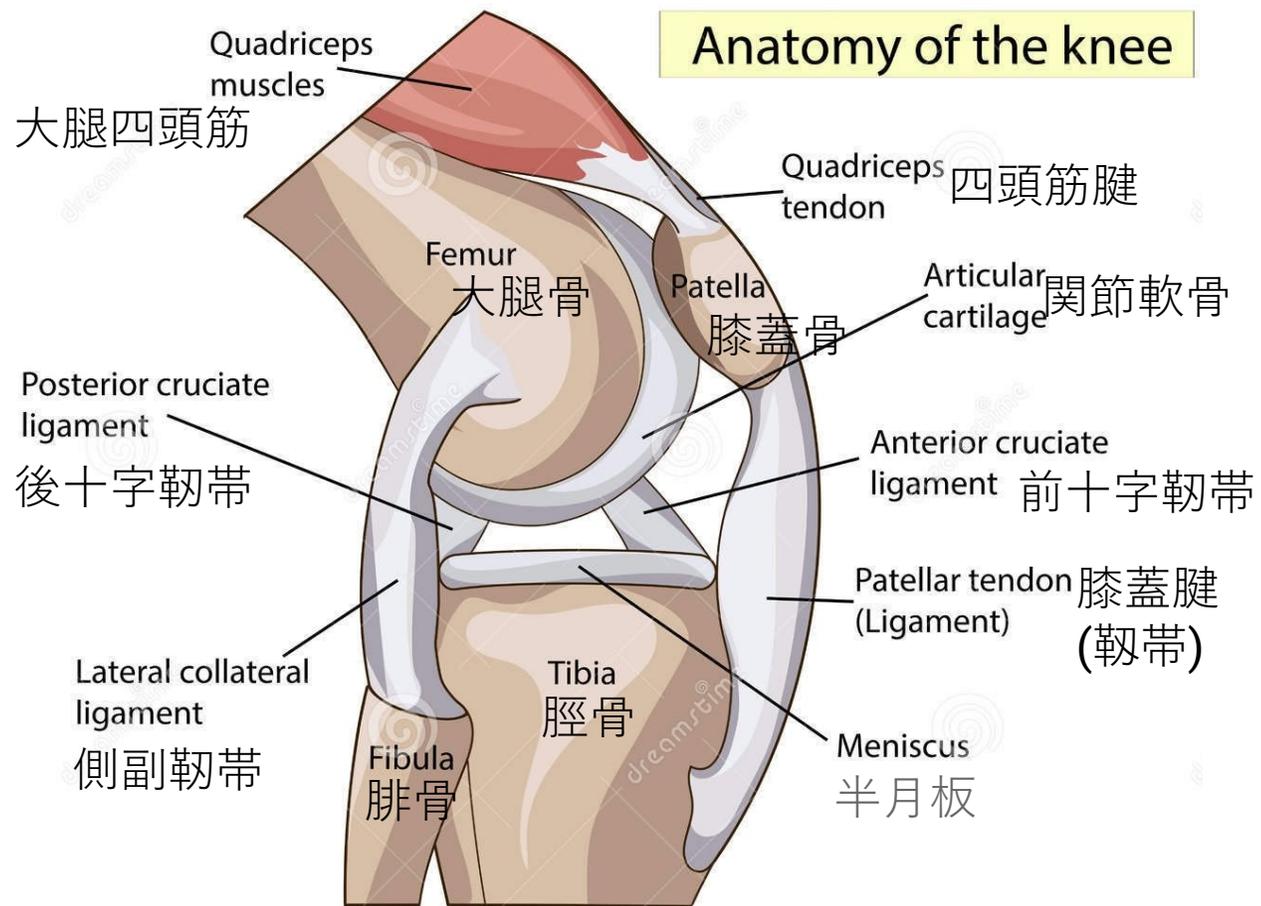


- Cavity is narrow, deep
- Smaller inlet + outlet
- Bones heavier, thicker
- Pubic angle more acute
- Coccyx less flexible, more curved
- Ischial tuberosities longer, face more medially

空洞は狭く、深い  
小さい入口+出口  
骨が重く、太い  
恥骨の角度がより鋭角  
尾骨の柔軟性が低く、湾曲  
坐骨結節はより長く、  
より内側に面している

tomy, Pelvis I

# Knee 膝

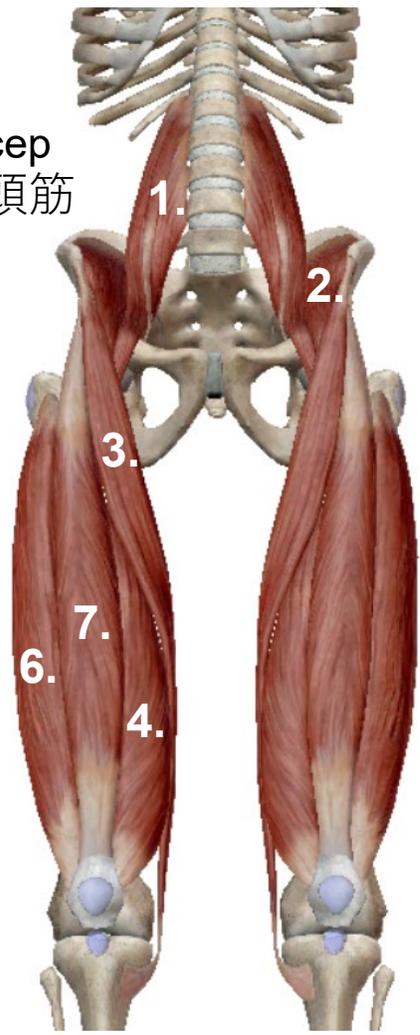
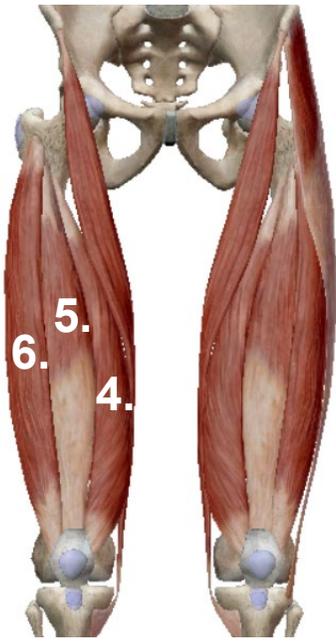


# Muscles in Leg 脚の筋肉

- 1. Psoas Major and Minor 大腰筋と小腰筋
- 2. Iliacus 腸骨筋
- 3. Sartorius 縫工筋
- 4. Vastus Medialis 内側広筋
- 5. Vastus Intermedius 中間広筋
- 6. Vastus Lateralis 外側広筋
- 7. Rectus Femoris 大腿直筋

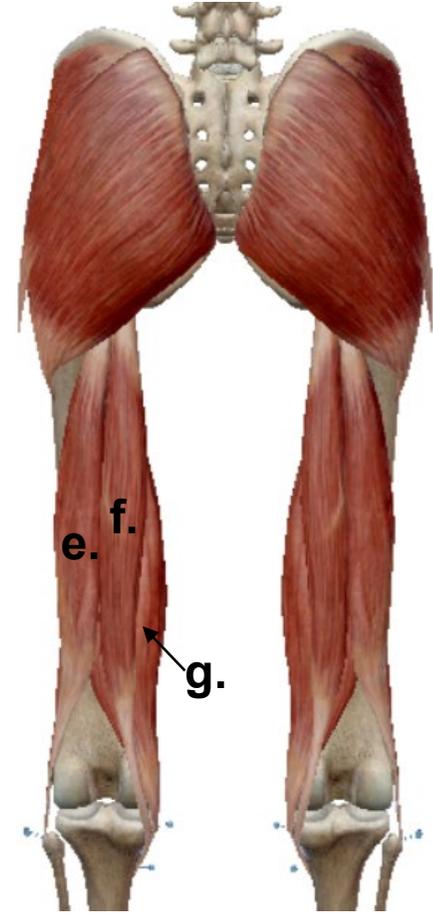
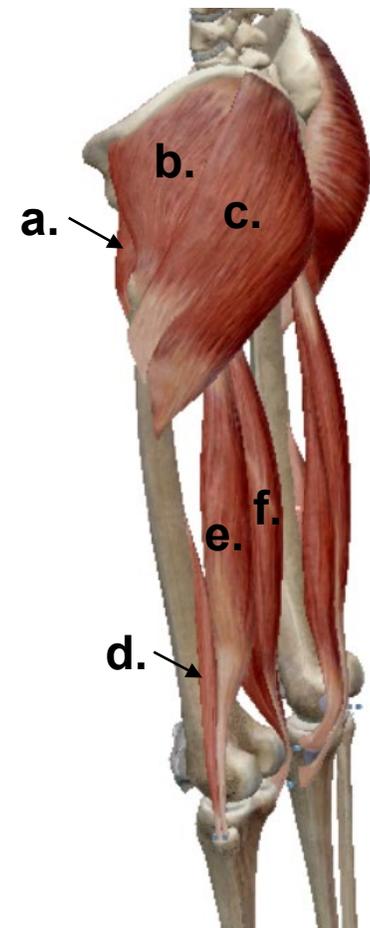
} Hip Flexor  
股関節屈筋

} Quadricep  
大腿四頭筋



## Posterior (Glute + Hamstrings)

後部 (臀筋+ハムストリングス)

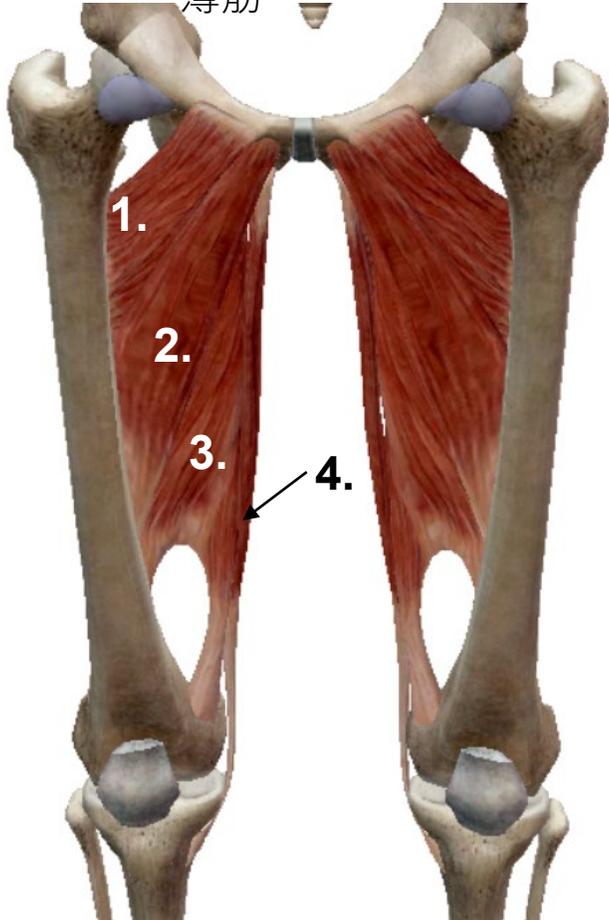


- a. Gluteus minimus 大臀筋
- b. Gluteus medius 中臀筋
- c. Gluteus maxius 大臀筋
- d. Biceps femoris short head 大腿二頭筋短頭
- e. Biceps femoris long head 大腿二頭筋長頭
- f. Semi-tendinosus 半腱様筋
- g. Semi-membranosus 半膜様筋

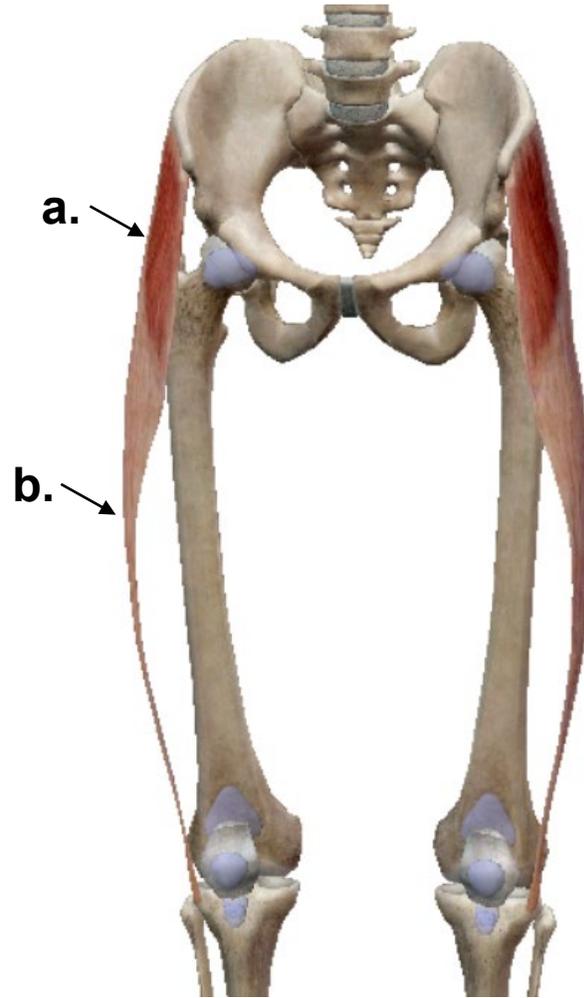
## Anterior (Hip flexor + Quadricep) 前方 (股関節屈筋+大腿四頭筋)

# Muscles in Leg 脚の筋肉

- 1. Pectineus 恥骨筋
- 2. Adductor longus 長内転筋
- 3. Adductor magnus 大内転筋
- 4. Gracilis 薄筋

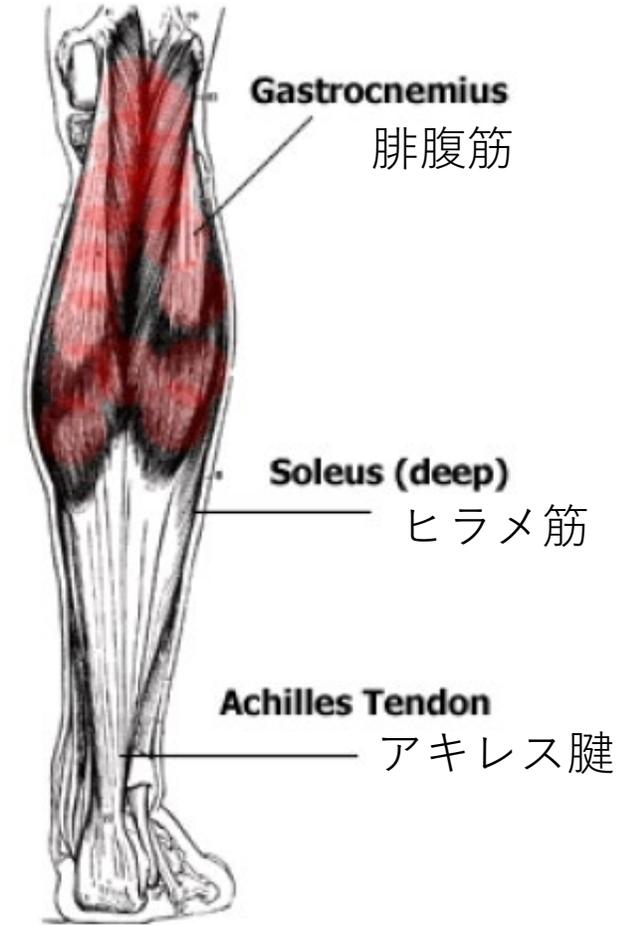


**Medial** 内側



**Lateral** 側面

- a. Tensor fascia lata (TFL) 大腿筋膜張筋 (TFL)
- b. Iliotibial tract (IT band) 腸脛靭帯 (ITバンド)



**Calf** ふくらはぎ

# Muscles in Hip – Piriformis

股関節の筋肉-梨状筋

## 1. Piriformis

梨状筋

