

Bålstabilitet



- Alla extremiteter fäster på bålen
- Bålstabilitet skyddar ryggen
- Bålstabilitet gör oss starka

Anatomi



■ Magmuskler

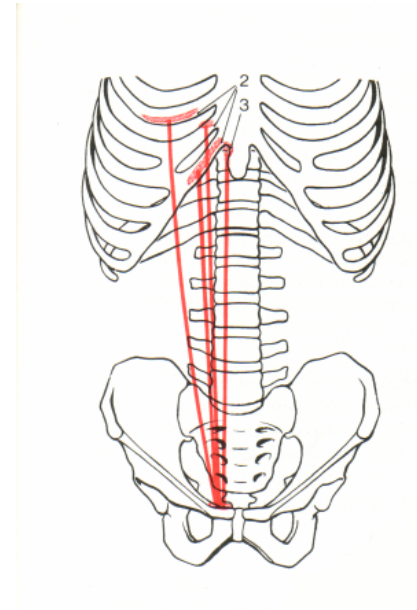
- Raka bukmuskeln
- Yttre sneda
- Inre sneda
- Transversala

■ Ryggmuskler

- Erector spinae
- Semispinalis
- Multifidus
- Rotatores

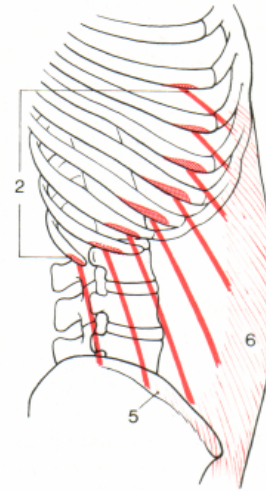
Raka bukmuskeln

- Bröstben -> blygdbenet
- Böjer ryggen framåt
- Mobiliserande



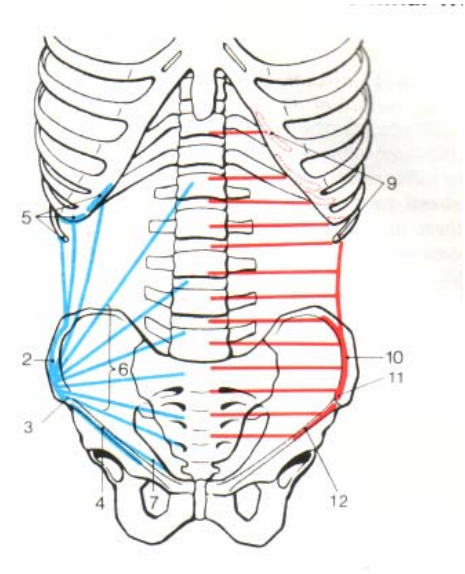
Yttre sneda

- Revben-> höftben + senstråk under raka bukmuskeln
- Tippar bäckenet bakåt
- Stabiliserande



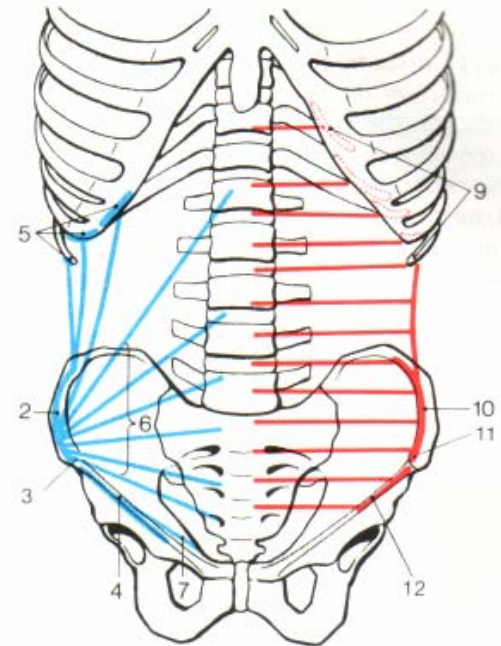
Inre sneda

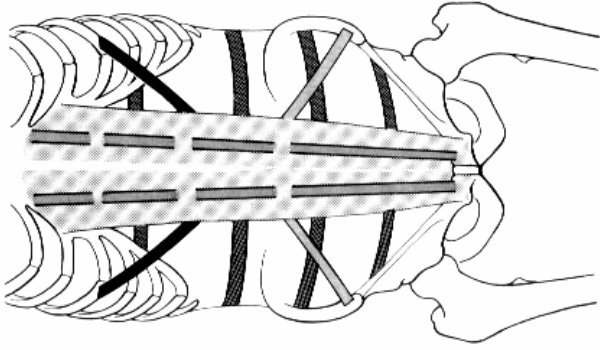
- Höftben -> revben, senstråk under raka bukmuskeln
- Hjälper till vid rotation
- Stabiliserande



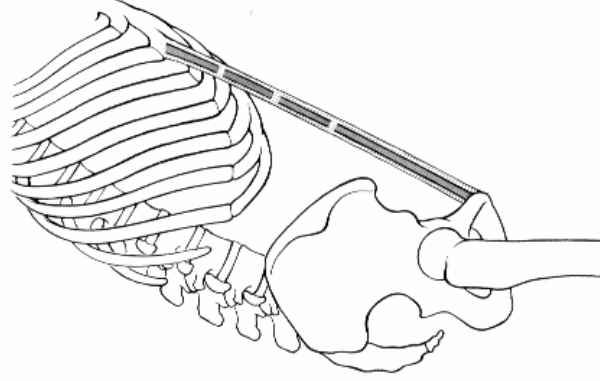
Transversala

- Ursprung
 - Revben, thoracolumbar fascian, höftbenet
- Fäste
 - Bukens senstråk, inre sneda bukm
- Buktryck, stabilisera ryggen

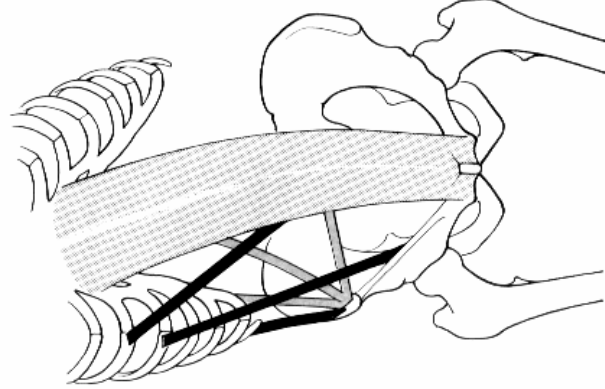




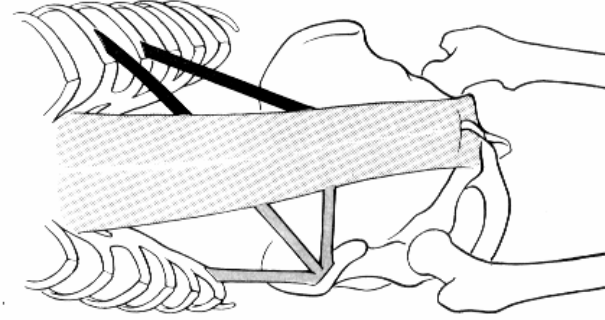
A Direction of tension of the muscle fibers



B Anterior flexion



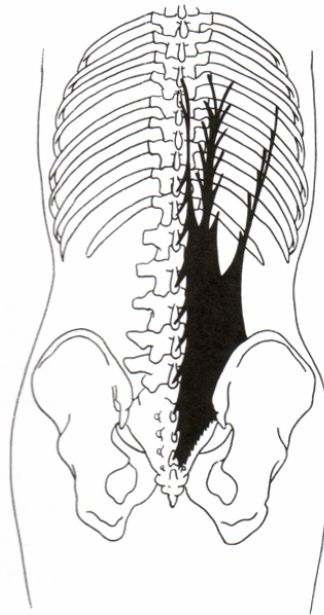
C Lateral flexion



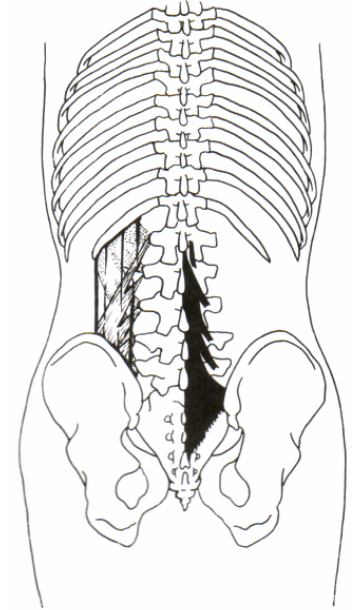
D Lateral rotation

Stabilitet och ryggsproblem

- Traditionellt synsätt - multifidus
- Nya rön - transversus



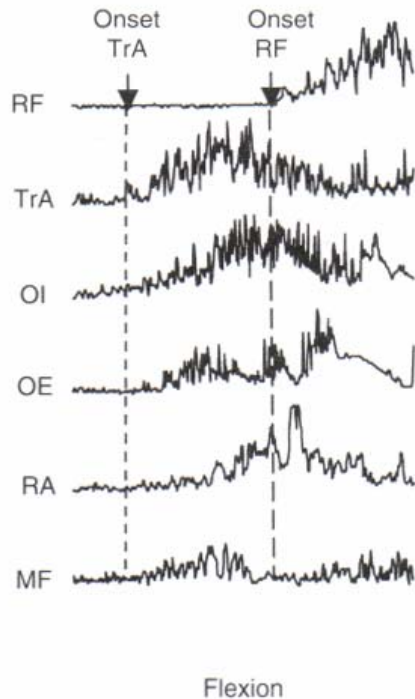
es



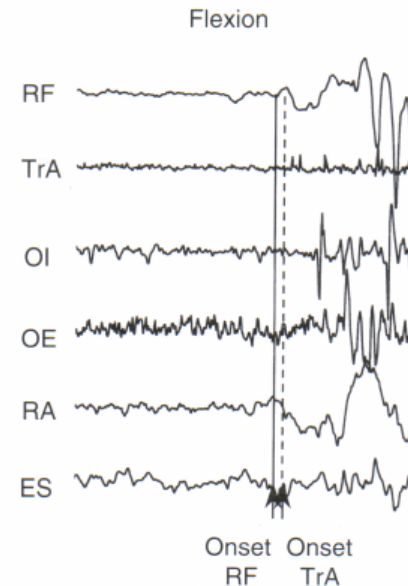
mf

Aktivering av transversus

- Frisk person



- Person med ryggbesvär

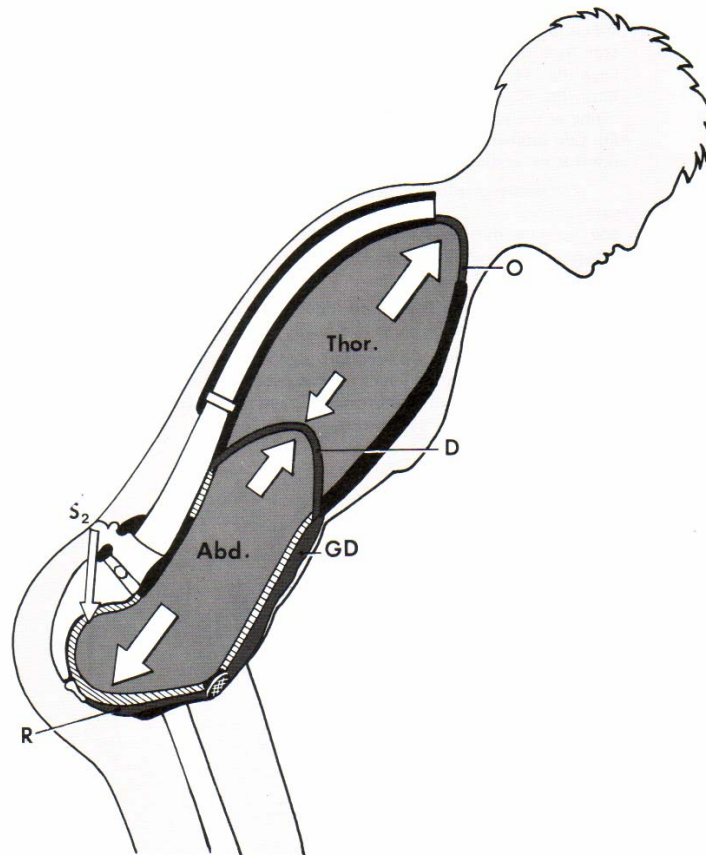


Transversala buk stabilisering

- Oklart hur det fungerar
- Buktrycket
- Gör ryggraden styv

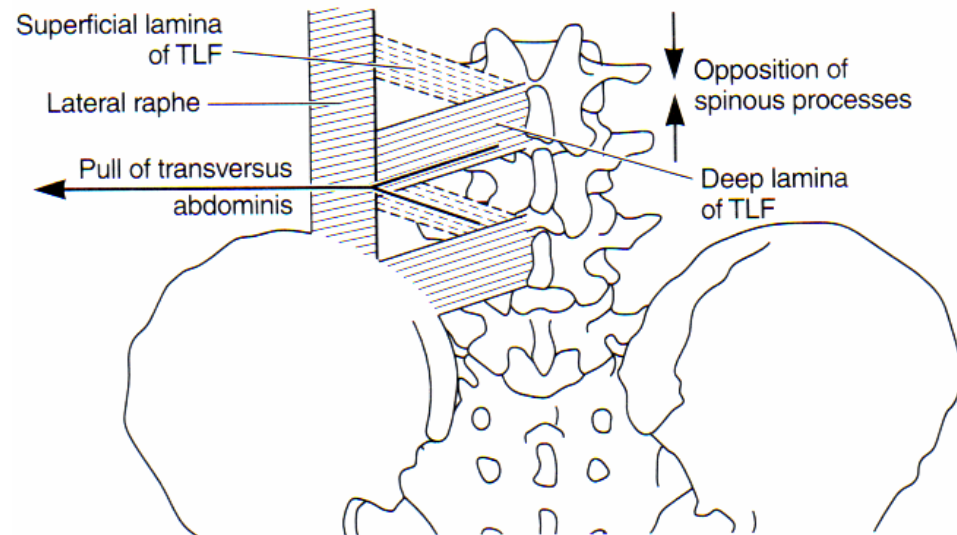
Buktryck

- Transversus
- Diafragma
- Bäckenbotten

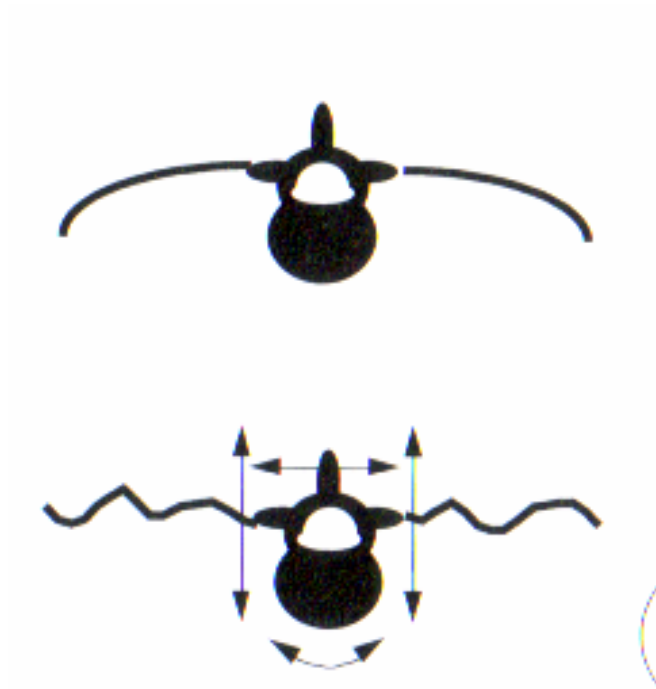


Uppstramning av ryggen

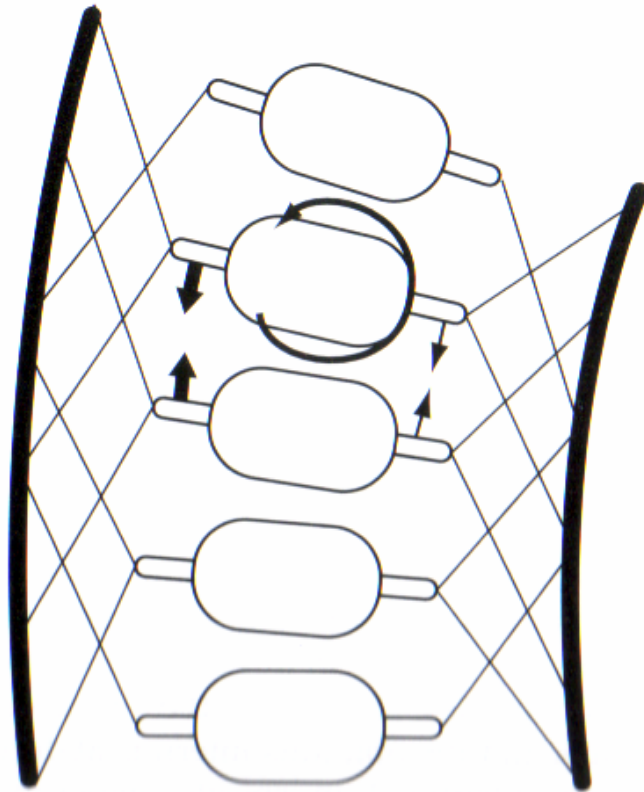
- Sick-sackad infästning
- Komprimerande kraft



Minskar rotation i horisontalplan



Minskar rotation i frontalplan



Träna bålstabilitet

A thick, horizontal yellow brushstroke underline that spans the width of the slide, starting from the left edge and extending to the right edge.