Latissimus dorsi manual muscle test

American Academy f Manual Medicine Origins: Short head-coracoid shoulder blade process. Long head-suppleenoid tuber of the shoulder bladeInseration: The Truduness of the Radius and the apoperosis of the bicepsnerve tendon Inerterve inertia: Muscle, C5, C6Manual Muscle TestingPatient position: Hook-sittingAction: Having the patient flexible elbow to 90 degrees, Apply resistance to the distal forearm inferiorlyGravity eliminated position: The side lay on the affected side of CoracobrachialisOrigin: Coracoid process scapulaInsertion: Medial surface mid humeral shaftNerve Innervation: Musculocutual : The patient bends and slightly horizontally draws the shoulder, while the expert applies the resistance of the shoulder bone in the output : The side lying on the unaffected side, the elbow is supported on the increased structure of the muscle latissimus dorsi, the name of which means the widest back muscle, is one of the widest muscles in the human body. Also known as lat, it is a large, flat triangular muscle that is not used strenuously in overall daily activities, but is an important muscle in many exercises such as pull-ups, chin-ups, lat retractable, and swimming. The muscle passes between the trunk, through extensive attachment and the humerus narrow tendon. To do this, it acts on the shoulder joint. The superior border of the dorsi latissimus forms a lower boundary of the auscultation triangle. The side boundary of the muscle forms the medial boundary of the lumbar triangle. Origin a. Spin processes of the 7th thoracic and 5th lumbar vertebrae. B. Iliac crest of the sacrum. c. Toracolumbara fascia. D. The bottom corner of the shoulder blade. E. Lower three or four ribs. Insert Paul inter-tb (bicipital) groove of the humerus. Nervous supply of Theracodorsal nerve (C6 - C8) from the posterior cord of the brachyal plexus, which gets into the muscle on its deep surface. The skin covering the latissimus dorsi muscle comes from T4 to T12, including both the abdominal and dorsal erive, as well as the dorsal frame from L1 to L3. Blood supply to the thoracordosal artery from the axillary artery, the effect of depression, adduents, expands and internally rotates the hand on the shoulder. Adding a hand on the shoulder 2. Extending the arm on the shoulder 3. The internal rotation of the arm on the shoulder Secondary Actions Latissimus Dorsi 1. Helps with the extension of the barrel 2. Helps with the flexion of the trunk 3. Helps with lateral flexion of the trunk 4. Helps with the anterier and lateral tilt of the pelvis 5. Helps with depression of the shoulder blade 6. Help with shovel tightening 7. Helps with deep inspiration and forced expiration (Palpation) The side aspect of the latissimus dorsi muscle builds the posterior boundary of the armpit. This is felt to have contracted while resisting the adduction of his hands. Its insert is front on the crest of a lesser tuberosity. By asking the patient to raise the hand to 90% flexion and keep it steady against upward pressure, latissimus dorsi muscles can be made to stand out in relation to the chest. Clinics can palpate to contract muscles by holding the posterior armpit between the finger and thumb and asking the patient to cough. The functional activity of Latissmus dorsi is a climbing muscle. With his hands fixed over his head, he can lift the barrel up, along with the help of pectoralis major. This is an important muscle in rowing, swimming (especially when hitting down) and grinding. The muscle is also active in the violent expiration of the expiration date, as it is attached to the ribs. During coughing or sneezing, the muscles can be felt when pressed forcibly inside as it acts to compress the chest and abdomen. The muscles assist in holding the shoulder blade against the chest during the movement of the upper limbs. This allows the muscle to be attached to the lower corner of the shoulder blade. In activities such as walking on crutches, where the humerus becomes a fixed point when standing, latissimus dorsi has the ability to pull the trunk forward towards the arms. With this action there is also the lifting of the pelvis. In people with paralysis of the lower half of the body, the fact that latissimus dorsi attaches to the pelvis and the fact that it is still innervat, allows a person to produce the movement of the pelvis and torso. As a result, people wearing calipers and using crutches can achieve a modified gait by fixing their hands and hooking the hips with an alternative cut of each latissimus dorsi. Rehabilitation of Latissimus dorsi takes place on more than one joint and is therefore classified as a global mobileator. Global mobilizers can lose their inflection with normal use or consistent joint positioning, i.e. poor posture. When contracted, the latissimus dorsi muscle produces torque and strength to achieve its function (in this case, expansion, adduction and medial rotation of the glenohumeral joint). As mentioned earlier, latissimus dorsi is a global mobilition and has structural characteristics of global mobilization, so the muscles will shrink, as in most cases the painful shoulder will pass in the position of the arm nearby. In addition, the muscle will atrophy in the presence of pain or a prolonged period of poor positioning/posture. As a result, there may be limited glenohumeral flexion of joints and lateral rotation. Score muscle flexibility (11) Start this latissimo dorsey stretch standing tall back straight and arms over your head. Gently bend to one side until you feel a slight and moderate stretch at the side of the upper back and shoulder (Figure 2). for 5 seconds and then return to the starting position. Repeat 10 times, provided the exercise is painless. Then repeat the exercise on the opposite side. References - Heidemann A. Severe murin limb of the muscle dystrophy type 2C pathology is reduced by the treatment of FTY720. Muscles and nerves. 2007; 56 (3): 486-494 - 2.0 2.1 2.2 2.3 2.4 2.5 2.6 2.7 2.8 Palastanga N, Field D, Soames R. Anatomy and Human Movement: Structure and Function. 5th Ed. Edinburgh. Butterworth Canmann. Elsevier. 2007. 3.0 3.1 Drake R L, Vogl AW, Mitchell W. Gray Anatomy for Students. 2nd edition. Philadelphia:Churchill Livingston, 2010 - 4.0 4.1 4.2 Calais-German Anatomy movement. Seattle: Eastland Press, 1993. Schoenke M, Schulte E, Schumacher W. Prometheus: Lernatlas der Anatomy. Stuttgart/New York: George Thieme Verlag, 2007. 6.0 6.1 Comerford MJ and Mottram SL. Functional stability is retomatic: principles and strategies for managing mechanical dysfunction. Manual therapy. 2001;6:3-24. Davood M, Becker PJ, van Rooijen AJ, Corky E. 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