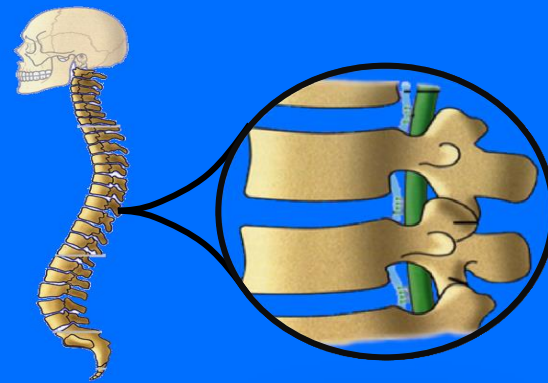
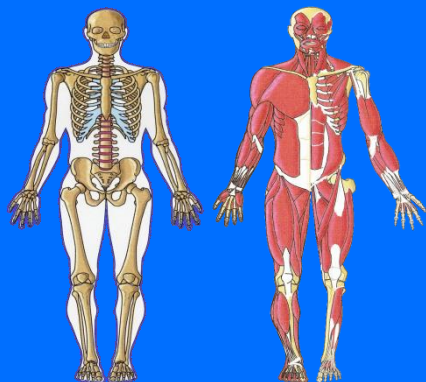


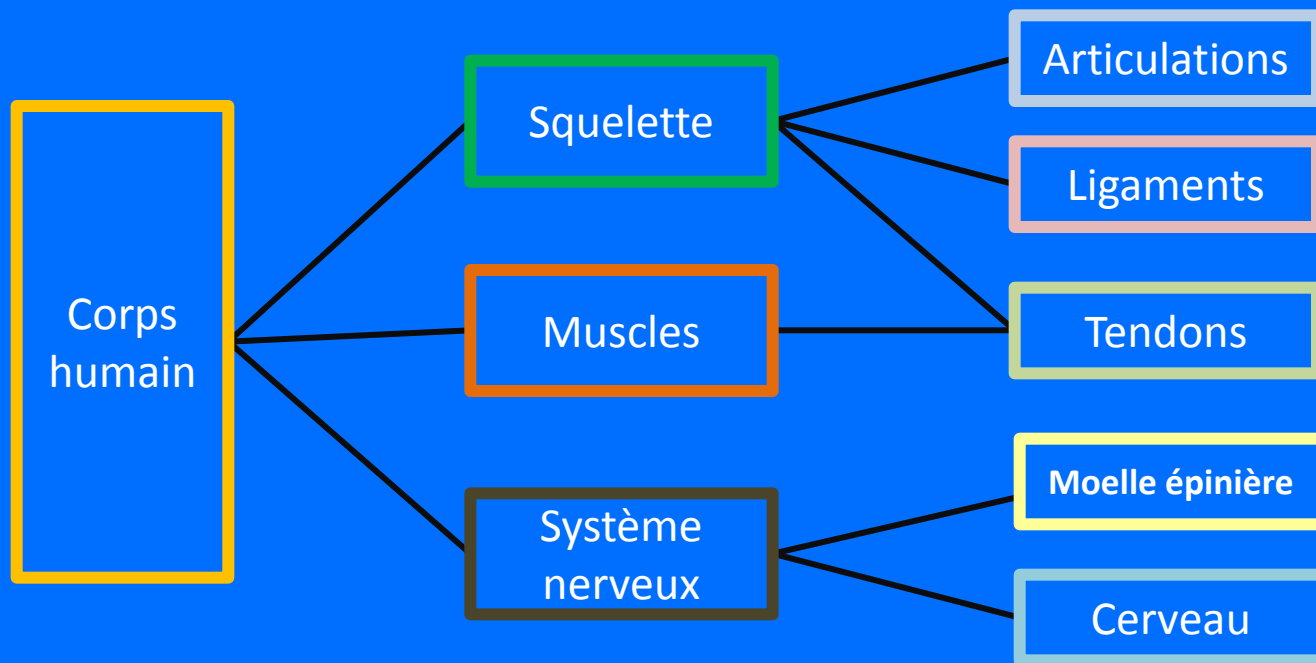


Caractériser les dommages potentiels liés à l'activité physique en utilisant les connaissances relatives au fonctionnement du corps humain



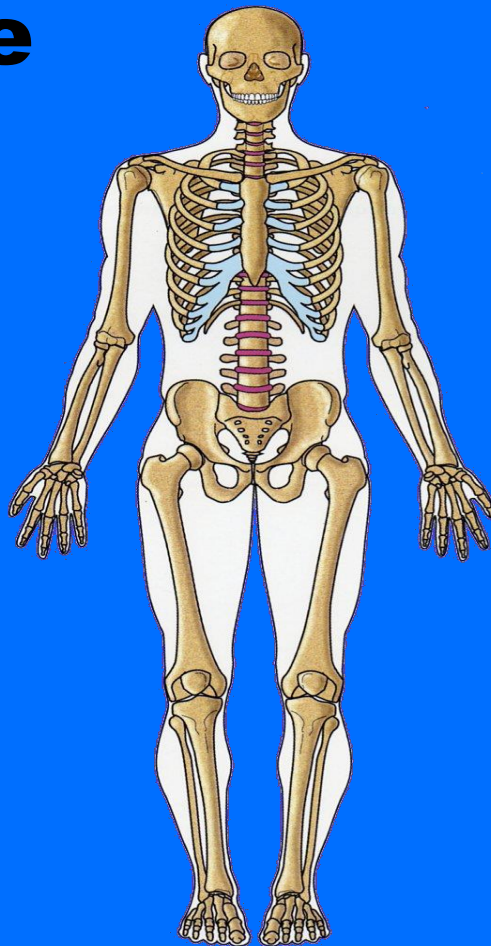


Les trois composantes humaines de l'Activité Physique





Le squelette



Comp.

C1.1

C1.2

C2.1

C2.2

C3.1

C3.2

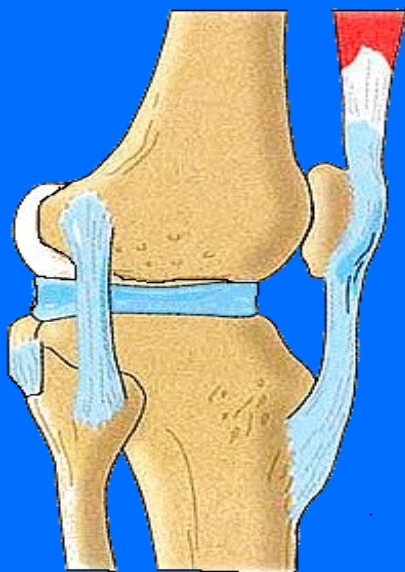
C3.3





Les articulations

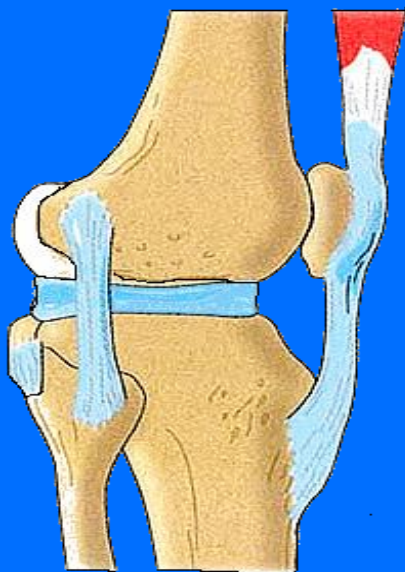
Mobile



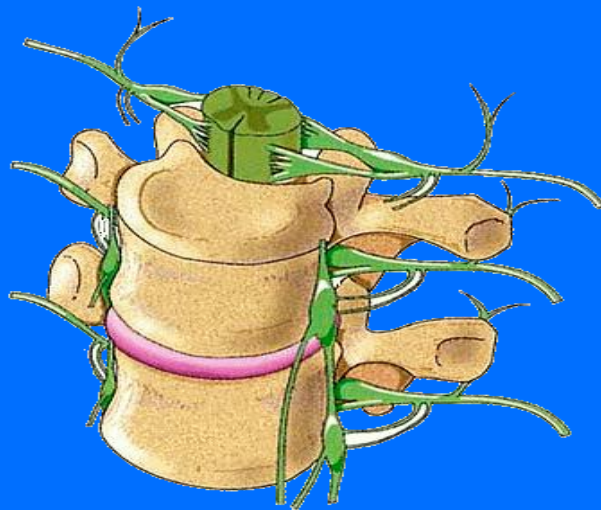


Les articulations

Mobile



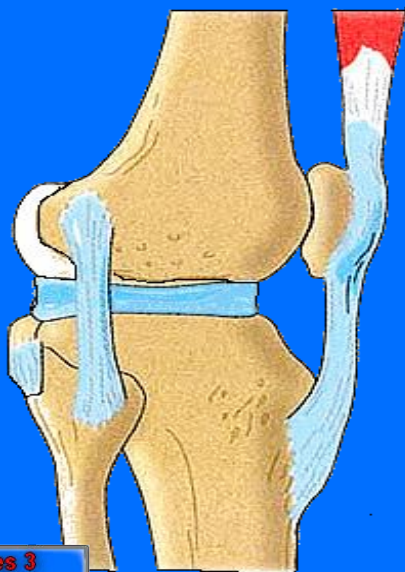
Semi-mobile



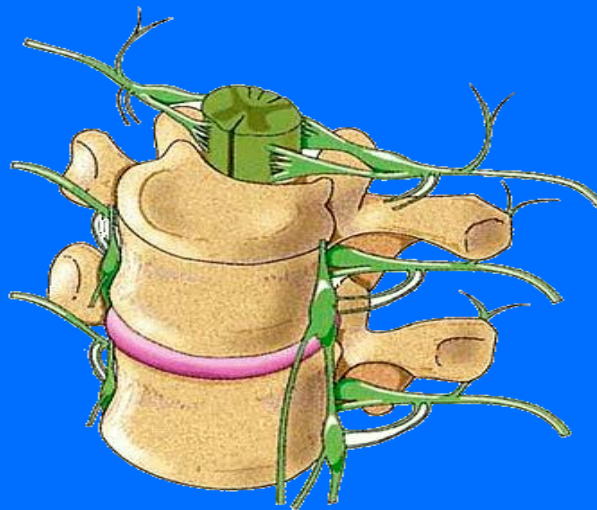


Les articulations

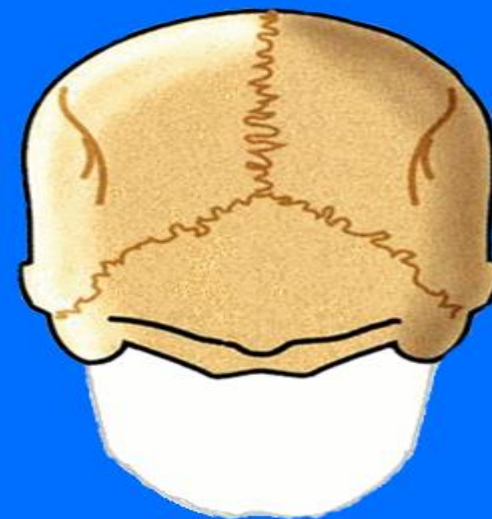
Mobile



Semi-mobile

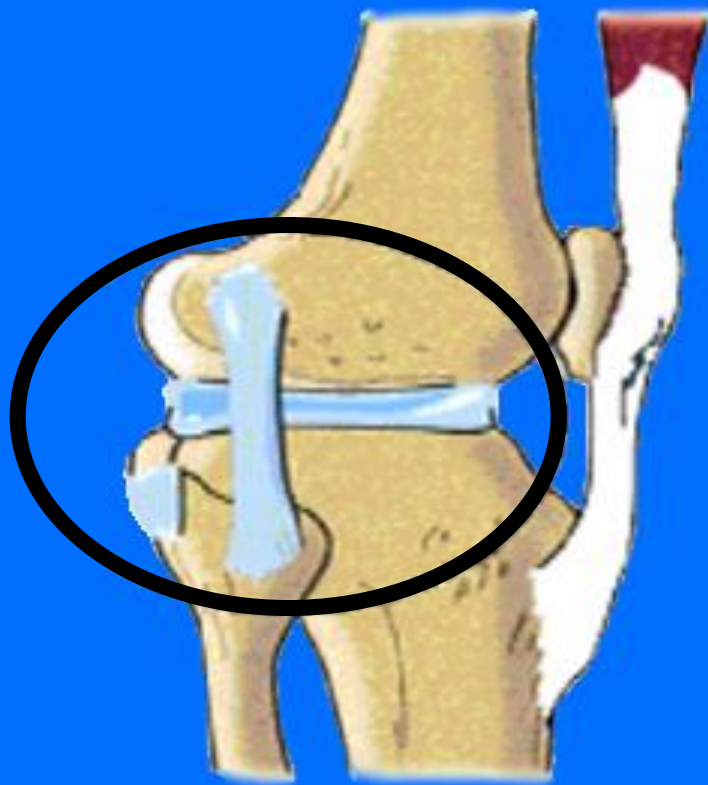


Rigide





Les ligaments



Ensemble des fibres qui
unissent les os au niveau
des articulations



Les atteintes du squelette

Entorses

Ligament aminci
et étiré



Ligament rompu





Les atteintes du squelette

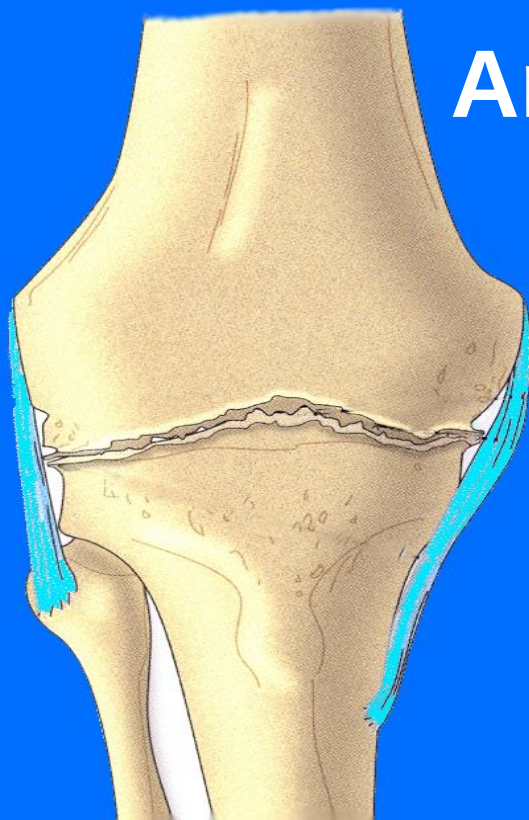
Entorse



**Luxation articulaire du
genou**



Les atteintes du squelette

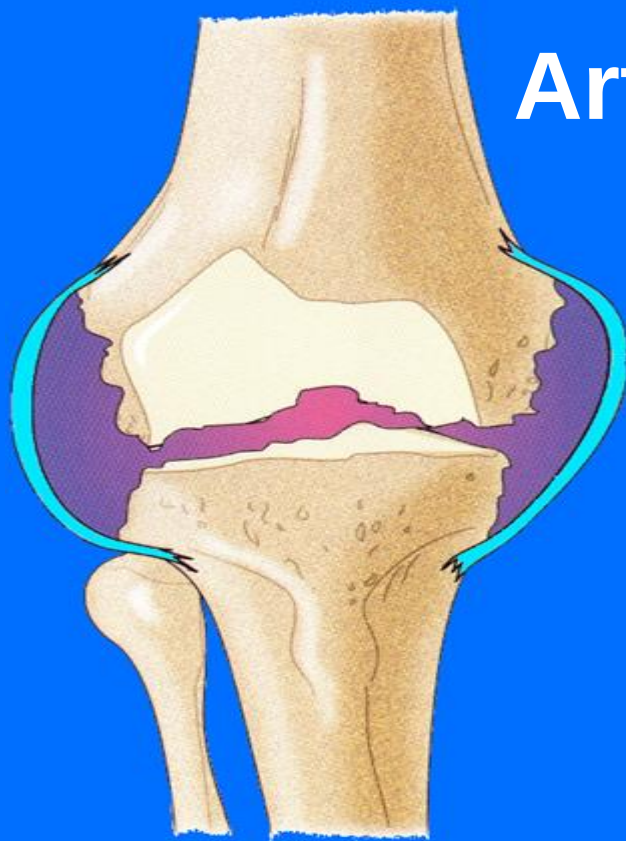


Arthrose

Lésion dégénérative de l'articulation



Les atteintes du squelette

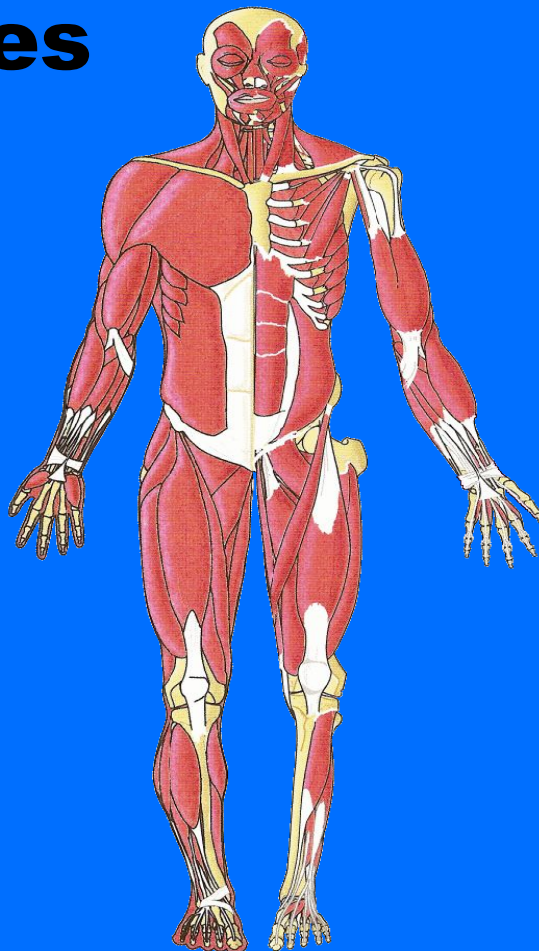


Arthrite

Inflammation de la
synoviale

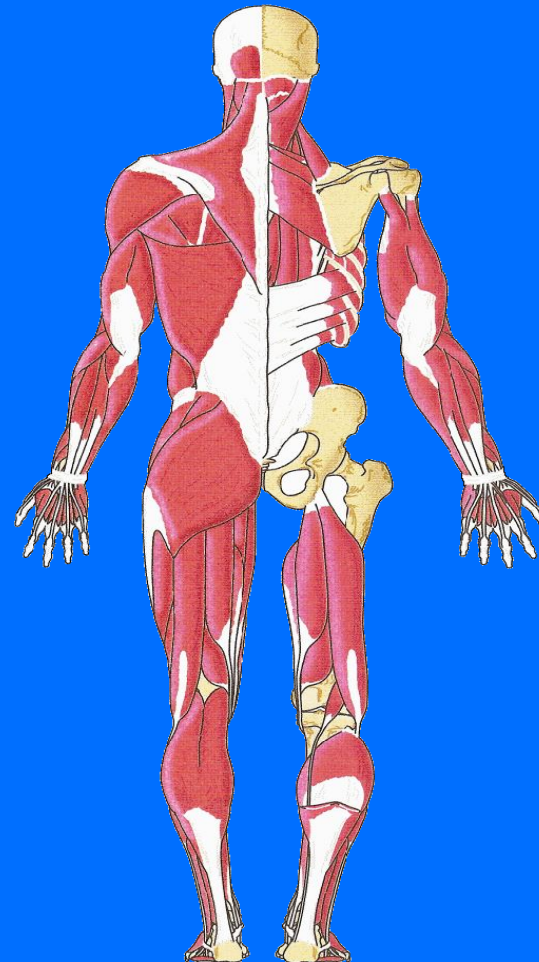
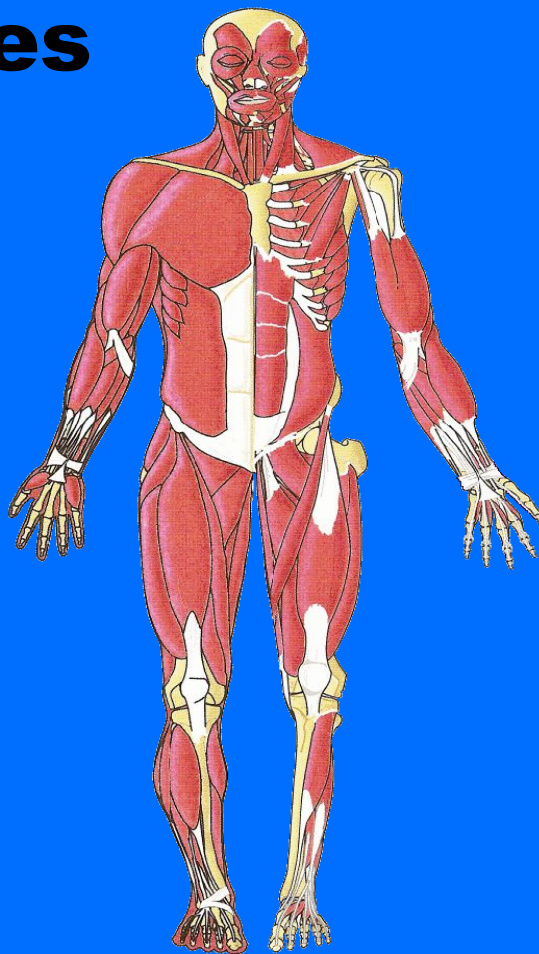


Les muscles





Les muscles



Comp.

C1.1

C1.2

C2.1

C2.2

C3.1

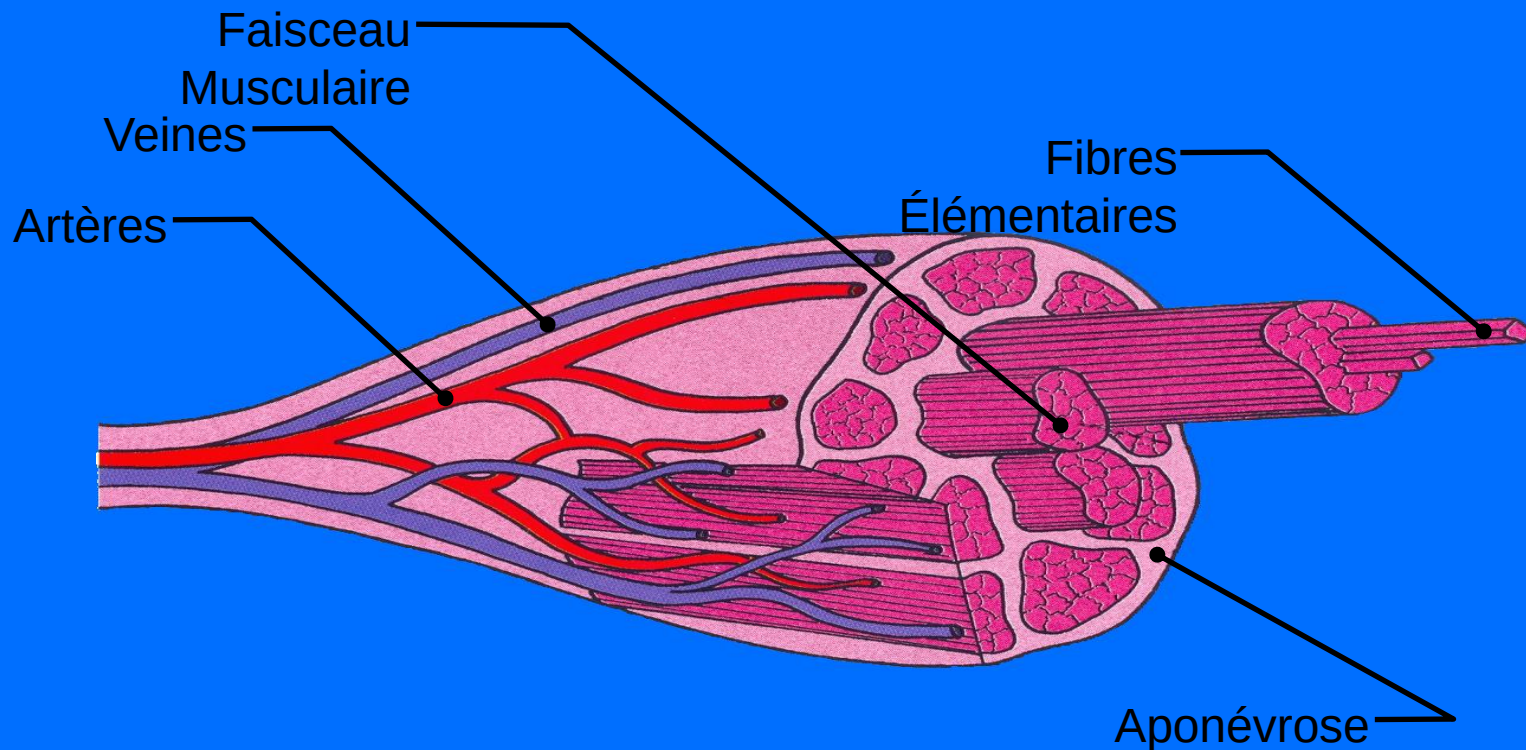
C3.2

C3.3





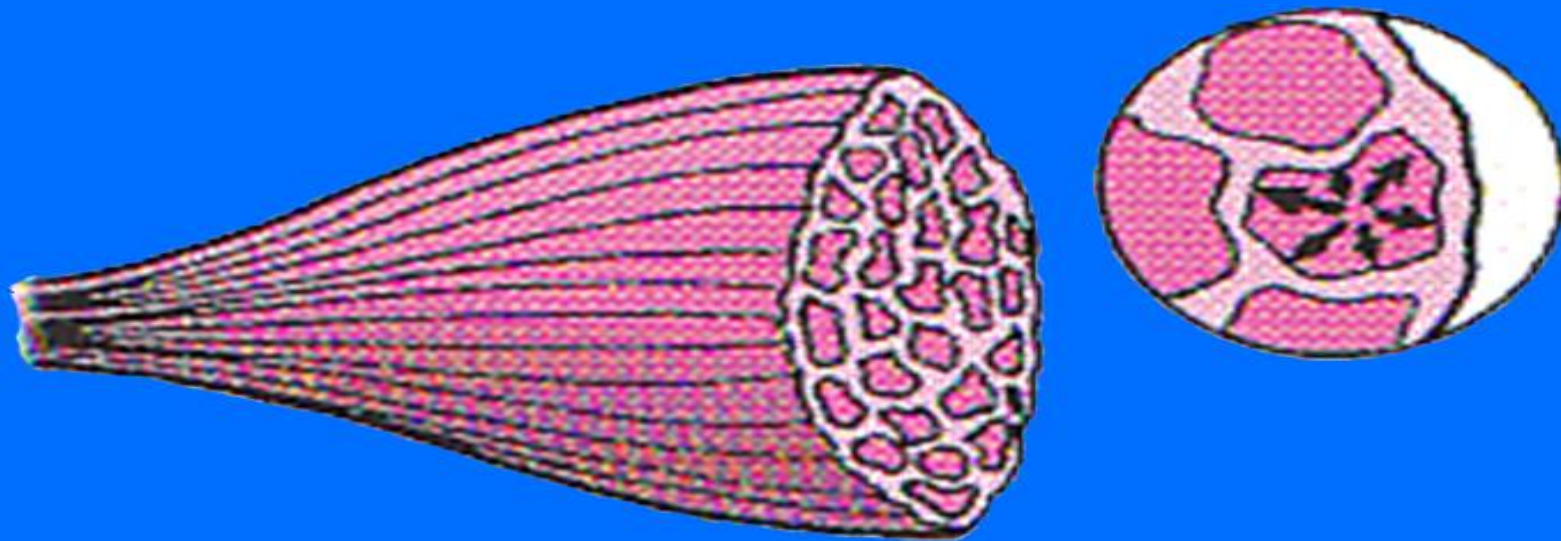
Le muscle





Les atteintes du muscle

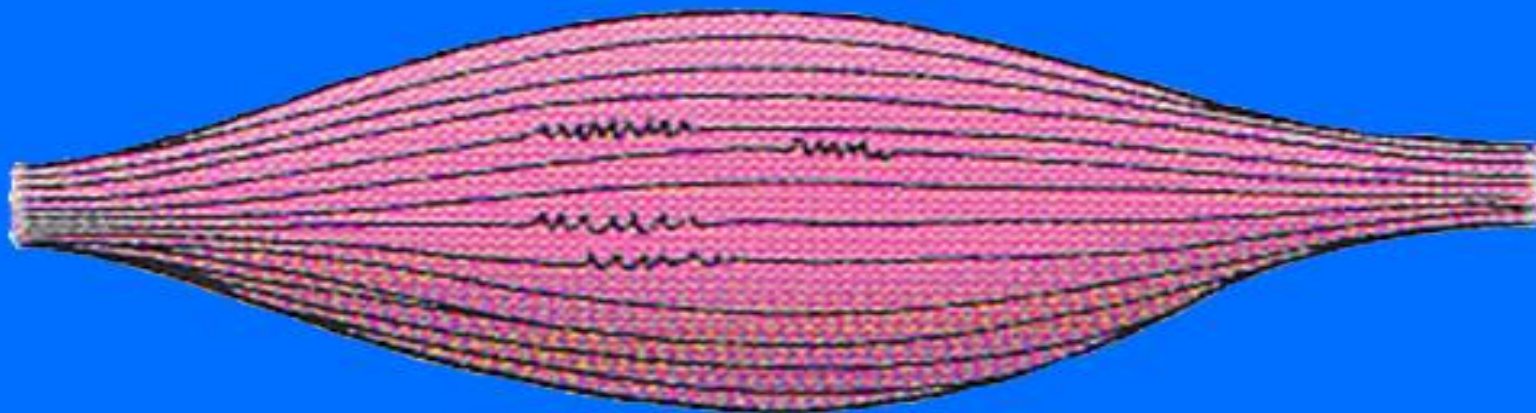
Courbature





Les atteintes du muscle

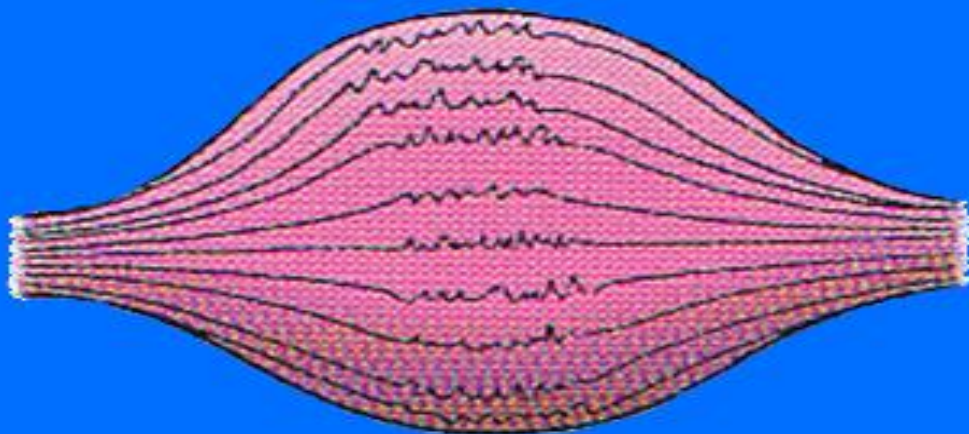
Contracture





Les atteintes du muscle

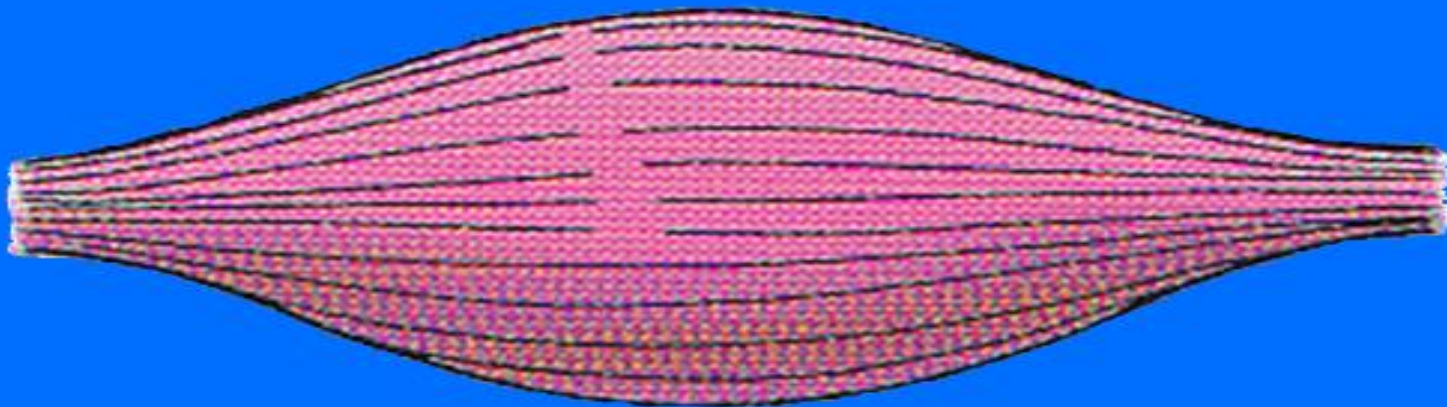
Crampe





Les atteintes du muscle

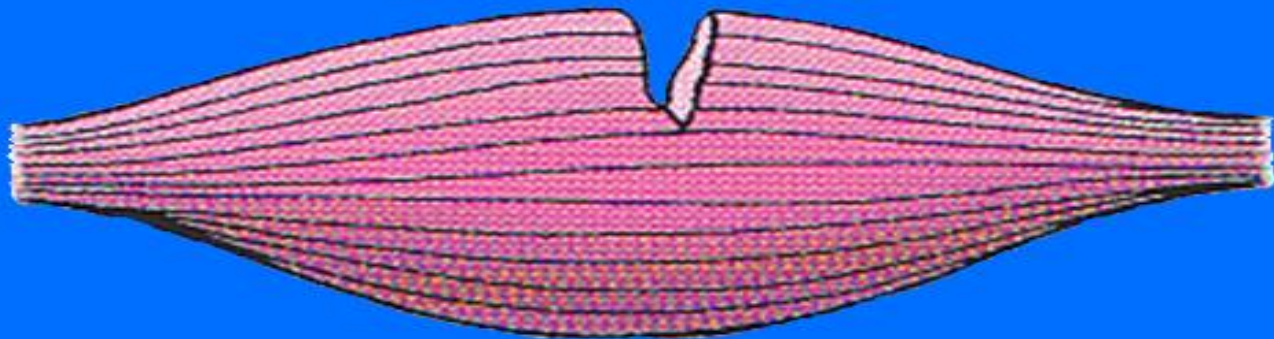
Élongation





Les atteintes du muscle

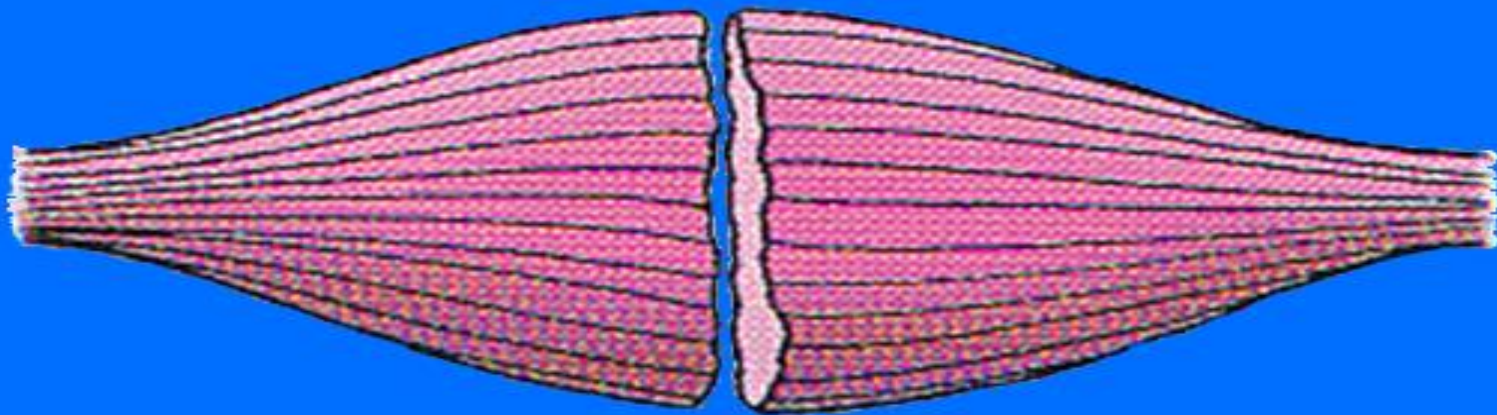
Claquage





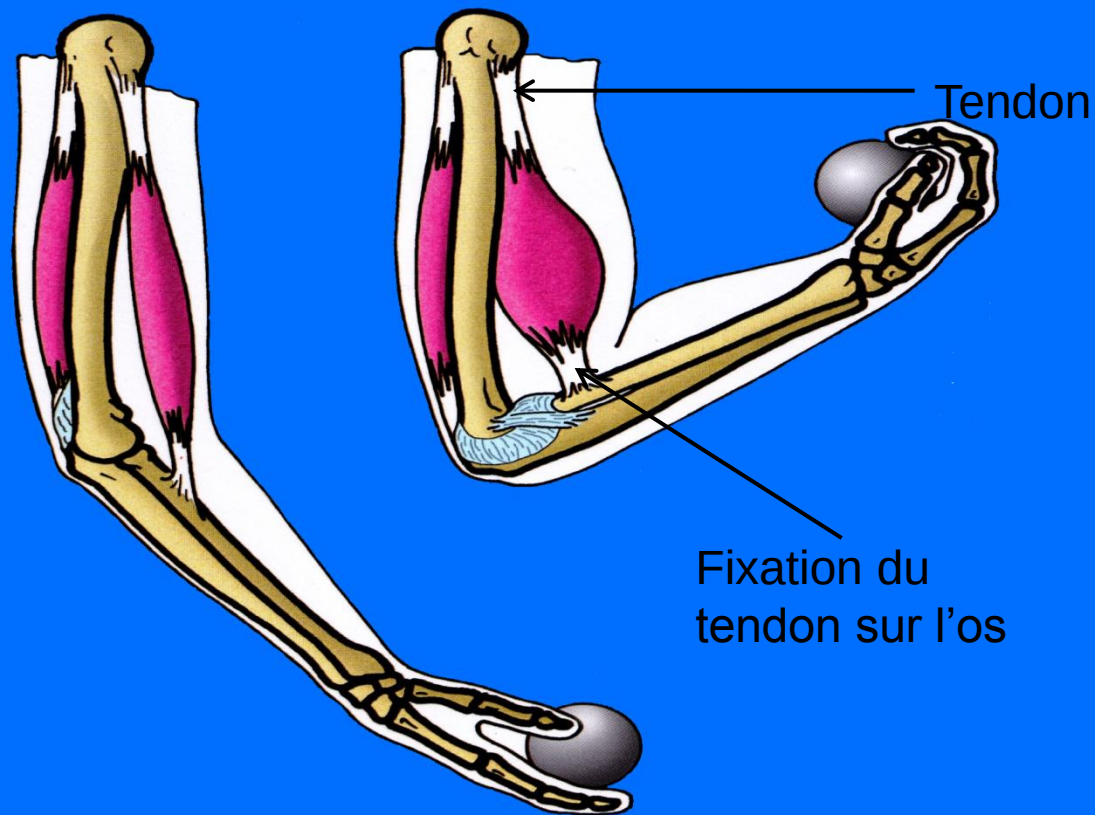
Les atteintes du muscle

Déchirure ou rupture



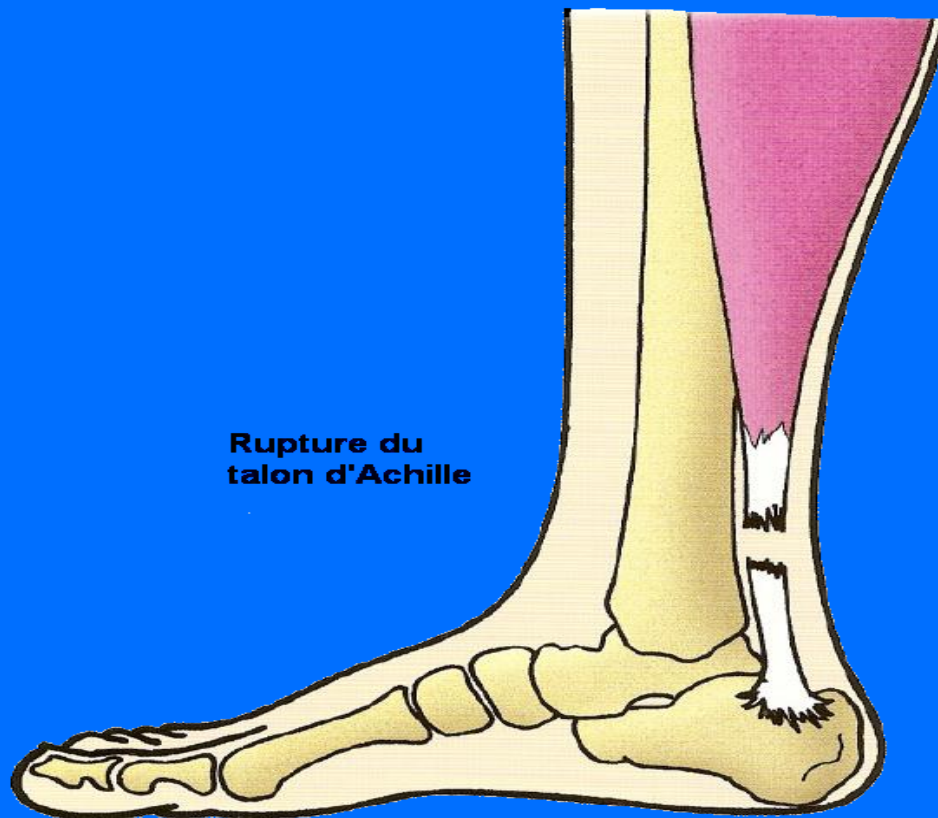


Les tendons





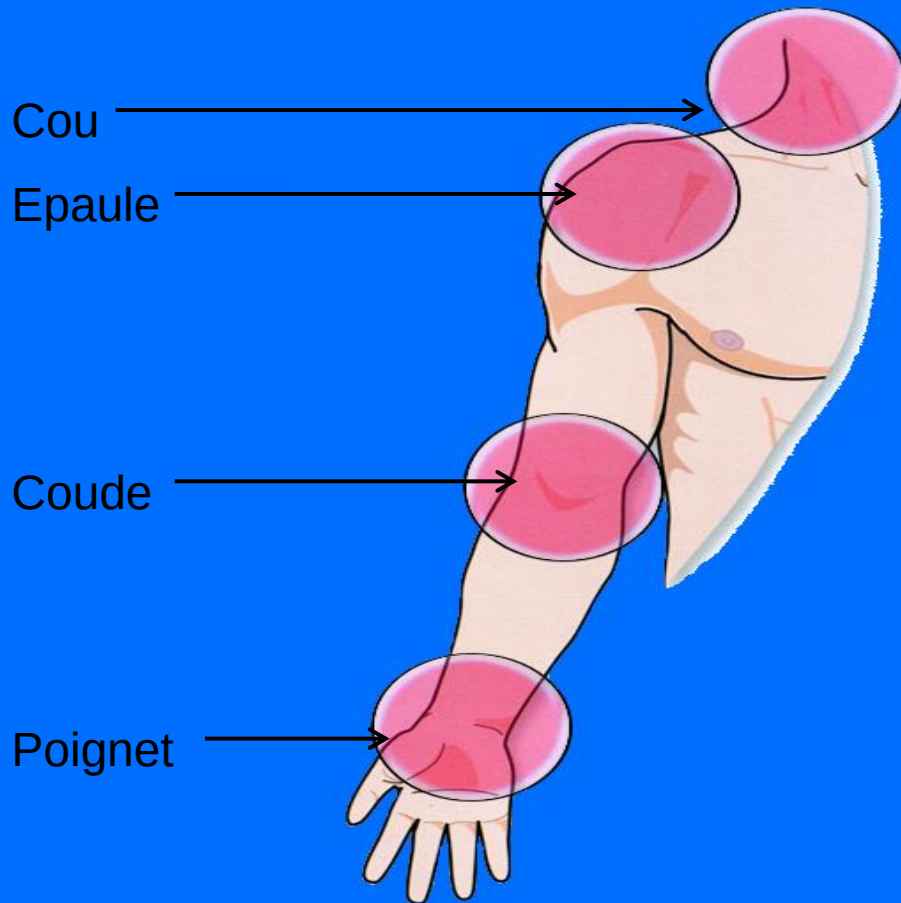
Les atteintes du tendon



Rupture du
talon d'Achille



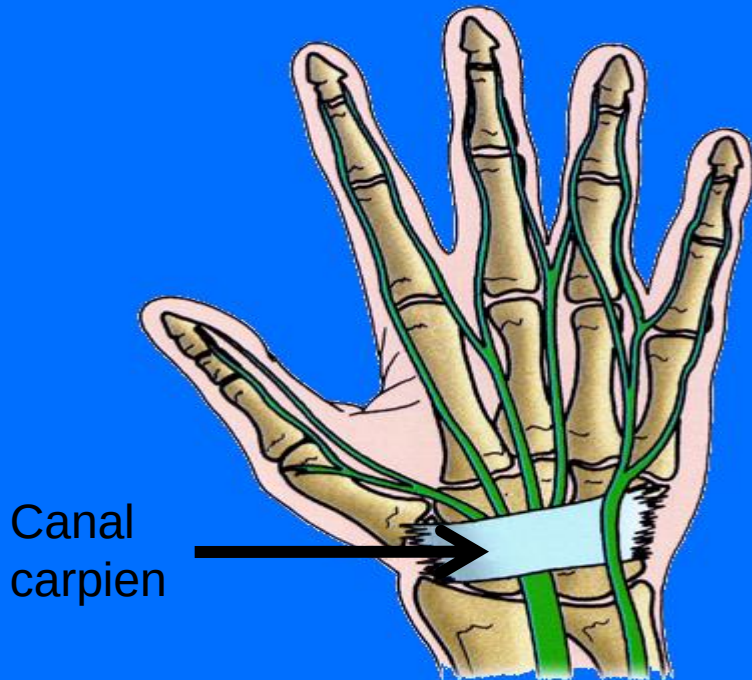
Les atteintes des tendons



TMS
(Troubles Musculo-Squelettiques)

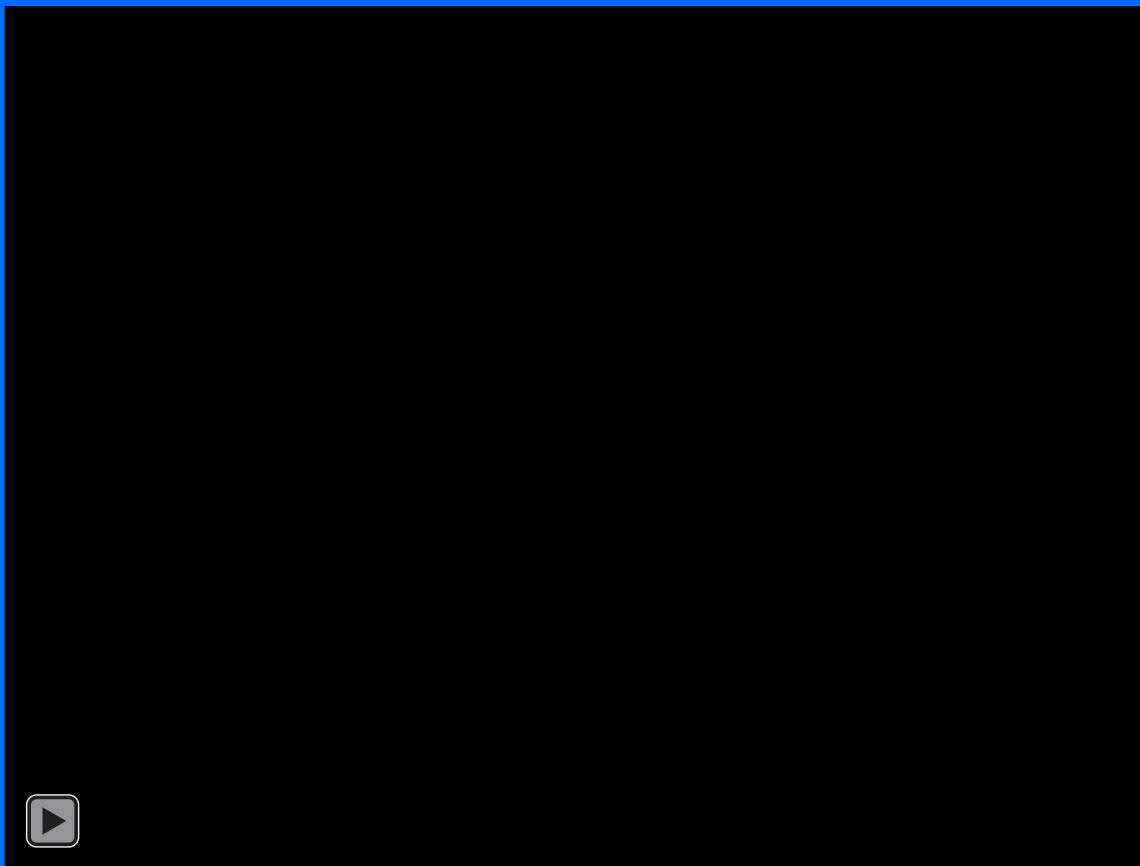


Les atteintes du canal carpien





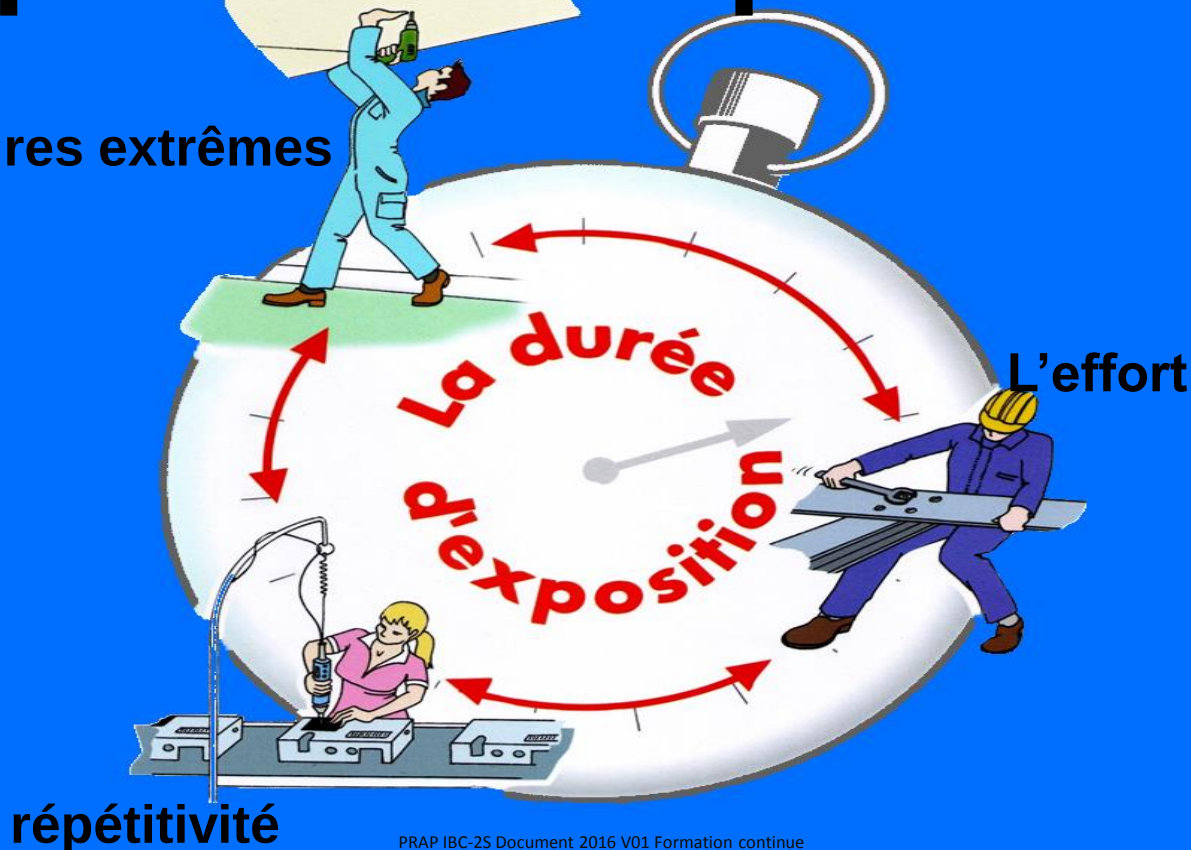
Le syndrome du canal carpien





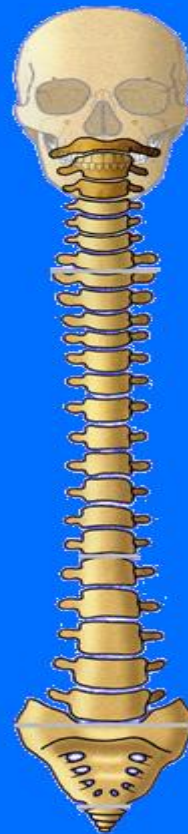
Les principaux facteurs de risques biomécaniques des TMS

Les postures extrêmes



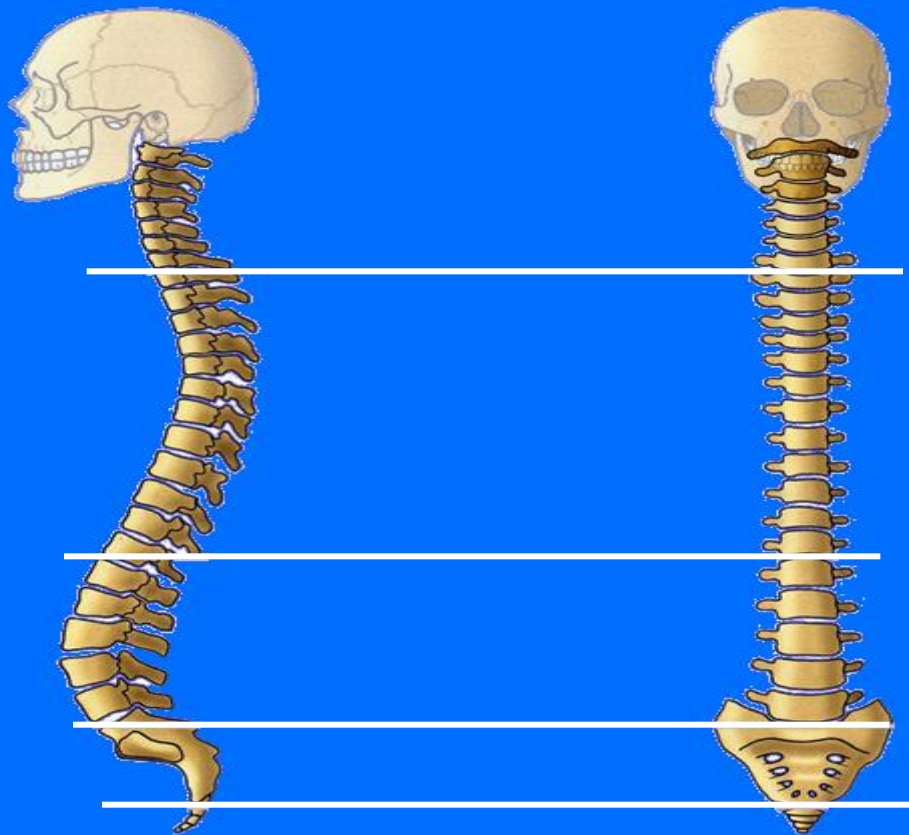


La colonne vertébrale



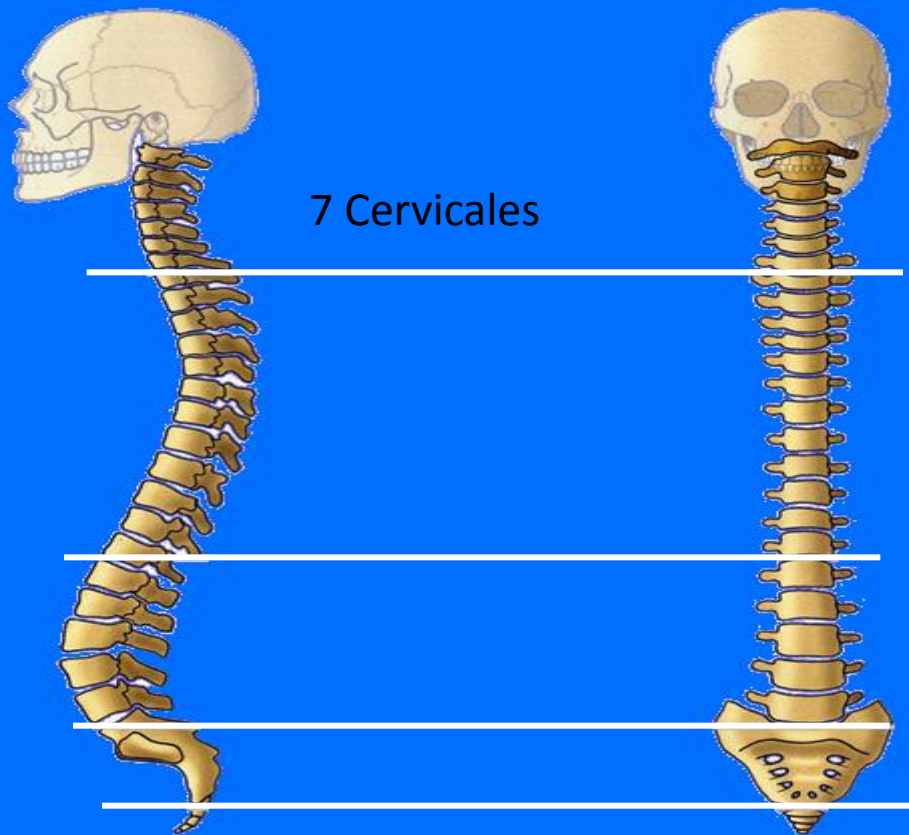


La colonne vertébrale



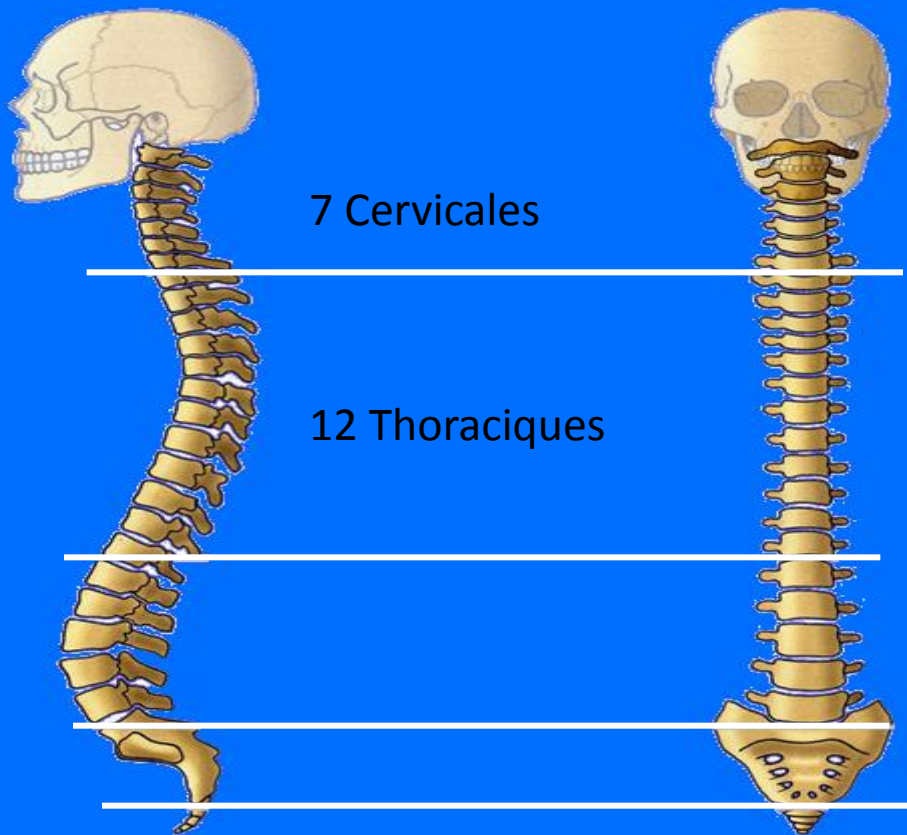


La colonne vertébrale



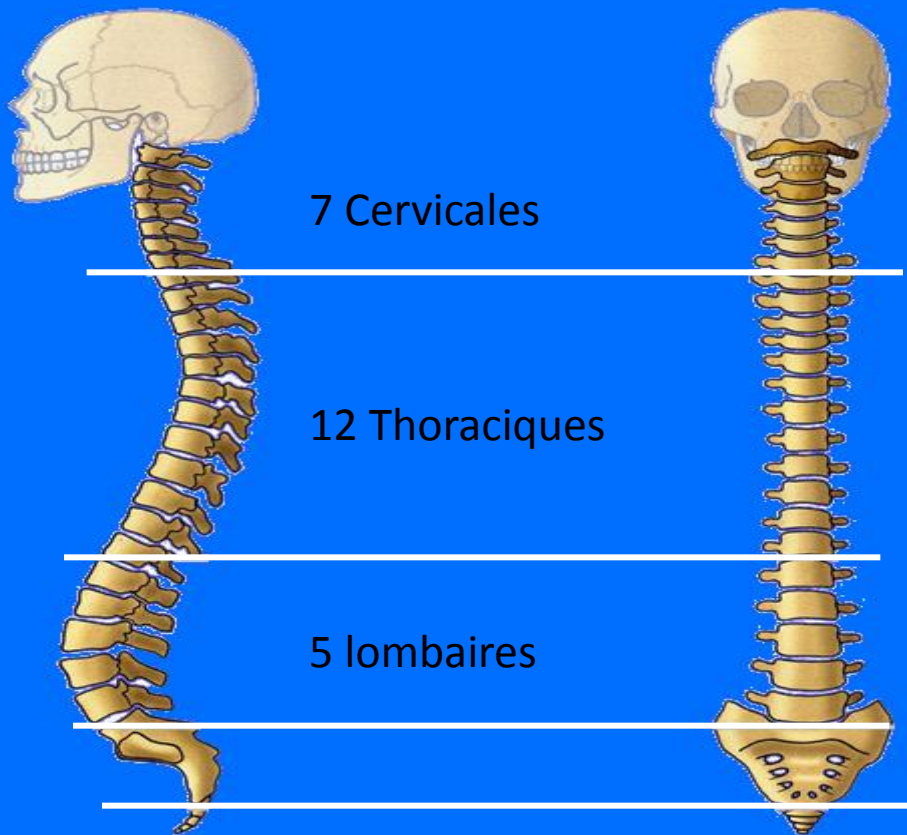


La colonne vertébrale



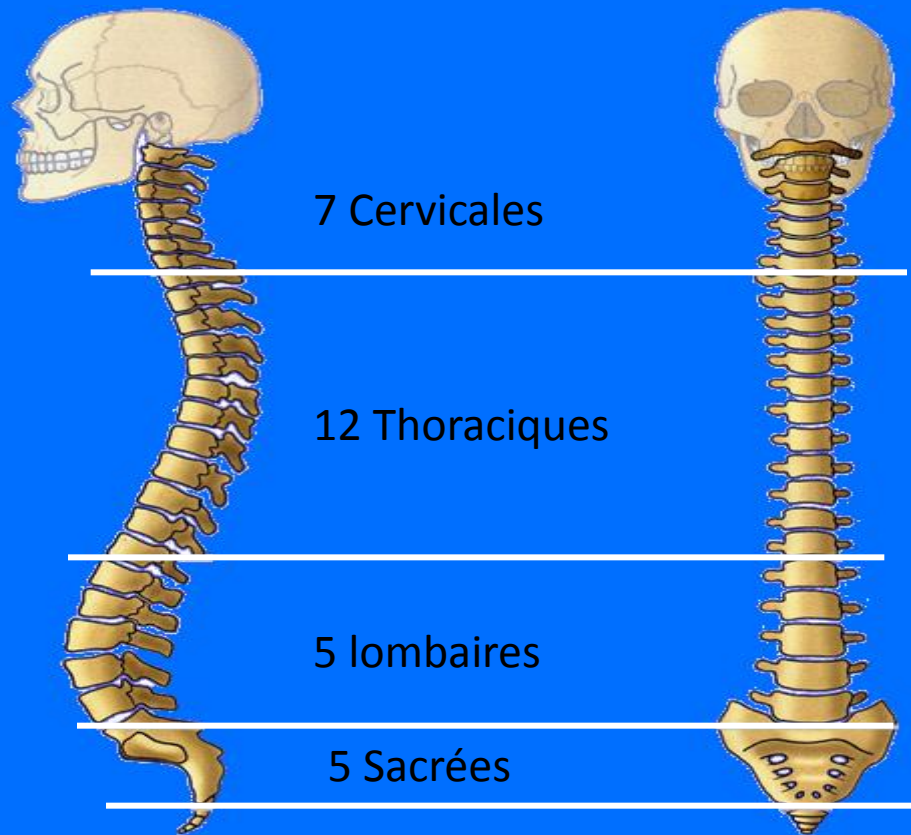


La colonne vertébrale



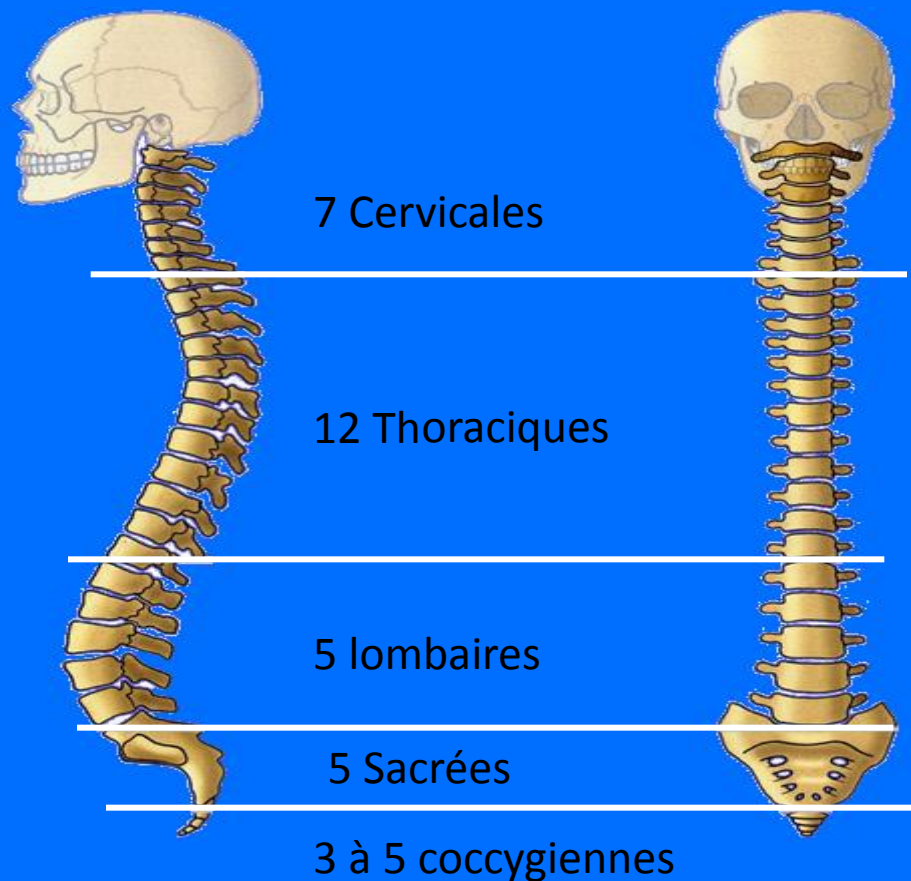


La colonne vertébrale



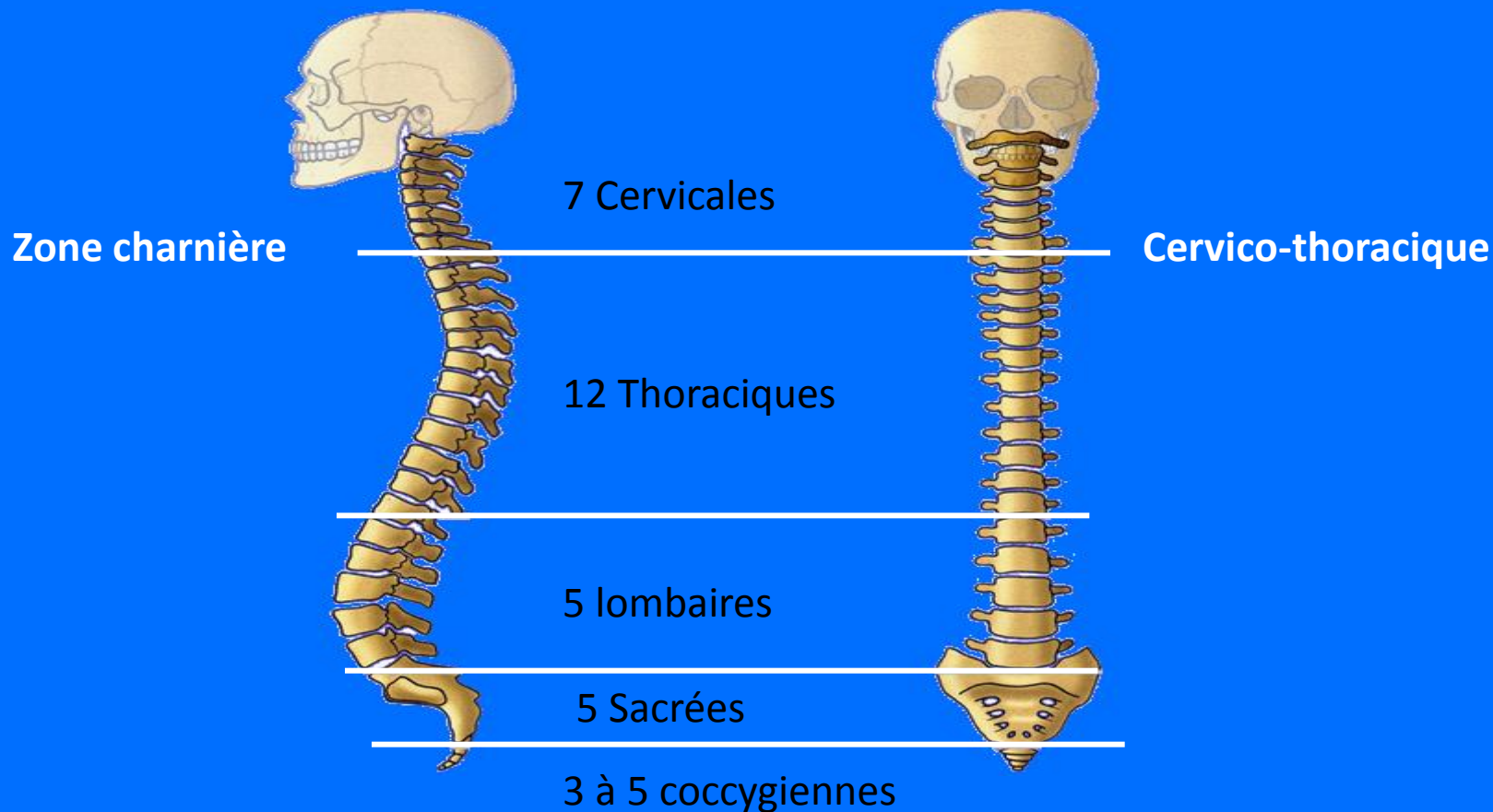


La colonne vertébrale



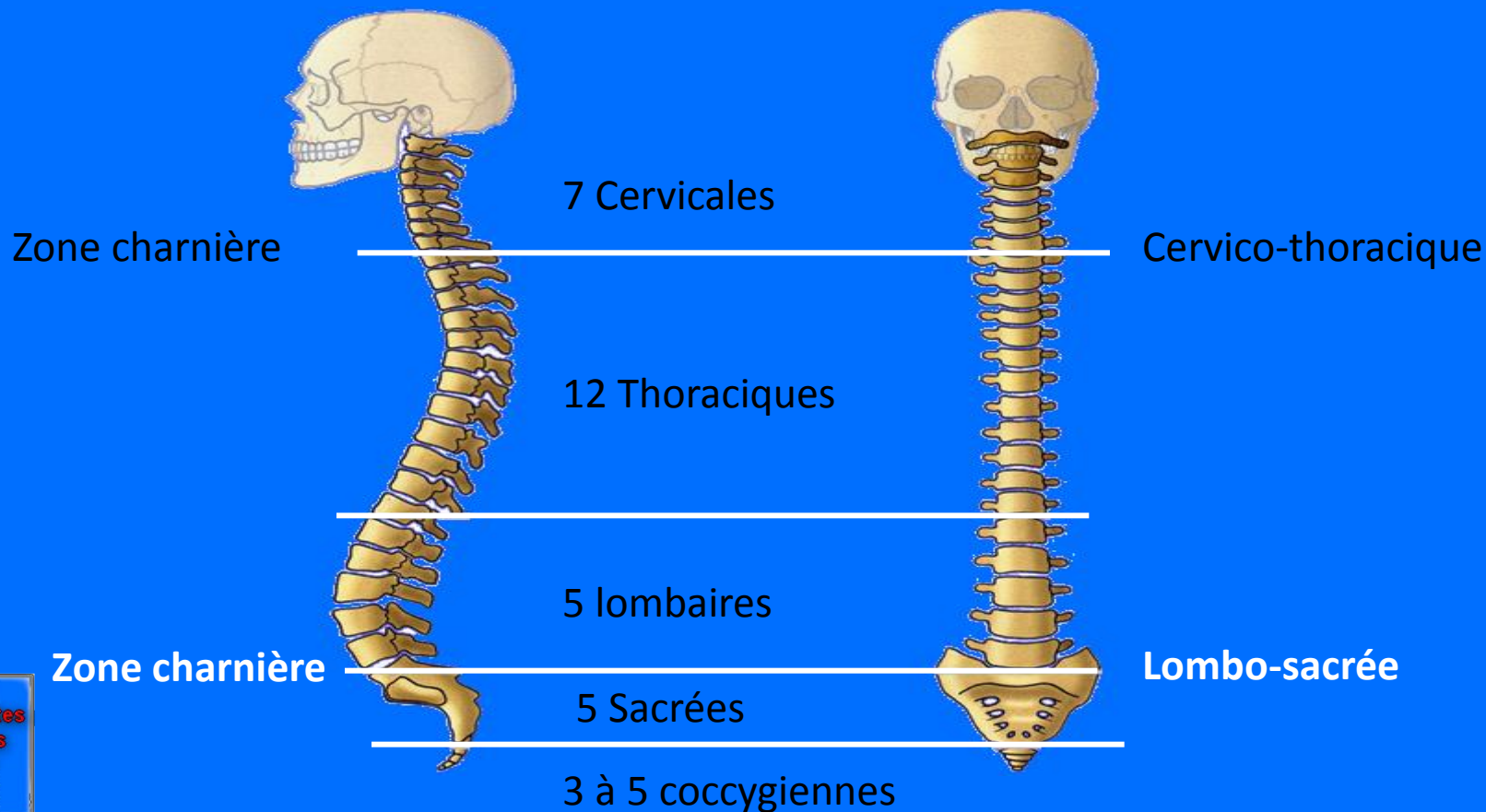


La colonne vertébrale



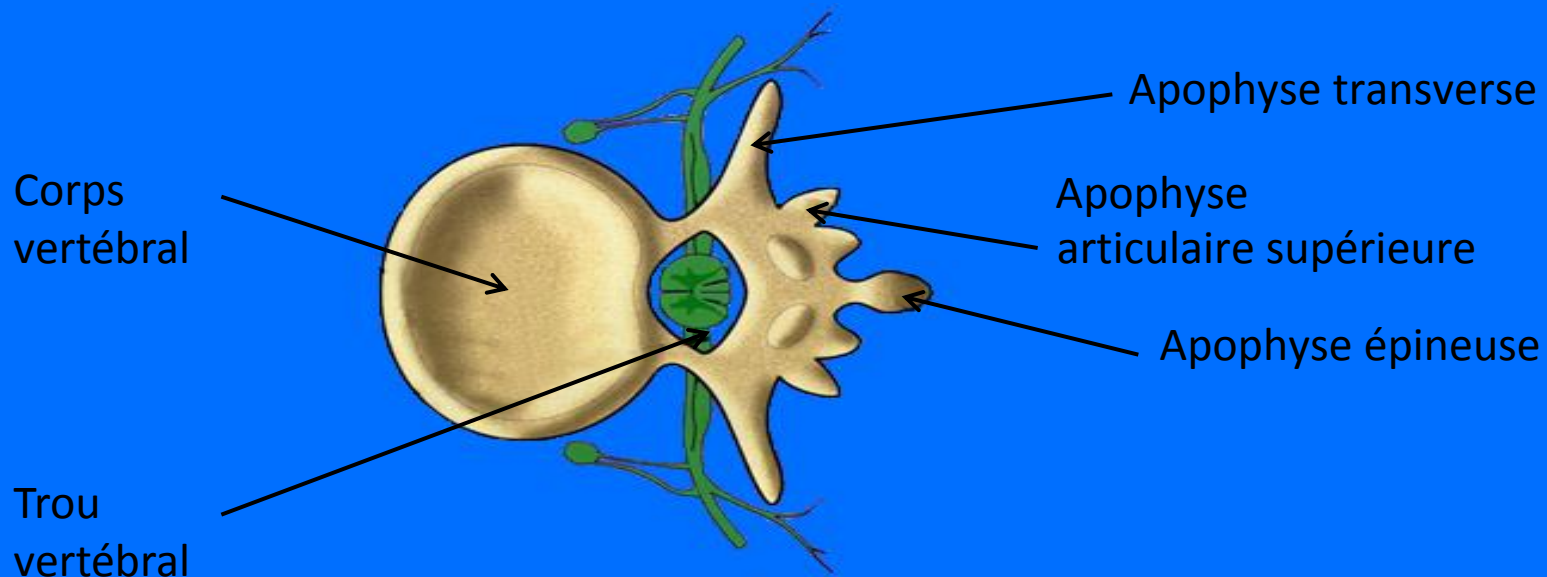


La colonne vertébrale



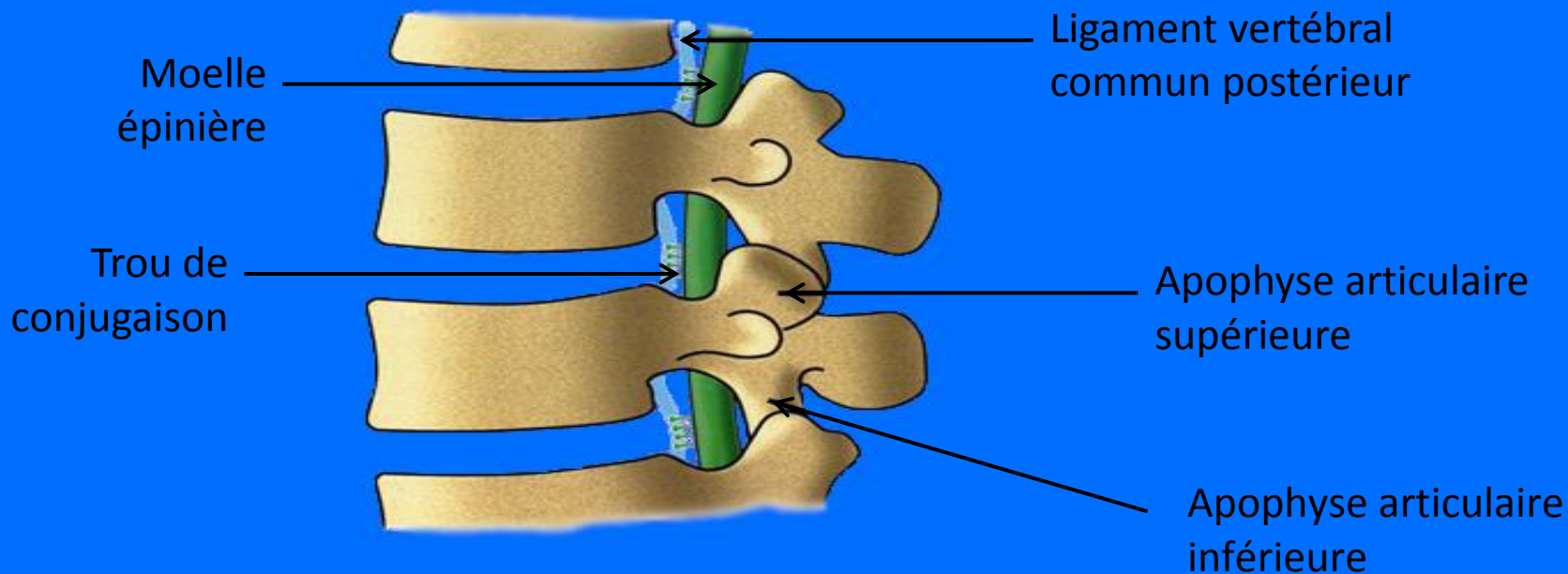


La vertèbre



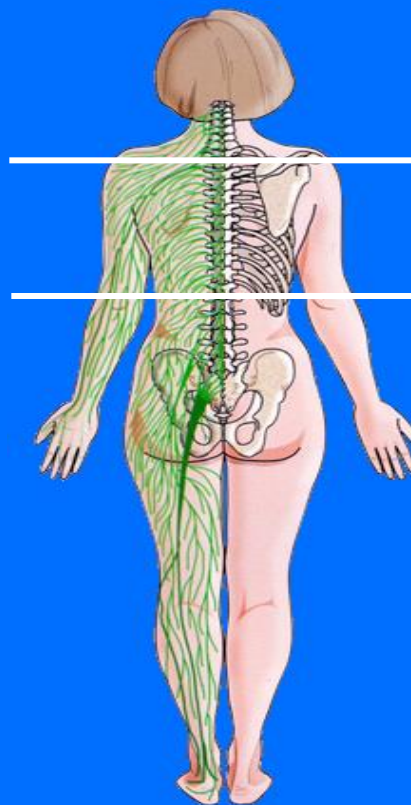


L'empilement vertébral





Les racines nerveuses



- 1C Extenseurs tête et cou...
- 2C Cou...
- 3C Nuque...
- 4C Muscles de l'omoplate...
- 5C Epaule – Membres supérieurs...
- 6C Pectoraux...
- 7C Main – Coude...

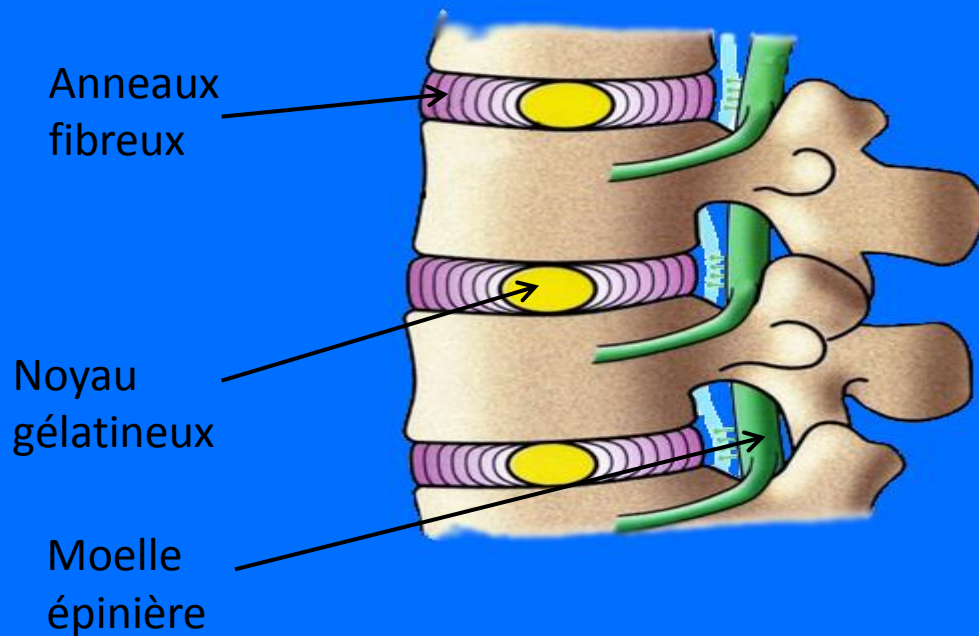
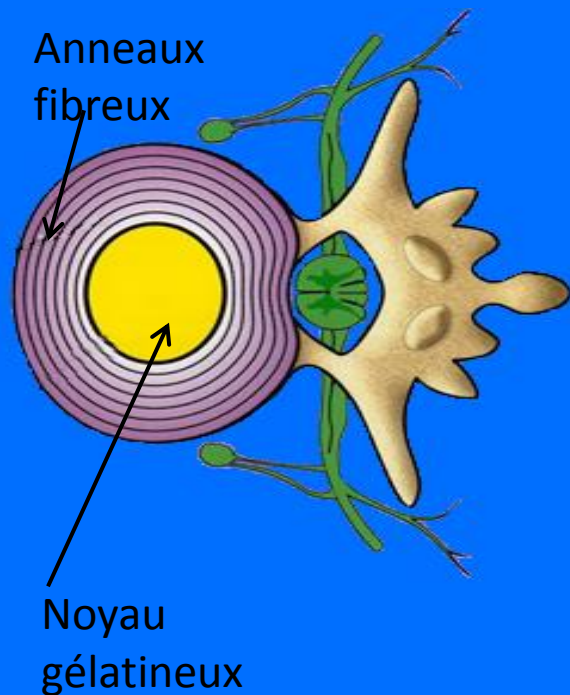
- 1T
 - 12T
- Ramifications nerveuses
de la région thoraciques
Muscles et Organes

- 1L Gros intestin...
- 2L Abdomen – Haut des jambes...
- 3L Genoux...
- 4L Nerf sciatique...
- 5L Bas des jambes...



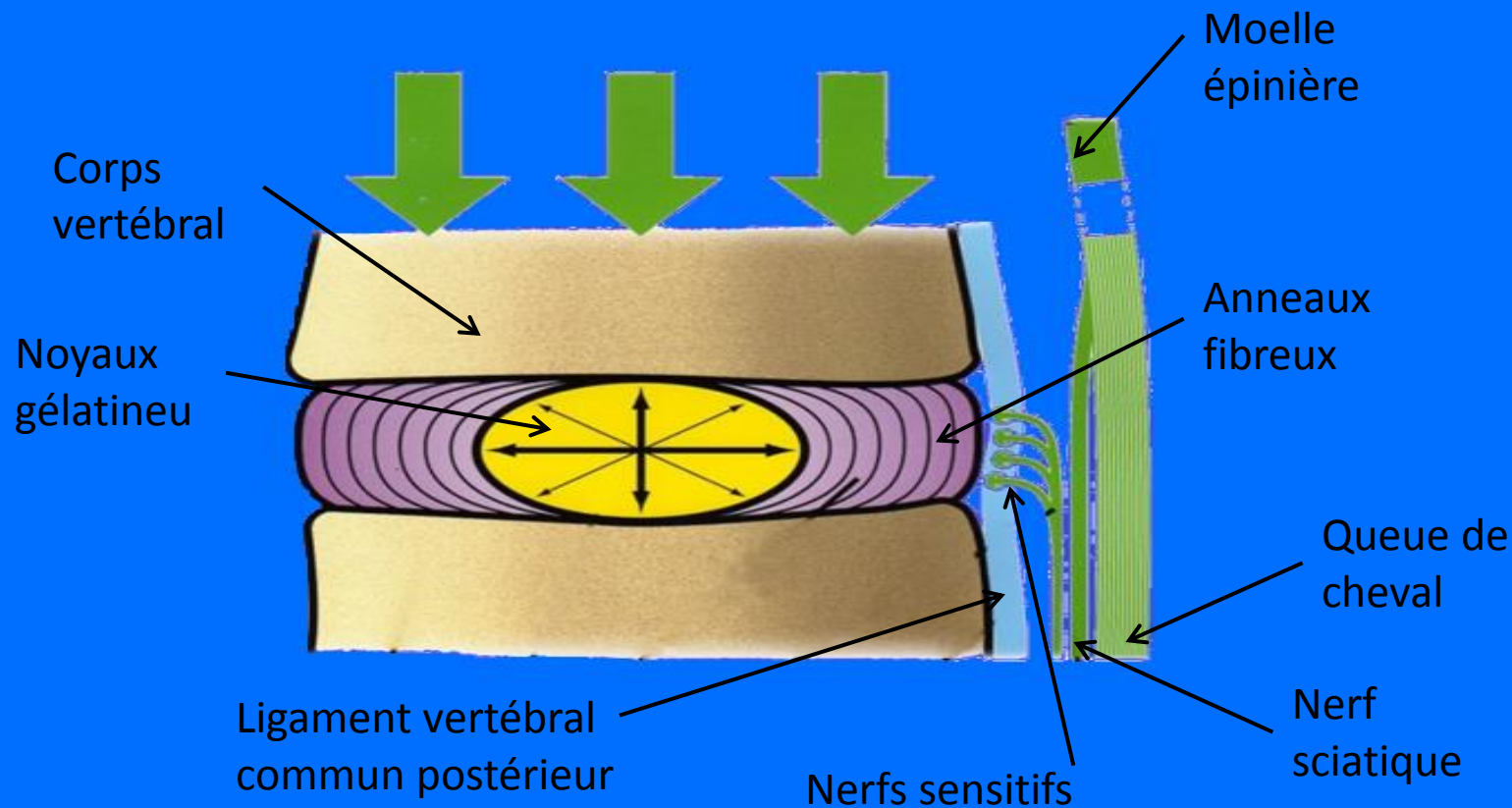


Le disque intervertébral



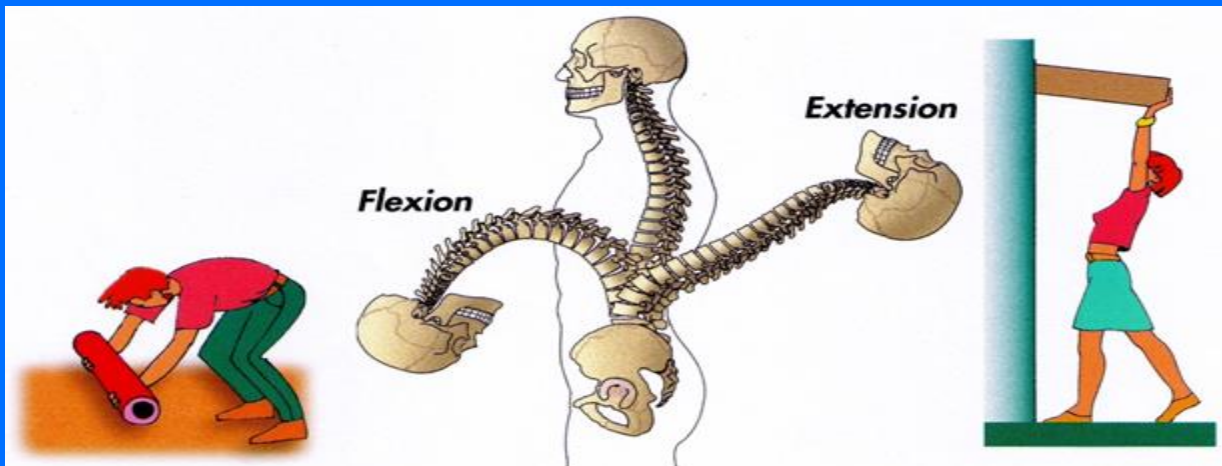


Le disque intervertébral



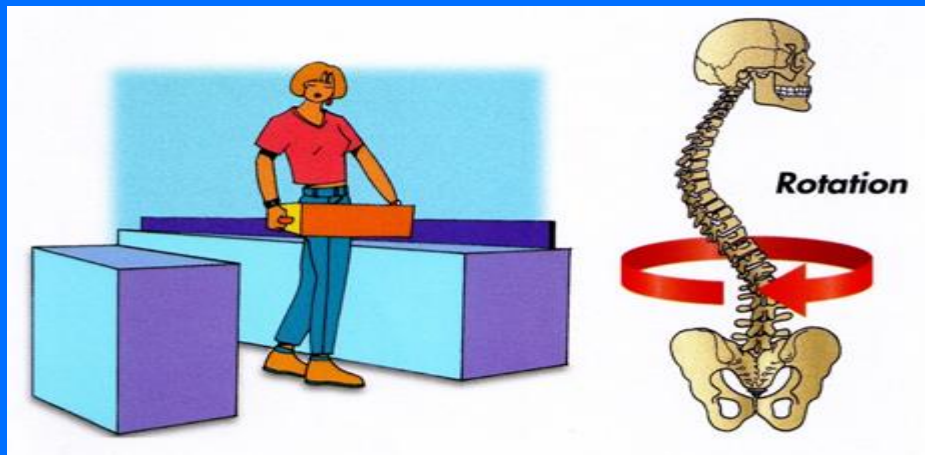


Les possibilités articulaires



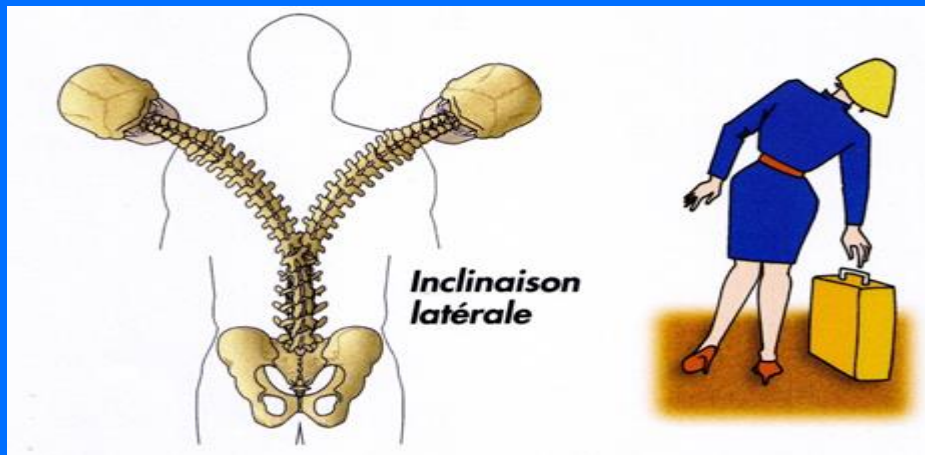


Les possibilités articulaires



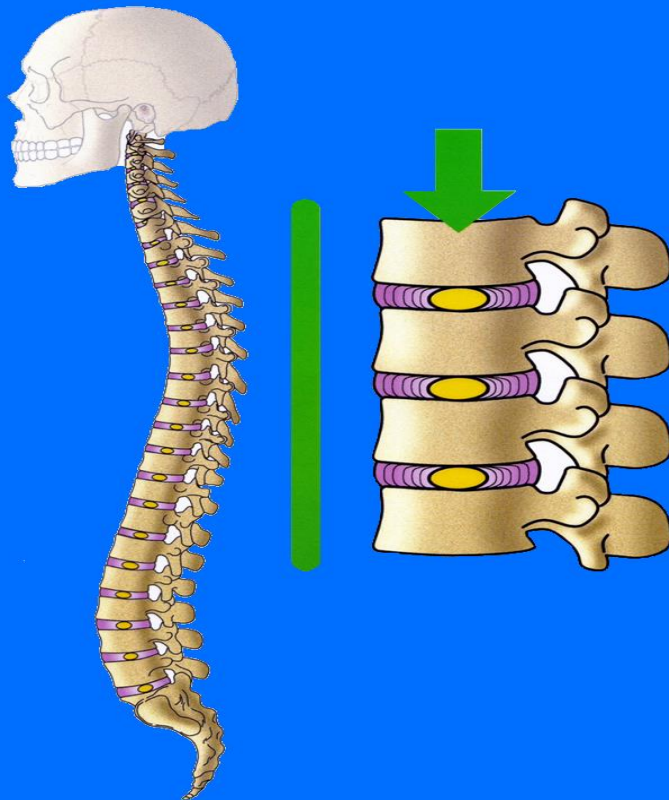


Les possibilités articulaires



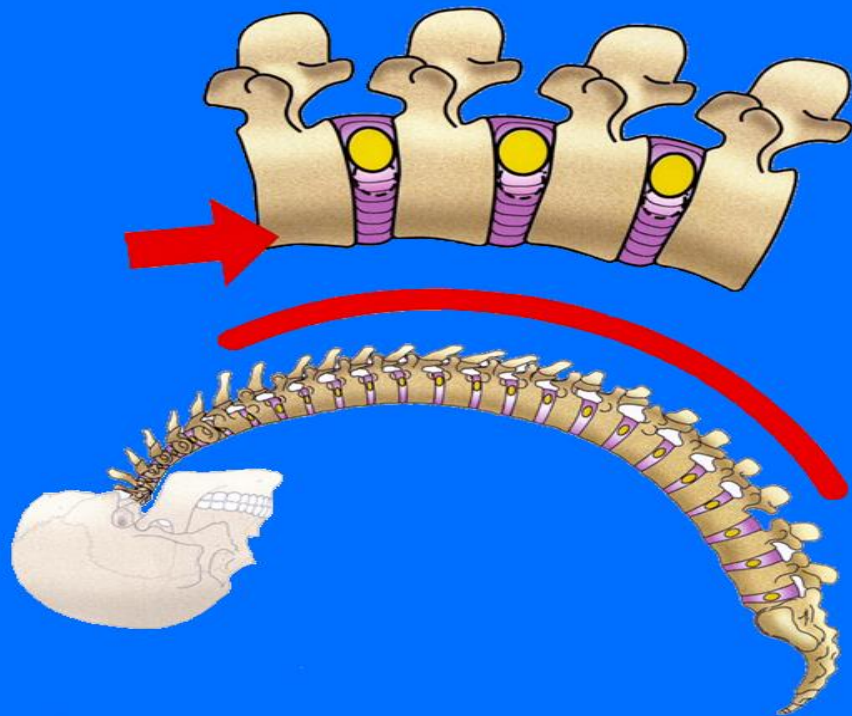


Les meilleures conditions de travail de la colonne vertébrale





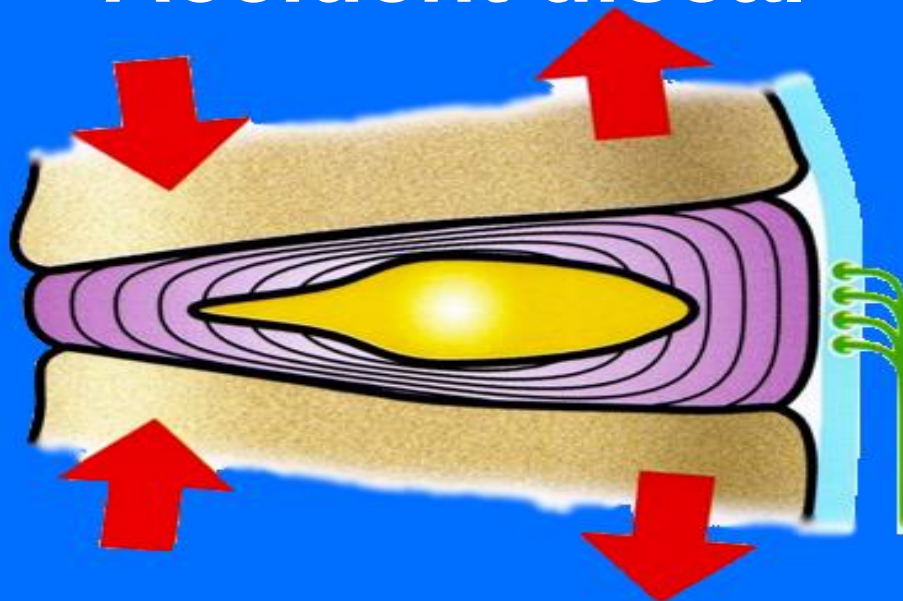
Le comportement du disque intervertébral dans les mouvements de la colonne vertébrale





Les atteintes de la colonne vertébrale

Accident discal



Le disque inter vertébral est fragilisé : les récives sont possibles

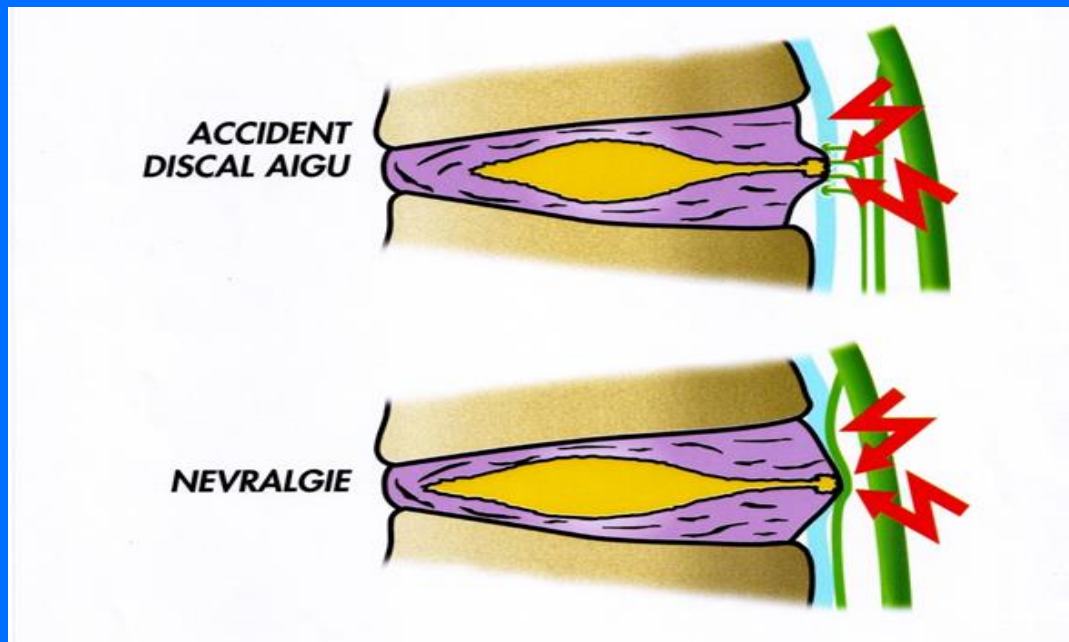
Prévention

Facteurs
aggravants

Détails
atteintes
de la
colonne

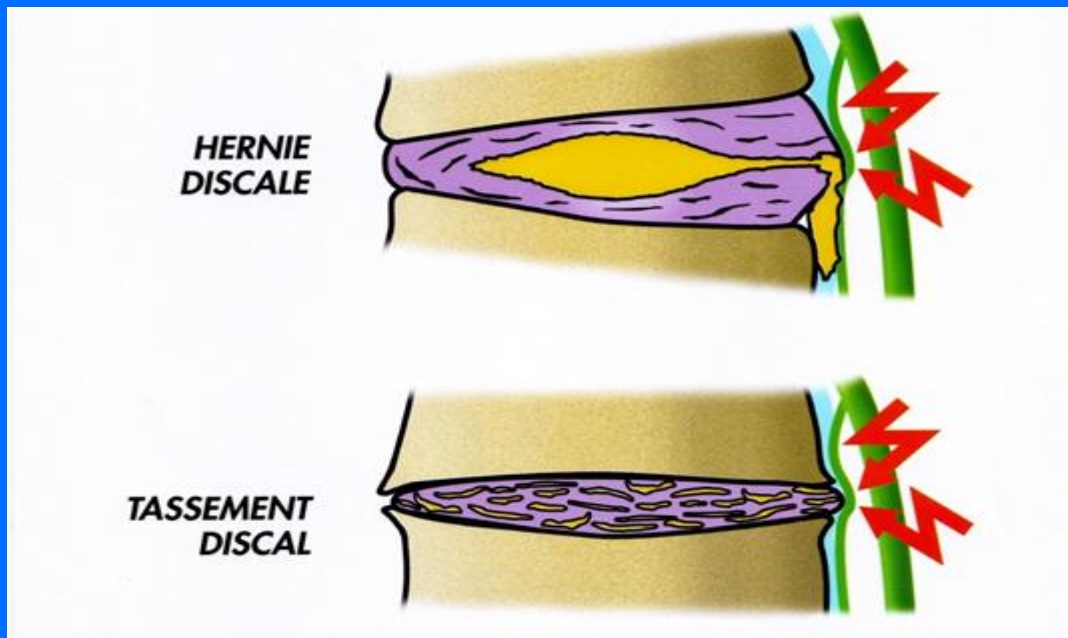


Les atteintes de la colonne vertébrale





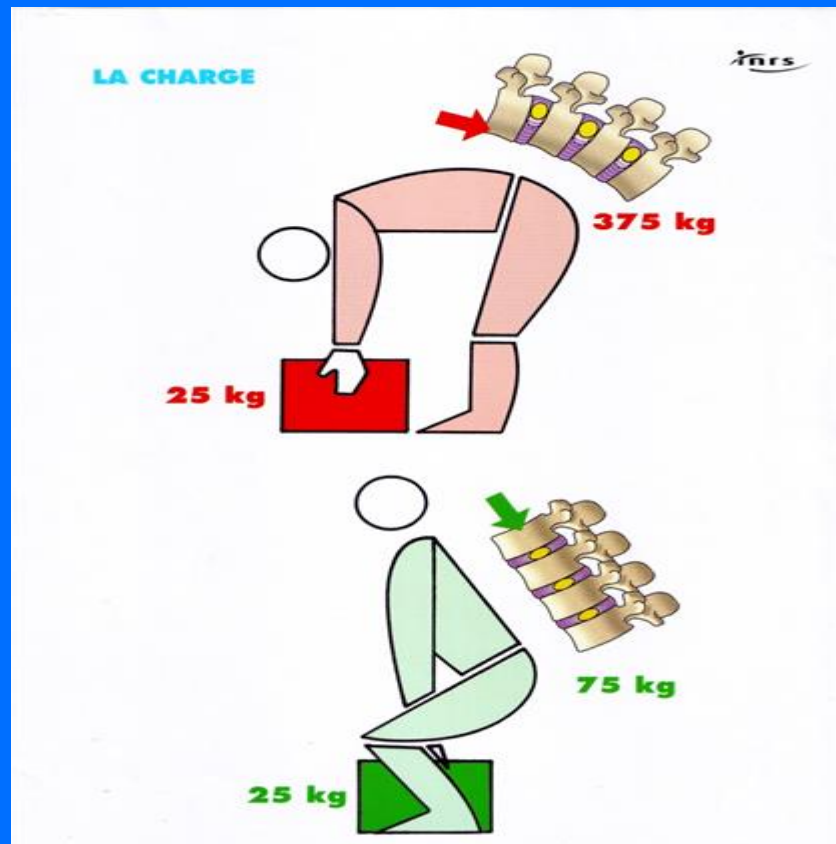
Les atteintes de la colonne vertébrale





Les facteurs aggravants

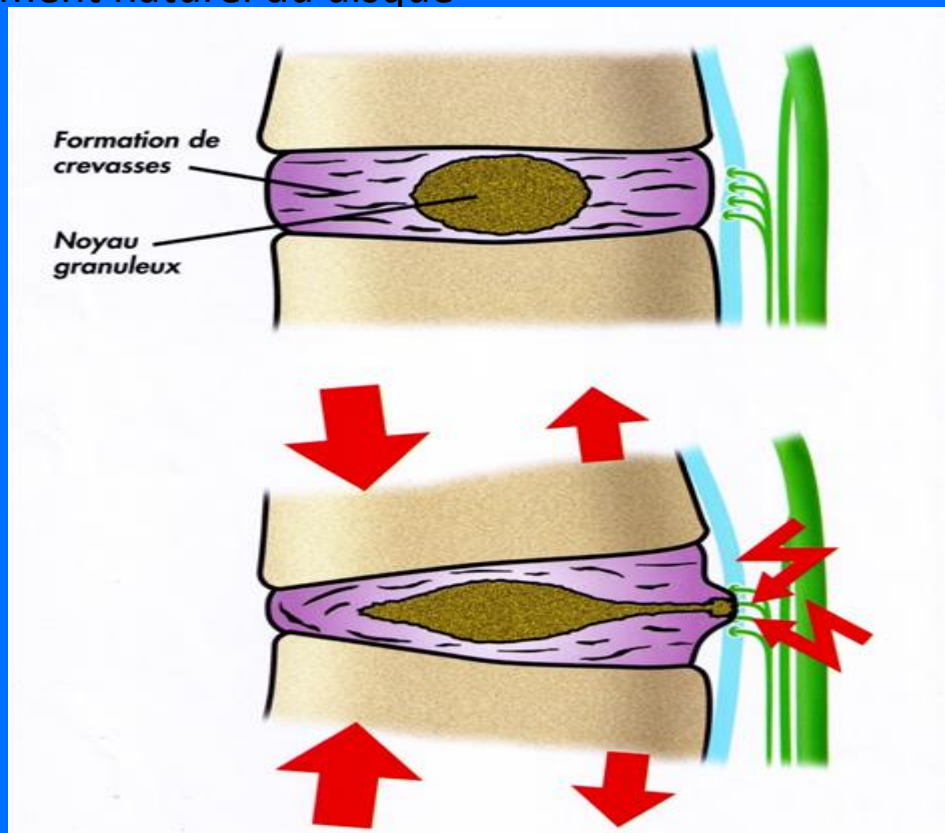
Les charges





Les facteurs aggravants

Vieillessement naturel du disque





Les facteurs aggravants

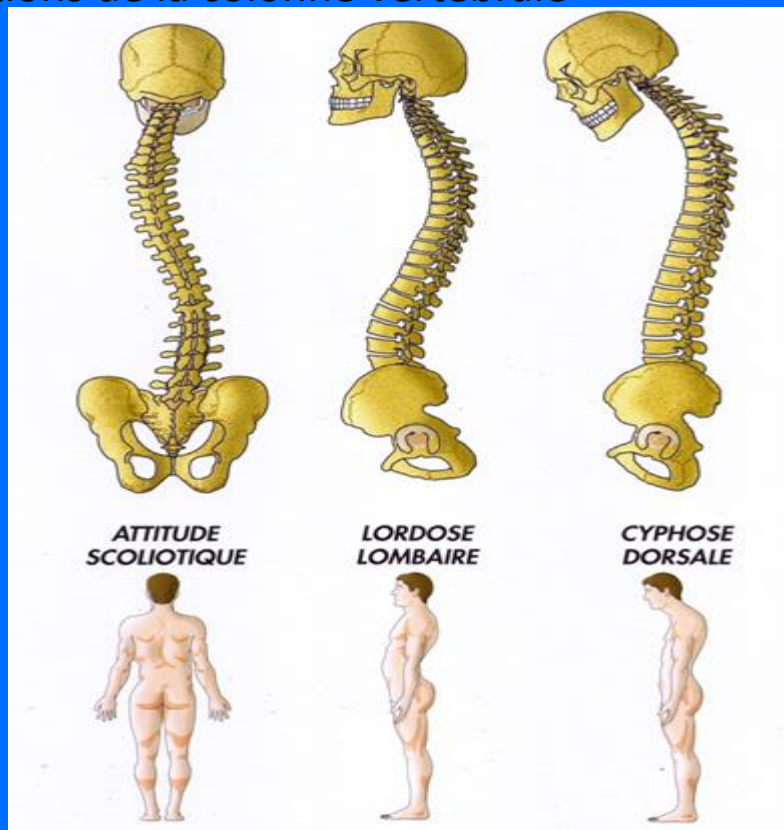
Les vibrations





Les facteurs aggravants

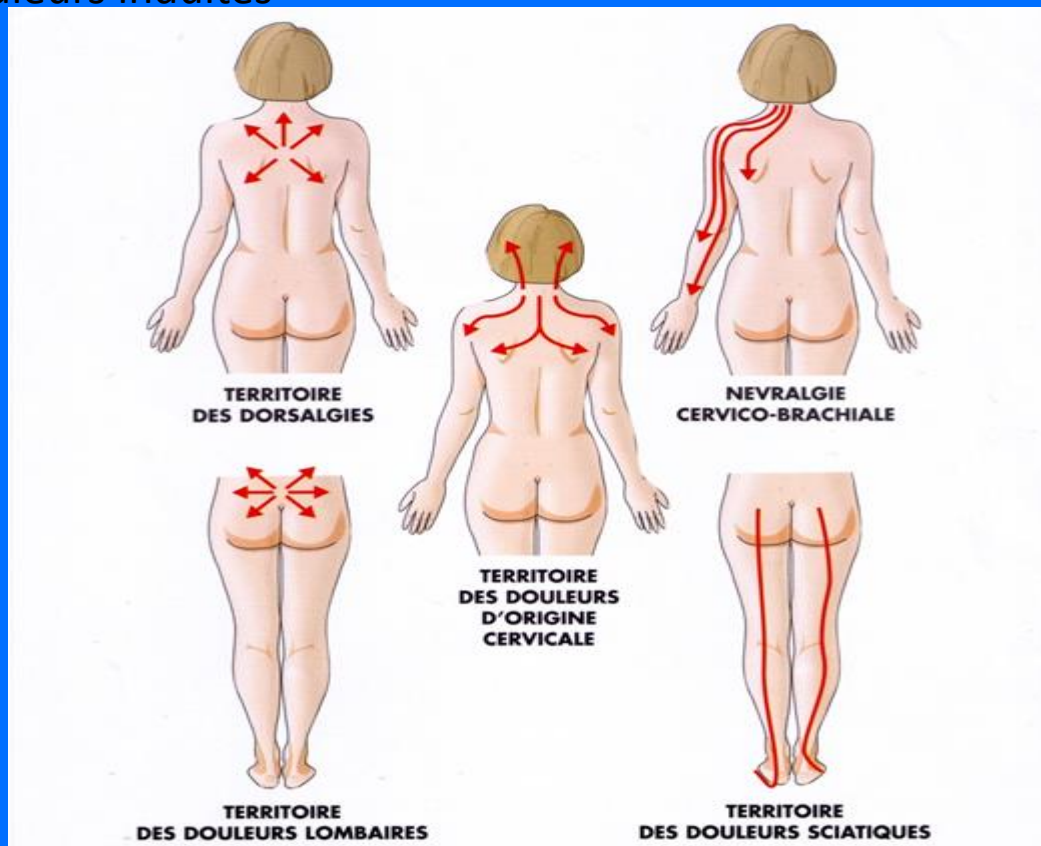
Les déformations de la colonne vertébrale





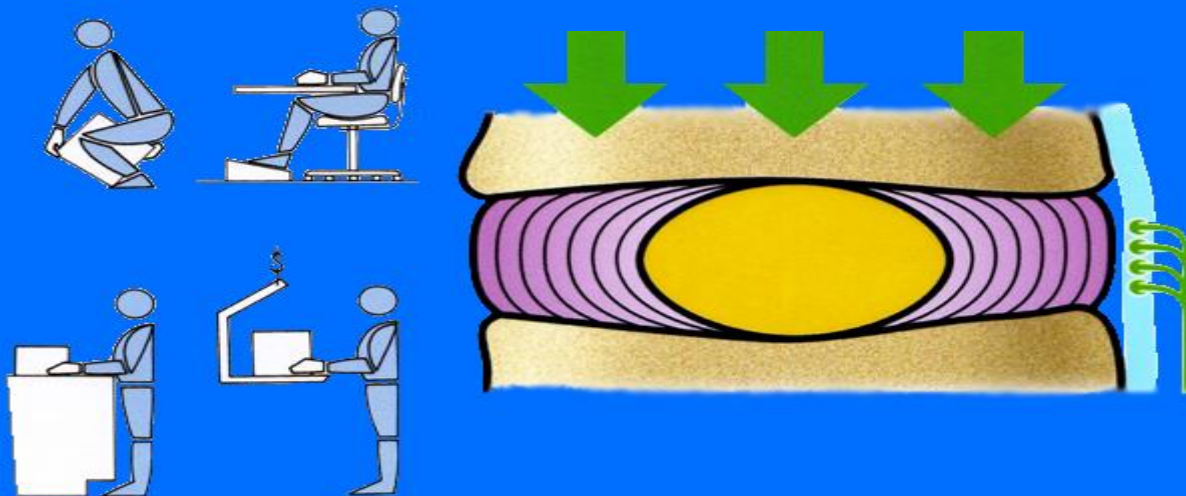
Les facteurs aggravants

Les douleurs induites



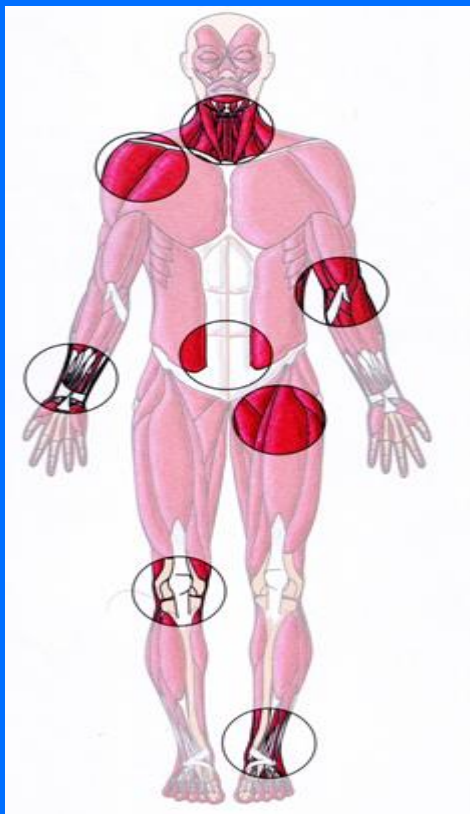


La prévention





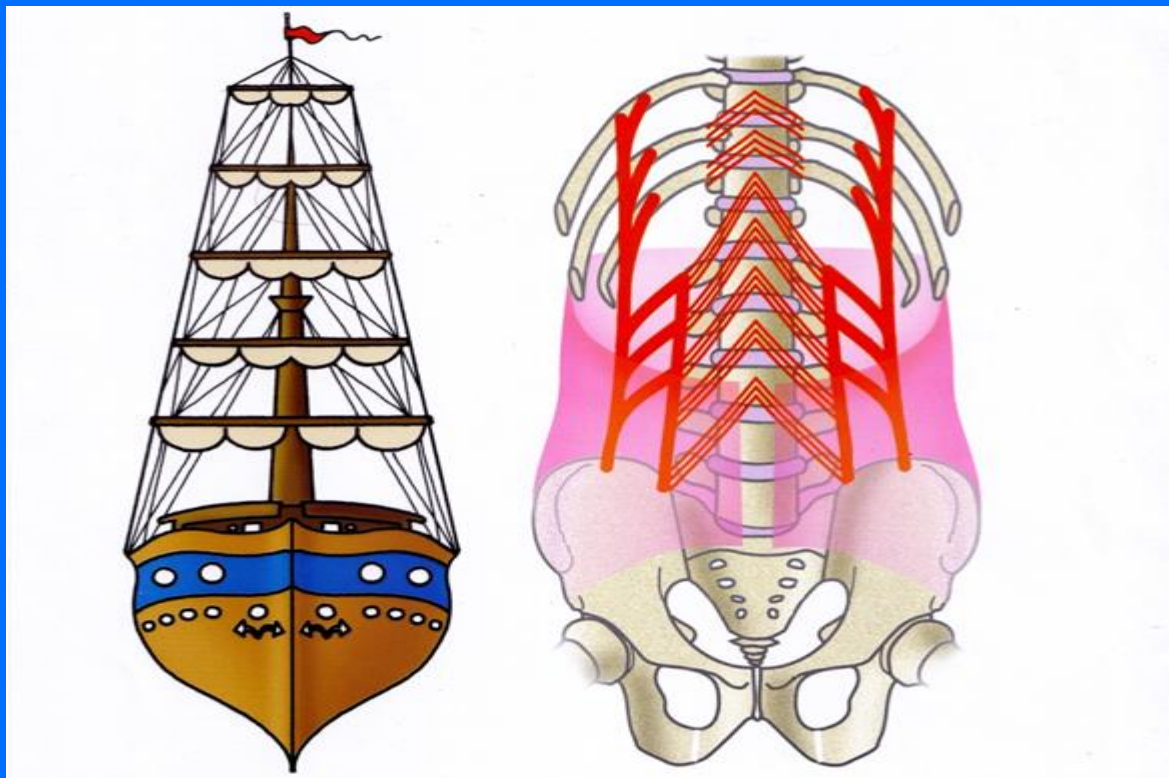
La prévention



Pour diminuer les atteintes à la santé, il est nécessaire de connaître le fonctionnement de la mécanique humaine pour mieux adapter les situations de travail à l'homme



La prévention



Pour diminuer les atteintes à la santé, les muscles doivent être maintenus en bon état