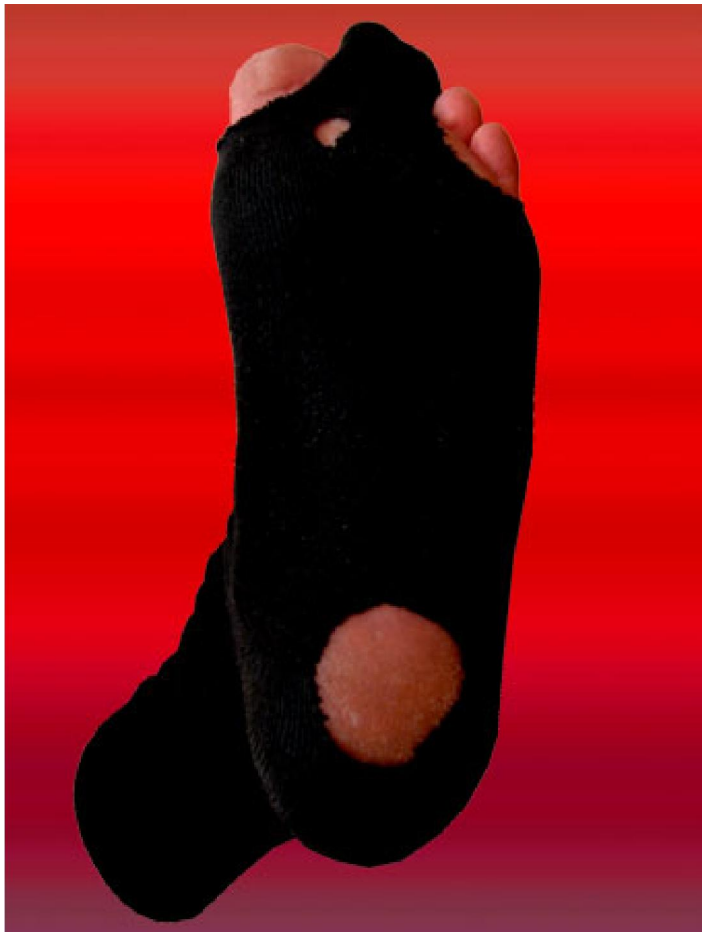
L’épaule du Lundi
et si c’était une rupture du supra-épineux

O.Courage /J.Matsoukis

Les sportifs déchirés & les vieux usés « la cinquantaine »

20%

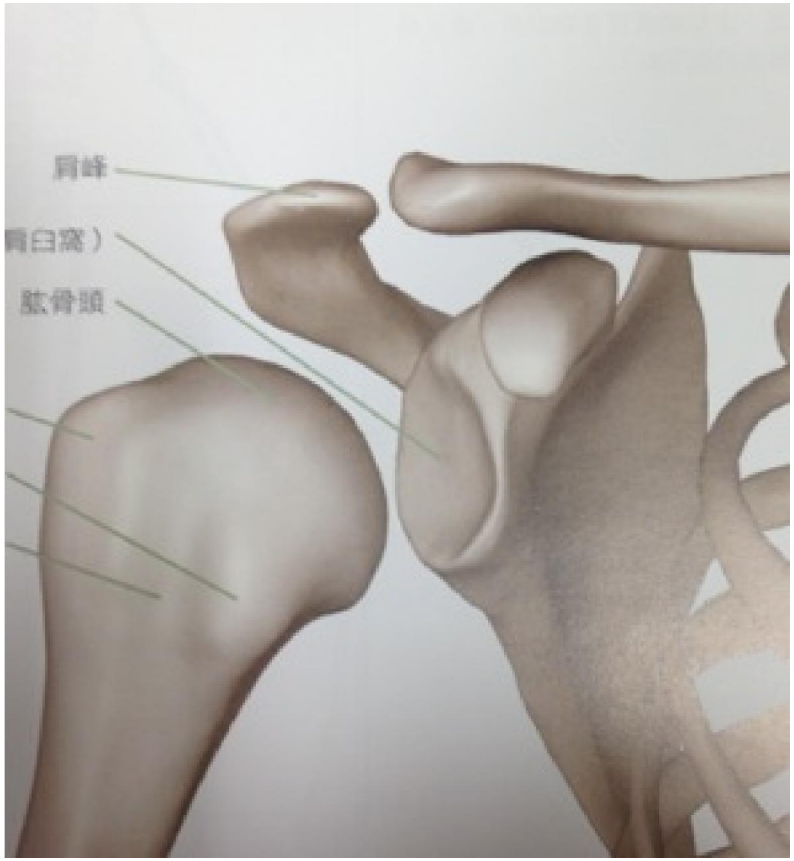


Rappel anatomique

- Mobilité
- Stabilité

Anatomie

- Omoplate
  - Glène
  - Acromion
  - Coracoïde



Tête

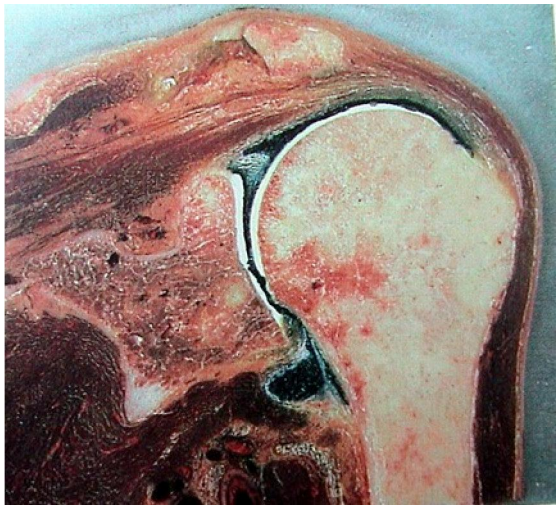
Tubérosité

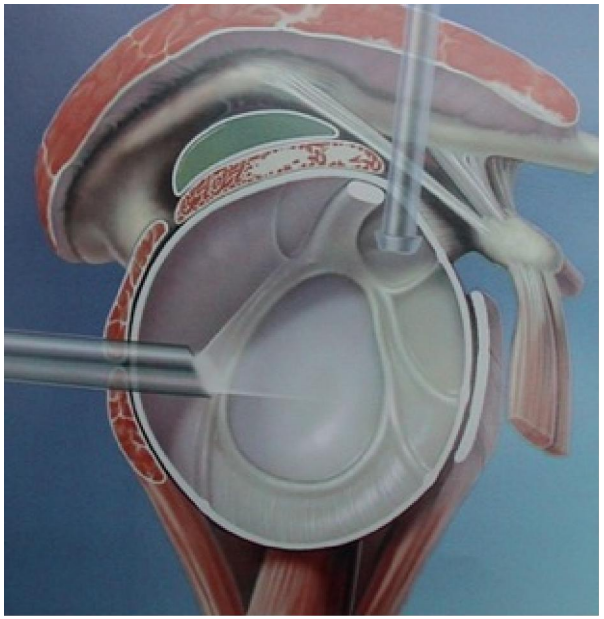
Faible moment

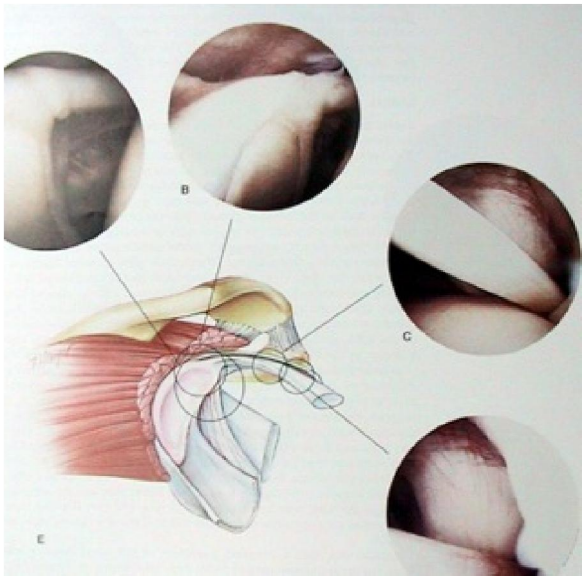
Zone d’insertion

Les moyens d’unions articulaires

- Capsule
- Bourrelet
- biceps

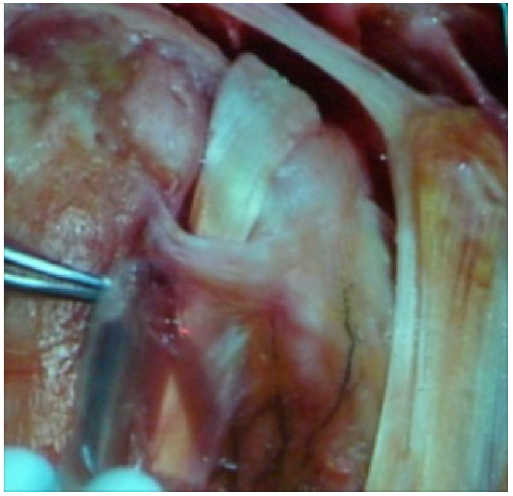


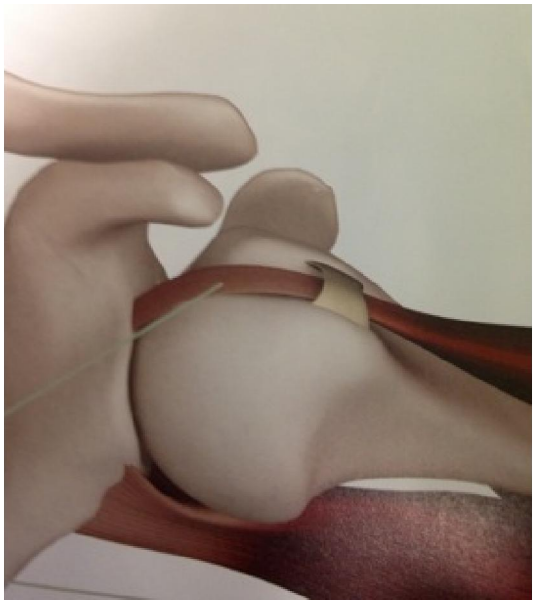




Biceps intra-articulaire

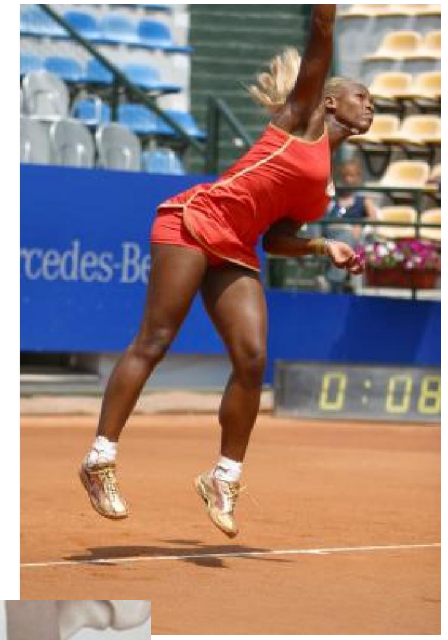
- Rail
- Guide et maintient l’humérus

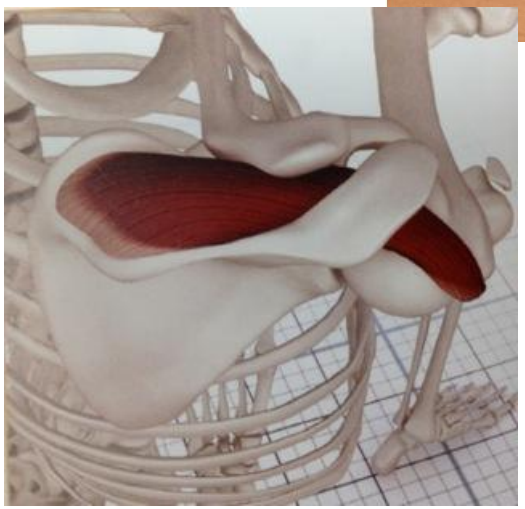




Les muscles & le tennis

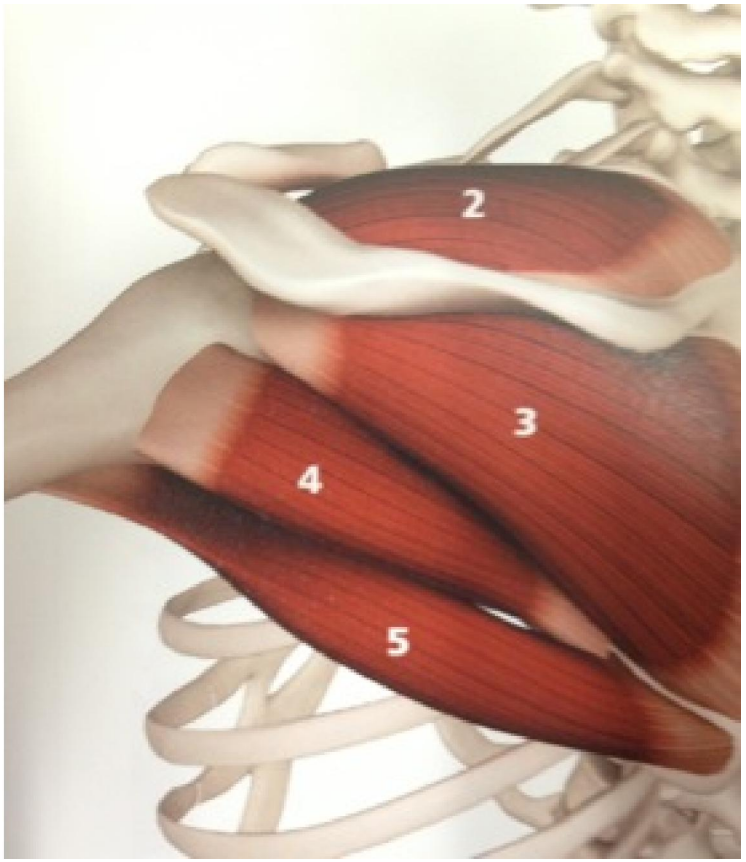
- Le service
- Le supra-épineux





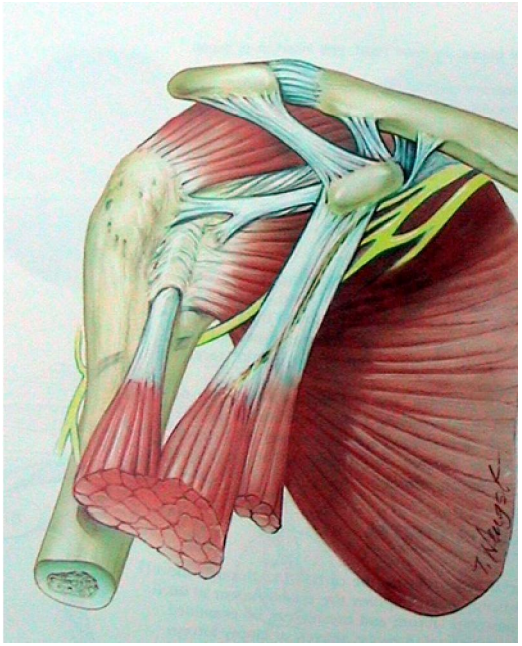
Rotation externe = le revers

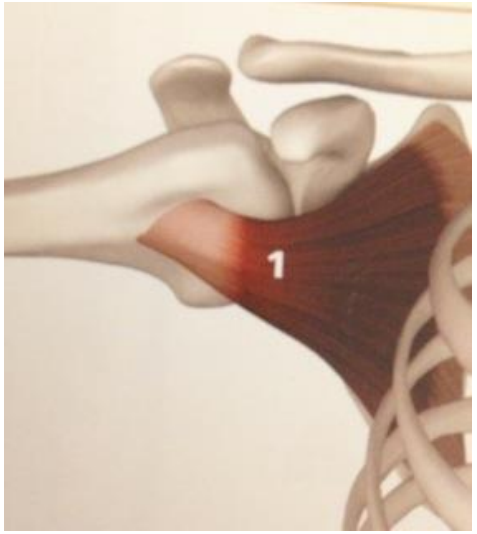
- Infra-épineux



RI : le coup droit

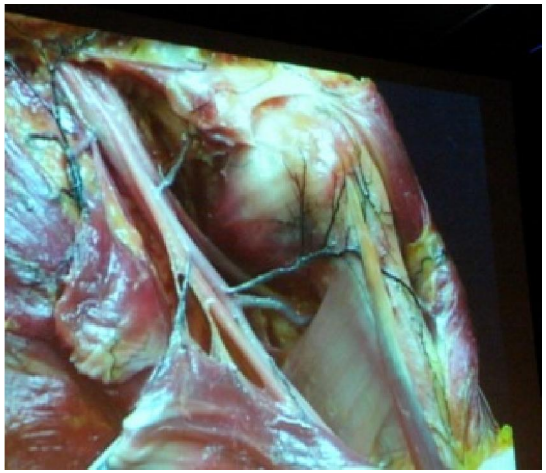
- Le sous- scapulaire
  - Le biceps

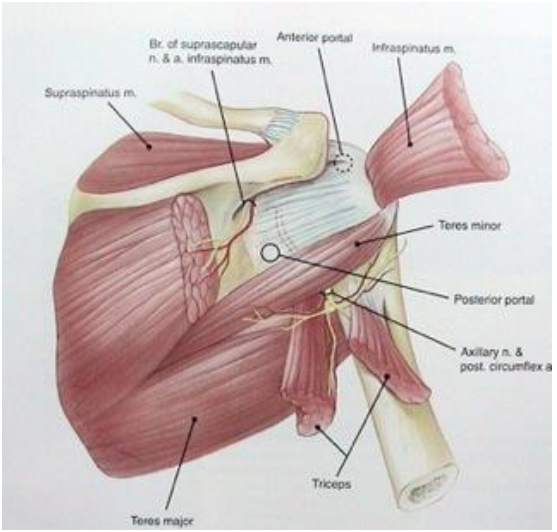




Nerf & artères

- Dangers chirurgicaux
- Parfois pathologie
  - Rare
  - Compression





Les signes cliniques