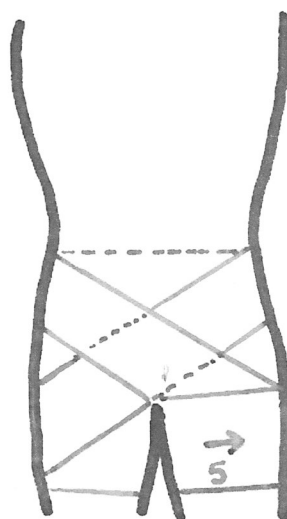
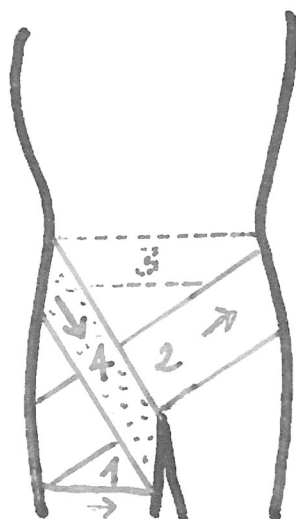
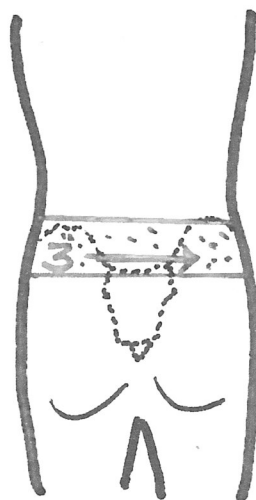
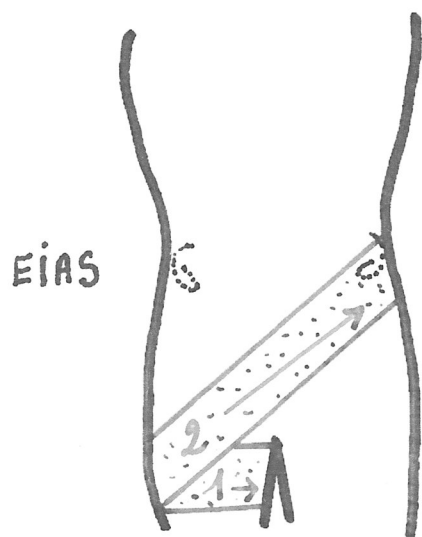


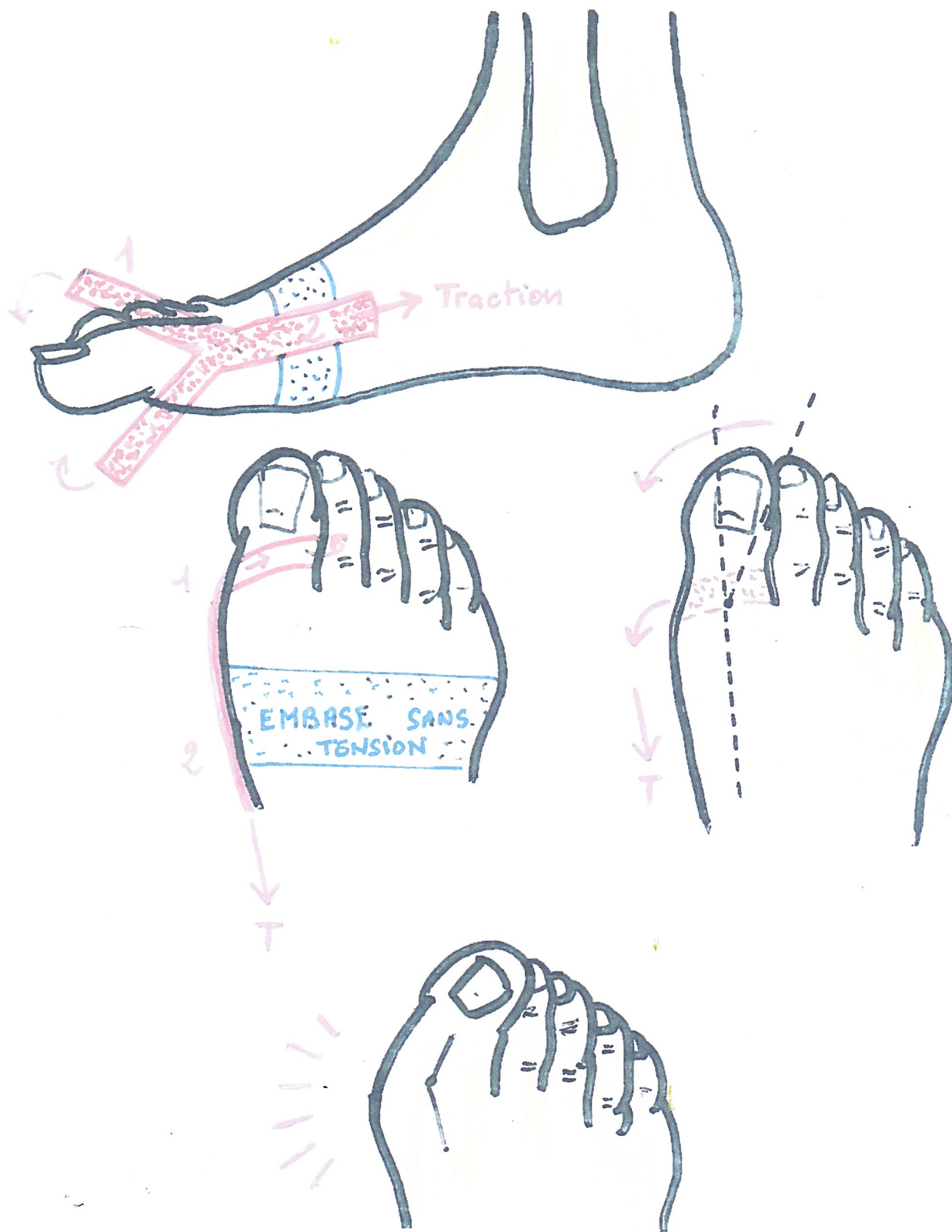
ADDUCTEURS - PUBALGIE

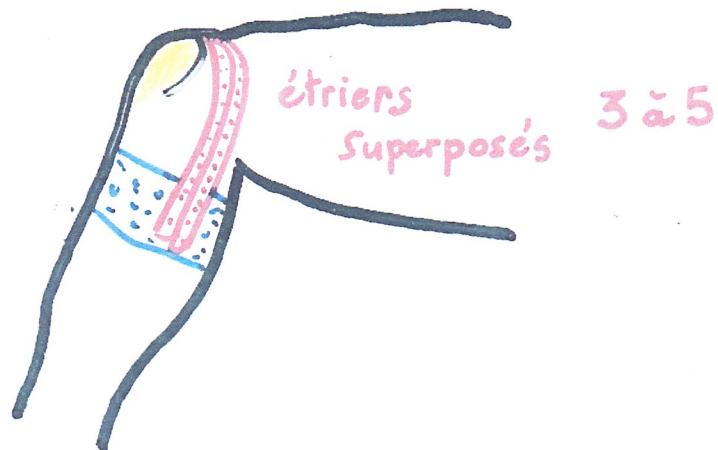
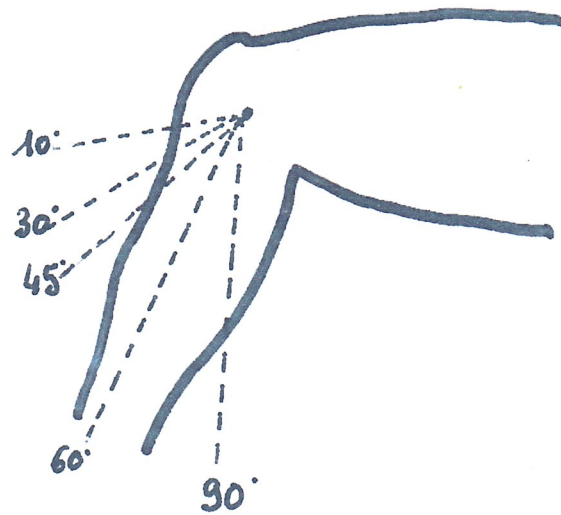
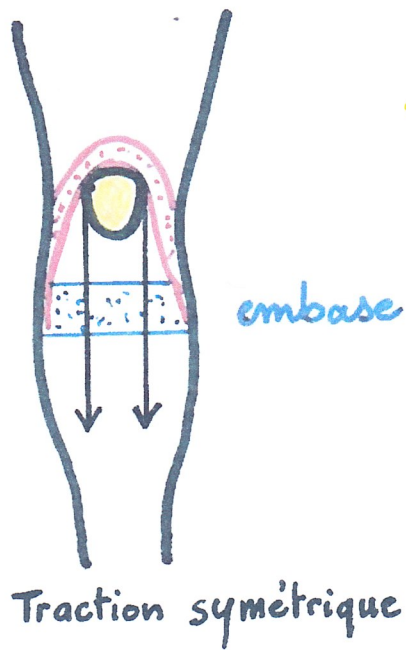


**En « épis » pour
les adducteurs**

**En « croisé » pour
la pubalgie**

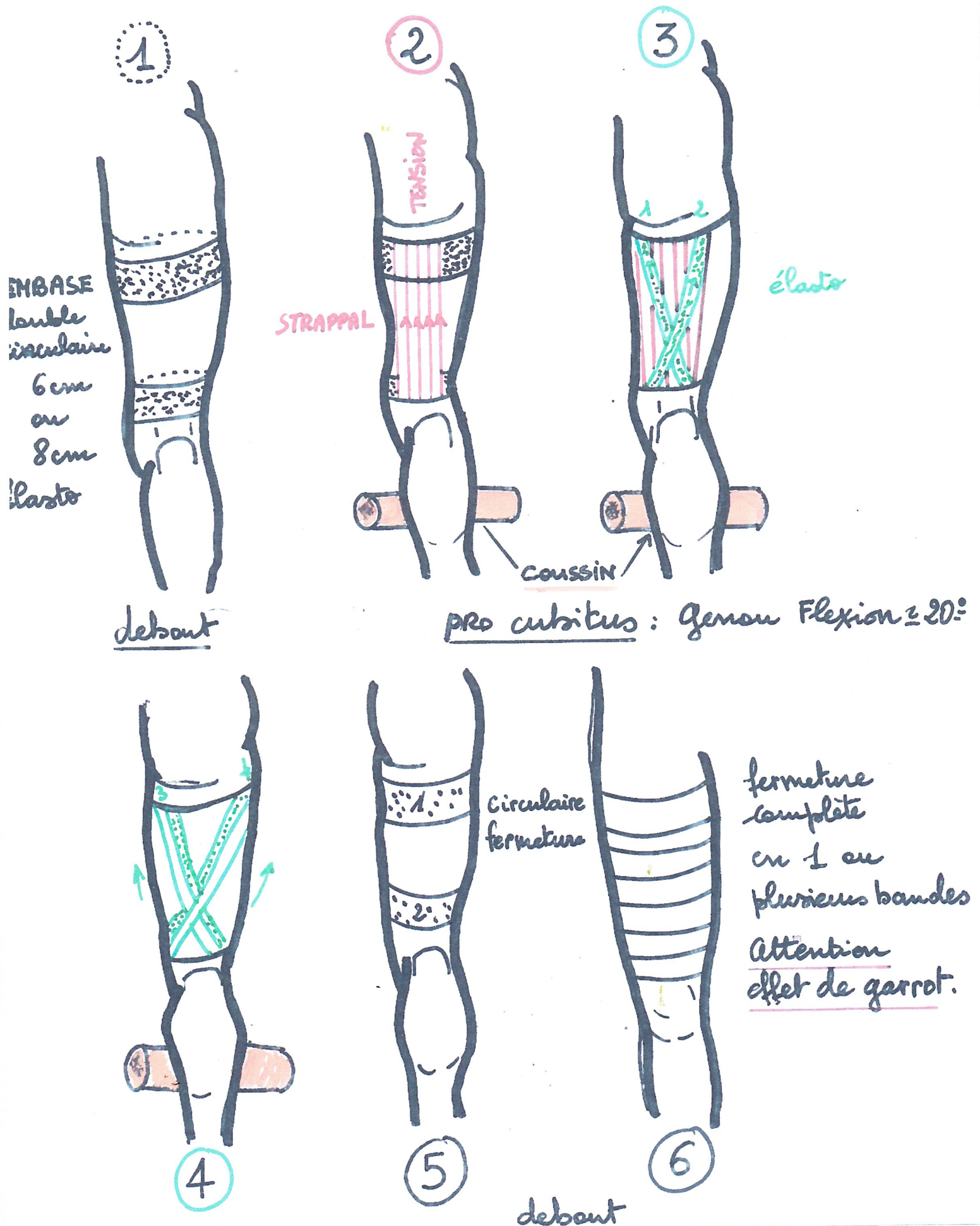
HALLUX VALGUS



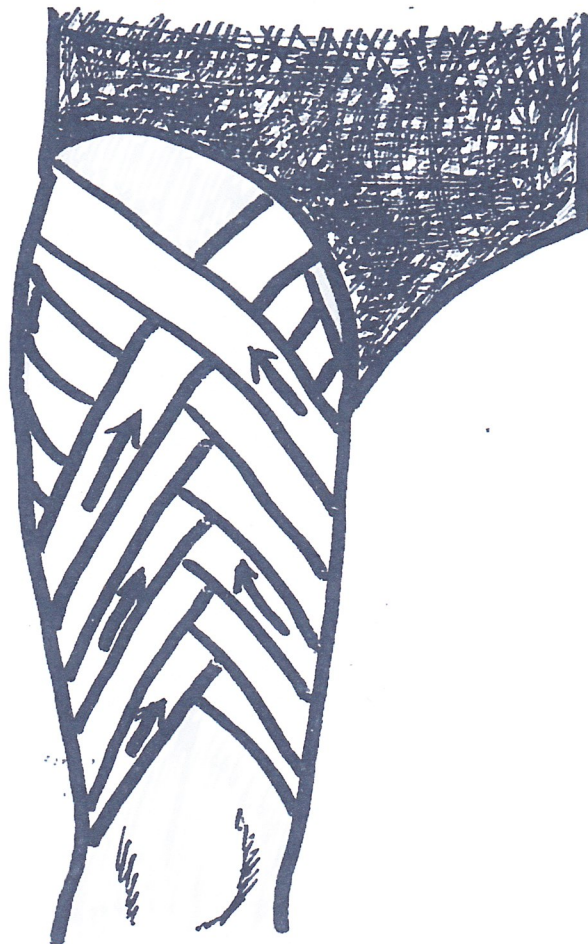


TENDINITE ROTULIENNE

ISCHIO - JAMBIERS

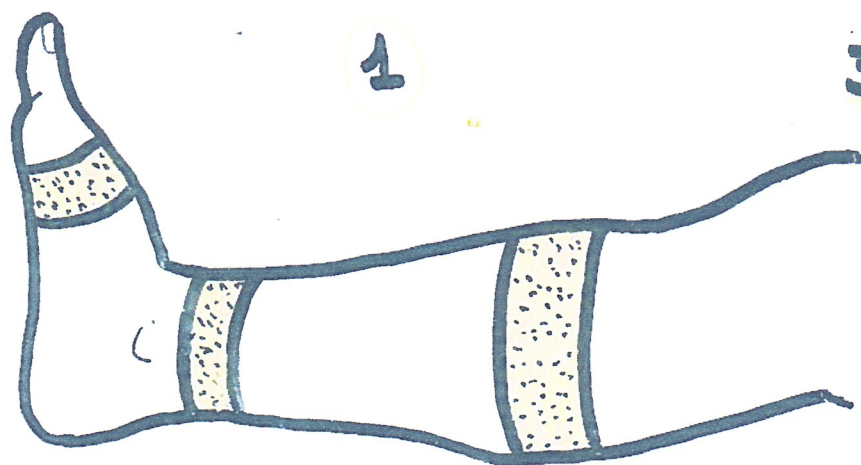


QUADRICEPS



**L'action proprioceptive du « serrage » musculaire ,
semble augmenter le tonus de base musculaire. Les
E.M.G réalisés sur les muscles strappés , montrent
une activité électrique nettement augmentée.**

ENTORSE du L.L.E de la CHEVILLE

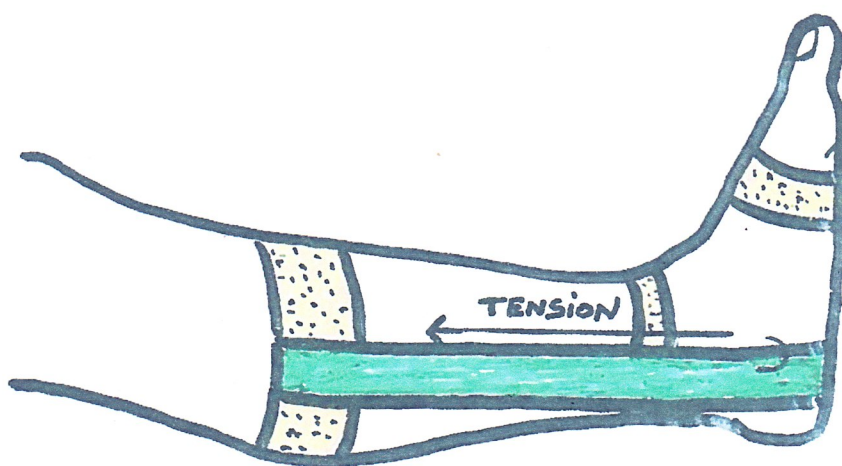


3 EMBASES

Circulaires Supérieure
Inférieure
Postérieure

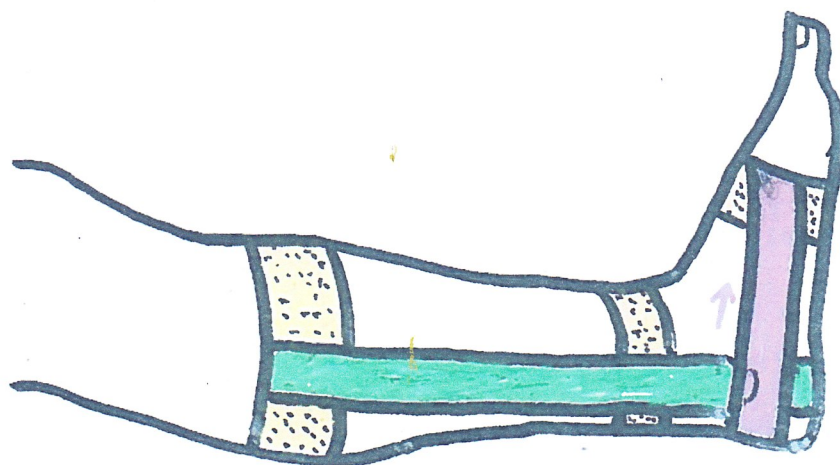
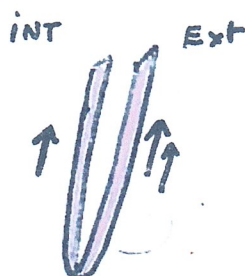
ETRIERS

Verticale



ETRIERS

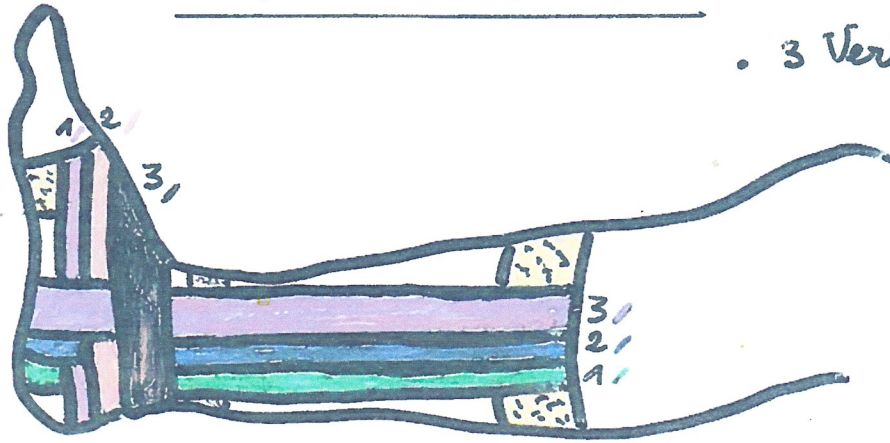
Horizontale



4

SIX ETRIERS

- . 3 horizontaux
- . 3 Verticaux



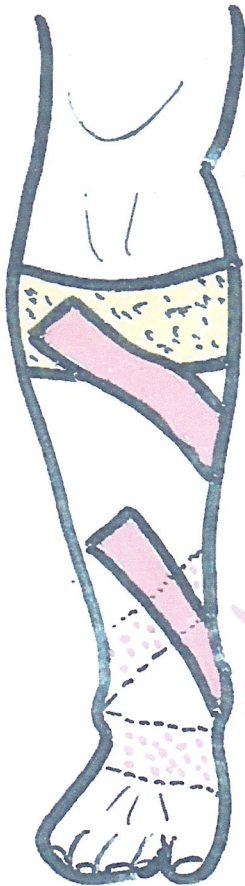
3 étriers se chevauchant de moitié
en toile à demi

⑤

VERROUILLAGE

Post-Ext.

Post-int



TENSION
dans
l'AXE
de la bande

Post-Ext

Vue Antérieure



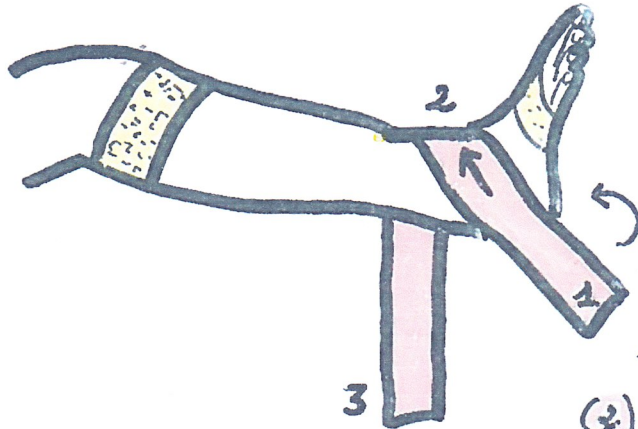
Vue Postérieure

⑤'. Pour le Post-int. il suffit d'inverser !

⑥

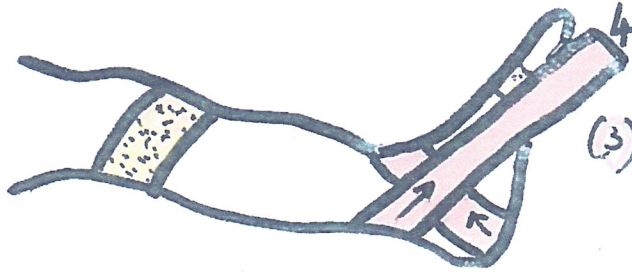
ANTI VARUS :

- Bande appliquée sur toute les précédentes décrites
- Striers verticale horizontaux
- Verrouillage ext. int. calca

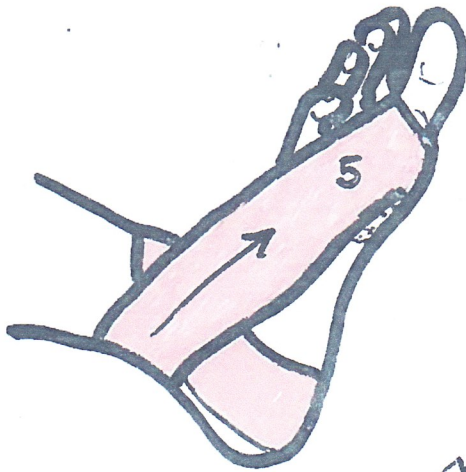


Ce 1^{er} chef est rabattu sur la face interne du talus

- (2) Boutonne l'extrémité distale de la jambe avec une forte tension (éversion du pied)



- (3) Croise le tendon d'Achille



- (4) Rabatthe vers le bord antéro externe du pied

- (5) Terminer vers la plante du pied pour finir au niveau de la tête du premier métatarsien.

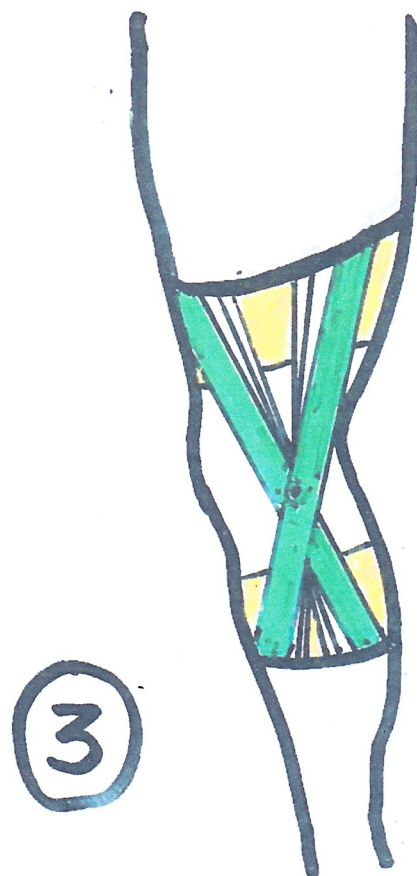
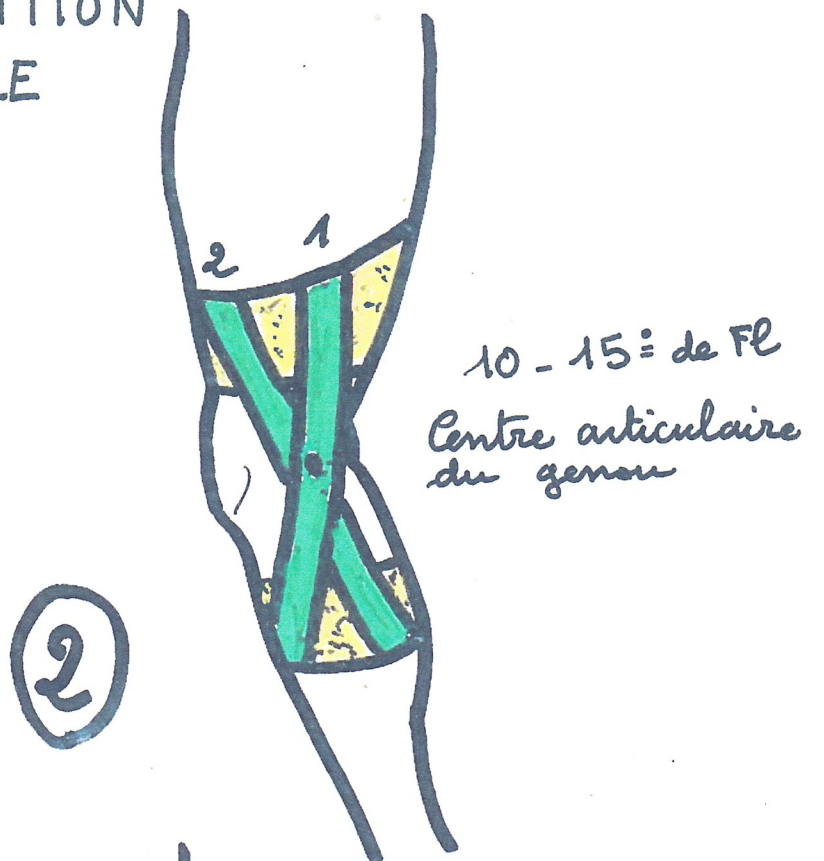
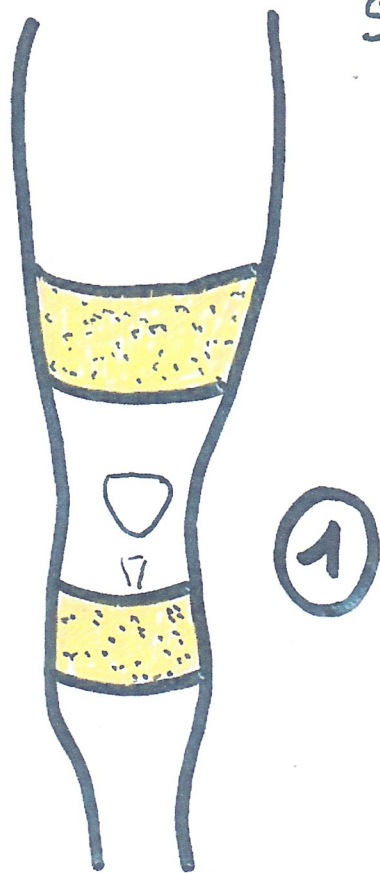
⑦

FERMER les EMBASES (verrouillage)

Solidariser le montage par des circulaires

GENOU

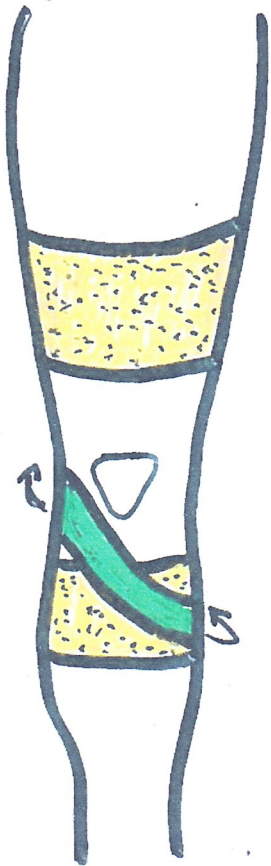
STABILISATION LATÉRALE



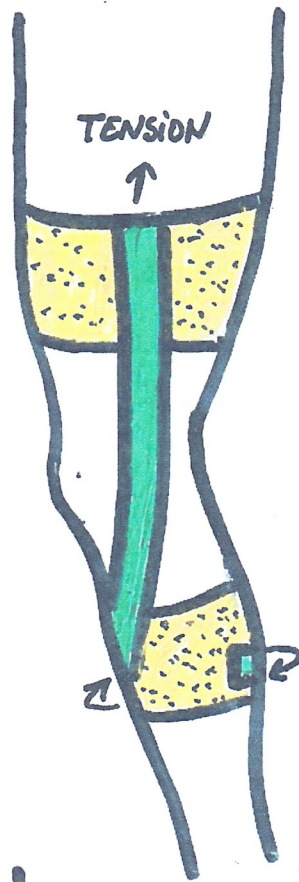
GENOU STABILISATION

ANT - POST

④



⑤



⑥



GENOU STABILISATION ANT- POST

