



## DİZ ANATOMİSİ VE BİYOMEKANİĞİ

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### GİRİŞ

Diz, toplumda kas-iskelet sistemi ağrılarının en sık görüldüğü anatomik bölgelerden biridir ve genel olarak, yaş ilerledikçe hem diz ağrısı hem de diz ağrısı ile ilişkili fiziksel sakatlık prevalansı artar (1). Diz ağrısı ile başvuran bir hastada; kapsamlı bir öykü, tam bir fizik muayene ve uygun tanısal görüntüleme araçları (gerekli durumlarda) dâhil sistematik bir değerlendirme yaklaşımı gereklidir. Bu değerlendirme sonucu hastalara doğru tanı koymak ve uygun bir tedavi stratejisi belirlemek için diz anatomisinin ve temel biyomekaniğinin anlaşılması esastır (2). Bu bölümde, kas-iskelet sistemi bozukluklarına bağlı diz ağrılarının başarılı bir şekilde yönetimi için dizin klinik anatomisi ve biyomekaniği gözden geçirilecektir.

### DİZ

Diz eklem yüzeyi ve eklem hacmi açısından vücuttaki en büyük eklemdir ve sınırlanmış aksine biyomekaniği oldukça karmaşıktır. Eklemi oluşturan kemik yapılar distal femur, proksimal tibia ve patelladır. Fibula diz eklemine katılmaz. Diz eklemi, esasında tibiofemoral ve patellofemoral eklem olmak üzere iki ayrı fakat

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