

BÖLÜM 1

Omuz Anatomisi ve Biyomekaniği

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1. GİRİŞ

Omuz bozuklukları, kas-iskelet sistemi ağrısı ve sakatlığının en sık nedenleri arasındadır. Omuz ağrısı, bel ve servikal ağrıdan sonra kas-iskelet sistemi rahatsızlığının üçüncü en sık nedenidir. Omuz hastalıklarının kümülatif yıllık insidans tahminleri, Batı genel popülasyonunda % 7-25 arasında değişmektedir. Omuz rahatsızlıklarının doğru tanı ve tedavisi tam fonksiyona başarılı dönüş için gereklidir. Doğru tanıları, tüm omuz yapılarının anatomisi ve biyomekaniği ile yaranma ve hastalığın patofizyolojisi ve mekanik sorunları hakkında kapsamlı bir bilgi gerektirir.¹

2. OMUZ KOMPLEKSİNİN ANATOMİSİ

2.1. Kemikler

Klavikula, humerus ve skapula omuz eklemine kemik iskeletini meydana getirmektedir. Klavikula omuz eklemine ön taraftan sınırlarken, skapula ise arka taraftan sınırlamaktadır. (Şekil 1).

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