2. Bölüm

AYAK BİLEĞİ VE AYAĞIN BİYOMEKANİĞİ

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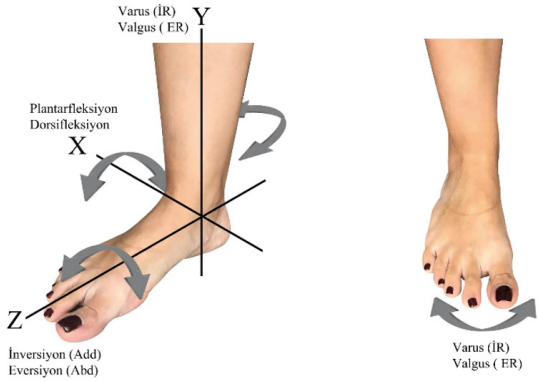
GİRİŞ

Anatomik ve klinik dizilim (alignment) farklı terminolojilerle tanımlansa da ayak bileği ve ayakta temel olarak standart üç eksenli X-Y-Z koordinat sistemi kullanılmaktadır. Bu eksenler etrafında dönme ile hareketin tanımı gerçekleşir (Şekil 1) (1).



Şekil 1: Ayak ve Ayak bileği hareketleri

Ayak bileği ve ayak hareketleri çok düzlemli olup bu ayrı ayrı hareket bileşenleri koordineli ve senkronize bir şema izler. Sagital planda hareket, horizontal planda olacak şekilde X-ekseninde fleksiyon ve dorsifleksiyondur (2). Varus ve valgus sefalokaudad Y-ekseninde rotasyon olacak şekilde aksiyel

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