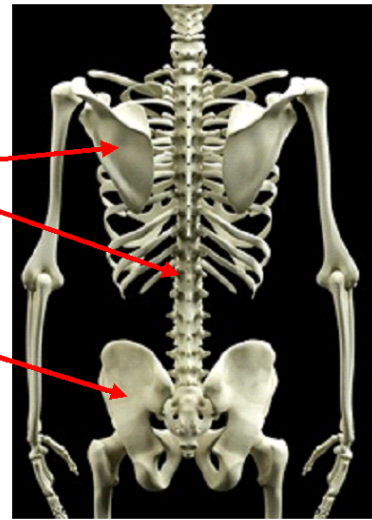


Mutu 7 "msana"

Mu Gawo 2, ndidalankhula za kufunika kokhala ndi kaimidw koyenera kuti tichite bwino pamasewera. Kaimidwe koyenera kali ndi mfundo zitatu

- ① spine no,12(back bone)
- ② scapula(shoulder blade)
- ③ pelvis

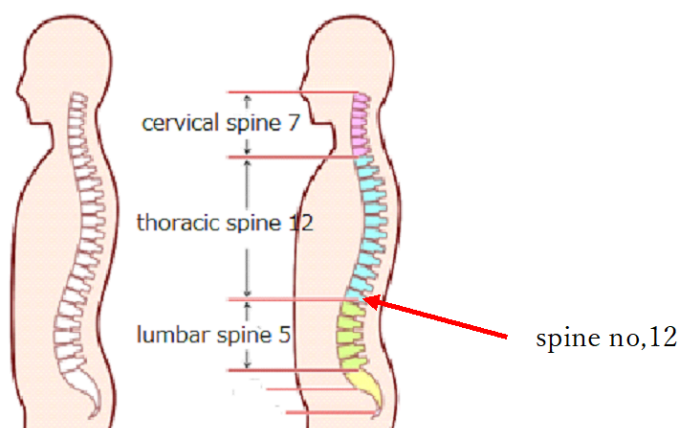


Ngati mutha kugwiritsa ntchito magawo atatuwa bwino kuyimirira, Mukhoza kuthandizira thupi lanu ndi mafupa m'malo mwa mphamvu ya minofu. Ngati mungachirikize ndi mafupa anu m'malo mwa minofu yanu, mphamvu zanu zidzawonjezeka. Mutha kuyima momasuka chifukwa simukuzifuna. Ndiwomasuka, kotero kuti simudzatopa ngakhale mutayima kwa nthawi yayitali. Ngati muli omasuka komanso omasuka, mukhoza kuyenda mofulumira komanso mosavuta.

Koma kuima pa mafupa ako kumatanthauza chiyani?

Kuchokera apa, tiyeni tiwone momwe kaimidwe koyenera ndi anatomically. Choyamba, tiyeni tiyankhule za "msana", makamaka ① msana, 12 (fupa lakumbuyo).

① msana no,12(fupa lakumbuyo) Kunena zowona, ndi msana wa thoracic no,12. Mphamvu ya thunthu ndiyofunikira! kunena anthu ambiri. M'dziko lamasewera ndi maphunziro, mphamvu ya thunthu ndiyofunikira. Chifukwa chake, maphunziro a thunthu amaphatikizidwa mumasewera aliwonse. "Spine no, 12" idzagwira ntchito yogwira ngati kukhalapo kwapakati pa thunthu ili. Chifukwa chiyani? "Nthawi ino, tiyeni tione bwinobwino nkhanayi." Choyamba, tiyeni tione kamangidwe ka msana wonsewo. Awa ndi mawonedwe ammbali.



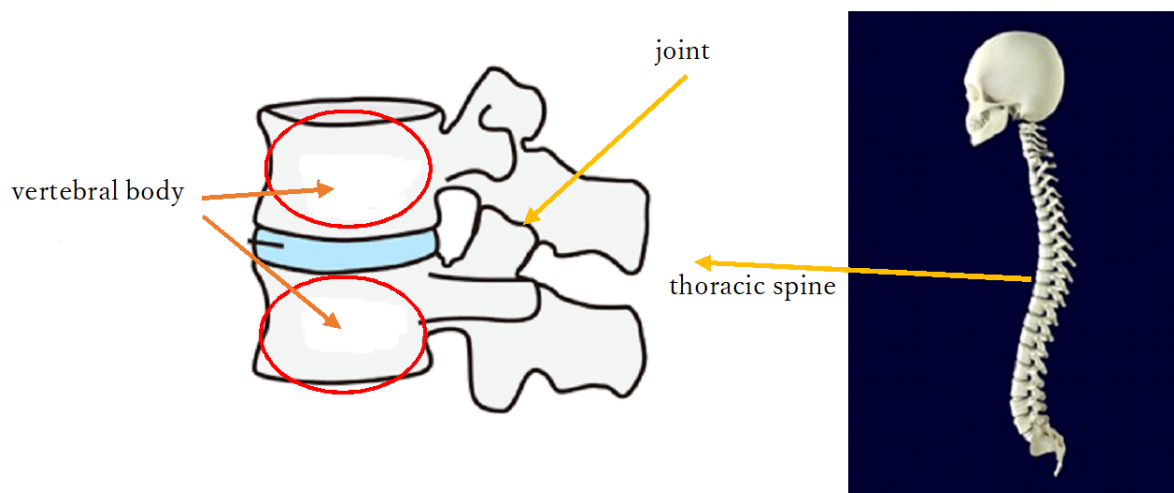
Tiyeni tifotokoze chilichonse.

☆ khomo lachiberekero

Ndi fupa la pakhosi. zimagwira ntchito bwino kwambiri. Imayenda momasuka mbali zonse. Izi zili choncho chifukwa kamangidwe kake kamakhala kakang'ono komanso kozungulira, ndipo mfundo zake ndi zathyathyatha komanso zazikulu. koma kakang'ono, Chifukwa cha mawonekedwe ake osakhwima, siwoyenera kuthandizira zinthu zolembera. Mwachitsanzo, Msana wa khomo lachiberekero ndi "ballerina". Katswiri wa kayendedwe ka kuwala, Sindili bwino kuthandizira zinthu zolembera.

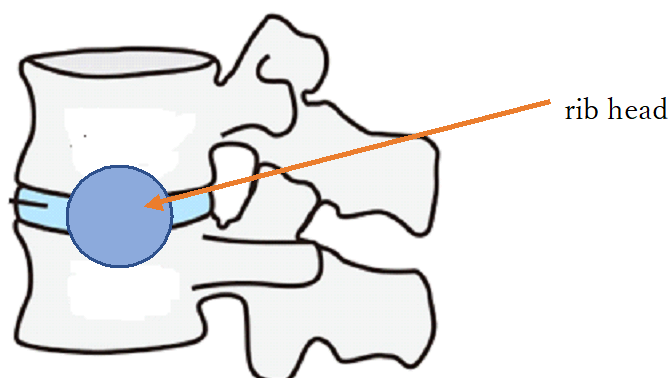
☆ msana wa thoracic

Ndi imodzi mwa mafupa omwe amapanga nthiti. Mukayang'ana kuchokera pamwamba (kapena pansi), fupa lililonse limakhala lozungulira, ndipo mfundo zake zimakhala zafulati komanso zosavuta kutsetsereka. Zikuwoneka kuti zikuyenda bwino, koma kwenikweni sizitero. Msana wa thoracic uli ndi nthiti. Ngati muyang'ana msana wa thoracic umodzi ndi umodzi kuchokera kumbali, zikuwoneka ngati izi.

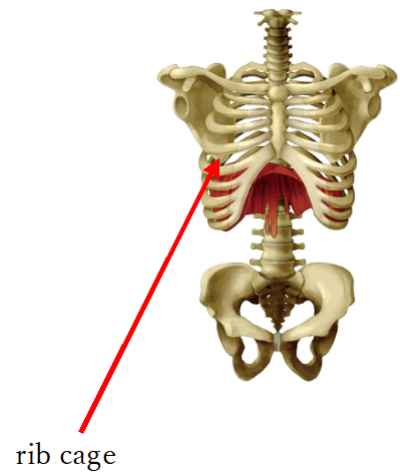


Ngati chonchi.

Ndipo malo amene nthiti imamangiriridwa kumutu ndi pakati pa mafupa.



Nthitiyi imayikidwa pakati pa msana wa thoracic ndi msana wa thoracic Zili choncho. Izi zidzachepetsa kuyenda kwanu. Kuonjezera apo, nthitizo zimapita kutsogolo kwa thupi kupanga dengulu lotchedwa nthiti. Dengulu lili ndi mapapo ndi mtima. Mwa kuyankhula kwina, ngati nthiti izi zimayenda kwambiri, mapapo ndi mtima Msana wa thoracic umanenedwa kuti ndi malo omwe sayenera kusuntha, chifukwa adzaika mphamvu. Zidzatero. Mwachitsanzo, msana wa thoracic ndi rugby kutsogolo. Aliyense ndi wamphamvu ndipo amayenda bwino. Pangani scrum kuti muteteze gulu lanu.



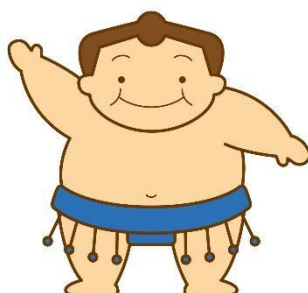
☆ Lumbar msana

Msana wa lumbar ndi wawukulu komanso wozungulira ukawonedwa kuchokera pamwamba (pansi). Thupi la Vertebral likuwoneka kuchokera pamwamba

Cholumikiziracho chimapangidwa kuti chisasunthike cham'mbali.

Chachikulu, chowulungika chokhala ndi zolumikizira zosasunthika, kotero mutha kuziyika pambali pake Nkovuta kusuntha njira yokhotakhota. Ngati isuntha, kodi imapindikira kutsogolo? Idzakhotetsedwa chammbuyo. Mbali ina ya lumbar msana ndi "physiological lordosis". Mitsempha isanu ya lumbar imakonzedwa mwachibadwa kotero kuti kutsogolo kumakhala kozungulira.

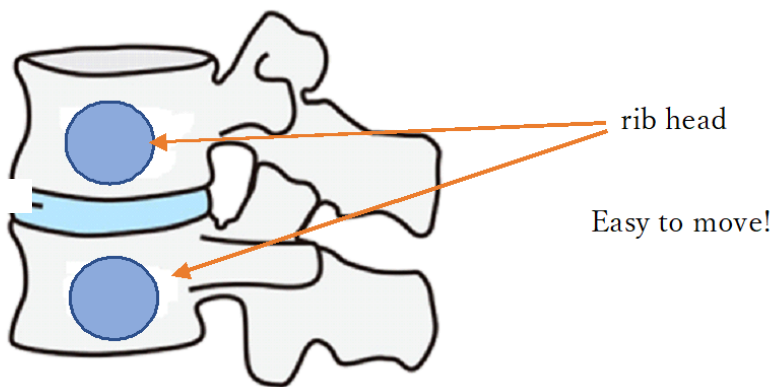
Thupi lalikulu la msana, mafupa amphamvu, lordosis yakuthupi, Mwa kuyankhula kwina, msana wa lumbar ndi wandiweyani ndipo uli ndi mphamvu zothandizira zinthu zolemera. Popeza sichisuntha kwambiri, imachirikiza thunthu lake ngati mzati wa m'nyumba. Mwachitsanzo, wamphamvu "sumo wrestler".



☆ msana wa thoracic no,12

msana no, 12 ndi kusintha kwa thoracic ndi lumbar vertebrae. Ndi nambala, tili ndi msana wa thoracic no, 11 ndi 12, ndi lumbar spine no,1. Ndi gawo lomwe lili ndi mphamvu komanso kuyenda bwino, ndipo limagwira ntchito ngati likulu la thunthu.

Mwachitsanzo, pakati pa osewera mpira wa rugby, pali osewera kunja kwa scrum mapangidwe (thoracic spine no, 11 ndi 12) ndi sumo wrestles (lumbar spine no, 1) omwe ali bwino kuyenda mofulumira pakusintha kwa thoracic ndi lumbar vertebrae. wonjezani. Msana wa thoracic uwu, 11 ndi 12 uli ndi zosiyana ndi zina za thoracic spines! Mmodzi amamangiriridwa ku thupi la vertebral polumikizana ndi nthiti mutu, osati pakati pa mafupa.



Kuphatikiza apo, nthiti iyi, 11, 12 sichimafikira pachifuwa. Sichimakhudzidwa ndi mapangidwe a nthiti. m'malo oyandama Ndicho chifukwa chake amatchedwa "nthiti zoyandama za uta". Izo sizinaphatikizidwe kulikonse, kotero ndizosavuta kusuntha.

Msana wa lumbar no, 1 ndi wozungulira li ndi thupi la msana. Kumatanthauza kuyenda kosavuta. Kuphatikiza kwa msana wosunthika wa thoracic ndi msana wamphamvu wa lumbar "msana wa thoracic no, 12 (kusintha kwa thoracic ndi lumbar vertebrae)" tinganene kuti ndiye maziko omwe amathandiza kayendetsedwe ka anthu ndi thupi.

Mwanjira iyi, pothandizira thupi ndikumvetsetsa magawo oyenera osuntha ndikuchita masewera ndi maphunziro, Mutha kugwiritsa ntchito thupi lanu moyenera ndikusuntha mwachangu, mwamphamvu komanso kwa nthawi yayitali. Komanso, zimathandiza kupewa kuvulala.



thoracic spine no,11
thoracic spine no,12