

Chapter 10「N'chifukwa chiyani mafupa amapangidwa chonchi?」

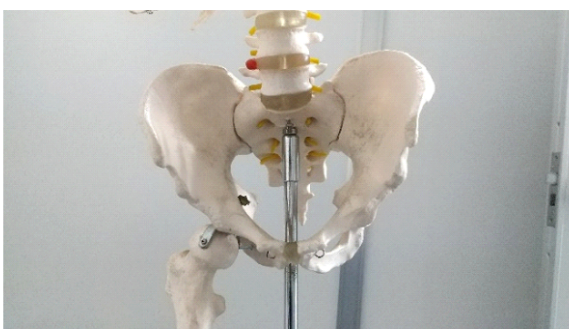
Kodi munayamba mwaganizapo za chifukwa chomwe mafupa amapangidwira momwe amapangidwira?



Chosiyana kwambiri ndi anthu poyerekeza ndi nyama zina ndi momwe timakhalira mowongoka. Timayima ndi miyendo iwiri ndikuyenda. Ngakhale kuti nyama zina zimaima kwakanthawi kapena kuthamanga ndi miyendo iwiri, anthu ndi nyama zokhazo zomwe zimatha kuchirikiza ndikuyendayenda ndi miyendo iwiri. Miyendo iwiri yokhazikika, osati isanu ndi umodzi koma yosakhazikika. Kodi munthu amathandizira bwanji thupi ndi miyendo iwiri? Lingalirani za vutoli.

Ngati muyang'ana mawonekedwe a madera apansi a anthu, amapangidwa kuti azithandizidwa ndi ndodo ziwiri. Kodi chinsinsi chothandizira thupi ndi ndodo ziwiri ndi chiyani?

Tiyeni tiwone momwe zigawo zitatu zapansi zimapangidwira: chiuno, femur, ndi mawondo.



pelvis



femur



knee joint

N'chifukwa chiyani anapangidwa chonchi?

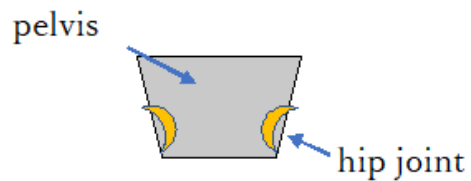
① chiuno

Pelvis imafanana ndi scapula m'miyendo yapamwamba.

Lili ndi dongosolo lomwe silimasuntha kwambiri motsutsana ndi scapula yothamanga kwambiri yomwe ndi kufalitsa kwa miyendo yapamwamba. Mwa kuyankhula kwina, kuti n'zovuta kusuntha zikutanthauza kuti luso lothandizira, kapena "mphamvu yobereka" ndi yapamwamba. Thandizo ili ndilofunika pamalo oongoka.

Mgwirizano wopangidwa ndi chiuno ndi femur ndi mgwirizano wa chiuno. Mutu wa femur umalumikizana

ndi chiuno. Komabe, gawo lolumikizalani limayang'ana m'mbali.



Why are the hip joints on the side?



Why not?

Bwanji osatsika?

② femur

"Fupa lalikulu kwambiri m'thupi la munthu." Pangani cholumikizira cha chiuno chamutu.



Why is it shaped like this?



Why not?

Femur imapindika pamwamba poyang'ana kutsogolo. chifukwa chakhota?

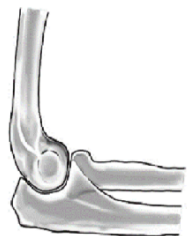
"Kodi mawonekedwe owongoka sakhala olimba komanso okhazikika?"

③ cholumikizira bondo

Tiyeni tifyanizire mgwirizano wa bondo ndi chigongono. Chigongono chili ngati chitseko chimene chimatseguka ndi kutseka. Imayenda ndipo imakhala ndi mawonekedwe ngati hinji.



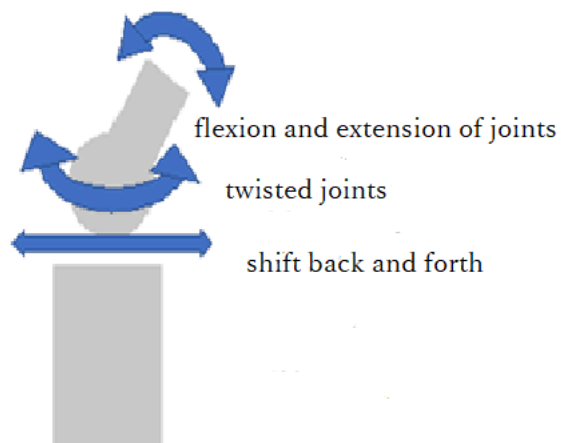
knee joint



elbow joint



The structure is like this.



Mwa njira iyi, mgwirizano wa bondo ndi mgwirizano womwe umayenda kwambiri. Nchifukwa chiyani mawondo a mawondo ali ndi dongosolo lomwe limalola kuyenda kosavuta? Kodi sikophweka kuvulala chifukwa mumasuntha kwambiri? Kodi sizingakhale bwino kukhala ndi cholumikizira chonga hinge kuti chikhazikike ndikuwonjezera mphamvu yake yonyamula?

"Kodi uku ndi kufooka kwa thupi la munthu, kulakwitsa kwapangidwe?"

Ndipotu, pali chifukwa chomveka bwino cha mafunso okhudzana ndi chiuno, femur, ndi mawondo omwe ndalankhulapo mpaka pano. Nthawi ina, tiyeni tiyandikire chinsinsi chothandizira thupi ndi ndodo ziwiri (miyendo iwiri).

Body conditioning Reflexer
Masatomo Ono <https://reflexer.jp/index.php>