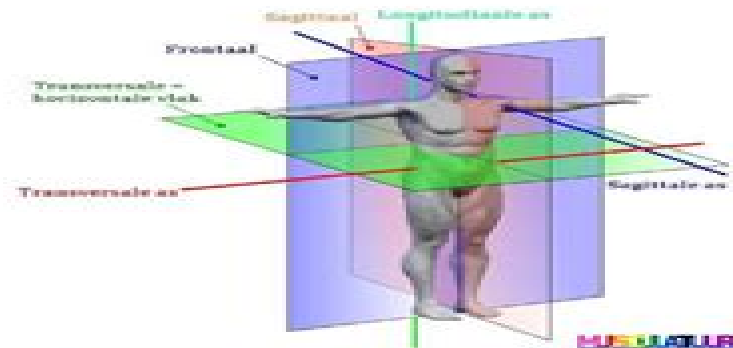


Samenvatting

Lichamelijke belasting periode 3

Lichamelijke belasting HC1



Vlakken en assen:

- Frontale vlak – sagittale as
- Sagittale vlak – transversale as
- Transversale vlak – longitudinale as

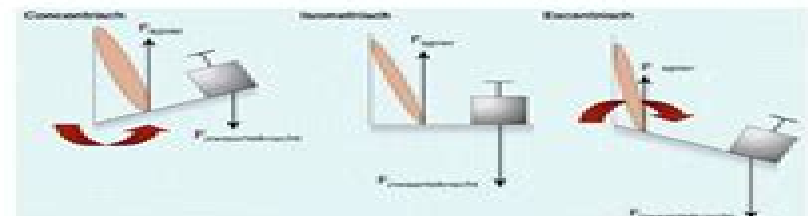
Richtingaanduiding	Gebruik
Flexie (buiging)	Bij bewegingen vd elleboog, knieën, vingers, tenen
Extensie (strekking)	
Anteflexie (buiging naar voren)	Bij bewegingen van de hele arm, het hele been, de hele romp en het hoofd
Retroflexie (buiging naar achteren)	
Lateroflexie (buiging opzij)	
Dorsale flexie (buiging naar handrug/voetwreef)	Bij bewegingen van de hand en/of voet
Palmairflexie (buiging naar de handpalm)	
Plantairflexie (buiging naar de voetzool)	
Supinatie (hand naar buiten draaien, soep)	Bij beweging van de hand en/of voet
Pronatie (hand naar binnen draaien, proost)	
Abductie (beweging van de middellijn af)	Bij beweging van de ledematen
Adductie (beweging naar de middellijn toe)	
Exorotatie (buitenwaartse draaiing rond een lengteas)	Bij beweging van de ledematen
Endorotatie (binnenwaartse draaiing rond een lengteas)	
Opponeren (plaatsing van de duim tegenover de andere vingers van dezelfde hand)	Bij beweging van de duim
Reponeren (tegenovergestelde van opponeren)	
Inversie (binnenkant voet omhoog bewegen)	Bij beweging van de voet
Eversie (buitenkant voet omhoog bewegen)	

Contracties:

Statische contractie: isometrische contractie, geen beweging

Wel beweging:

- Concentrisch (spier wordt korter)
- Excentrisch (spier wordt langer)



Lichamelijke Belasting Verpleegkunde Praktijk

RM Cervero

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