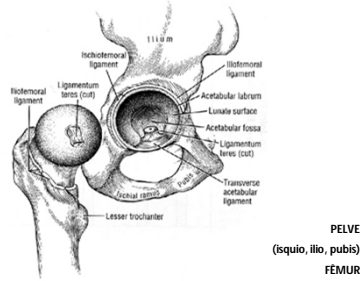


# QUADRIL




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# FUNÇÃO

**PRIMORDIALMENTE:**  
**SUSTENTAÇÃO DO PESO**  
 Em posturas estáticas e dinâmicas  
**TRANSMISSÃO DE FORÇAS**




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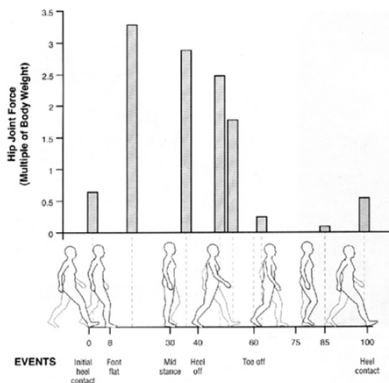
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## SALTO TRIPLO



Peso do atleta + velocidade =  
grande sobrecarga da articulação do quadril

15 x PC

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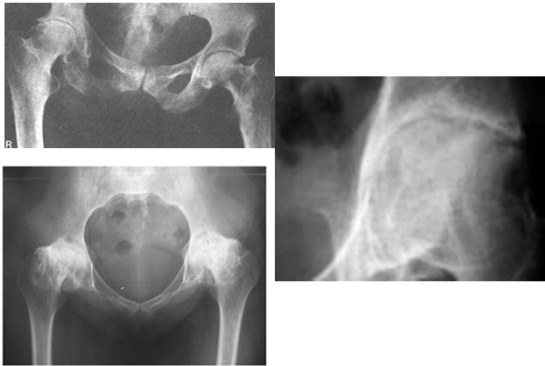
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## ADM X PATOLOGIA



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## COMPLEXO DO QUADRIL

ARTICULAÇÃO SINOVIAL, TIPO ESFERÓIDE

3 GRAUS DE LIBERDADE

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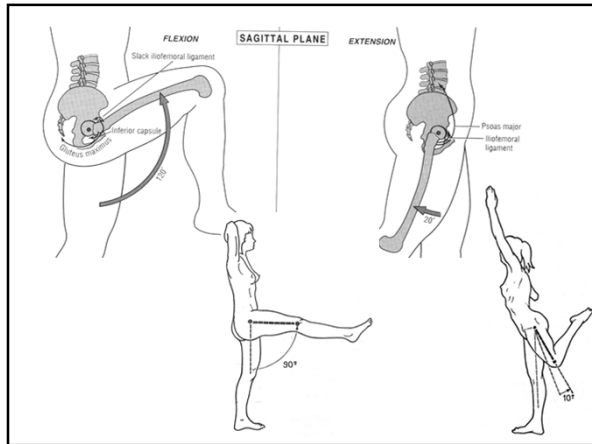
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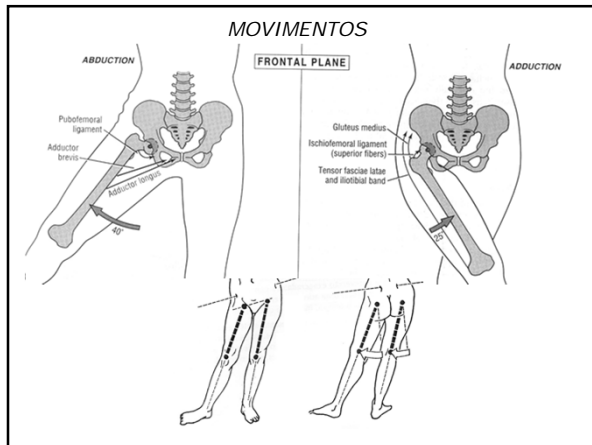
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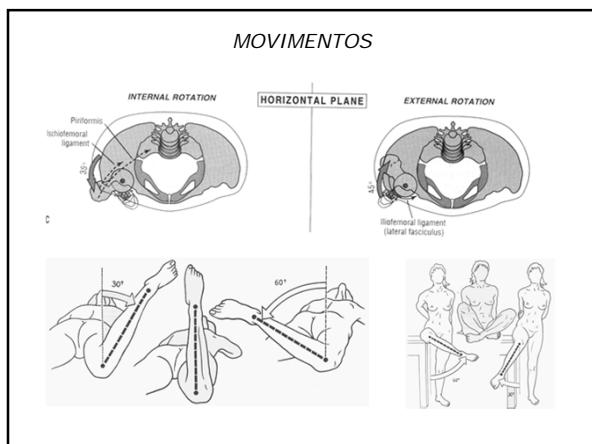
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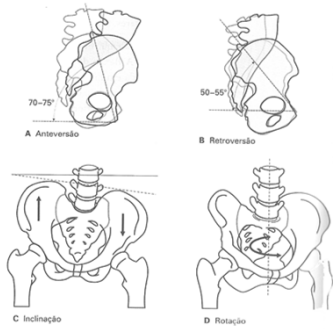
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**MOVIMENTOS DA CINTURA PÉLVICA**




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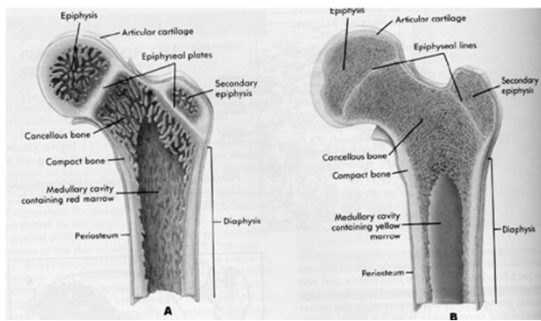
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**FÊMUR – OSSO LONGO**




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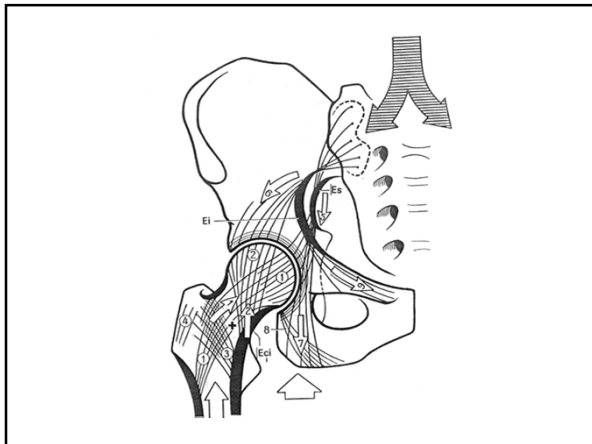
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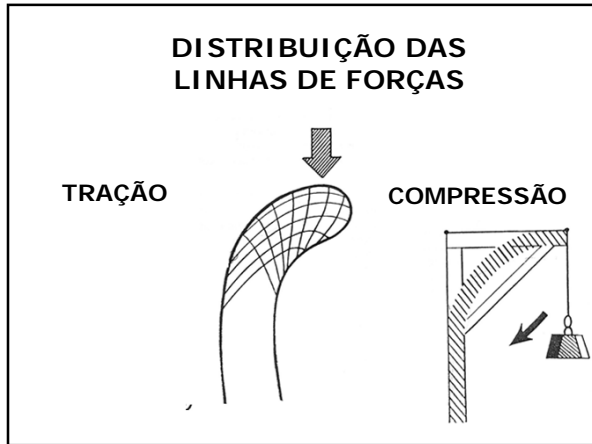
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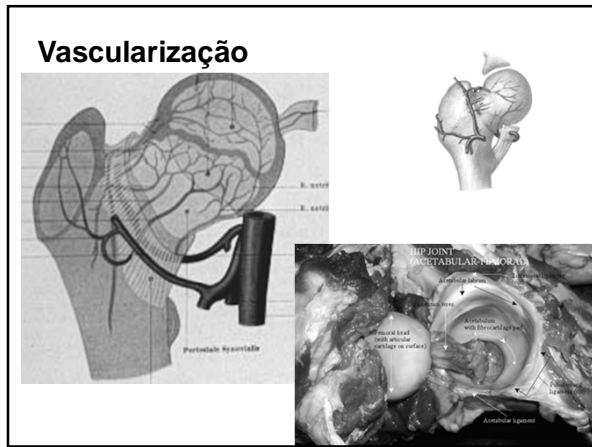
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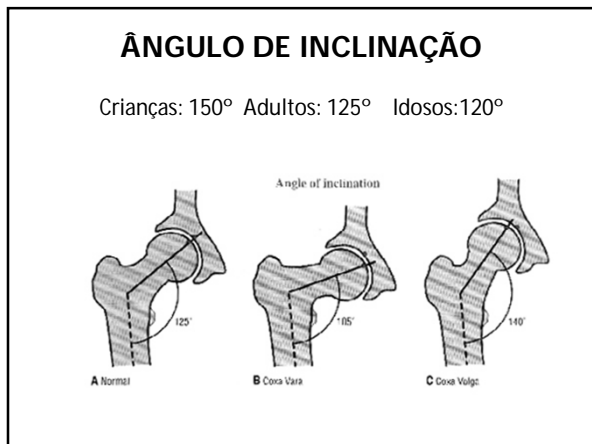
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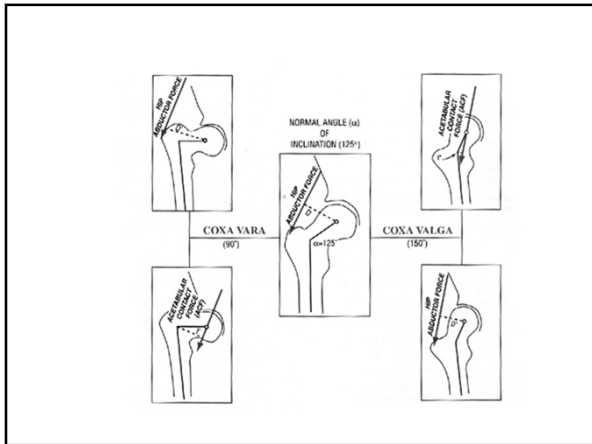
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**ORIENTAÇÃO DO ACETÁBULO**

Voltado pouco lateralmente, inferiormente e anteriormente.

Pelve feminina – diâmetro maior e + vertical

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### Posição de fechamento da articulação:

Por definição: é a posição de maior estabilidade articular

**ABDUÇÃO – ROTAÇÃO LATERAL – FLEXÃO**

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### COAPTAÇÃO ARTICULAR



POSIÇÃO ANATÔMICA



FLEXÃO + ABDUÇÃO + ROT. LATERAL

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### ESTABILIDADE

- ÓSSEA
  - SUPERFÍCIES ARTICULARES
  - ÂNGULO DE INCLINAÇÃO
  - ÂNGULO DE ANTEVERSAO
- PESO / GRAVIDADE
- PRESSÃO NEGATIVA INTRA-ARTICULAR
- LIGAMENTOS
- MÚSCULOS

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## Estruturas de estabilidade da articulação do quadril

CARTILAGEM ARTICULAR  
CÁPSULA ARTICULAR  
Mais reforçada anteriormente  
LÁBIO ACETABULAR  
LIGAMENTOS

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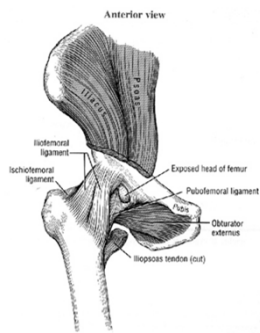
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## LIGAMENTOS DO QUADRIL



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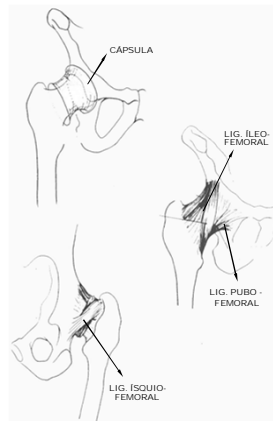
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## ESTABILIDADE ESTÁTICA



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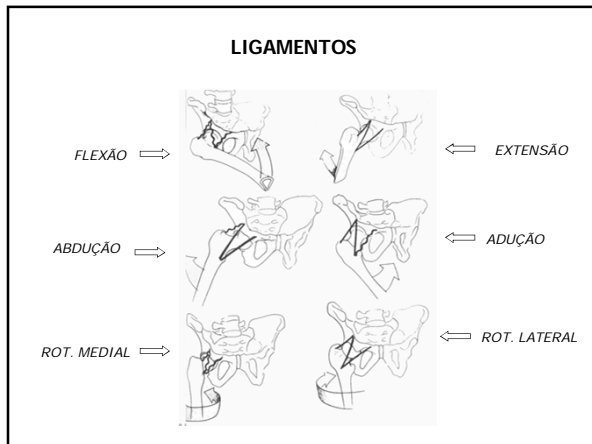
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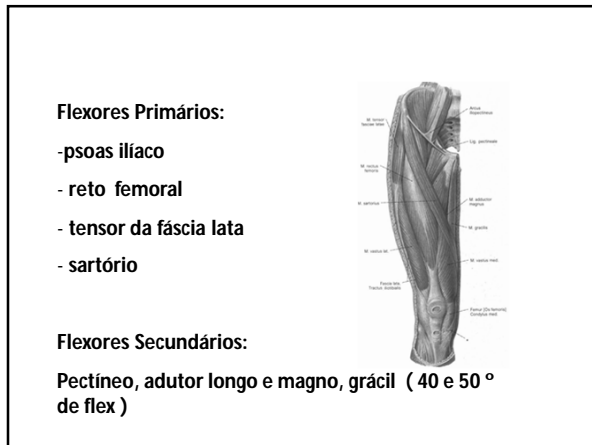
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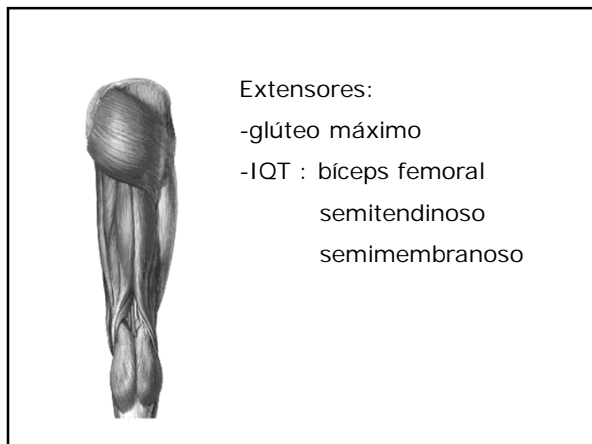
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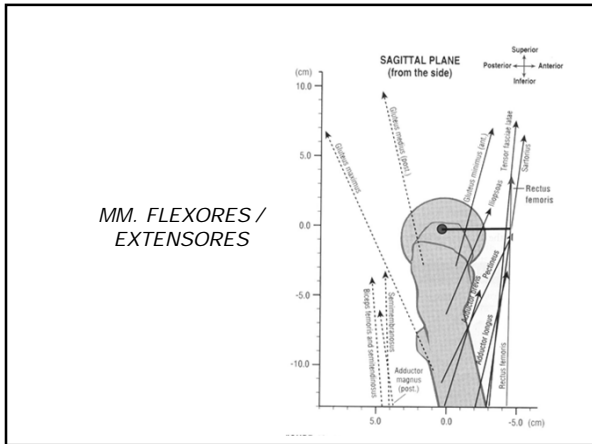
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Adutores:

- adutor longo
- adutor curto
- adutor magno
- pectíneo
- grácil

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Abdutores

- glúteos médio, mínimo

Função: abdução CCA e CCF;  
estabilizar pelve unilateral

- Tensor da fáscia lata

manter tensão da banda iliotibial




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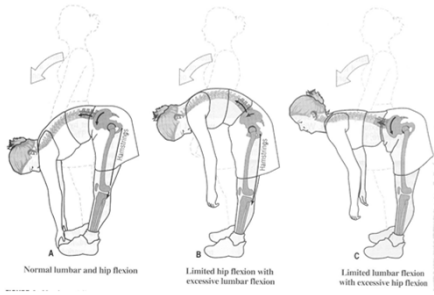
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RITMO LOMBO – PÉLVICO



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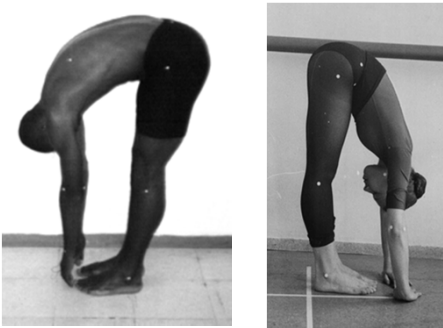
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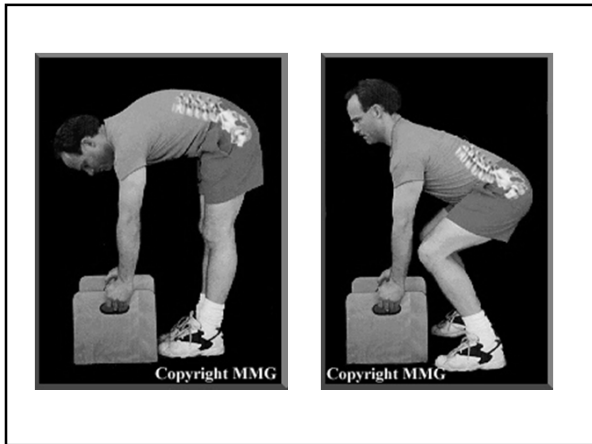
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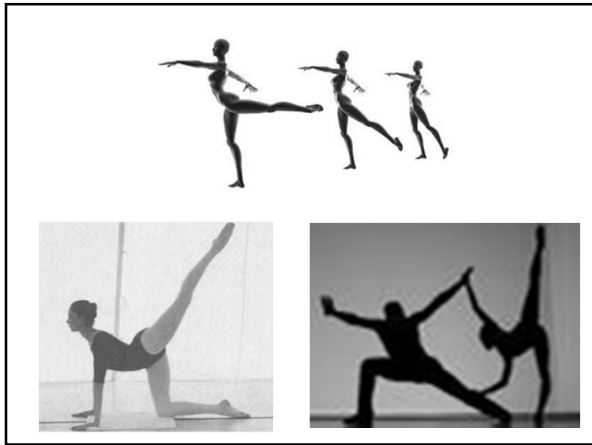
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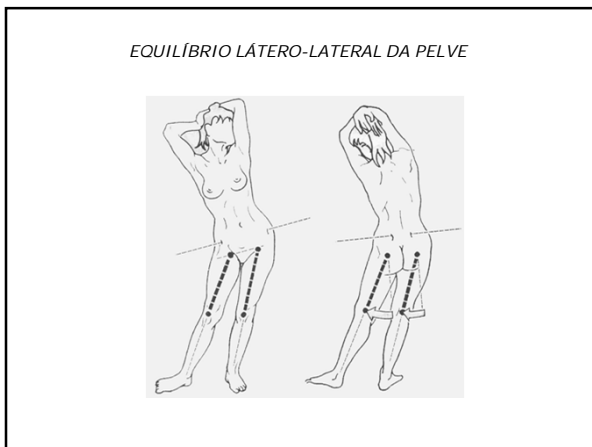
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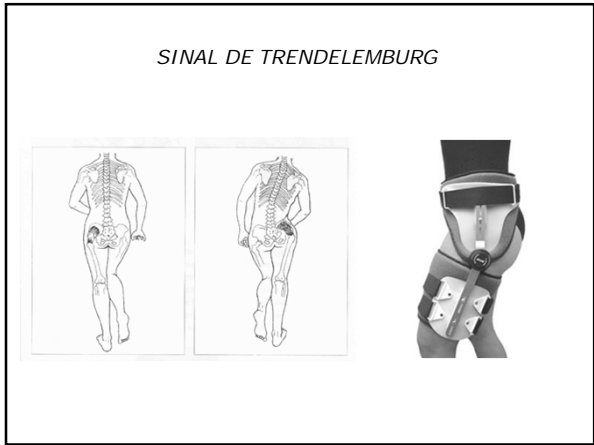
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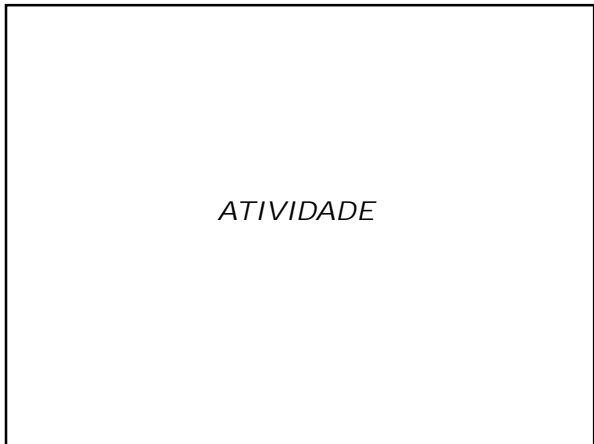
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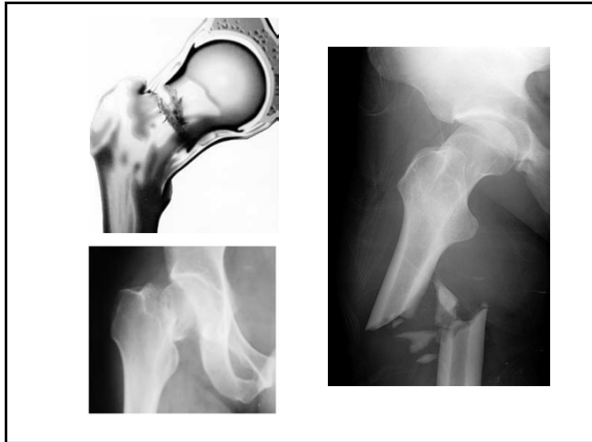
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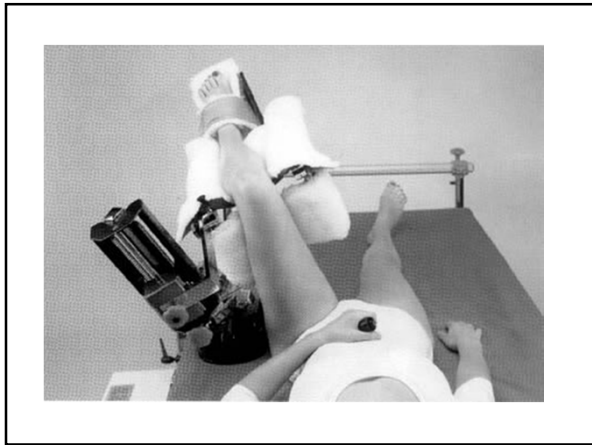
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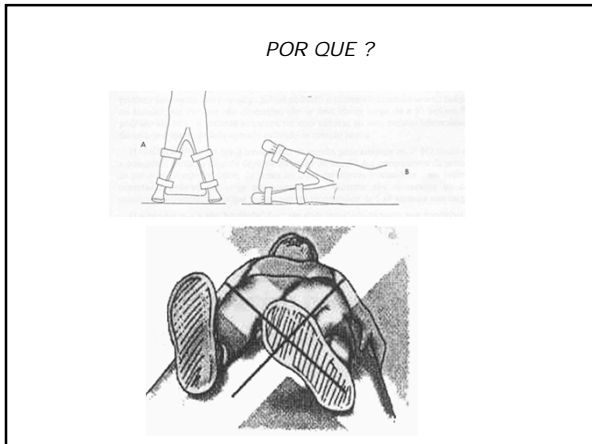
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ARTROPLASTIA TOTAL DE QUADRIL – A. T. Q.



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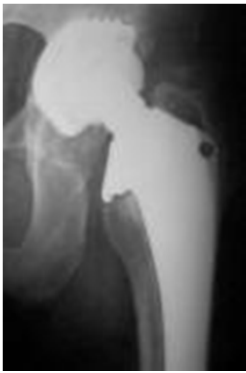
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ARTROPLASTIA  
TOTAL DO  
QUADRIL

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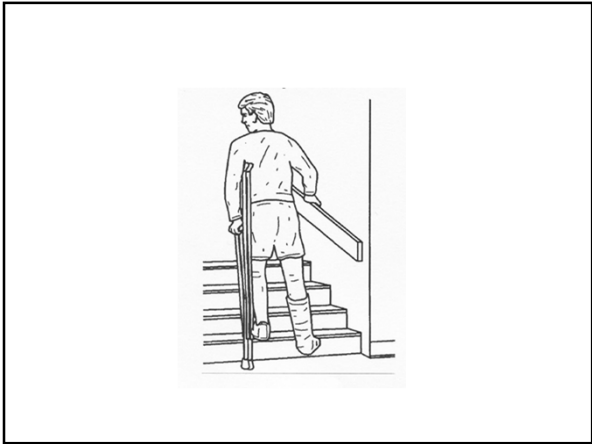
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