

Musculos Tonicos Y Musculos Fasicos

María Rosa Serra Gabriel,Josefina Díaz Petit,María Luisa de Sande Carril

EL CUERPO Y SUS MOVIMIENTOS. BASES CIENTÍFICAS Barbara A. Gowitzke,Morris Milner,1999-12-17 El estudio del movimiento humano puede ser tan casual como sentarse en el porche y tomar nota mentalmente de las técnicas utilizadas por los corredores, o puede ser tan intenso como examinar los mecanismos de lesión por medio de una artroscopia. Puede centrarse en los patrones motores generales o estar limitados a los detalles de los elementos motores más minúsculos. Y, sea cual sea, el propósito de un estudio del movimiento humano, siempre suele haber aspectos científicos implicados. Este libro, que se inicia con una breve introducción que define sus objetivos, trata temas tan fundamentales como la estructura esquelética del cuerpo humano, la cinemática y la cinética, y temas tan complejos como la mecánica del movimiento, las fuerzas que posibilitan el movimiento, los mecanismos neuronales que controlan los elementos motores, incluyendo bases de neurofisiología, un estudio del sistema nervioso central, la organización global de los elementos del sistema neuromuscular, los neurorreceptores y la instrumentación.

BASES FISIOLÓGICAS DE LA TERAPIA MANUAL Y DE LA OSTEOPATÍA Marcel Bienfait,2006-01-27 Es evidente que el cuerpo humano no ha cambiado y que su fisiología continúa siendo la misma desde hace muchos siglos. Pero, aunque la fisiología no ha cambiado, los medios investigación se han transformado. El conocimiento de la fisiología neuromuscular ha hecho progresos considerables y esto no puede pasar desapercibido por los terapeutas. El autor, convencido de lo que la fisiología del movimiento es la sola y única base de la cinesiterapia, nos observa que somos mecanismos y como tales debemos conocer perfectamente la mecánica humana que pretendemos reparar. Por ello, ha escrito este libro práctico, en el cual el terapeuta descubrirá por qué debe tratar a su paciente, cómo debe tratarle y con qué finalidades. Partiendo de los micromovimientos articulares, todo el valor de la osteopatía se encuentra en la fisiología de estos micromovimientos. La microfisiología articular y de la doble función muscular, la globalidad de los gestos y los problemas estáticos son la base de estudio de este texto, que con más de 300 figuras nos explicará todo lo que debemos saber de las fascias, los músculos, los micro y los macromovimientos, el raquis cervical, el miembro inferior. el miembro superior, la estática y su fisiopatología.

ABDOMINALES. Para un trabajo abdominal más seguro y eficaz Cecilia Dorado García,Nuria Dorado García,Joaquín Sanchís Moysi,2008-01-24 La falta de actividad física unida a los malos hábitos posturales en el trabajo lleva a una situación que favorece la aparición de desviaciones en el raquis y dolor lumbar. Ambos factores pueden determinar un desarrollo

muscular insuficiente que dificulte el mantenimiento de la postura correcta. El desarrollo de la musculatura abdominal constituye un método adecuado para evitar dolores en la zona lumbar. Tras una primera parte teórica en la que los autores hacen un estudio de la anatomía de la pared antero lateral del abdomen y analizan -muscular y biomecánicamente- los ejercicios tradicionales para el desarrollo de la musculatura abdominal, la parte práctica del libro propone ejercicios para trabajar los abdominales con retroversión pélvica, los abdominales oblicuos, los abdominales con elevación del tronco y los abdominales combinando la elevación del tronco y la retroversión pélvica.

MÉTODO DE EXPLORACIÓN DEL APARATO LOCOMOTOR Y DE LA POSTURA Herbert Frisch, 2005-04-25 Esta es una obra de referencia para todos los que se ocupan profesionalmente de las técnicas de exploración en el aparato postural y locomotor, para médicos, especialistas en rehabilitación y fisioterapeutas. El texto se organiza sobre la base de un programa de exploración estandarizado que atiende a las tres categorías de inspección -examen del movimiento y palpación, examen de las pruebas neurológicas y angiológicas y el examen de las exploraciones técnicas suplementarias- y permite una exploración exacta sin un exagerado gasto de tiempo. Asimismo, se presenta el análisis biomecánico de las distintas pruebas de movimiento para la observación y evaluación de las numerosas variantes técnicas de la medicina manual.

Entrenamiento funcional en programas de fitness. Volumen I Julio Diéguez Papí, 2007 El volumen I constituye un manual completo y significativo. En él se presentan las bases del entrenamiento funcional aplicadas a las actividades de fitness/salud. Se relacionan las cualidades de fuerza, resistencia orgánica y flexibilidad según un modelo funcional, y se aplica la didáctica a los entrenamientos personales y en grupo. Un material de información único en su género, fruto de diez años de experiencia y aplicación práctica en cursos de formación de profesorado en todo el mundo. Ambos volúmenes pueden ser entendidos como una guía práctica para el profesor de actividades de fitness en grupo, y puede también ser aplicado al entrenamiento personal. Supone un esfuerzo de codificación, clasificación y ordenamiento de conceptos, métodos, ejercicios y protocolos según una perspectiva inicial funcional. Válidas líneas de actuación que pueden ser aplicadas en los entrenamientos de fitness/salud del nuevo milenio. En definitiva, una base de conocimientos sólida que puede completar en modo multidisciplinar el perfil del profesor y del entrenador dedicados a este tipo de actividades.

ENTRENAMIENTO MUSCULAR DIFERENCIADO. Tronco y columna vertebral (Bicolor) Axel Gottlob, 2007-12-11 El entrenamiento de la fuerza permite mejorar al mismo tiempo el bienestar corporal, la forma física, la capacidad para soportar cargas y el rendimiento físico. Este manual enseña a organizar un entrenamiento muscular diferenciado para todo tipo de personas: desde niños hasta ancianos y desde personas sedentarias hasta deportistas profesionales. Las múltiples variaciones que se proponen de los ejercicios y los nuevos instrumentos descritos permiten aprovechar al máximo las posibilidades del entrenamiento. El libro proporciona la base teórica, las estrategias y los ejercicios necesarios para que profesores, fisioterapeutas y entrenadores dispongan de las herramientas precisas para sacar el máximo rendimiento al entrenamiento

de la fuerza centrado en la columna vertebral.

Principios y Práctica de la Medicina Manual. Philip E. Greenman, 2005 Temática: La Medicina Manual sigue siendo una de las modalidades más antiguas del cuidado de la salud. A fines del siglo XX, su campo de actuación fue examinado por más de cincuenta estudios clínicos controlados y numerosos metaanálisis. Las conclusiones a las que arribaron indican que a la Medicina Manual le cabe un papel en el tratamiento del dolor de espalda agudo y crónico. Se comprobó que la disciplina es de utilidad en las enfermedades sistémicas, principalmente cuando se combina con otras terapias médicas y quirúrgicas. Estos hallazgos revisten valor en el mundo de la medicina basada en datos empíricos. No obstante, la medicina sigue siendo el arte de aplicar el conocimiento científico vigente al mejoramiento de nuestros pacientes. La Medicina Manual es una parte componente de la práctica de una diversidad de profesionales de la salud que realizan alguna forma de tratamiento con las manos. Descripción de la obra La tercera edición intenta proveer nueva información actualizada, así como respuestas a muchas de las preguntas que se han formulado al enseñar la materia. Esta edición también agrega nuevas técnicas y fotografías, junto con aclaraciones de algunos de los conceptos presentados, proponiendo tanto a principiantes como a experimentados de esta disciplina seguir explorando este campo fascinante. Contenido SECCIÓN I: PRINCIPIOS Y CONCEPTOS SECCIÓN II: PROCEDIMIENTOS TÉCNICOS.

FASCIAS. Principios de anatomo-fisio-patología V. Smith-Agreda, E. Ferres-Torres, 2004-02-16 Para analizar un elemento anatómico, de cualquier ser vivo, hay que tener presente el hecho fundamental de que cada uno de estos elementos no es una individualidad, sino una parte integrante de un individuo y que éstos constituyen su especie propia y particular. Por ello, este libro realiza un estudio de las fascias partiendo desde el momento de la anfimixis o concepción del ser humano. Luego, se describe la integración de los diferentes elementos que componen el organismo, regidos por el orden establecido según las secuencias de los genes dentro de su DNA y, que dirigen la ingeniería de su biodinámica molecular. Se sigue con el proceso de maduración que, plasmado, en principio, en su desarrollo embrionario, nos descubre el origen y dependencia de los diversos órganos y sistemas proyectados a lo largo de la vida. Éstos, aunque aparecen como diferentes, pueden descubrirnos relaciones genético-funcionales recíprocas. Asimismo, se considera la influencia de los procesos fenotípicos que nos ayudan a una consecución terapéutica óptima. Se ha utilizado un lenguaje con una expresión clara, concreta, concisa y profunda. Con numerosas ilustraciones, en esta obra colectiva, dirigida por los Drs. Smith-Agreda y Ferres-Torres, han colaborado los más prestigiosos especialistas de los campos de anatomía, Anestesiología, Osteopatía, Medicina Forense, Ginecología, Odontología, Neumología y Dermatología.

La electroestimulación Joan Rodríguez Barnada, Manuel Pombo-Fernández, Xavier Brunet Pamies, Bernardo Requena Sánchez, 2012-07-11 Este libro es una guía práctica para que deportistas y entrenadores puedan incorporar en los entrenamientos la técnica de la electroestimulación neuromuscular. La obra, que se divide en dos partes, comienza

presentando las bases para un entrenamiento con electroestimulación y analizando cuáles son los parámetros que se deben tener en cuenta para programar un entrenamiento. A continuación, en la segunda parte, se expone cómo se puede utilizar la electroestimulación para mejorar las diferentes manifestaciones de la fuerza. Se dan ejemplos de entrenamiento con electroestimulación y combinación de electroestimulación y entrenamiento voluntario. Por último, se desarrollan ejemplos de aplicación en diferentes deportes y momentos de la temporada. Los autores del libro tienen una amplia formación científica y práctica en el entrenamiento deportivo, asegurando de esta forma la calidad conceptual y práctica de este libro. Manuel Pombo Fernández, Licenciado en Educación Física, Profesor titular del INEF Galicia en entrenamiento deportivo, ex-preparador físico de equipos de fútbol (Real Oviedo, Real Mallorca, Real Betis Balompié) Joan Rodríguez Barnada, Licenciado en Educación Física, entrenador de atletas de alto rendimiento. Xavier Brunet Pàmies, Licenciado en Educación Física, ex-atleta de alto rendimiento, entrenador de atletas de alto rendimiento. Bernardo Requena Sánchez, Licenciado en Educación Física, doctorándose en Educación Física e investigador sobre los fenómenos de la potenciación neuromuscular y sobre la aplicación de la electroestimulación en el entrenamiento de la fuerza.

Manual práctico de estiramientos musculares postisométricos Alain Ledoupe, Michel Dedee, 2000

Archivos de medicina, cirugía y especialidades ,1920

Revista española de oto-neuro-oftalmología y neurocirugía ,1960

Serra Gabriel, M.a R., FISIOTERAPIA en neurología, sistema respiratorio y aparato cardiovascular ©2005 María Rosa

Serra Gabriel, Josefina Díaz Petit, María Luisa de Sande Carril, 2005 La obra es una actualización de la Fisioterapia en las especialidades de Cardiología, Sistema Respiratorio y Neurología, que dirigida por tres fisioterapeutas del Hospital de Sant Pau i la Santa Creu de Barcelona, cuenta con la colaboración de más de 60 figuras médicas y fisioterapéuticas en su redacción. Pretende ser una obra de consulta para profesionales en el ejercicio de su profesión, así como un libro educacional de una obra con fundamentos científicos, como ésta. Con estas 3 partes que componen el libro, así como las del primer libro de estas autoras, se completa la globalidad de la fisioterapia en el cuerpo humano. La importancia de esta obra reside en que hoy día la rehabilitación mediante la fisioterapia desempeña un papel relevante en la atención al paciente, ayudando a conseguir una recuperación llevada a cabo a la cabecera del paciente. No sólo pacientes con secuelas de procesos neurológicos se incluyen entre los individuos que pueden beneficiarse de la rehabilitación, sino que otras disciplinas, como la neumología o la cardiología se amparan en la puesta en marcha de técnicas rehabilitadoras. PARTE I. NEUROLOGIA. 1. Generalidades. Características del sistema nervioso central y periférico. 2. Sistema motor, sensitivo y sensorial. Alteraciones. 3. Métodos diagnósticos en las enfermedades neuromusculares. 4. Rehabilitación de las funciones cognitivas. A. PATOLOGIA VASCULAR. 5. Patología vascular cerebral. 6. Exploración del paciente hemipléjico. 7. Tratamiento de fisioterapia del paciente hemipléjico. B. PATOLOGIA TRAUMATICA. 8. Rehabilitación de pacientes con

traumatismo craneoencefálico. 9. Fisioterapia de las lesiones medulares. 10. Lesiones de los nervios periféricos. 11. Tratamiento fisioterápico de la hernia discal. C. PATOLOGIA NEUROMUSCULAR Y DEGENERATIVA. 12. Enfoque terapéutico de las enfermedades neuromusculares en fisioterapia. 13. Esclerosis múltiple, esclerosis lateral amiotrófica y ataxia de Friedreich. 14. Enfermedad de Parkinson. 15. Enfermedad de Alzheimer y otras demencias. 16. Distrofia focal. 17. Neuropatías por compresión o atrapamiento. D. PATOLOGIA INFECCIOSA, VIRICA Y ONCOLOGICA. 18. Encefalitis y mielitis transversa. 19. Síndrome de Guillain-Barré. 20. Fisioterapia en los síndromes tumorales del sistema nervioso central. E. PATOLOGIA PEDIATRICA. 21. Tratamiento de fisioterapia en la parálisis cerebral. 22. Tratamiento de fisioterapia en el síndrome de Down. 23. Espina bífida. 24. Parálisis obstétrica. 25. Espondilolisis y espondilolistesis. PARTE II. SISTEMA RESPIRATORIO. 26. Anatomía básica del aparato respiratorio. 27. Intercambio de gases y mecánica pulmonar. 28. Exploración del paciente con sufrimiento cardiorrespiratorio. 29. Técnicas de fisioterapia respiratoria. 30. Parálisis y debilidad de los músculos respiratorios. 31. Ventilación mecánica. 32. Enfermedad pulmonar obstructiva crónica. 33. Fisioterapia en el derrame pleural no neoplásico. 34. Patología endocrina: obesidad y respiración, síndrome de.

Nuevo compendio de anatomía descriptiva y general Julian Calleja y Sánchez, 1878

El Monitor de la educación común , 1889

Los tónicos de la voluntad Santiago Ramón y Cajal, 1952

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Grandes síndromes neurológicos y neuroquirúrgicos Alfonso Asenjo, 1966

Archivos de neurobiología, psicología, fisiología, histología, neurología y psiquiatría , 1924

El anfiteatro anatómico español , 1876

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