

RYGSØJLEN I HELE DENS FORLØB



METAsundheds Konference 2022

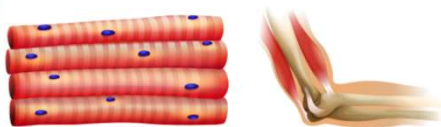
v. Lisbeth Lundgaard

METAmaster underviser
& fysioterapeut

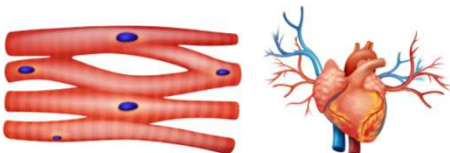
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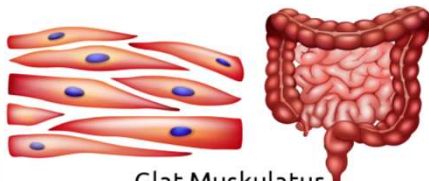
Typer af Muskel Celler



Skelet Muskulatur



Hjerte Muskulatur

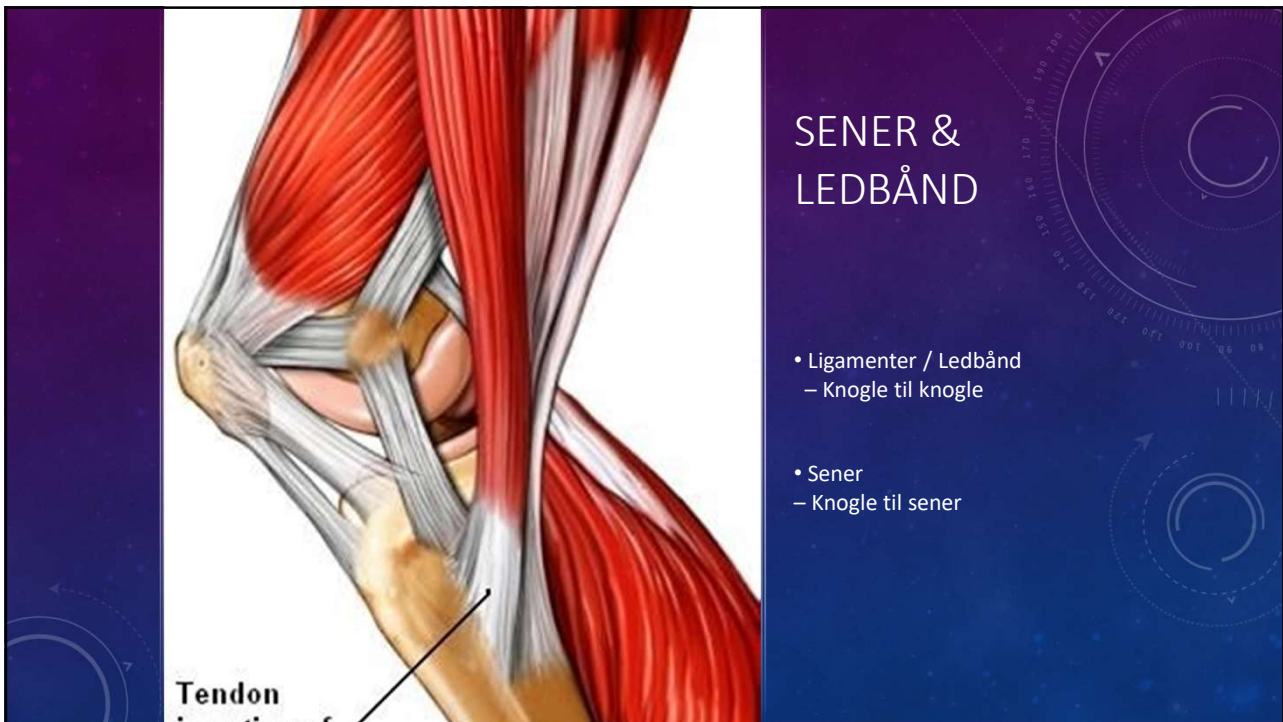


Glat Muskulatur

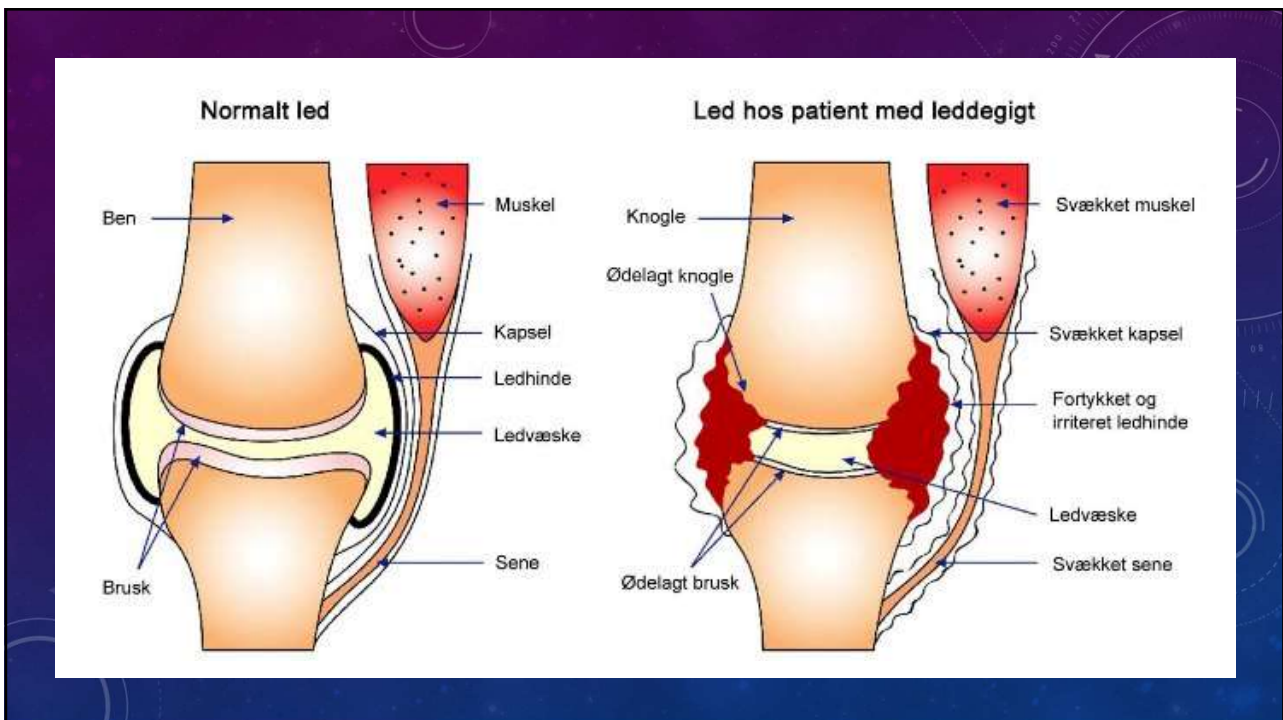
VÆV OG FUNKTION

- Skelet muskulatur
 - Kontraktion & Relaktion
- Hjerte muskulatur
- Glat muskulatur

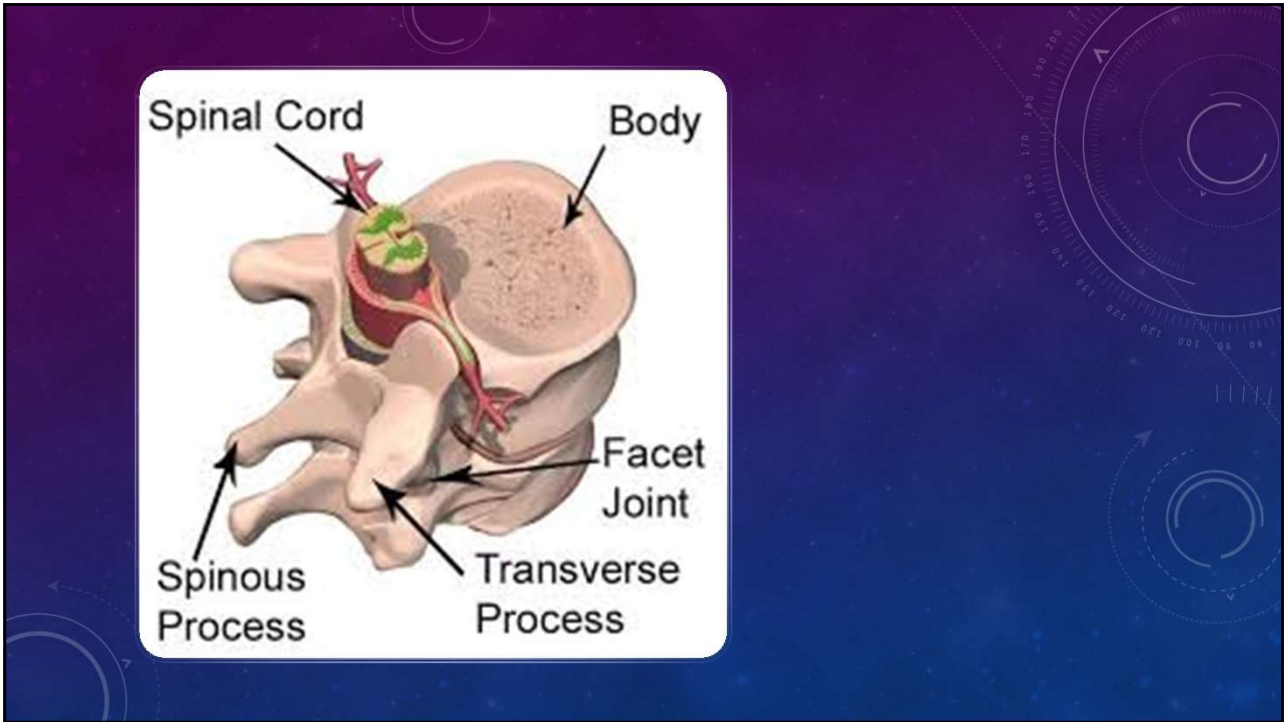
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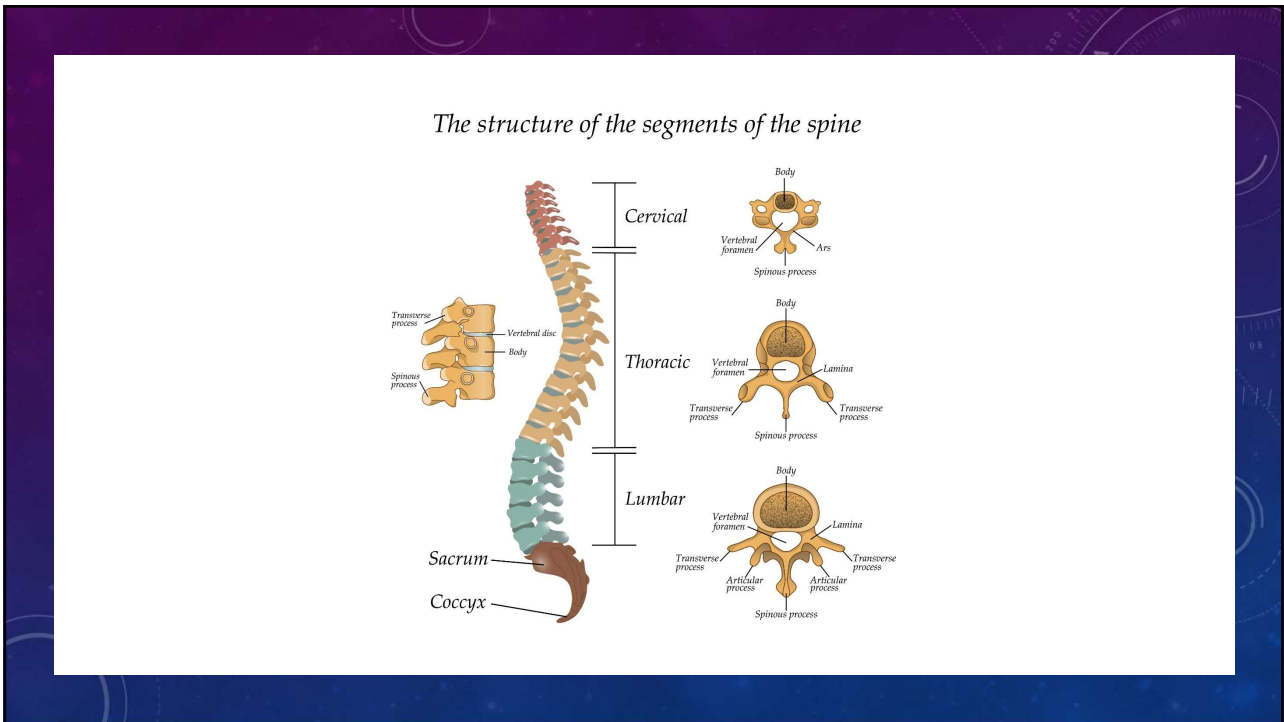
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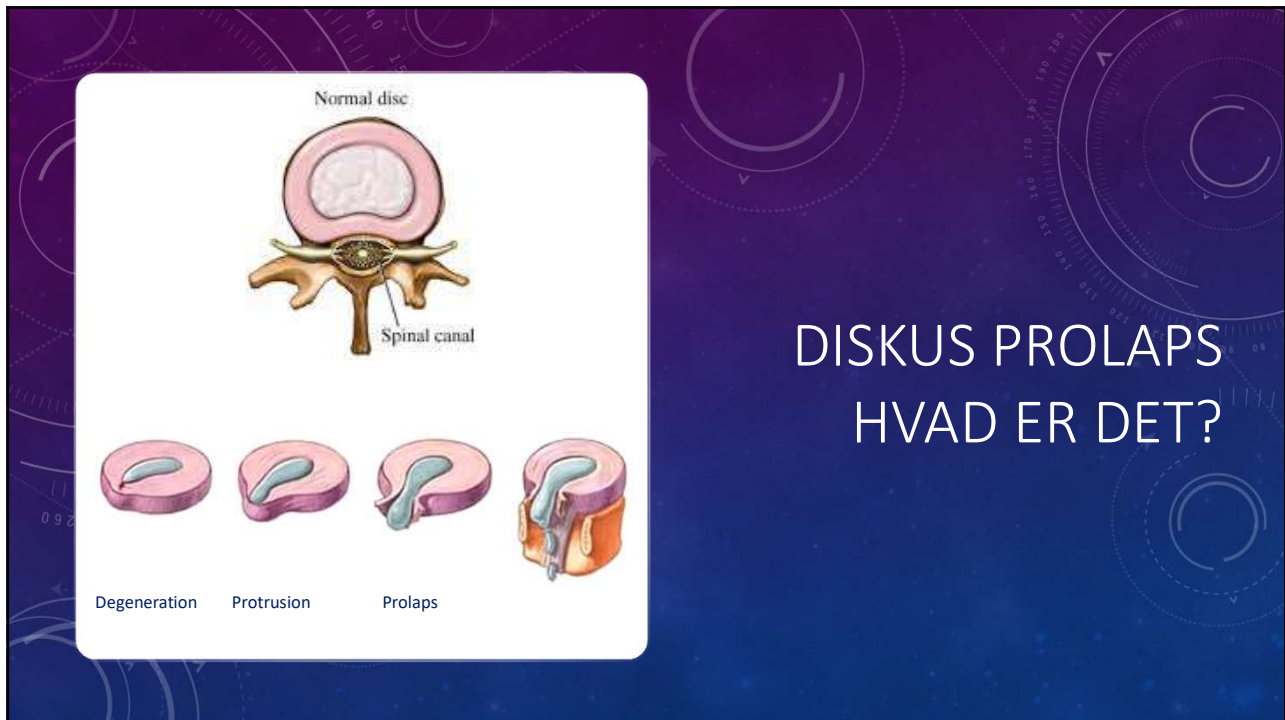
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6



7

3 FORMER FOR SMERTE

- Lokal smerte
- Radikulære smerte / Rodsmerte:
Snurrende, sovende, jagende.
Dyb, dump, borende eller gnavende.
- Disse på rodens tilsvarende niveau i armen, kroppen eller benet.
Kan være Periodisk eller Konstante
- Refereret smerte / Forskudt smerte:
En smerte der mærkes et andet sted end det organ det udspringer fra

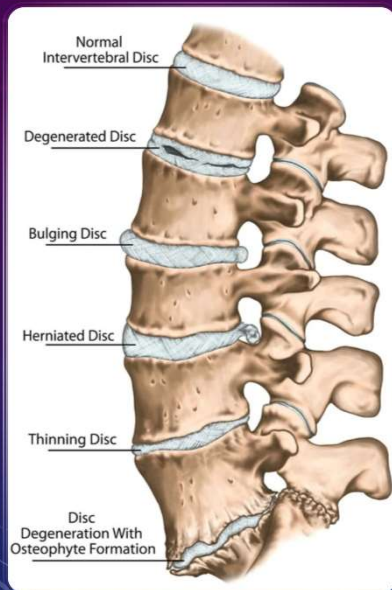
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“RØDE FLAG” STOP!

- Kan ikke kontrollere urin og afføring
- Manglende motorisk kontrol af arme eller ben
- Manglende sensorisk funktion af arme eller ben

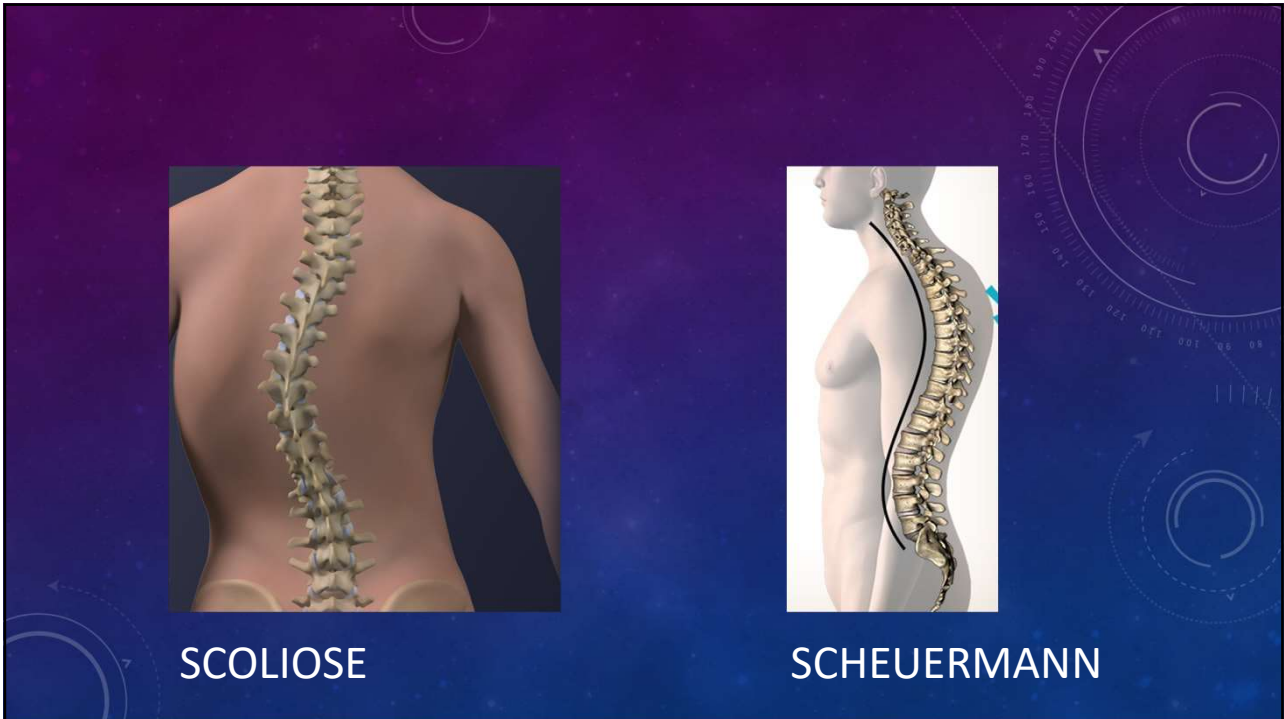
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DIAGNOSER

- Discus degeneration & Prolaps
- Slidgigt / Spondylarthrose – Arthrose i ryggen hører til facet led
- Spondylose: Osteofyt dannelse + højdereduktion af discus => Spondylose
- SpinalStenose – Forsnævring i rygmarvskanalen
- Frakturer

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SCOLIOSE

SCHEUERMANN

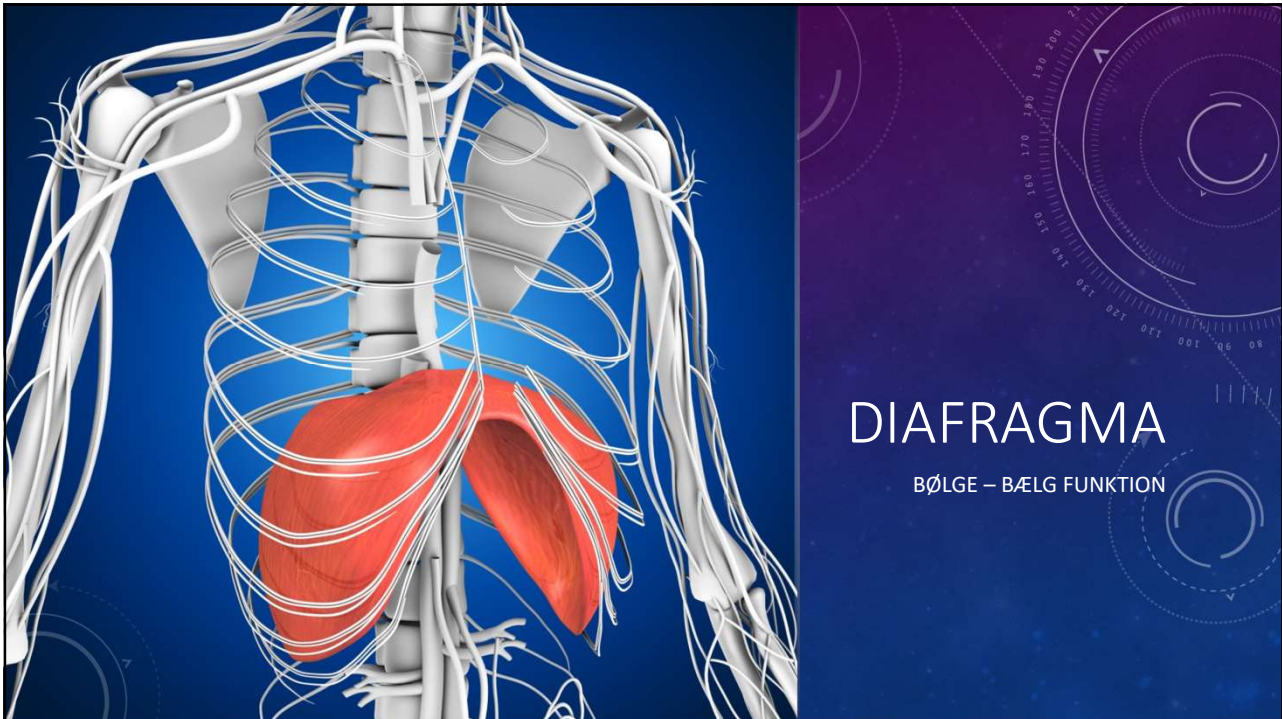
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SELVVÆRD



12



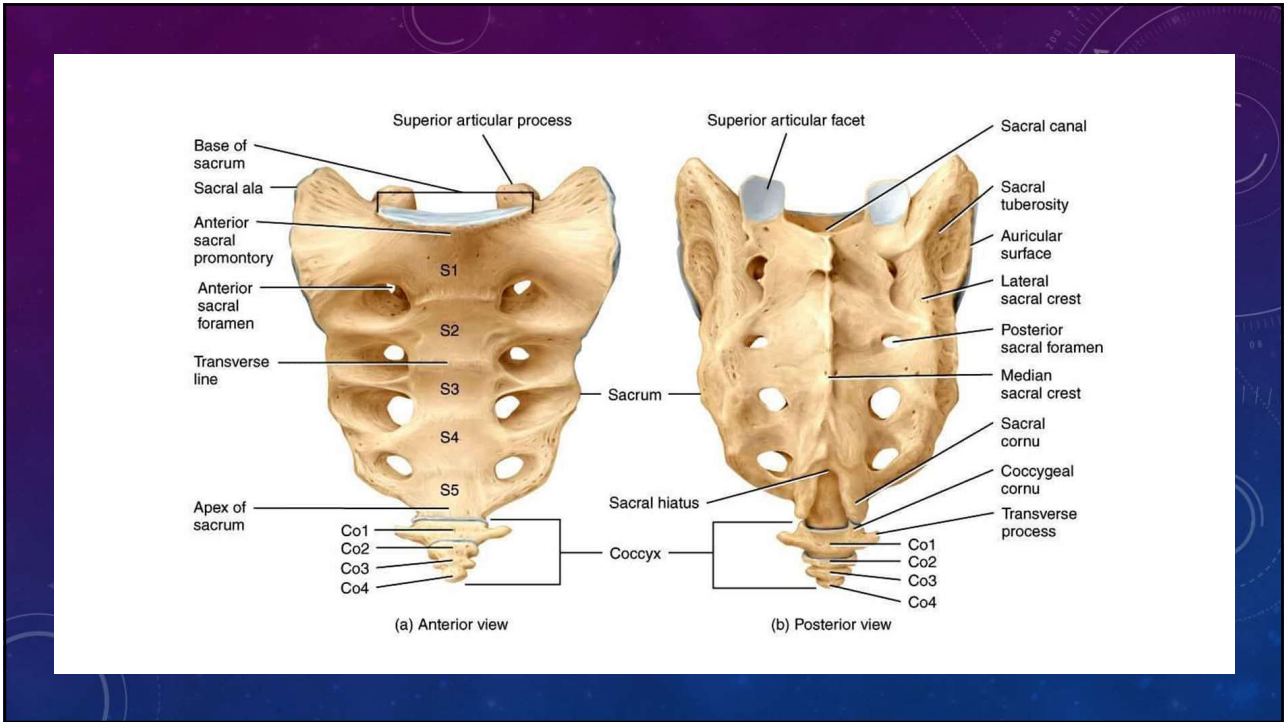
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3 DANTIEN

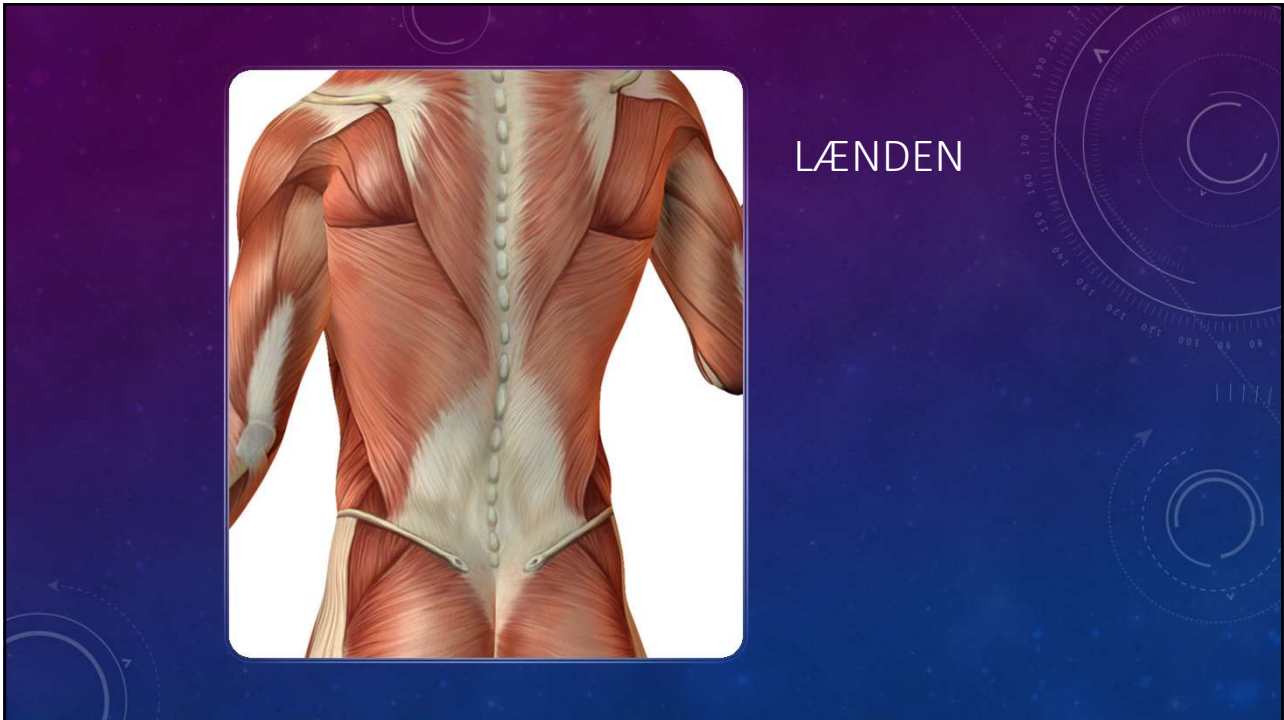
- Øvre
- Midterste
- Nederste

The image shows a silhouette of a person in a dynamic pose, possibly a martial artist, against a bright, glowing background. The person's body is marked with several glowing red and orange points, representing energy centers or meridians. The background is a mix of yellow and orange, suggesting a sunrise or sunset.

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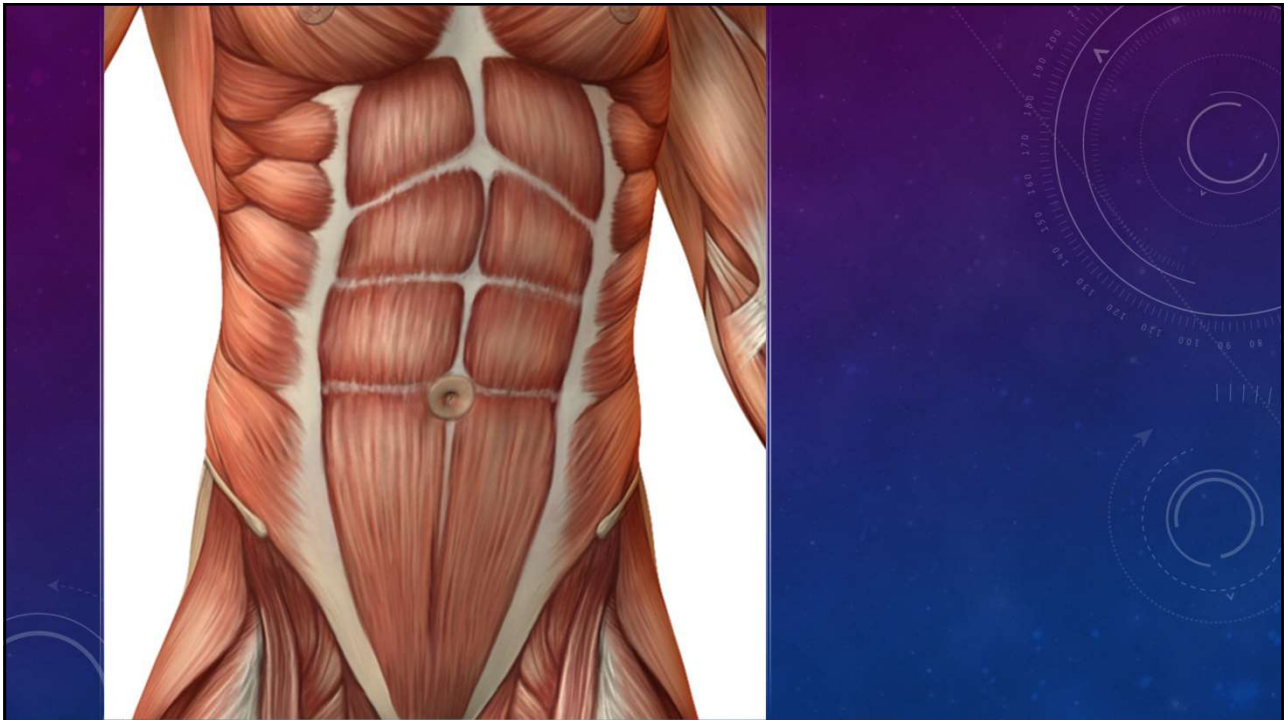
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MAVEMUSKLER & RYG STABILISERING

- Transversus Abdominus
- Multifidi
- Bækkenbunden



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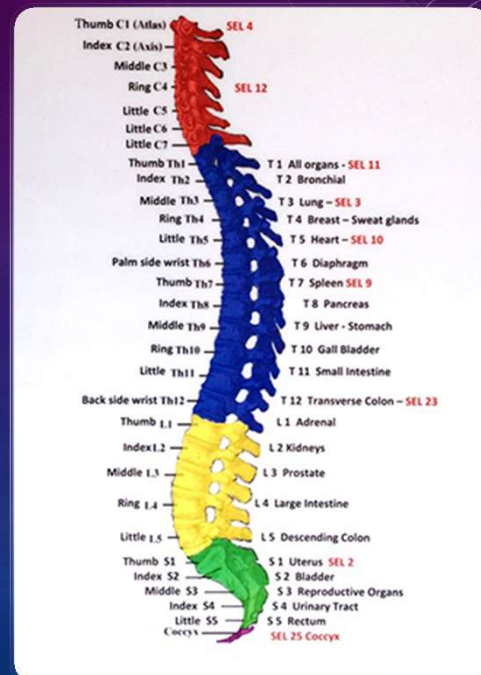
THORAKAL RYG OG RIBBENS KASSE



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RYGGEN OG INDRE ORGANER

VÆR' KRITISK!!!



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