

Vöðvar fyrir neðan hné: hreyfingar

- Vöðvar fyrir neðan hné eru margir og geta þeir myndað ýmsar hreyfingar s.s:
 - ökkli: dorsi flexion (færa fót upp að sköflungi) og plantar flexion (standa á tám)
 - Inversion (standa á ytri brún fótar) og eversion (standa á innri brún fótar) fótar
 - tær: flexion og extension

Vöðvar að framan

- Vöðvar framan á sköflungi eru aðallega extensorar fyrir tær og dorsi flexa ökkla
- Þessir vöðvar eru:
 - tibialis anterior
 - extensor digitorum longus
 - extensor hallucis longus
 - fibularis tertius

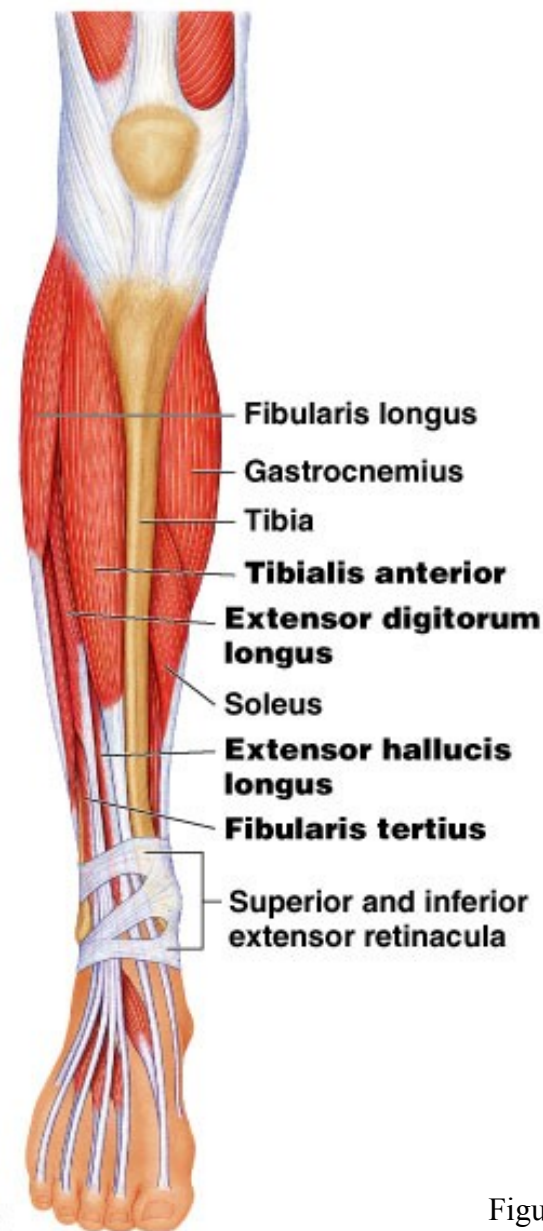


Figure 10.21a

Lateral (hliðlægir) vöðvar

- Vöðvar lateralt á sköflungi plantar flexa fót í ökkla og everta fót
- Þeir eru:
 - fibularis (peroneus) longus
 - fibularis (peroneus) brevis

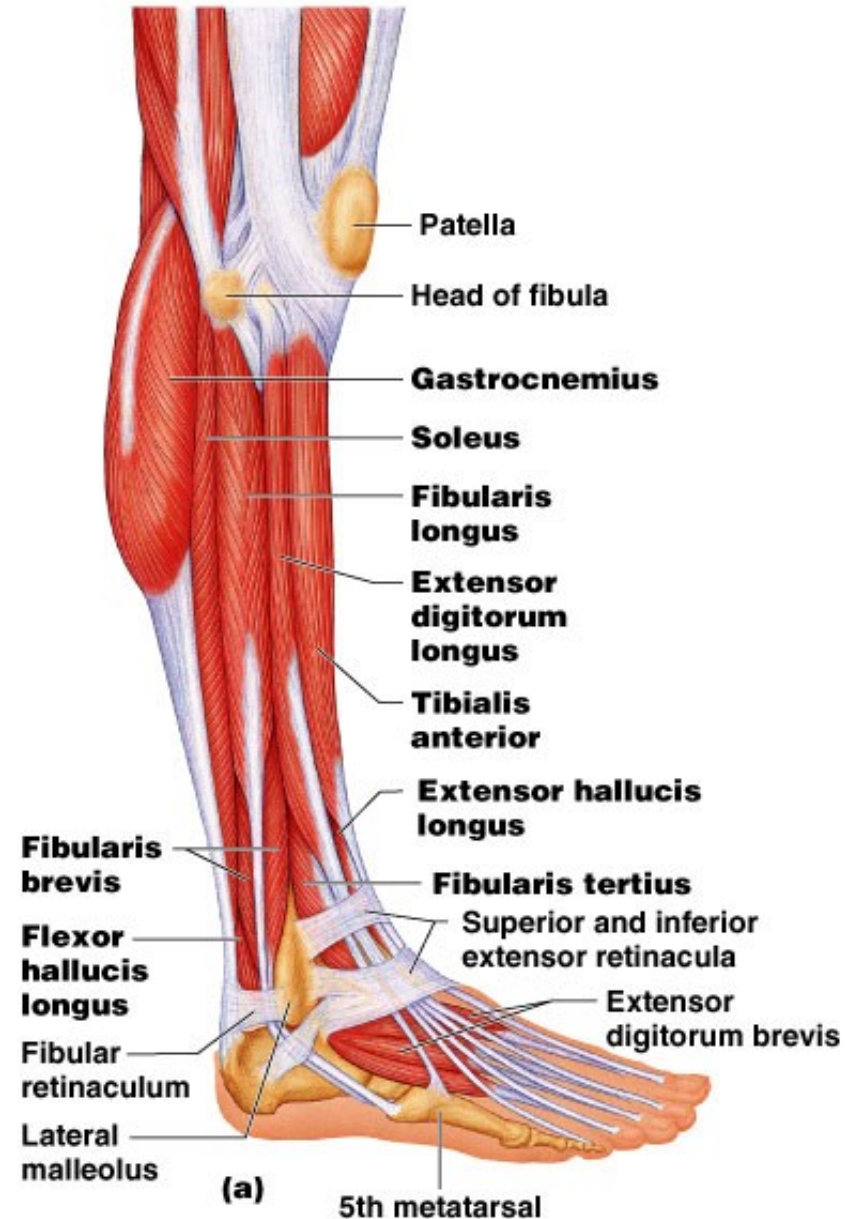


Figure 10.22a

Lateral (hliðlægir) vöðvar

O = origin
I = insertion

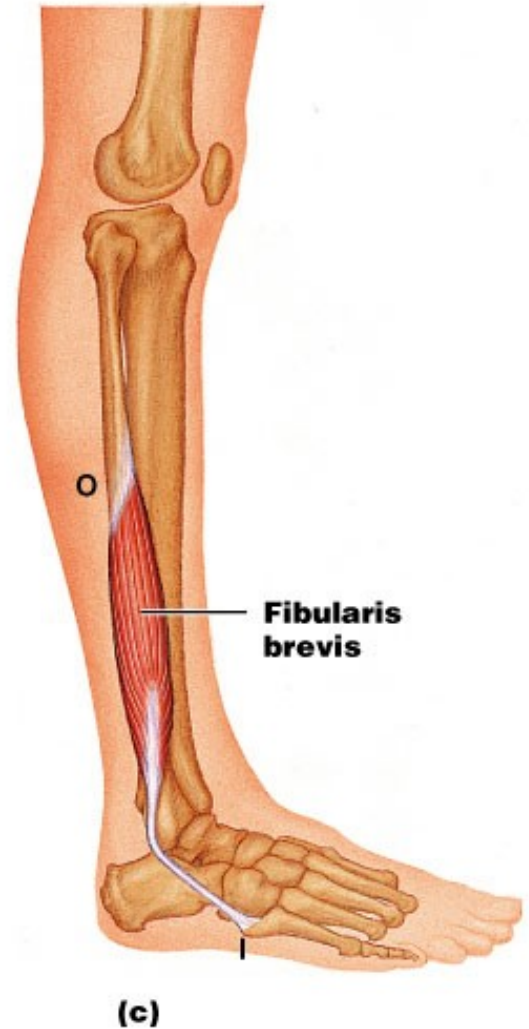
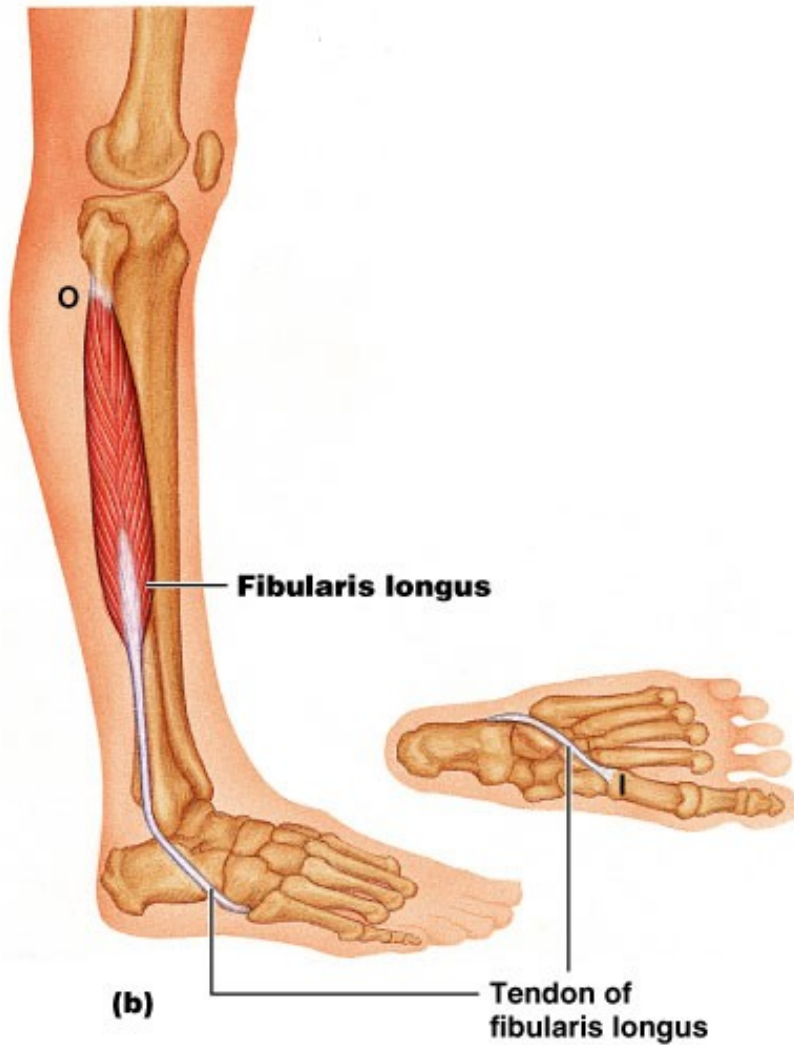


Figure 10.22b, c

Vöðvar að aftan

- Kálfavöðvar (vöðvar aftan á tibia) plantar flexa fót (standa á tám) og flexa tær
- Þeir eru:
 - gastrocnemius
 - soleus
 - tibialis posterior
 - flexor digitorum longus
 - flexor hallucis longus

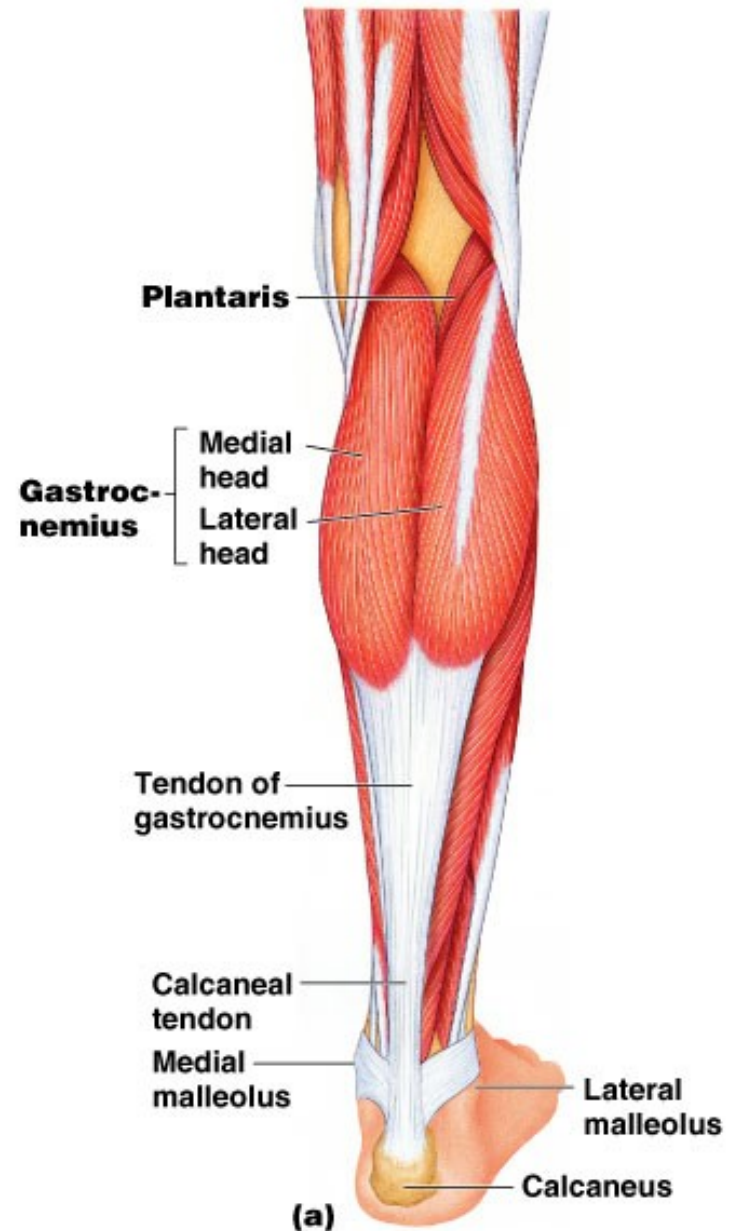


Figure 10.23a

Vöðvar að aftan

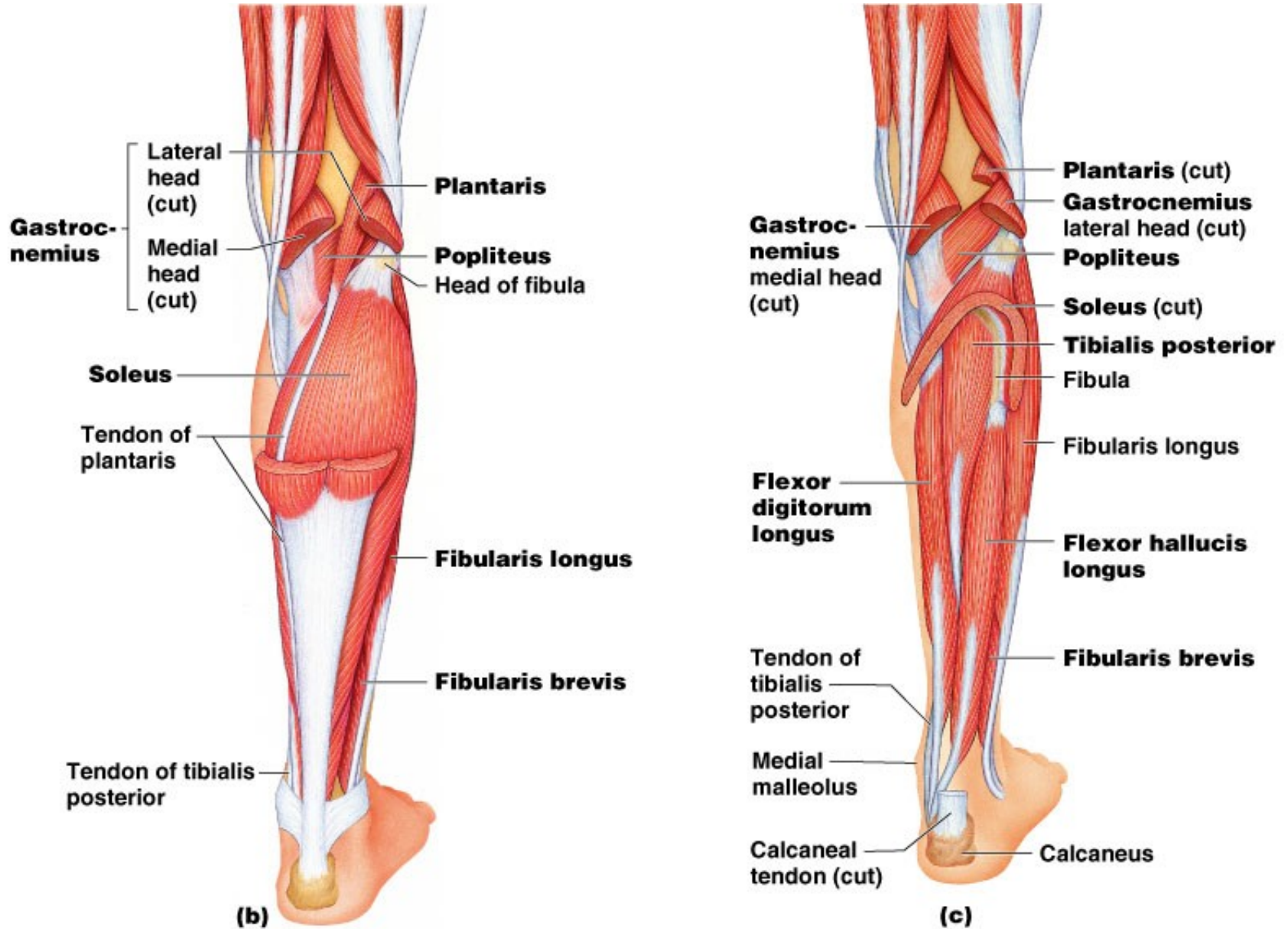
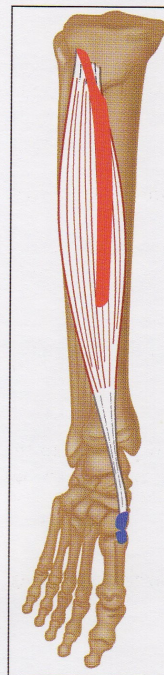


Figure 10.23b, c

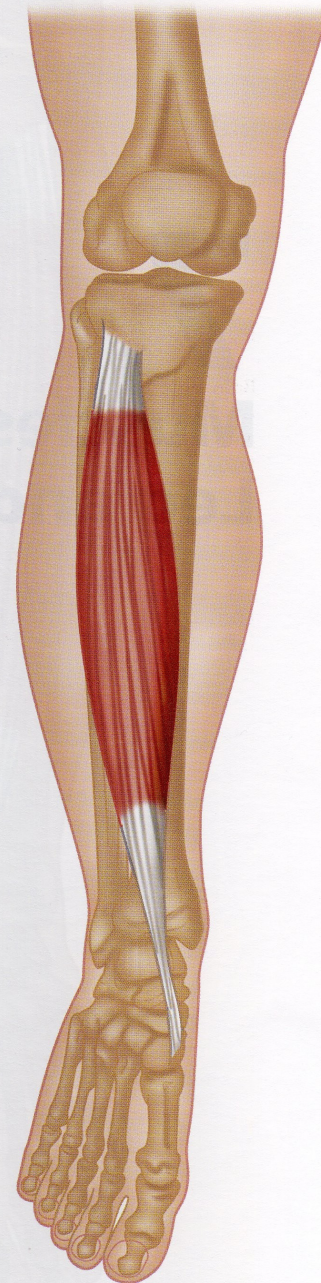
Tibialis anterior

- Nafnið gefur vel til kynna hvar vöðvinn er staðsettur
 - Tibialis => tibia (sköflungur)
 - anterior => framan
- Upptök
 - Efri helmingur tibia anterior (að framan)
- Festa
 - metatarsus (miðfótur) mediant
- Hlutverk
 - dorsi flexar ökkla (lyftir fæti upp að sköflungi)
 - invertar fæti
 - Þessi vöðvi tekur þátt í göngu og hlaupi með því að lyfta fæti upp áður en fóturinn stígur niður
 - Þessi vöðvi verður oft þreyttur við langvarandi bílkeyrslu
 - bensínfóturinn

TIBIALIS ANTERIOR

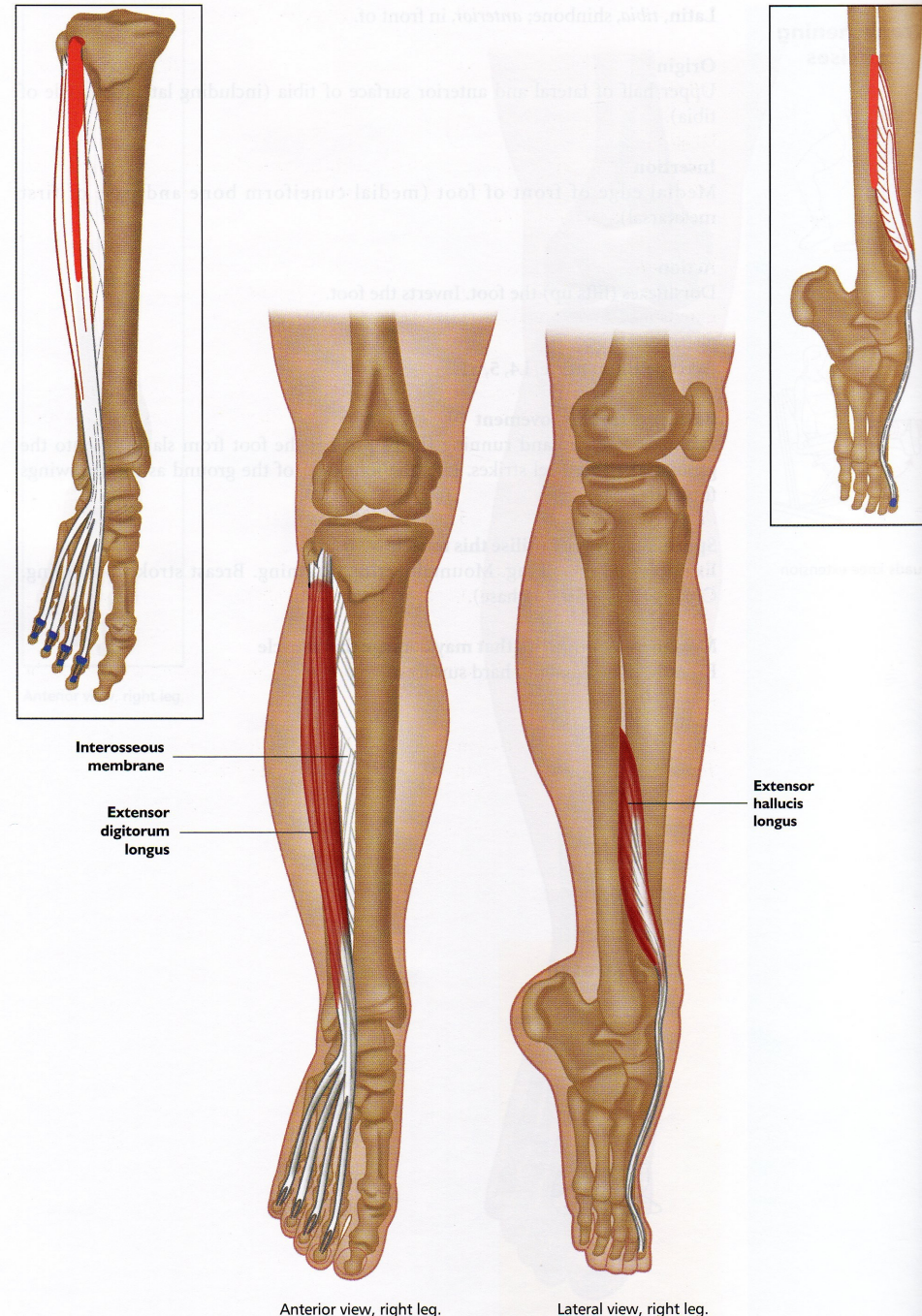


Anterior view, right leg.



Extensor digitorum longus og extensor hallucis longus

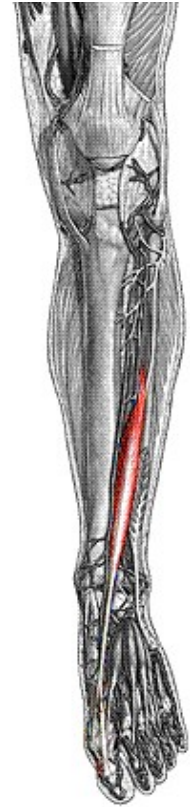
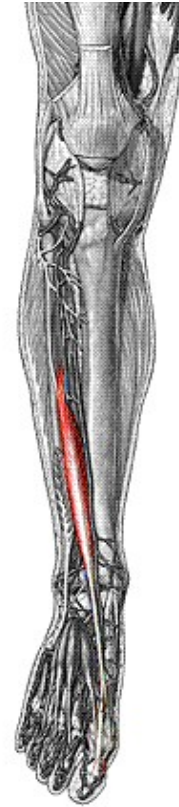
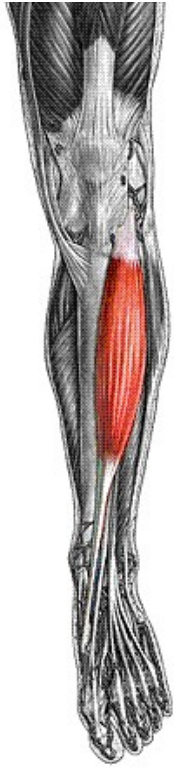
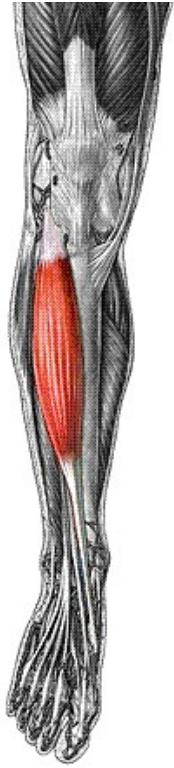
- Upptök
 - anterior á fibula
 - extensor digitorum longus á einnig upptök á lateral epicondylus
- Festa
 - E.D.L. festist á phalanges pedis distalis
 - Allar tær fyrir utan stóru tá
 - E.H.L. festist á hallux (stóru tá)
- Hlutverk
 - extensa (rétt) tær
 - dorsiflexa ökkla



Anterior view, right leg.

Lateral view, right leg.

Vöðvar framan á sköflungi



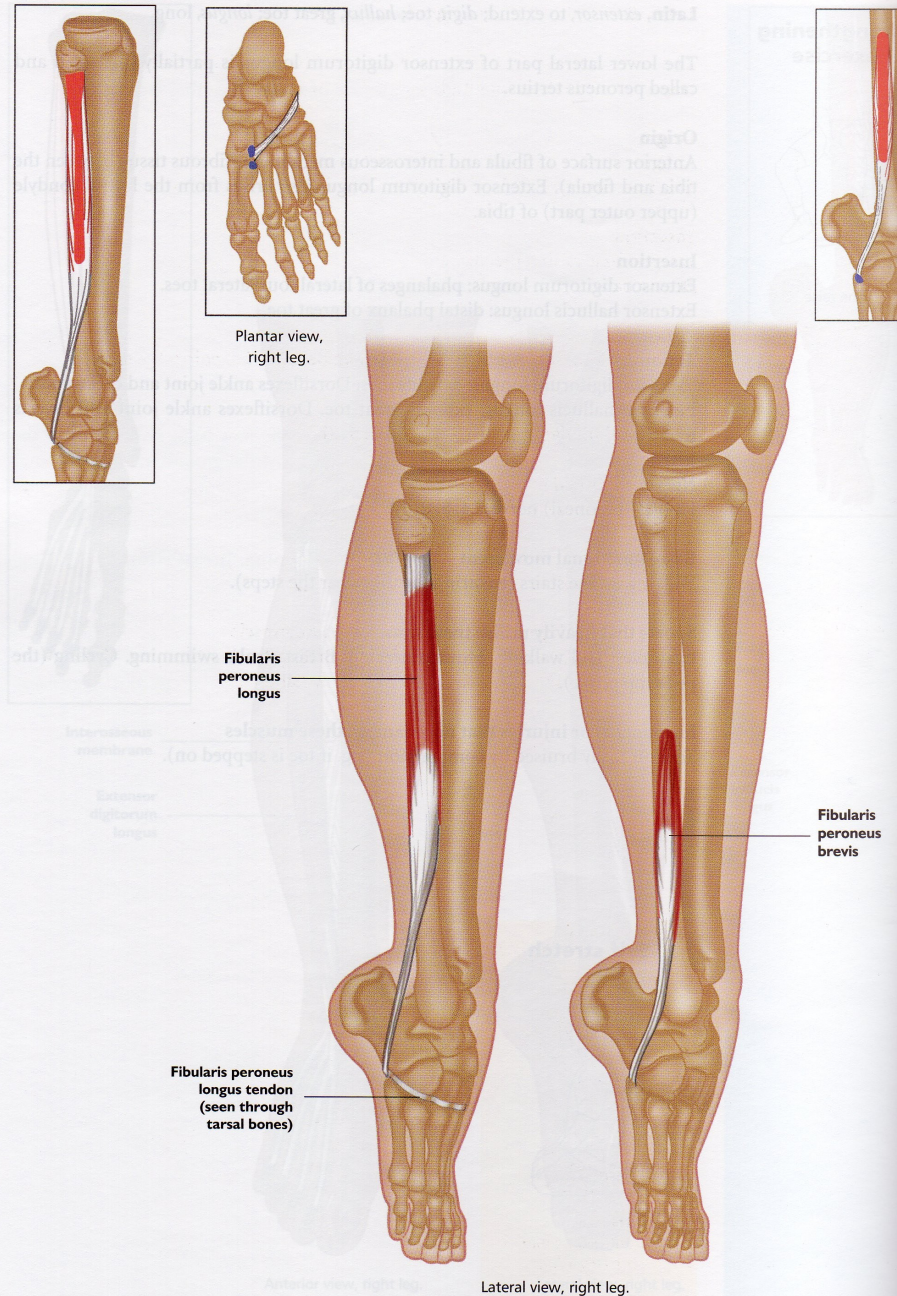
Tibialis anterior

Extensor digitorum longus

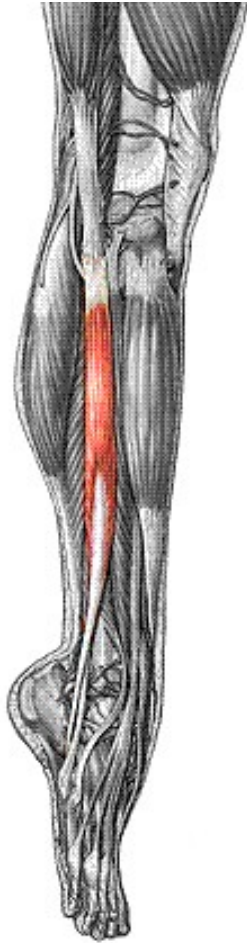
Extensor hallucis longus

Fibularis (peroneus) longus og brevis (dálksvöðvar)

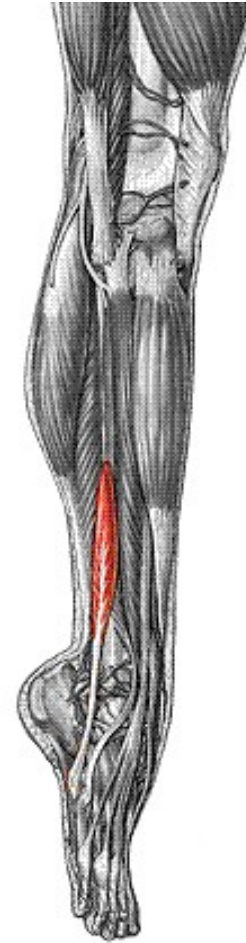
- Upptök
 - lateralt (hliðlægt) á fibula
 - fibularis longus á upptök á efri hluta fibula
 - fibularis brevis á upptök á neðri hluta fibula
- Festa
 - Metatarsal (miðfótarbein)
- Hlutverk
 - evertar fót
 - standa á innri brún fótar
 - tekur þátt í plantar flexion ökkla
 - þ.e. standa á tám



Vöðvar lateralt á sköflungi



Fibularis (peroneus) longus

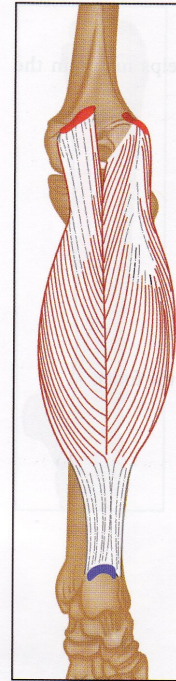


Fibularis (peroneus) brevis

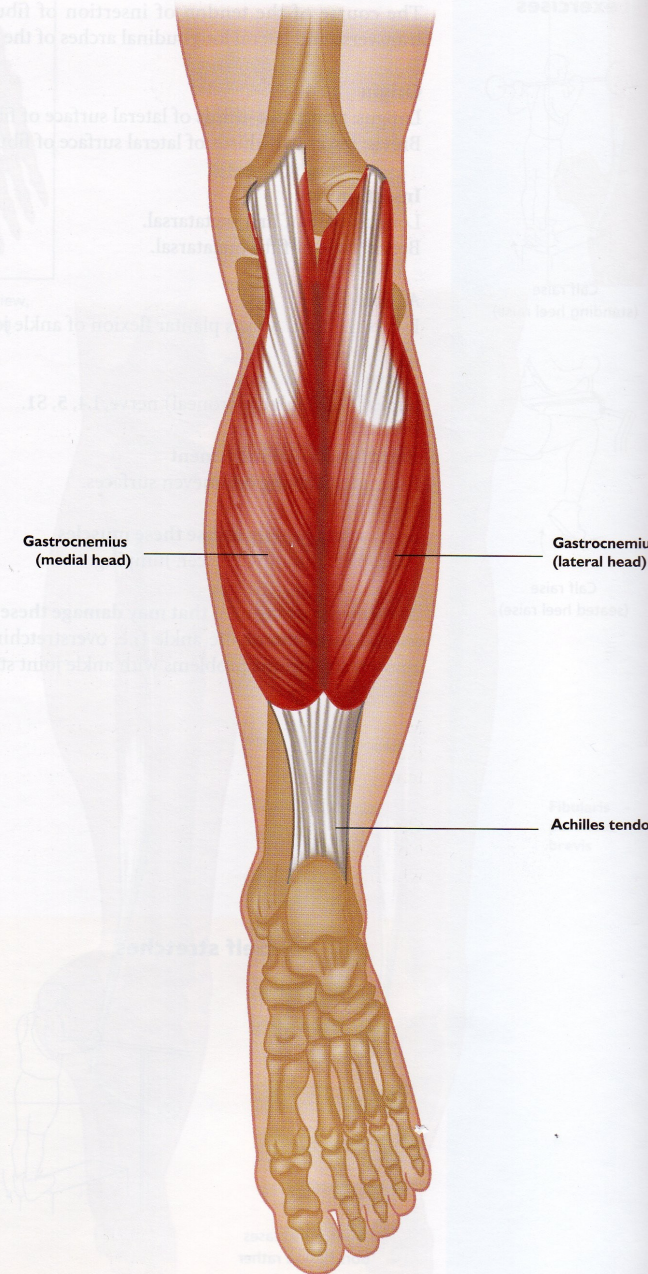
Gastrocnemius (kálfatvíhöfði)

- Gastrocnemius hefur tvö upptök og er stærstur kálfavöðvanna
- Upptök
 - medial og lateral neðst aftan á femur
- Festa
 - festist við calcaneus (hælbein) með hásin (tendo calcaneus/achilles)
- Hlutverk
 - plantar flexar ökkla
 - þ.e. standa á tám
 - Þar sem hann hefur upptök fyrir ofan hné þá getur hann hjálpað til við flexion í hnélið
 - Gastrocnemius myndar aðal drifkraftinn fyrir göngu og hlaup

GASTROCNEMIUS



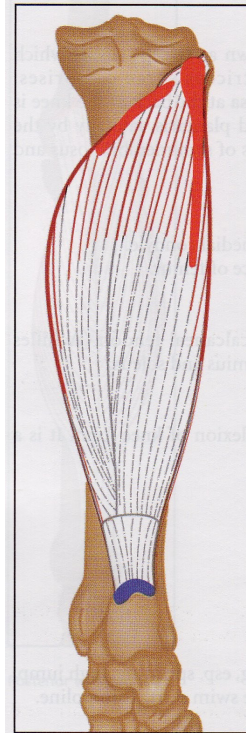
Posterior view, right leg.



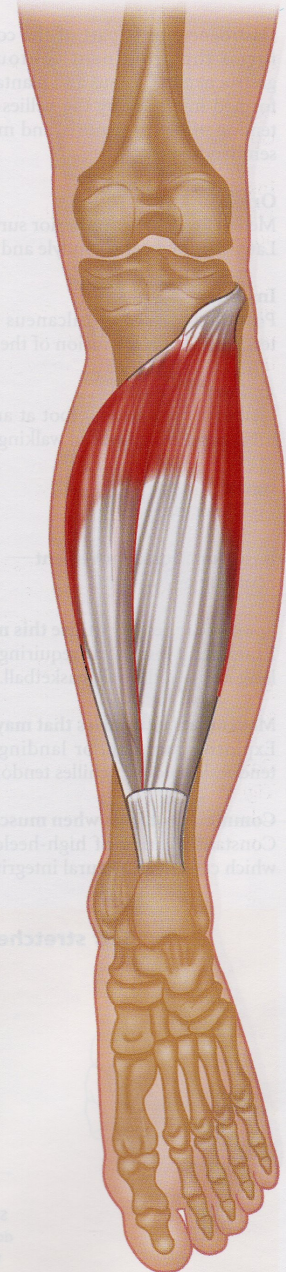
Soleus (sólvöðvi)

- Þessi vöðvi liggur að mestu leiti undir gastrocnemius
- Upptök
 - efri hluti tibia og fibula posterior (að aftan)
- Festa
 - festist við calcaneus (hælbein) með hásin (tendo calcaneus/achilles)
- Hlutverk
 - plantar flexar ökkla
 - þ.e. standa á tám

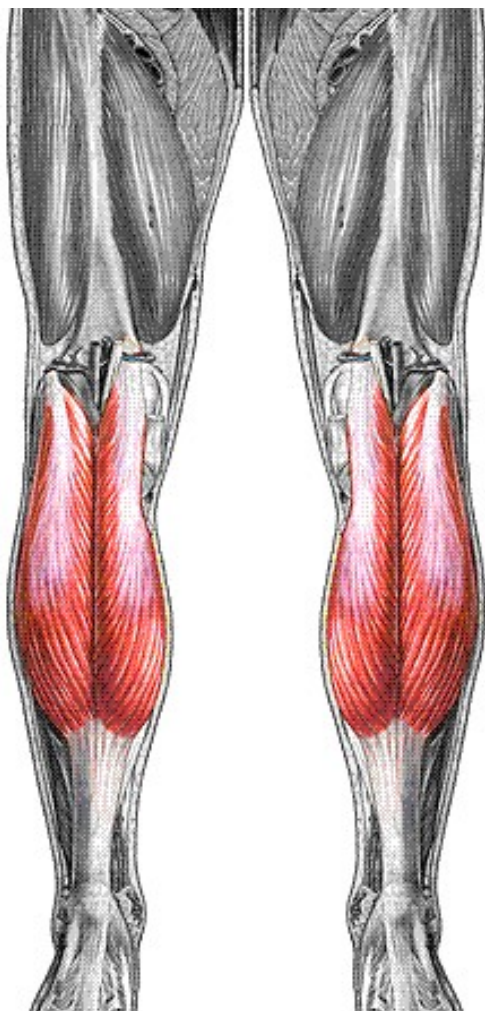
SOLEUS



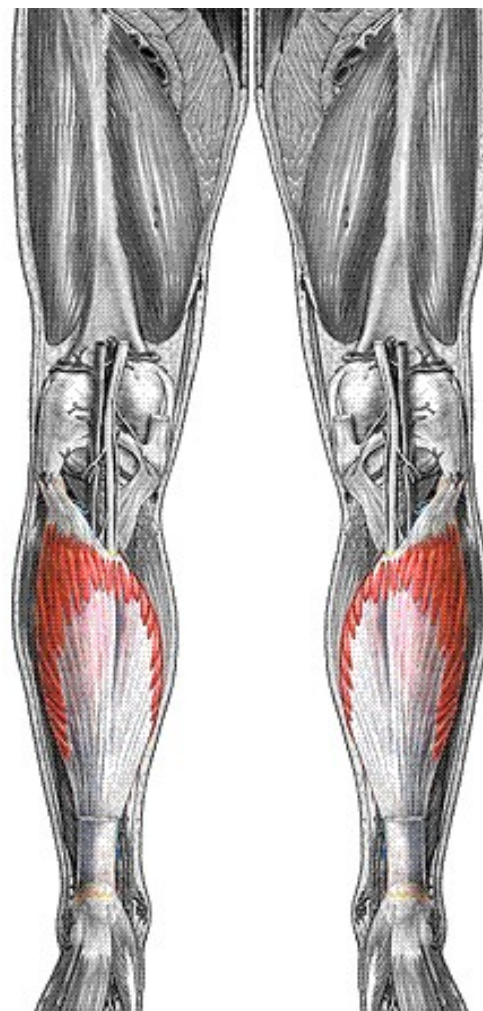
Posterior view, right leg.



Stærstu kálfavöðvarnir



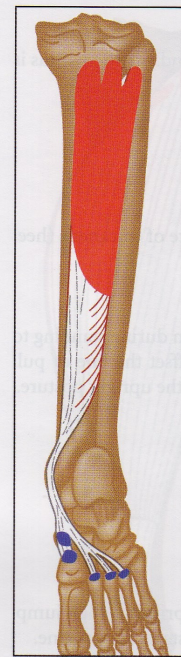
Gastrocnemius



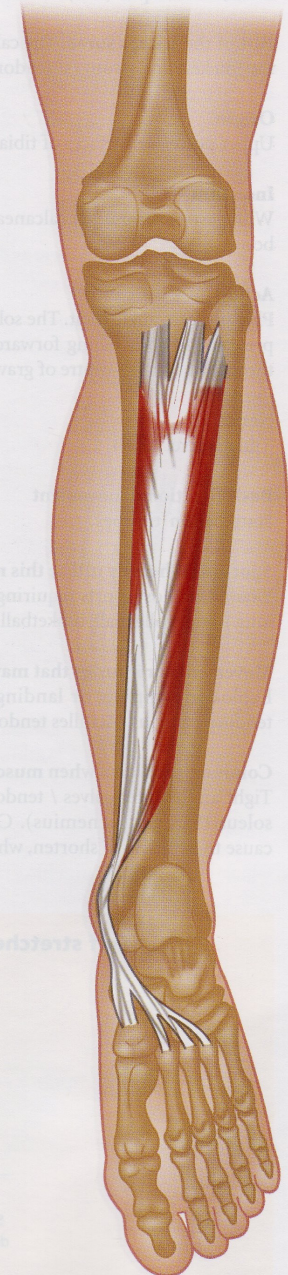
Soleus

Tibialis posterior

- er meðal djúpu posterior kálfavöðvanna
- Upptök
 - efri hluti tibia og fibula
- Festa
 - Tarsus (hárist) og metatarsus (framrist) bein
- Hlutverk
 - inverta fót
 - hjálpar til við plantar flexion ökkla



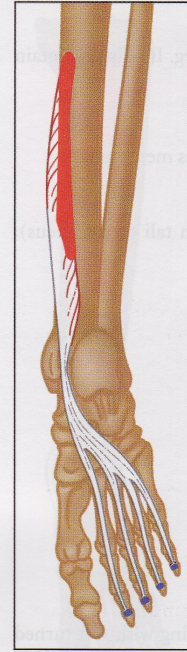
Posterior view, right leg.



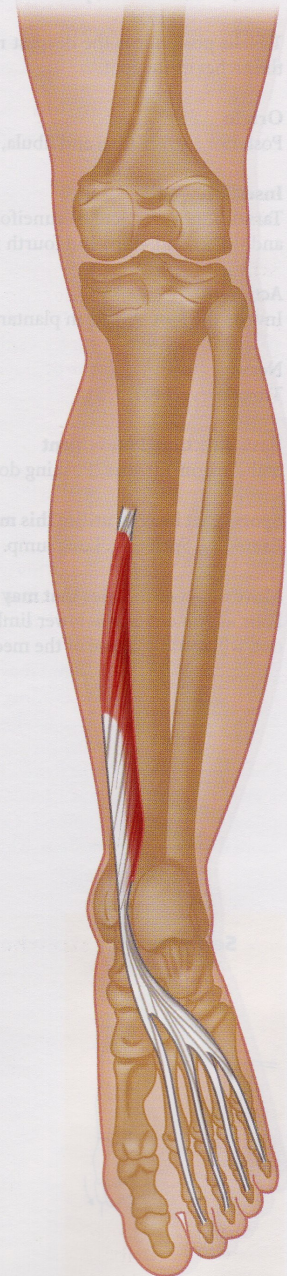
Flexor digitorum longus

- Upptök
 - mediant á tibia
- Festa
 - phalanges pedis distalis 2-5
- Hlutverk
 - flexar tær
 - plantar flexar fót

FLEXOR DIGITORUM LONGUS



Posterior view, right leg.

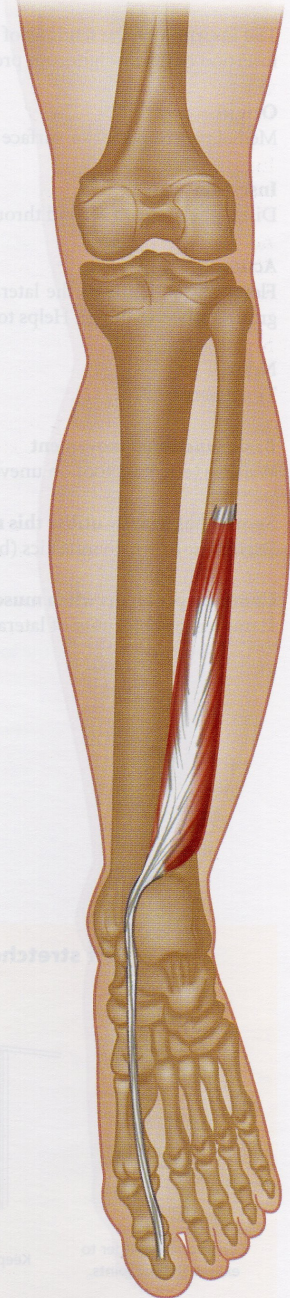


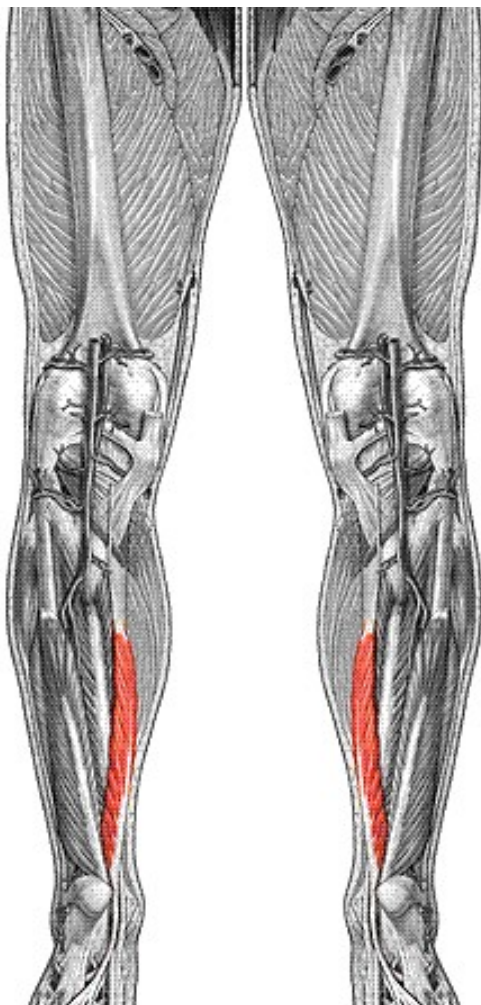
Flexor hallucis longus

- Upptök
 - fibula
- Festa
 - hallux (stóra tá)
- Hlutverk
 - flexar stóru tá
 - plantar flexar fæti

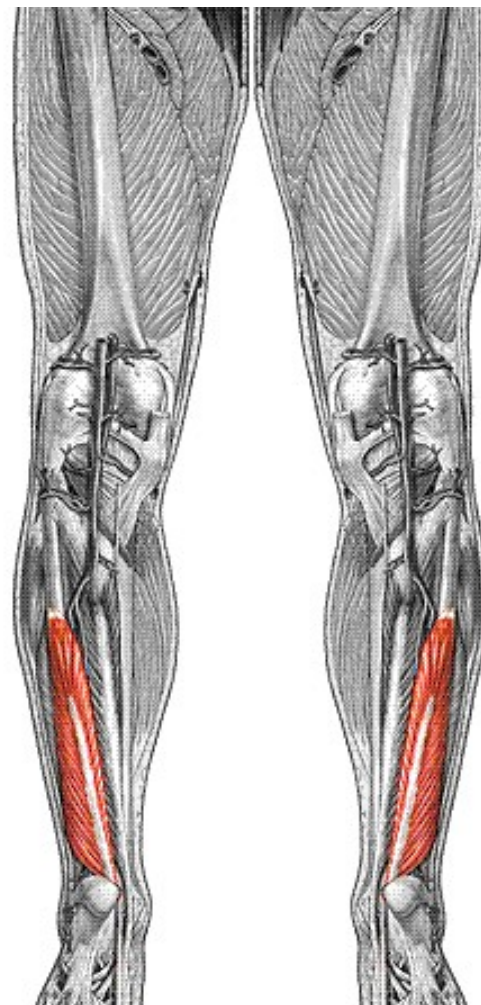


Posterior view, right leg.





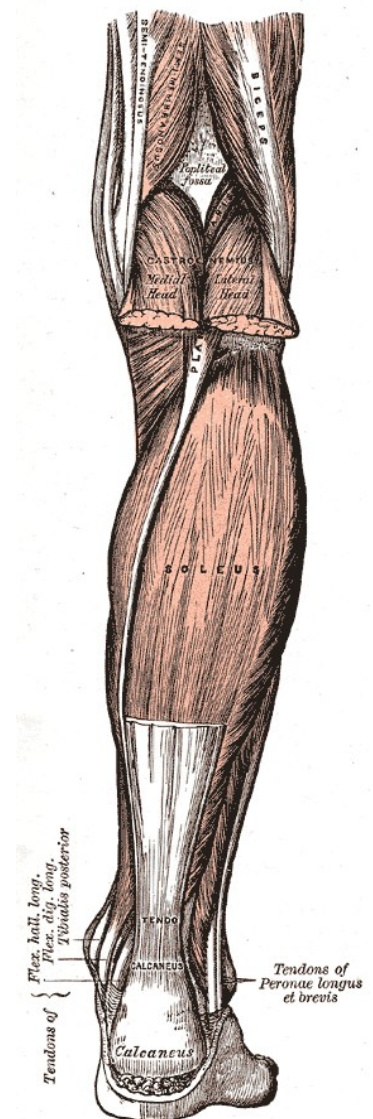
Flexor digitorum longus



Flexor hallucis longus

Hreyfing vöðva fyrir neðan hné: Samantekt

- Vöðvar fyrir neðan hné
 - Lateral hlið: plantar flexar og evertar fót
 - Posterior (aftan): plantar flexar ökkla og flexar tær
 - Anterior (framan): dorsi flexa ökkla og extenda tær



Hreyfing vöðva fyrir neðan hné: Samantekt

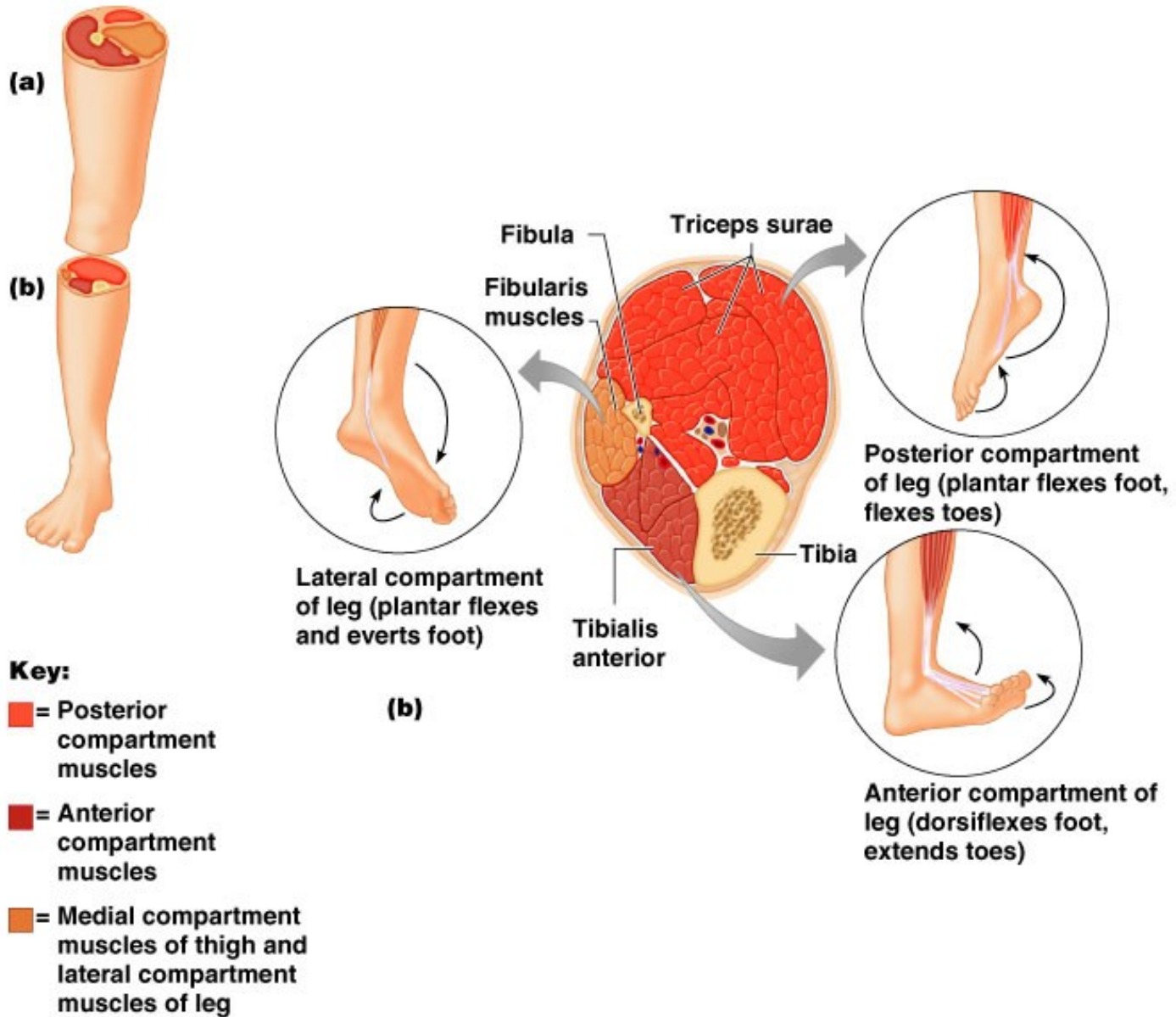


Figure 10.24b