

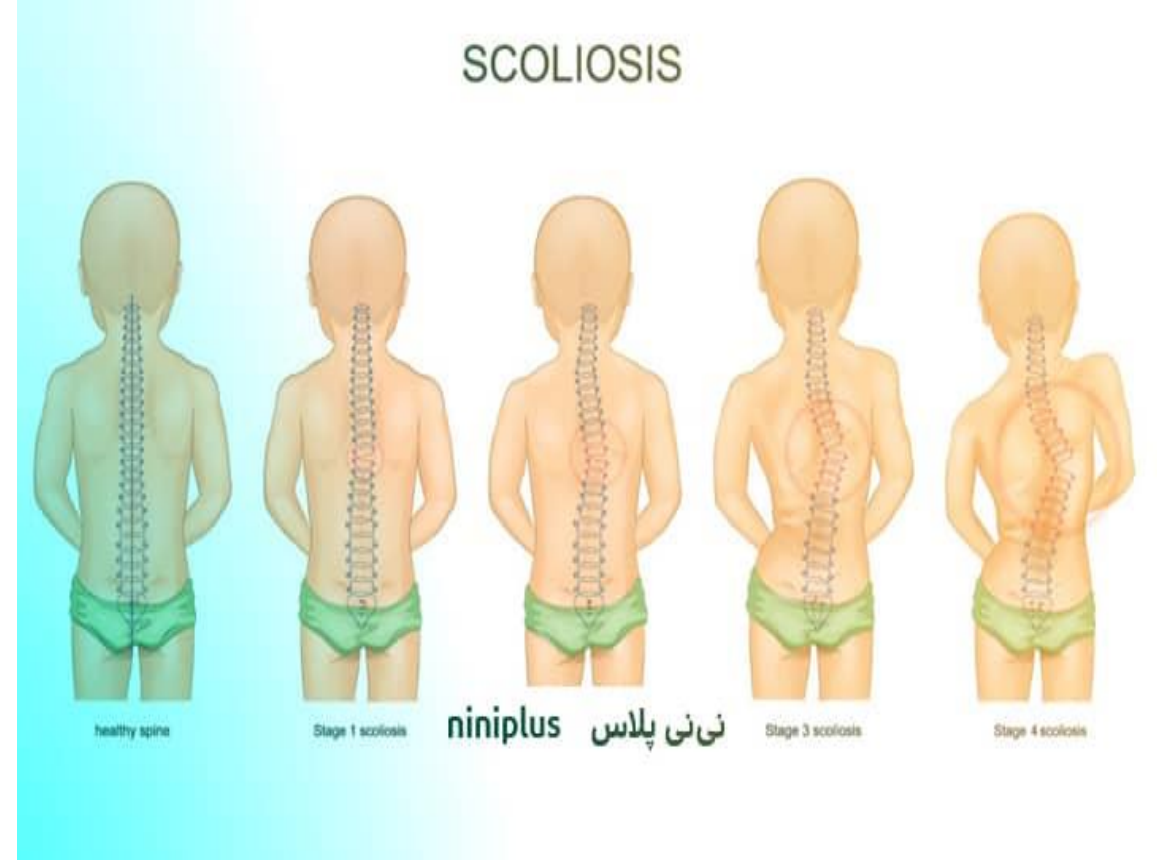
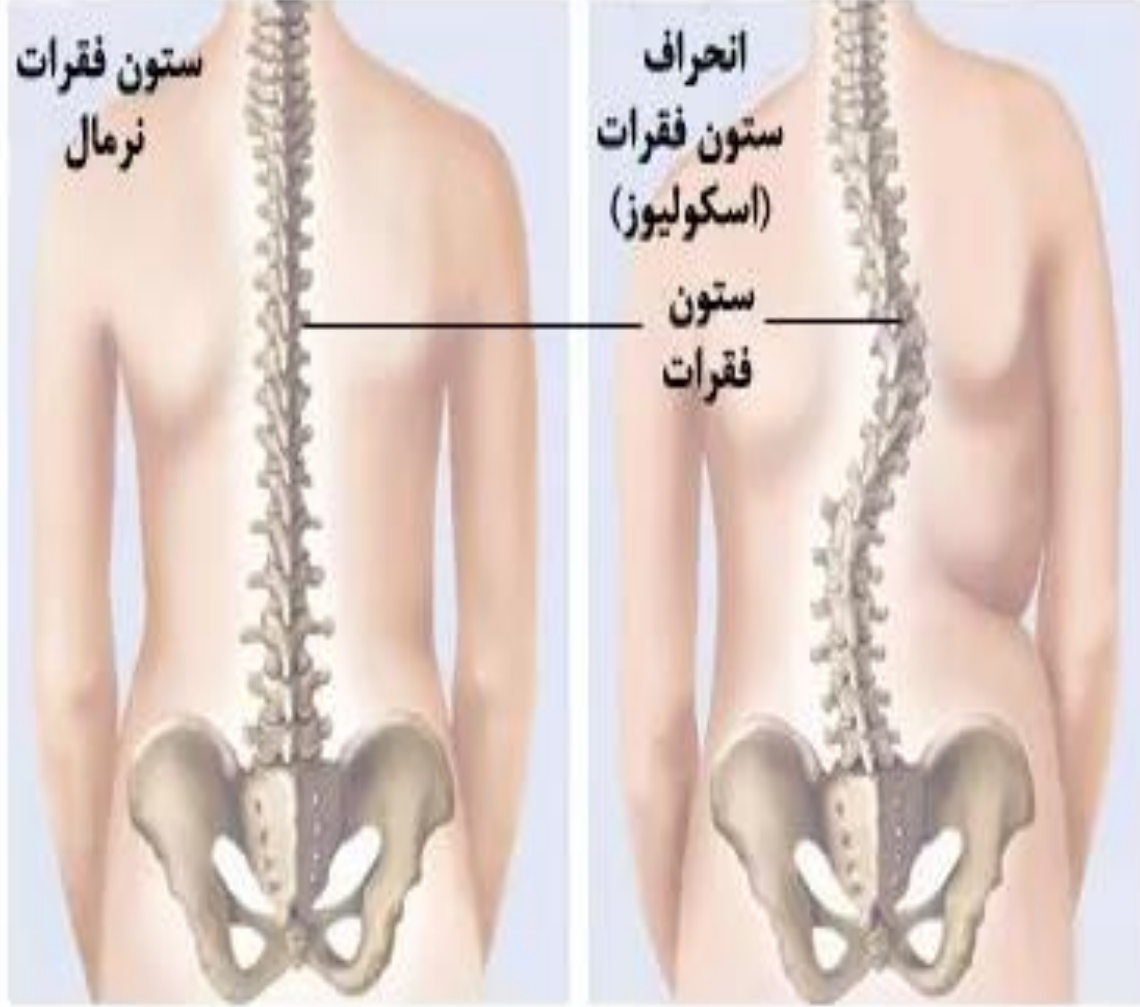


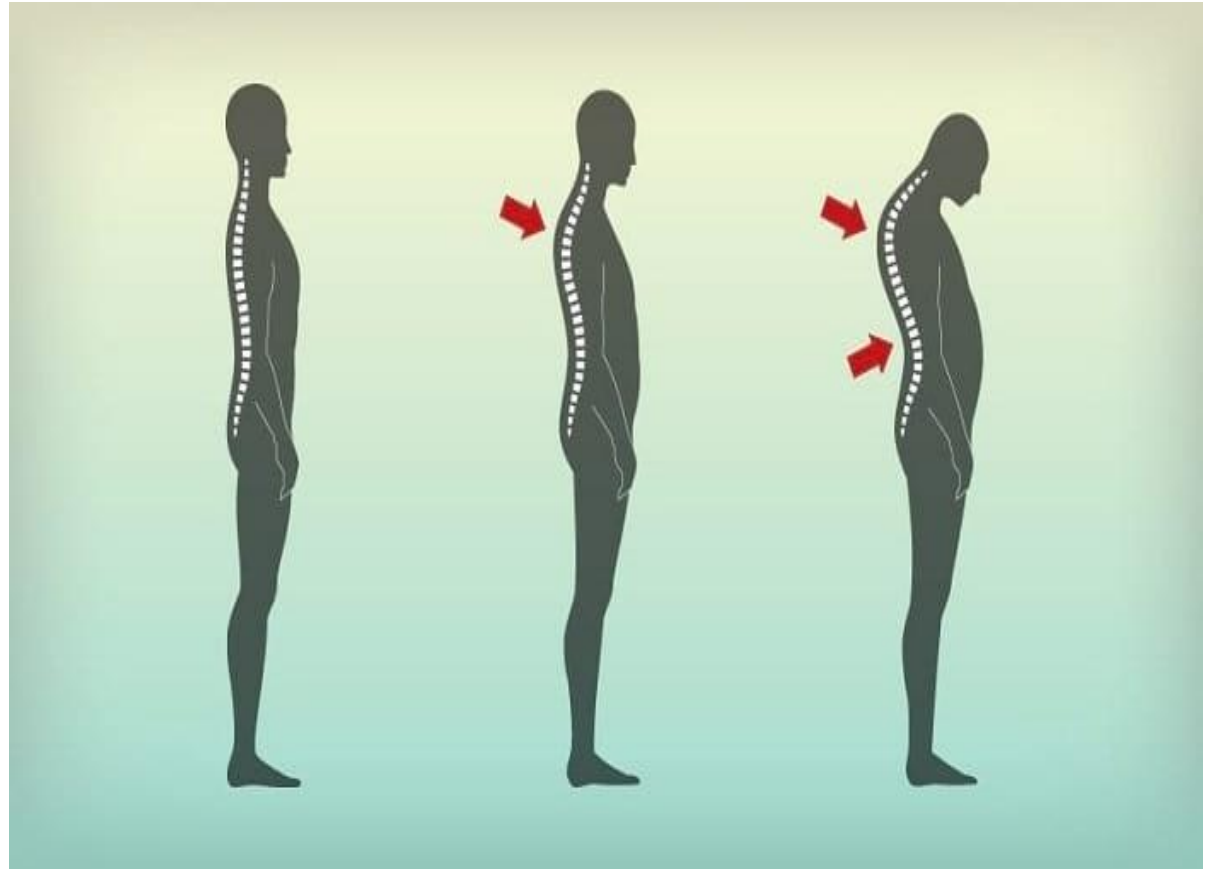
بهداشت مدارس  
دکتر شیوا آب بر  
دستیار تخصصی پزشکی ورزشی دانشگاه شهید بهشتی  
آبان ۱۴۰۱

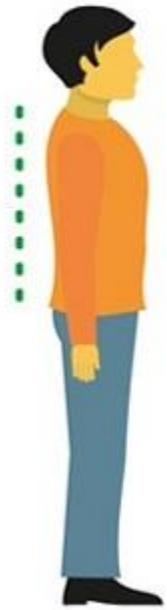




- معاینات ستون فقرات
- معاینه زانو-شانه-پا
- اختلالات شایع







نرمال



لوردوزیس



کیفوز



پشت صاف



قوز پشت



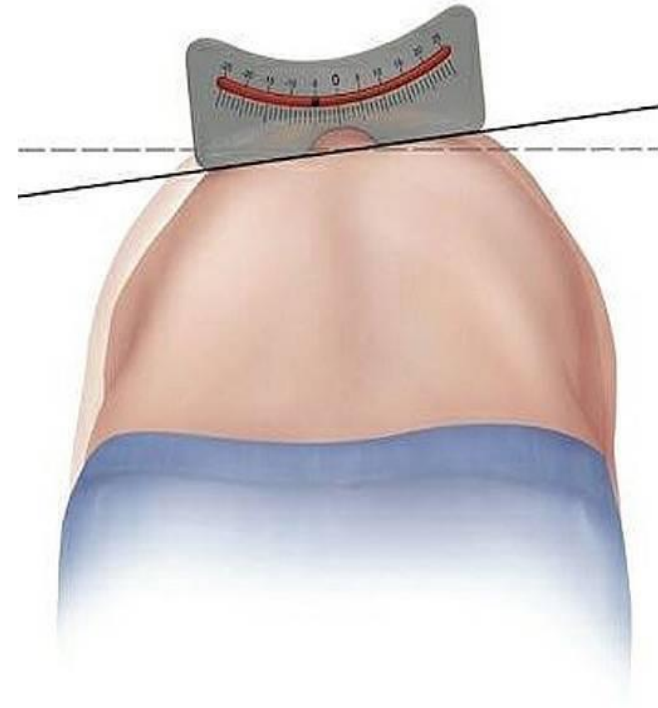
اسکولیوز

# اسکولیوز (Adams test)





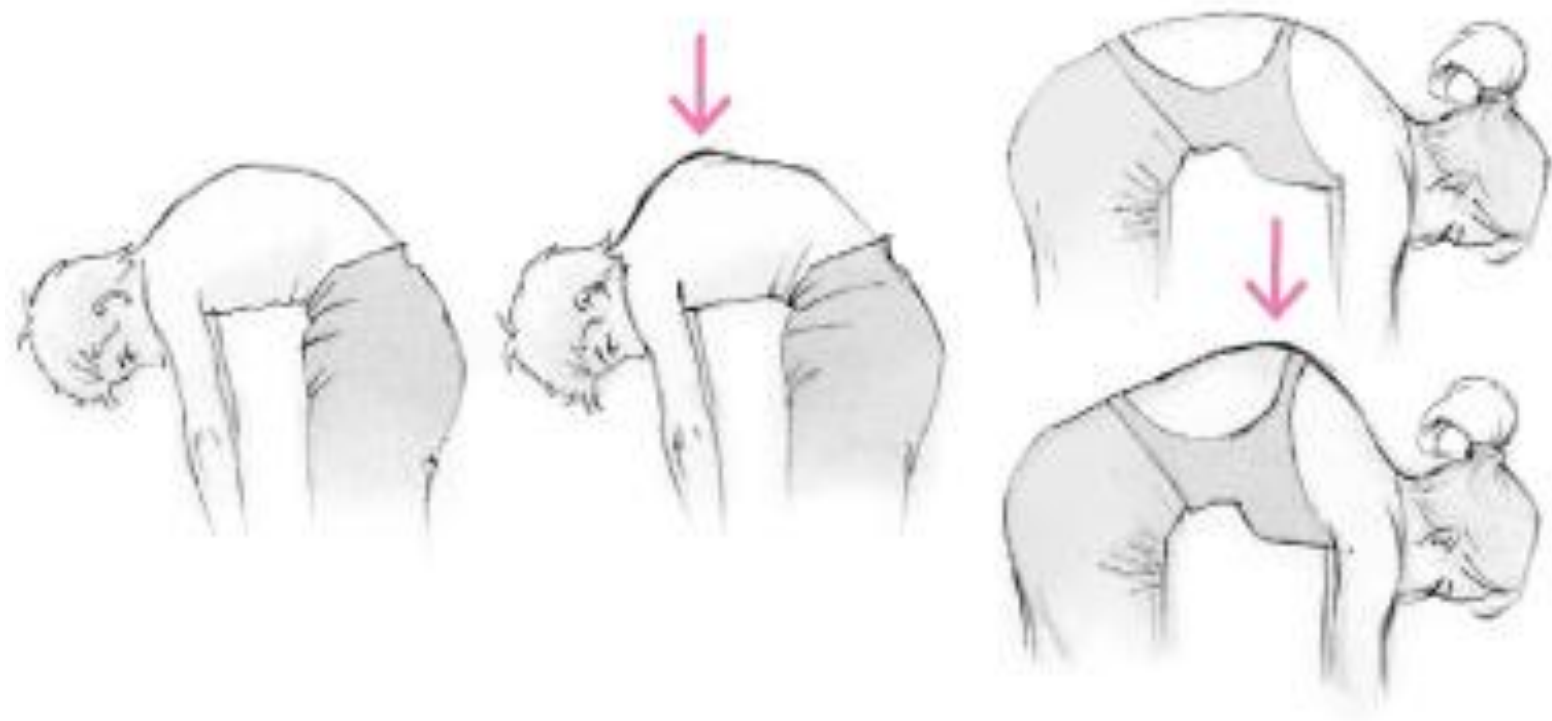
# اسکولیومیٹر



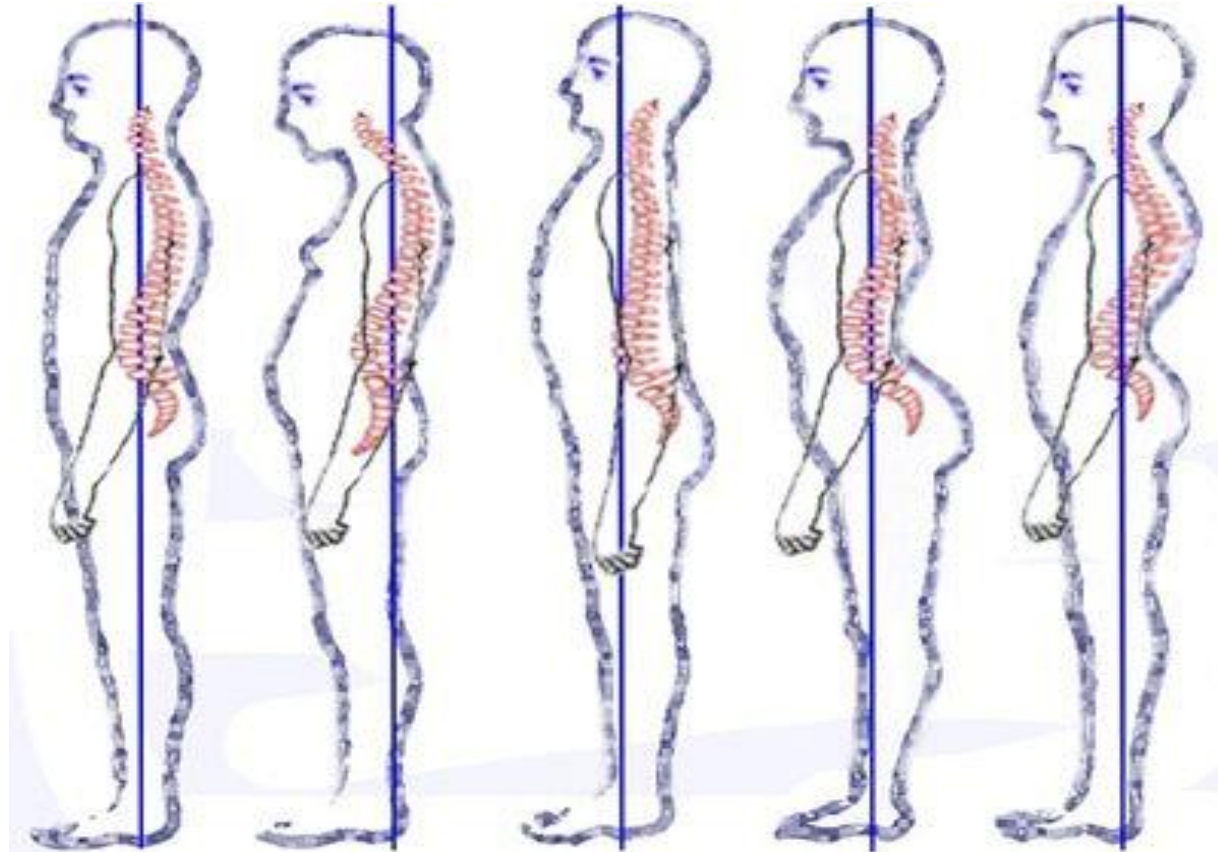


# کیفوز



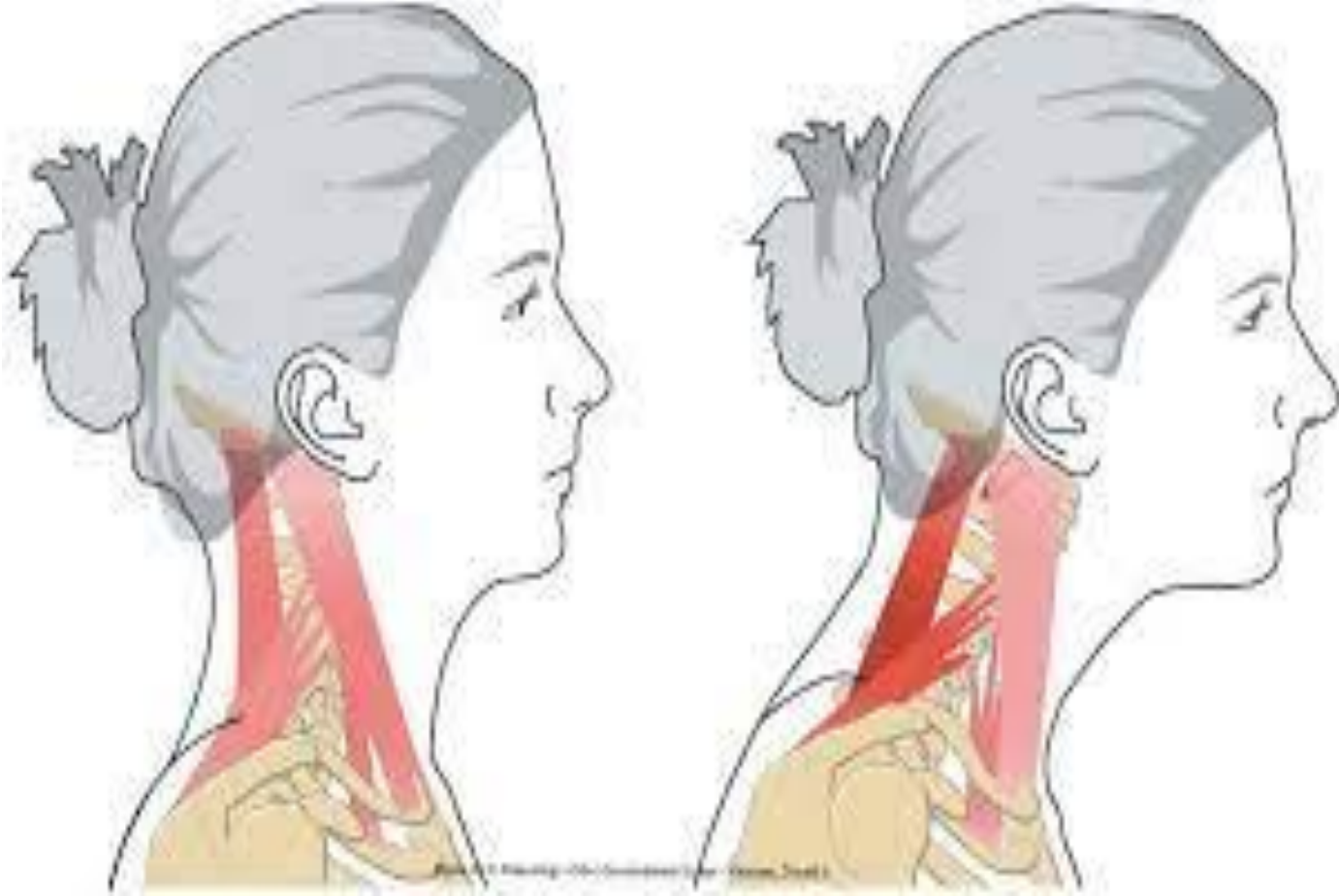


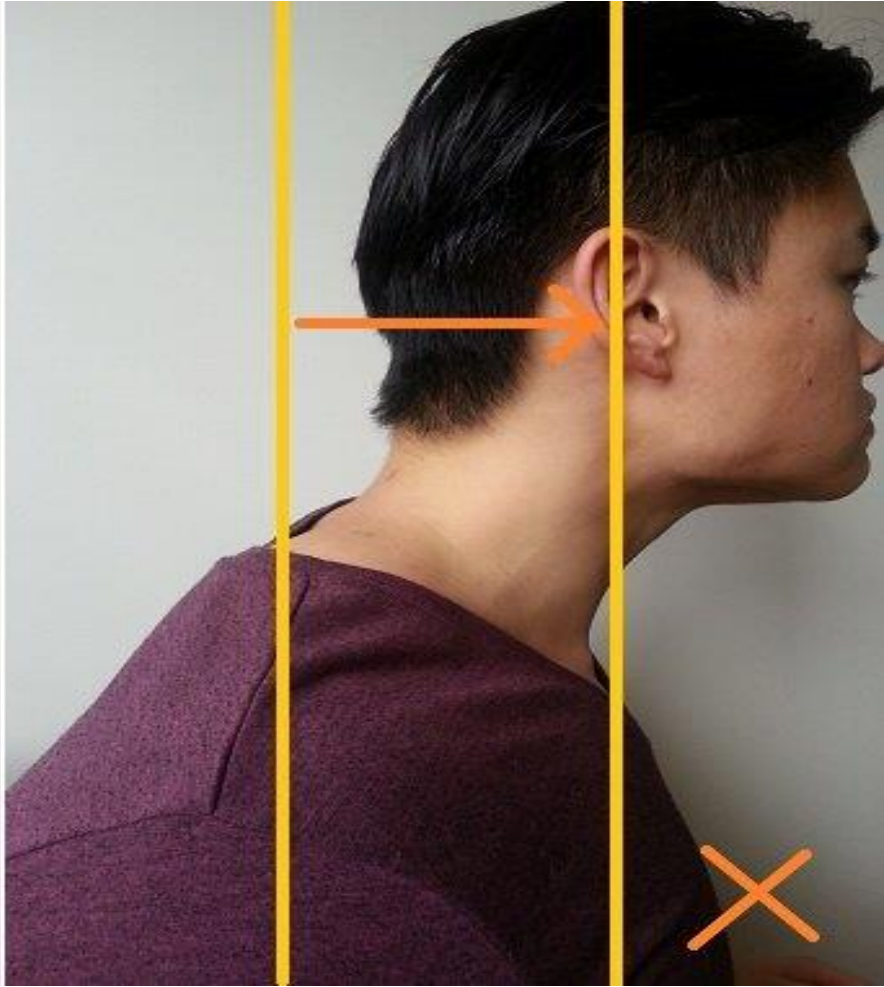
# افزایش قوس کمر

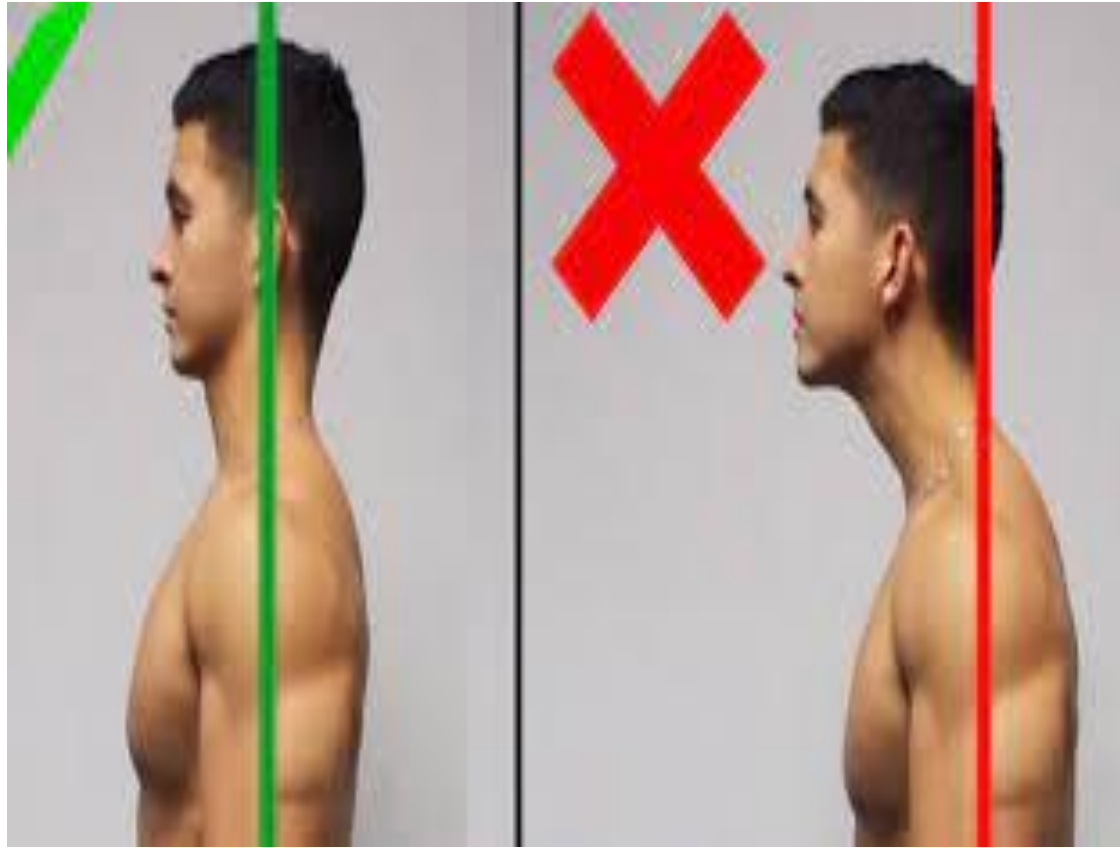




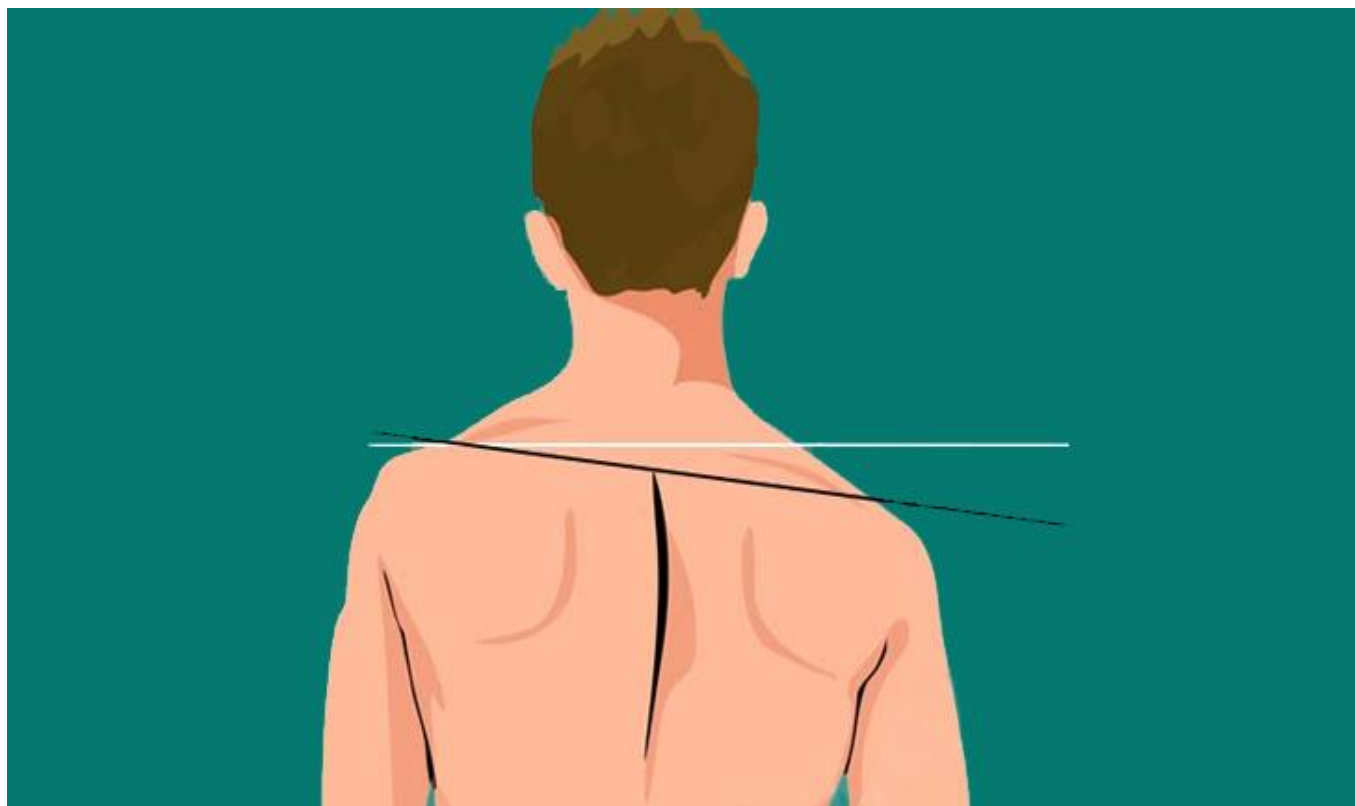
# سر رو به جلو (Forward head)





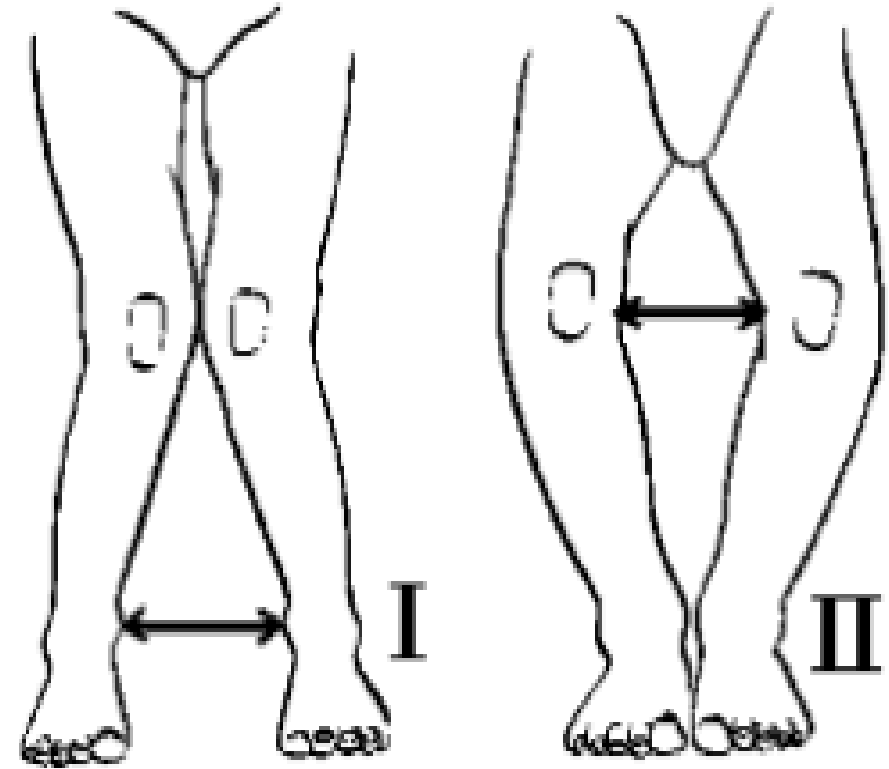
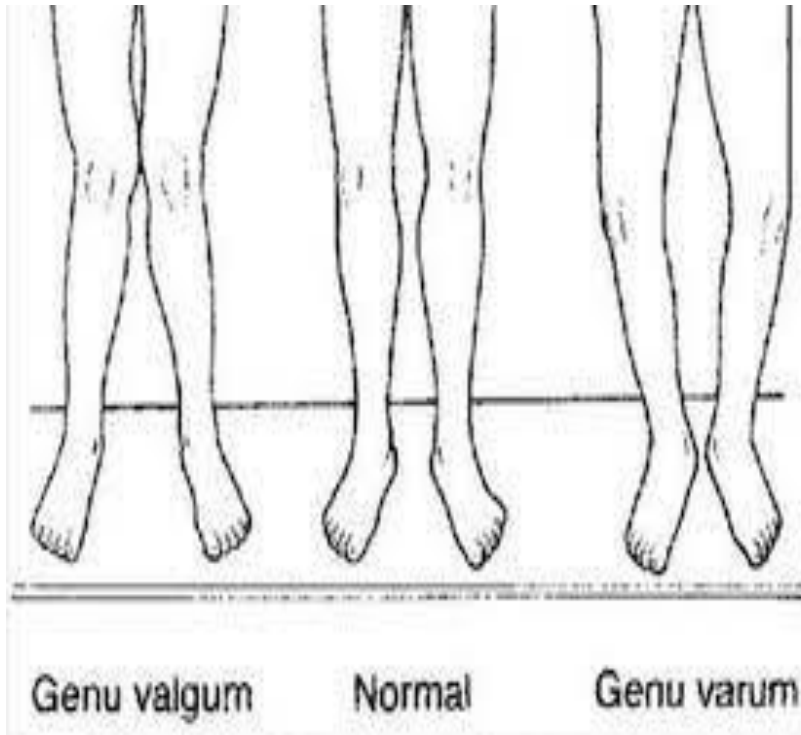


# ناهنجاری های شانه




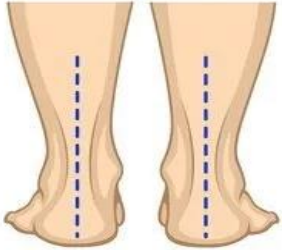


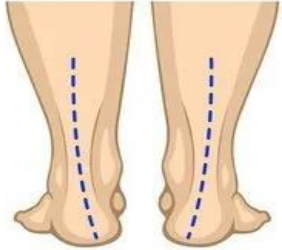
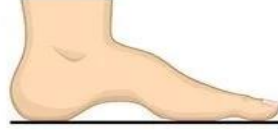





# ناهنجاری های زانو

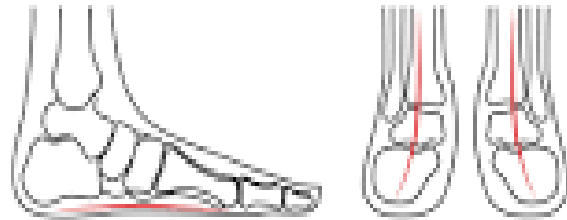


# Deformation of the foot

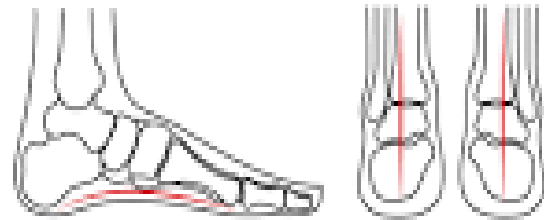
<p>Flat foot (Fallen arch)</p>			
<p>Normal foot</p>			
<p>Hollow foot (High arch)</p>			

## FOOT ARCH TYPES

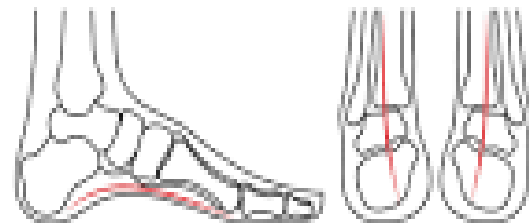
Flat arch



Normal arch



High arch





Pronated



Neutral



Supinated



**Before | After**

# حرکات اصلاحی اسکولیوز



VERITAS health





# 4 STRETCHES

TO EASE SCOLIOSIS

1



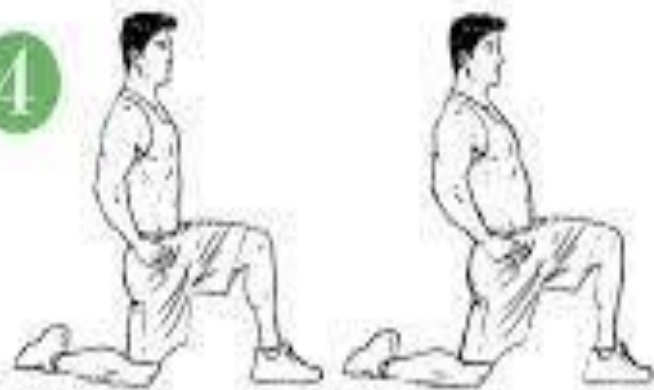
2



3



4



**lifemoves**  
Health and Rehabilitation

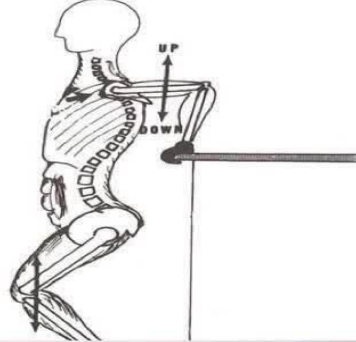
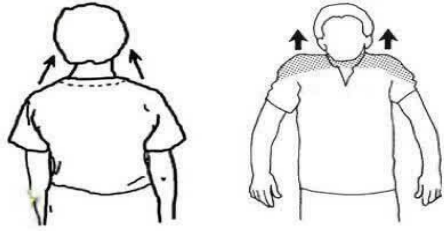
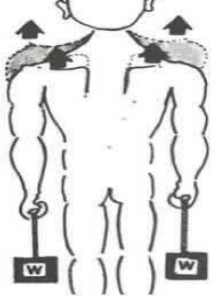
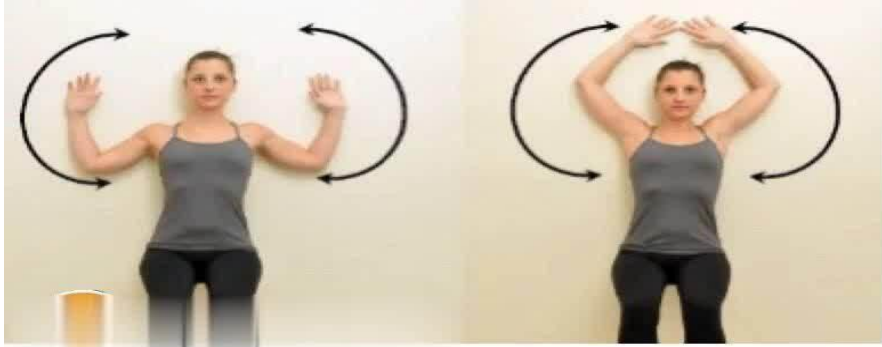


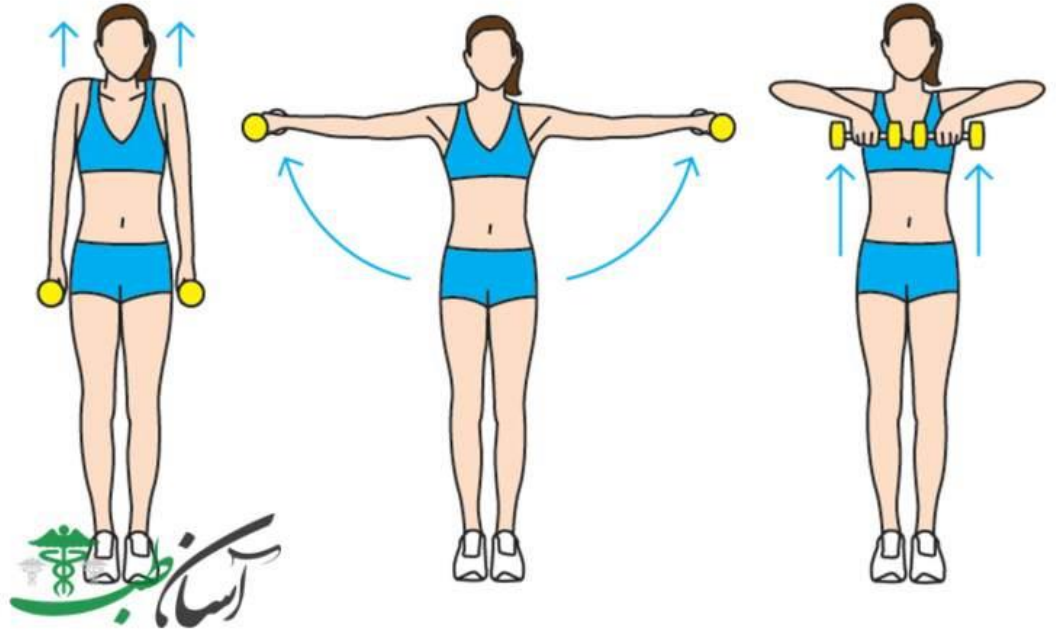
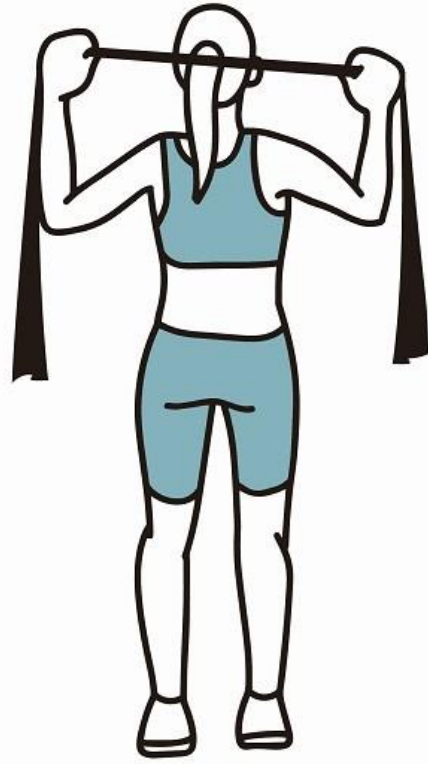
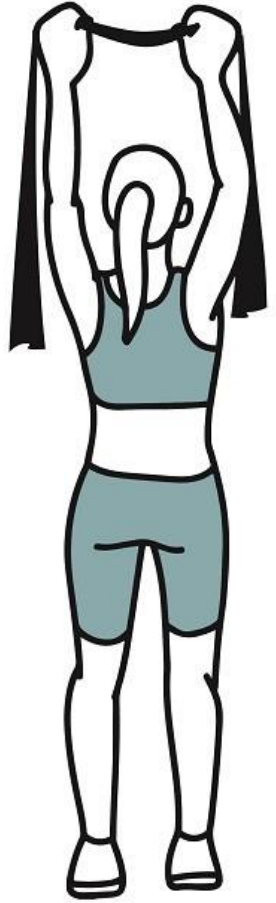
# حرکات اصلاحی سر رو به جلو





# حرکات اصلاحی شانه افتاده







w w w . i b a n o o . i r