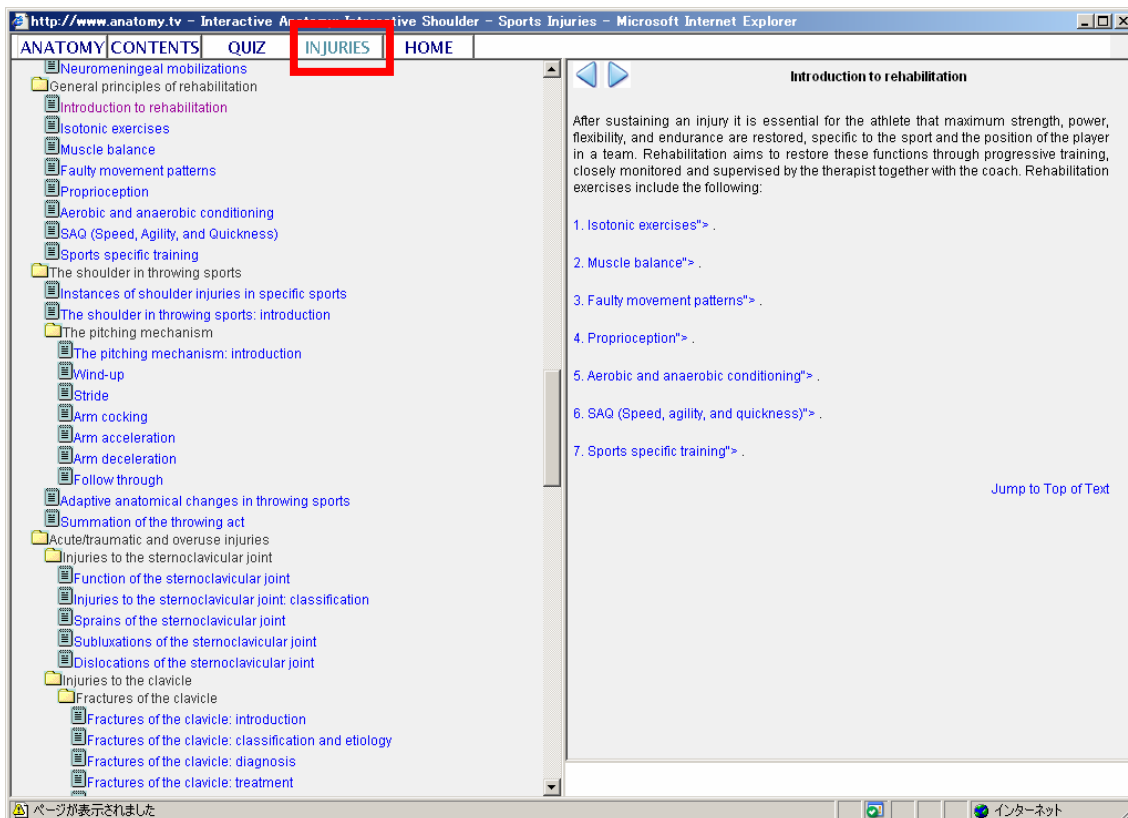


## 8. スポーツ障害バージョン

Primal Pictures には、様々なバージョンがあります。ここでは、それぞれのバージョンについて簡単に解説させていただきます。各バージョンでの差異は、下記の赤い四角の枠にある項目が追加されているかどうかが大きく異なります。例えば、下記は Interactive Shoulder の Sports Injuries のバージョンを開いた画面です。General principles of rehabilitation(肩のリハビリの全体的な原理)についての情報が記載されております。



Windows のフォルダの構造のように、上位のフォルダから、それぞれ、必要な情報を記載しております。それぞれの項目を開くことにより、処置の仕方や情報をマルチメディア・コンテンツで提供しております。次項には、Muscle balance を表示しております。

◀ ▶

### Muscle balance

Muscle balance is a system of assessment and exercises that aims to re-establish physiological muscle activity and functional movement patterns around a joint. [ [Video \(movie\)](#) ] Muscles are measured for length and strength and are then corrected.

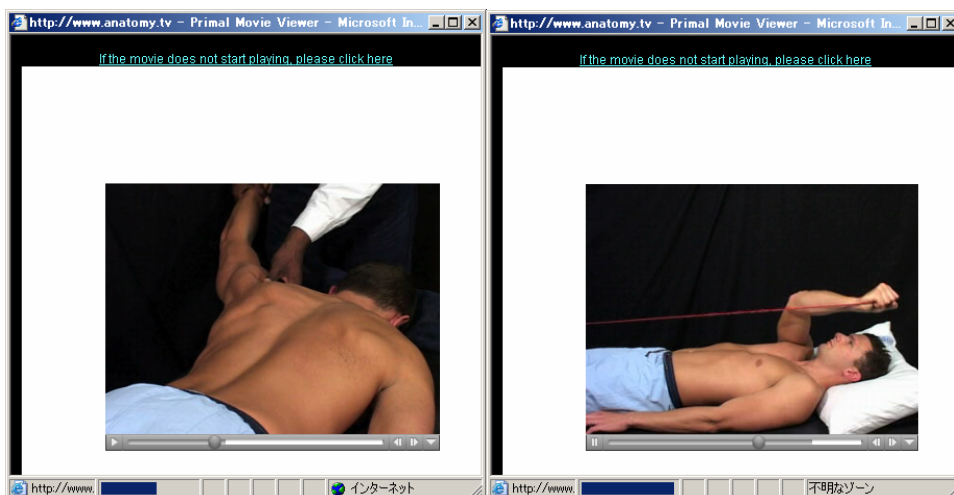
#### Strengthening

Strengthening consists of a progressive sequence from cognitive, to active assisted, to active, to resisted, to sports specific. It involves the re-education of muscle activity, timing, and co-ordination in order to restore normal biomechanics. Weak muscles around the shoulder are selectively strengthened especially the rotator cuff. [ [Video 1 \(movie\)](#) , [Video 2 \(movie\)](#) , [Video 3 \(movie\)](#) , [Video 4 \(movie\)](#) ] The rotator cuff muscles are essential in maintaining the normal stability mechanics of the glenohumeral joint. The rotator cuff is important as it prevents excessive superior and anterior translation of the joint. [ [Sharey, Marder, 1995 \(topic text\)](#) ] [ [Payne, 1997 \(topic text\)](#) ]. In the early stages of rotator cuff strengthening, the therapist should ensure that trick movements or faulty patterns of muscle activity are corrected. [ [Video 1 \(movie\)](#) , [Video 2 \(movie\)](#) , [Video 3 \(movie\)](#) , [Video 4 \(movie\)](#) ] Supine and prone positions can be used to assess and treat rotator cuff function. Rotator cuff strengthening is an important part of treatment for subacromial impingement pathologies. [ [Flatow et al., 1997 \(topic text\)](#) ] The muscles can be strengthened in many ways using resistant cord or hand held weights. Infraspinatus is strengthened in physiological external rotation, supraspinatus in abduction in the scaption plane, and subscapularis in internal rotation. [ [Ballatyne et al., 1993 \(topic text\)](#) ]

#### Lengthening

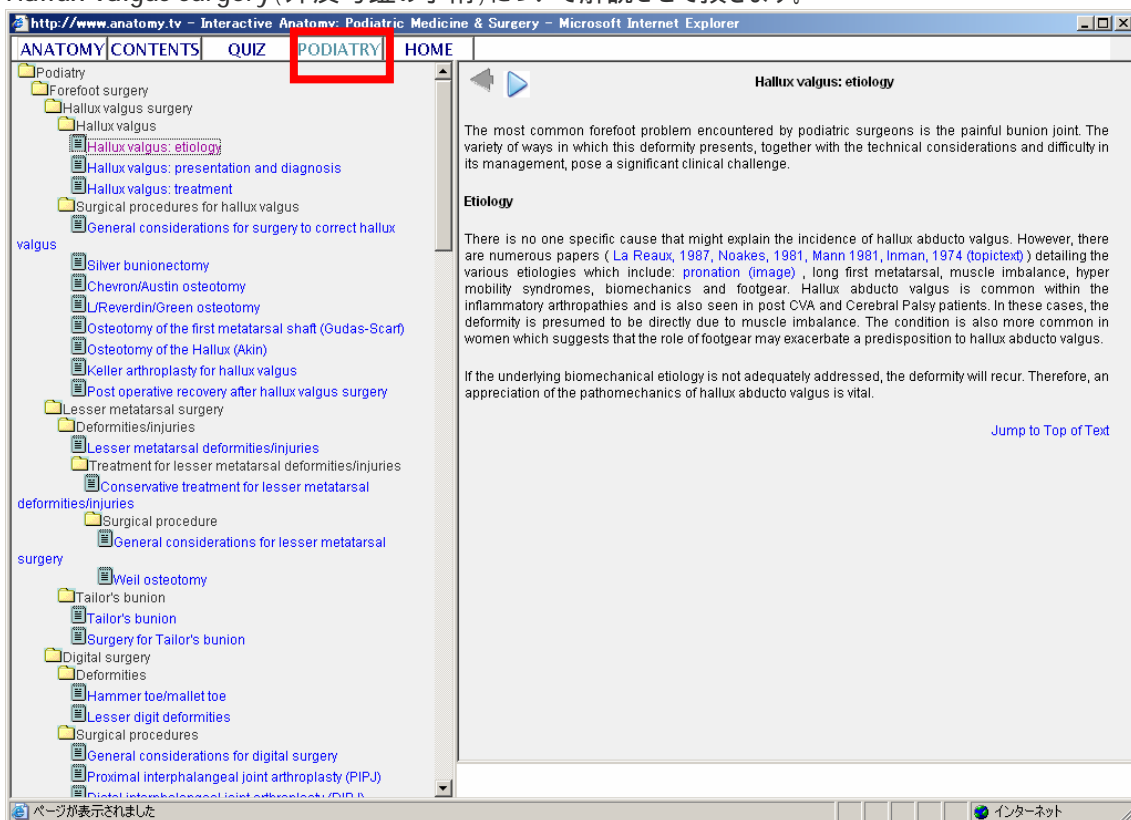
Lengthening consists of improving the flexibility of tight muscles. [ [Dvorak et al., 2000 \(topic text\)](#) ]; [ [Safran et al., 1989 \(topic text\)](#) ]; [ [Hartig and Henderson, 1999 \(topic text\)](#) ]. Assessing muscle tightness around the shoulder is important to ensure that sufficient movement is possible for selective sports. [Throwers \(topic text\)](#) often develop shoulder injuries due to the complex mechanics of this overhead action. Many authors and clinicians recommend flexibility and stretching for the posterior shoulder muscles. The shoulder can be stretched into [internal rotation \(movie\)](#) and horizontal flexion. [ [Wilk et al., 2002 \(topic text\)](#) ]; [ [Flatow et al., 1997 \(topic text\)](#) ]. Examples of other muscles commonly tested and stretched are [latissimus dorsi \(movie\)](#) , pectoralis minor [ [video 1 \(movie\)](#) , [video 2 \(movie\)](#) ], and [pectoralis major \(movie\)](#) . During the testing procedure the examiner should observe for excessive humeral head translation occurring before the end of normal range. The therapist should then instruct the athlete to stretch only to the point where the humeral head moves excessively. Increasing the length of the muscle.

Muscle Balance では Strengthening (強化)と Lengthening (伸張)が必要になります。それぞれの例をビデオやレファレンスを交えて解説しております。



## 9. 外科バージョン

各バージョンでの差異は、下記の赤い四角の枠にある項目が追加されているかどうかが大きく異なります。例えば、下記は Podiatric Medicine & Surgery の Podiatry を開いた画面です。Hallux valgus surgery(外反母趾の手術)について解説させていただきます。

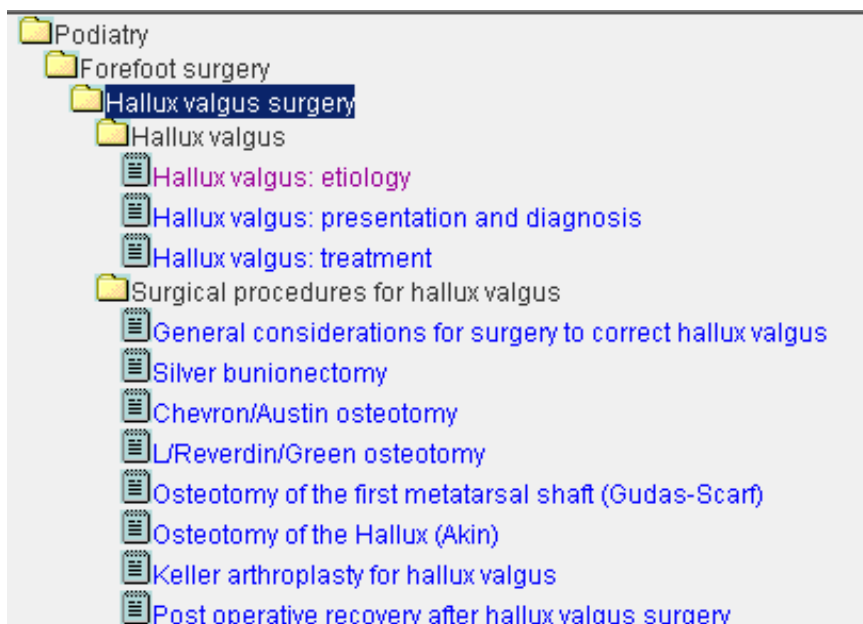


Hallux valgus surgery(外反母趾の手術)のフォルダ構成

Podiatry(足病学) Forefoot(前足) Hallux valgus(外反母趾)

外反母趾

外反母趾の外科手術手順



## Bunionectomy=腱膜瘤切除術

それぞれの外科的なテクニックも含め、ビデオ等も用いて手術の様相等も実写されたコンテンツを提供しております。

◀ ▶

### Silver bunionectomy

Occasionally patients present with a painful and prominent first metatarsal medial eminence but no significant first MTP joint pain. Other patients complain of pain over the 'bunion' area but are not concerned or troubled by the deviation of the hallux. In diabetic and rheumatoid patients there may be a history of repeat ulceration over the first MTP joint or recurrent bursitis and in the elderly, the medial eminence may be continuously painful due to pressure from shoes and associated atrophic skin. In these patients with specific needs, a simple bunionectomy may alleviate symptoms.

**Note :** this procedure does not address the underlying pathology in true hallux valgus and is therefore not indicated for the management of hallux valgus. This procedure is also inadequate where an increased intermetatarsal angle dictates that an osteotomy is required.

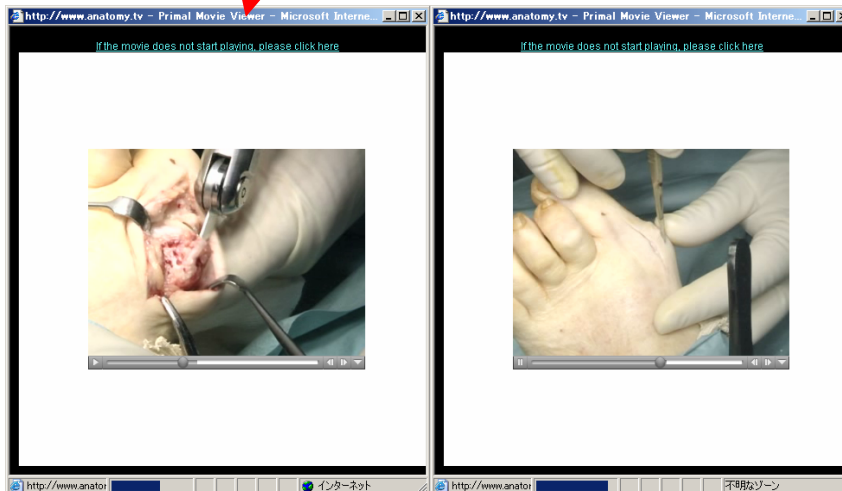
**Surgical technique**

1. The medial metatarsal eminence is approached via a [dorsomedial incision \(movie\)](#) .
2. The wound is deepened through layers with small venules tied off or coagulated and the capsule and periosteum are reflected from the bone.
3. With a power saw the [medial eminence \(movie\)](#) is resected and the bone rasped smooth.
4. The dorsomedial margin of the metatarsal head is [rounded \(movie\)](#) to provide for a contoured bone. The surgeon must be careful not to overzealously remove an excessive amount of the medial eminence in an attempt to achieve a narrow foot. This will lead to a weakened metatarsal and possible hallux varus.

**Post operative recovery**

Patients can expect to be back into wide footwear after two weeks but delayed wound healing may occur in patients with concomitant medical history. In most patients this simple procedure can bring great pain relief allows for early mobilization.

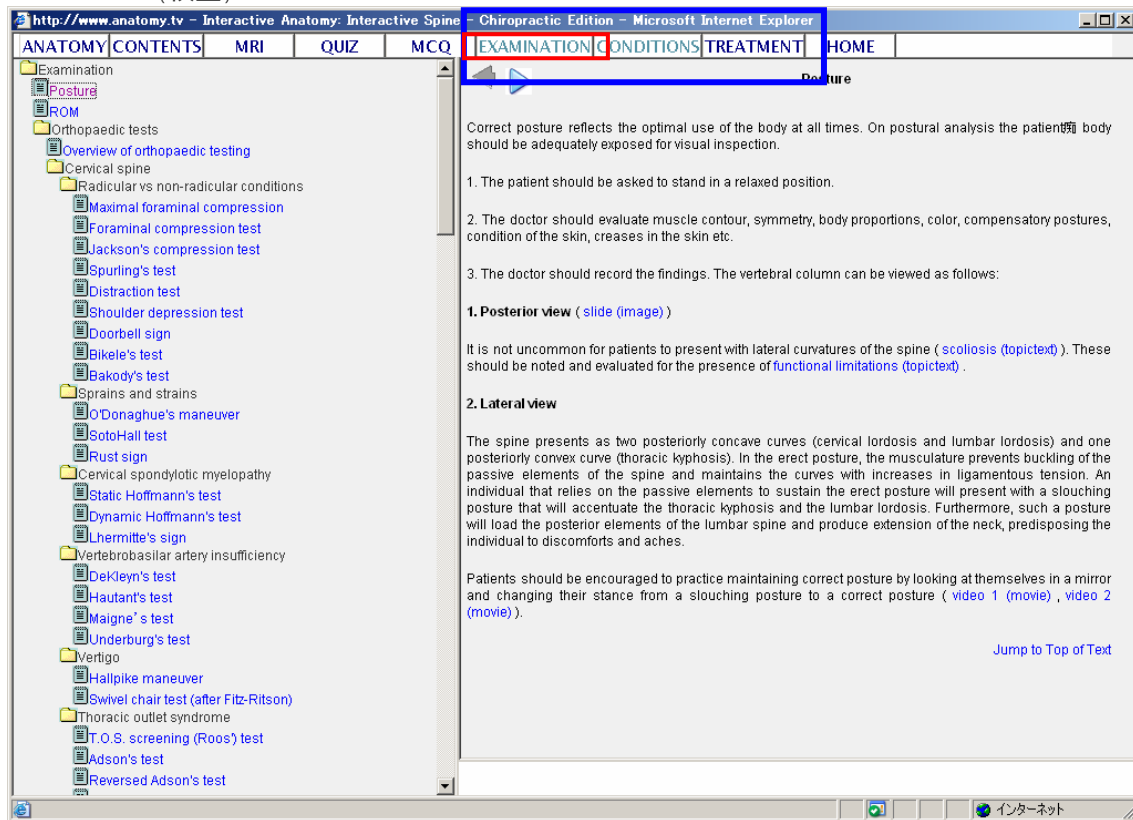
[Jump to Top of Text](#)



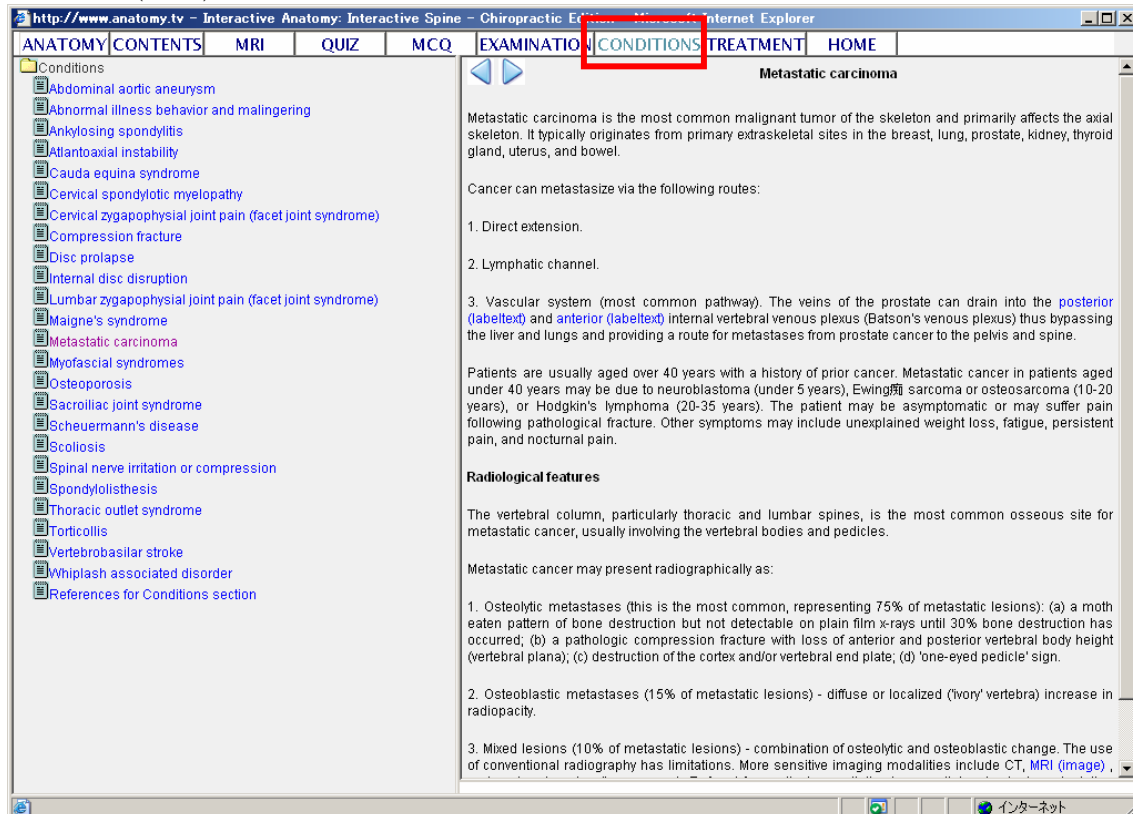
# 10.カイロプラクティック・バージョン

各バージョンでの差異は、下記の青い四角の枠にある項目が追加されているかどうかが大きく異なります。例えば、下記は Interactive Spine の Examination (検査) を開いた画面です。整形外科のそれぞれのテスト内容が部位により、検査内容及び項目、ビデオ等を含めて表示されています。レファレンスのあるものもありますので、後で、容易にオリジナル論文等もご確認いただくことができます。

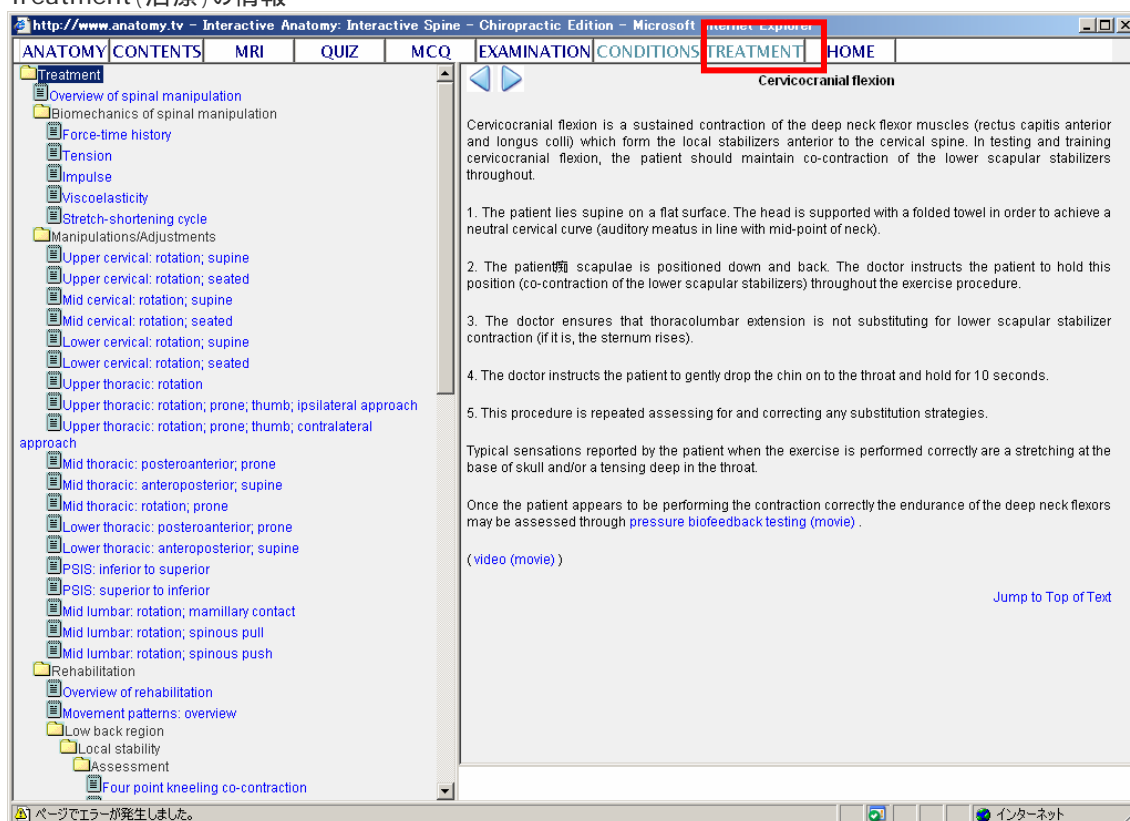
## Examination (検査)



## Conditions (症状) の情報



## Treatment (治療) の情報



## Treatment 治療の階層構造

Biomechanics of spinal manipulation	脊椎整復術のバイオメカニクス
Manipulations/Adjustments	操作と調整
Rehabilitation	リハビリテーション
Low back region	腰部分
Local stability	局所安定
Assessment	アセスメント
Correction	矯正
Global stability	全部安定
Assessment	アセスメント
Correction	矯正
Neck and shoulder region	頸肩部
Local stability	局所安定
Assessment	アセスメント
Correction	矯正
Global stability	全部安定
Assessment	局所安定
Correction	矯正
References	リファレンス