

Tilhører:

CENTRAL	V	B	H	GUVERNØR	V	B	H
Supraspinatus	0	0	0	Teres major	0	0	0

TYKTARM	V	B	H
Tensor fascia latae	0	0	0
Hasemuskler	0	0	0
Quadratus lumborum	0	0	0

MAVE	V	B	H
Pect. major clav.	0	0	0
Levator scapulae	0	0	0
Halsmuskler	0	0	0
Nakkemuskler	0	0	0
Brachioradialis	0	0	0

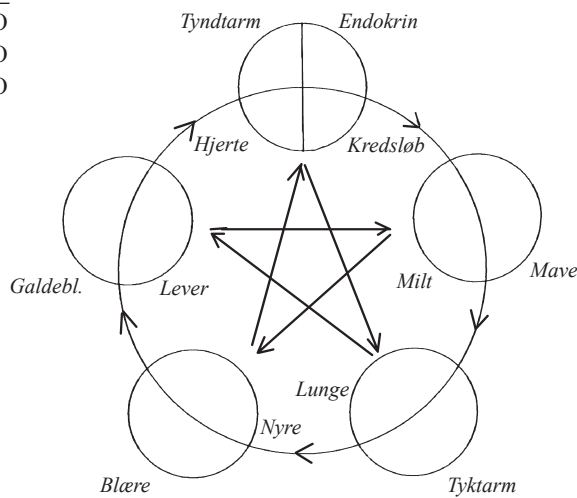
LUNGE	V	B	H
Serratus anterior	0	0	0
Coracobrachialis	0	0	0
Midter deltoideus	0	0	0
Diaphragma	0	0	0

MILT	V	B	H
Latissimus dorsi	0	0	0
Midter trapezius	0	0	0
Nedre trapezius	0	0	0
Opponens pollicis	0	0	0
Triceps	0	0	0

LEVER	V	B	H
Pect. major sternalis	0	0	0
Rhomboideus	0	0	0

GALDEBLÆRE	V	B	H
Deltoideus anterior	0	0	0
Popliteus	0	0	0

ENDOKRIN	V	B	H
Teres minor	0	0	0
Sartorius	0	0	0
Gracilis	0	0	0
Soleus	0	0	0
Gastrocnemius	0	0	0



HJERTE	V	B	H
Subscapularis	0	0	0

TYNDTARM	V	B	H
Quadriceps	0	0	0
Lige mavem.	0	0	0
Skrå mavem.	0	0	0

KINESIO
www.kinesio.dk

KREDSLØB	V	B	H
Gluteus medius	0	0	0
Adduktorer	0	0	0
Piriformis	0	0	0
Gluteus maximus	0	0	0

BLÆRE	V	B	H
Peroneus	0	0	0
Sacrospinalis	0	0	0
Tibialis anterior	0	0	0
Tibialis posterior	0	0	0

NYRE	V	B	H
Psoas	0	0	0
Iliacus	0	0	0
Øvre trapezius	0	0	0



KINESIO

v. Kinesilog og fysioterapeut Lotte Sieg, Tlf. 86 61 41 95 -

Find denne skabelon på www.kinesio.dk