



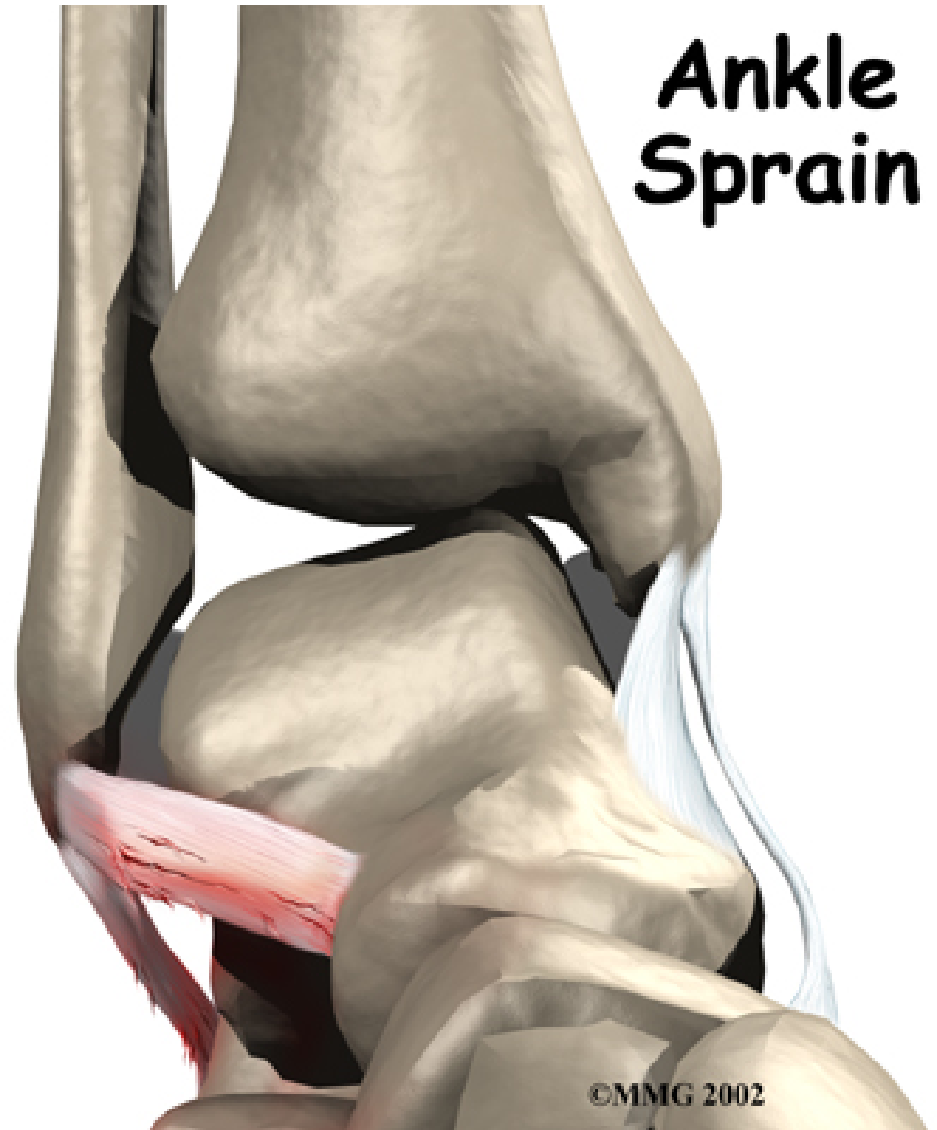
Manejo de Lesiones de Extremidad Inferior

Kinesiología del Deporte 2007



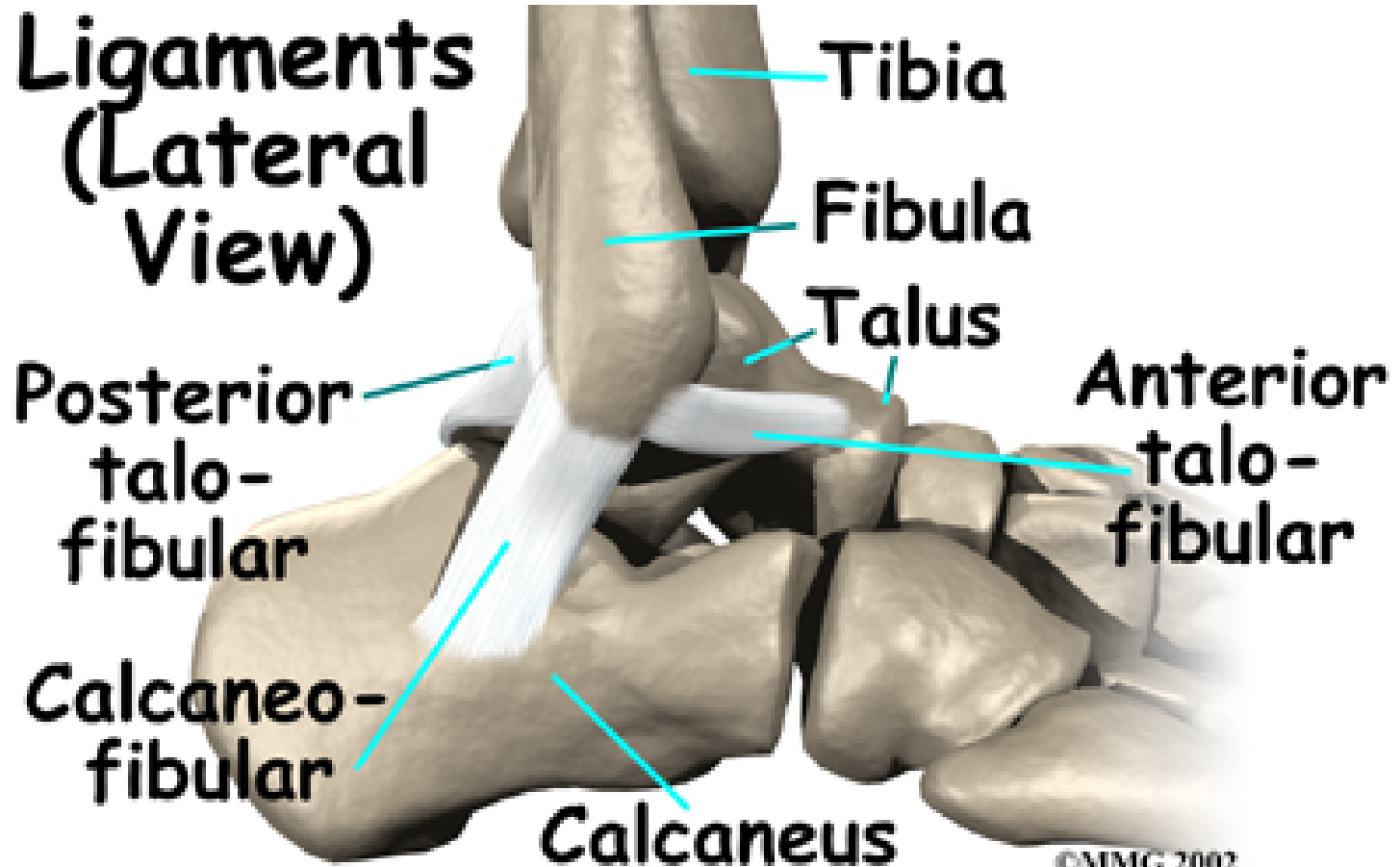
Lesiones Ligamentosas

- **Mecanismo**
- **Evolución**
- **Pronóstico**



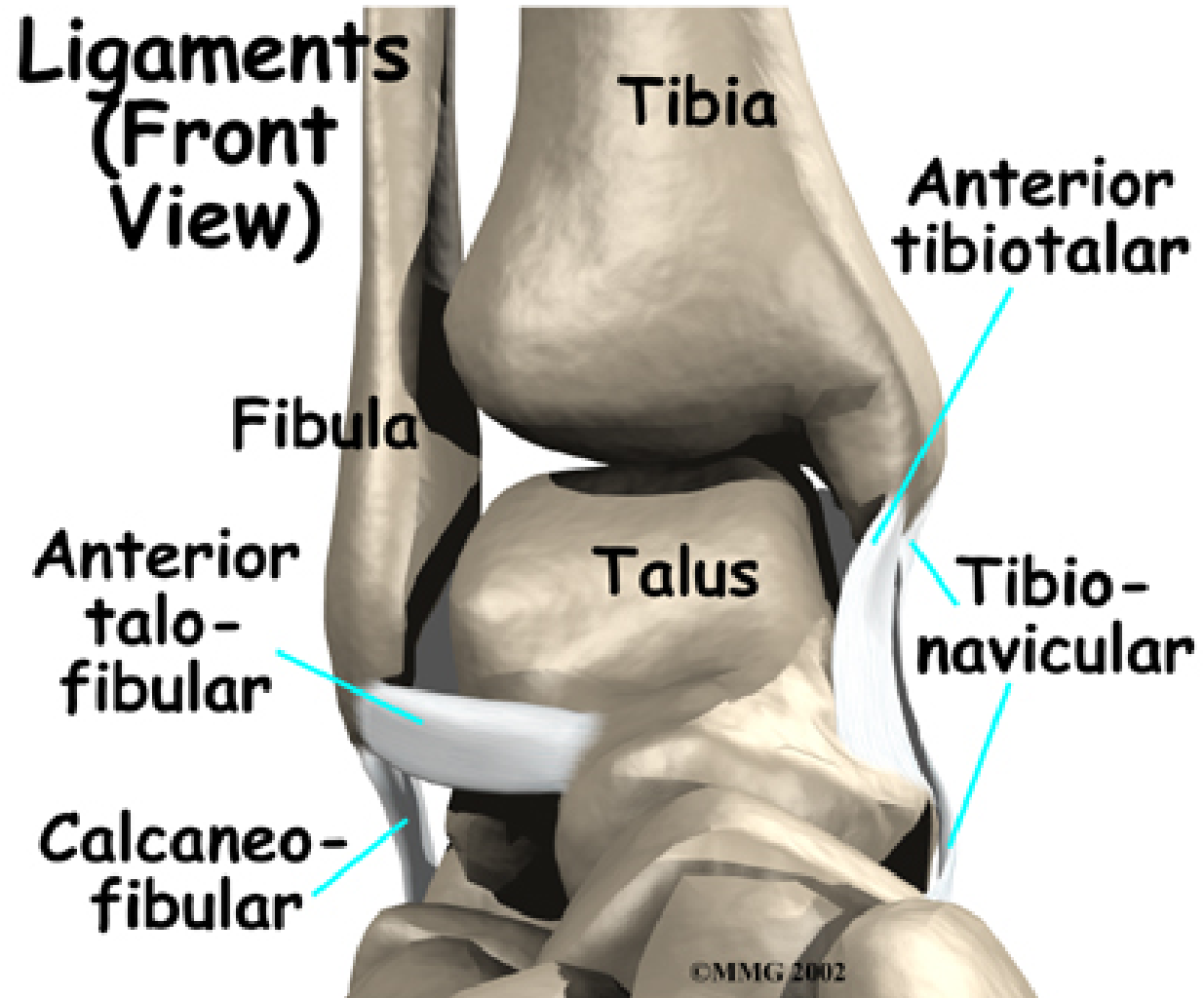


Complejo Ligamentoso lateral





Vista anterior del tobillo

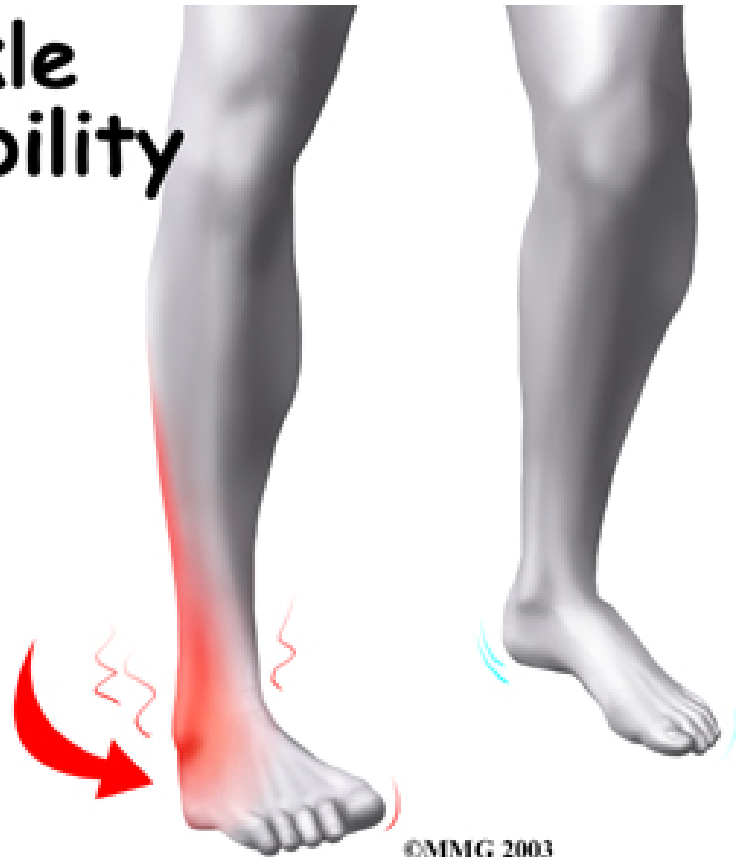




Secuela de las lesiones ligamentosas

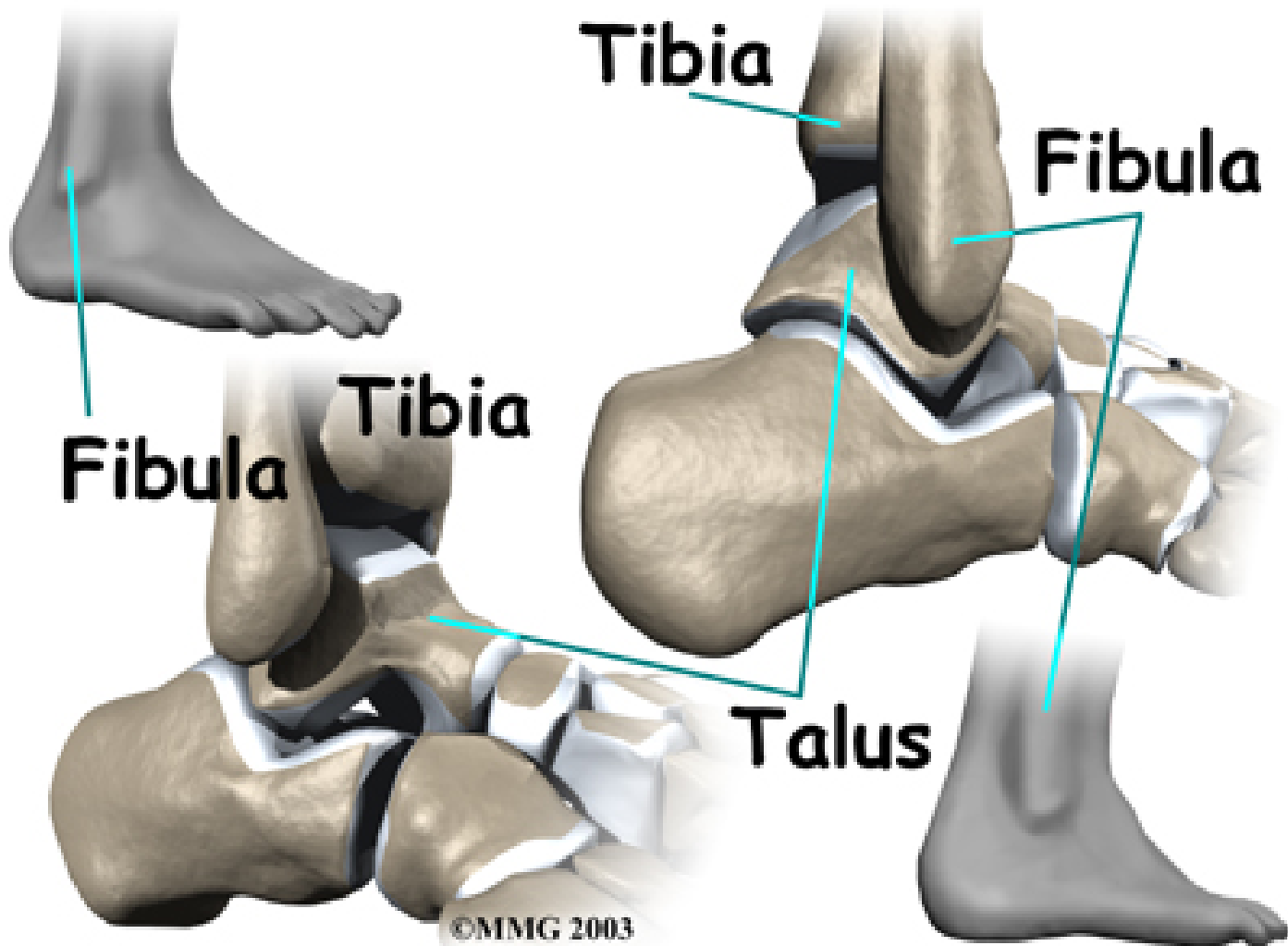
Ankle Instability

- Mecánica
- Funcional



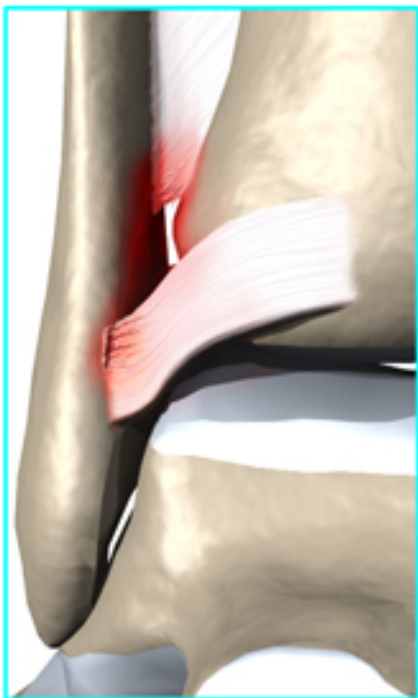


Lesión de sindesmosis





Lesión de sindesmosis

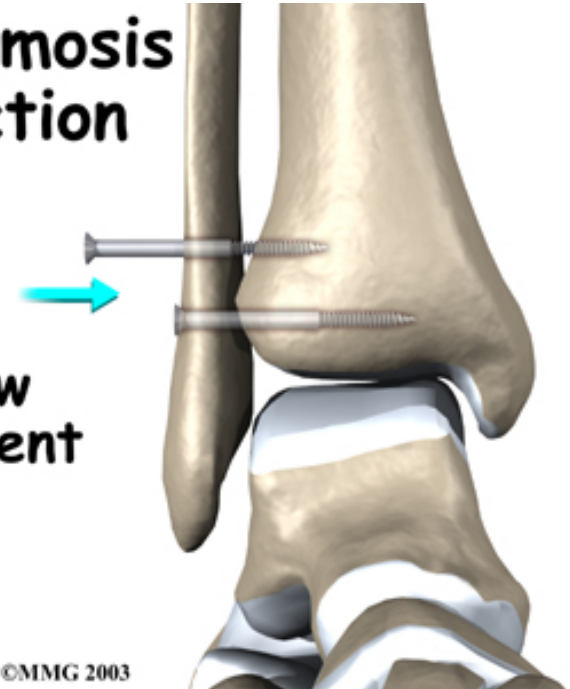


**Ankle
Syndesmosis
Injury**



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**Syndesmosis
Reduction**



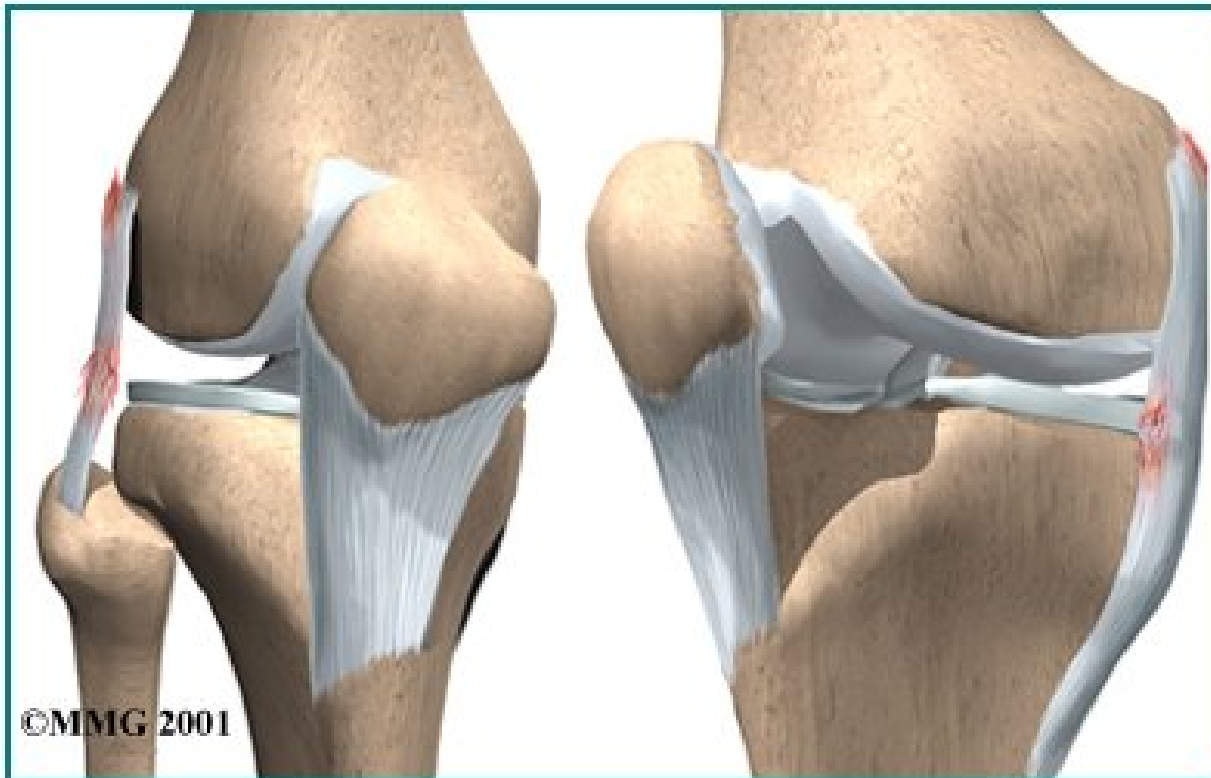
**Screw
placement**

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Lesiones ligamentosas rodilla

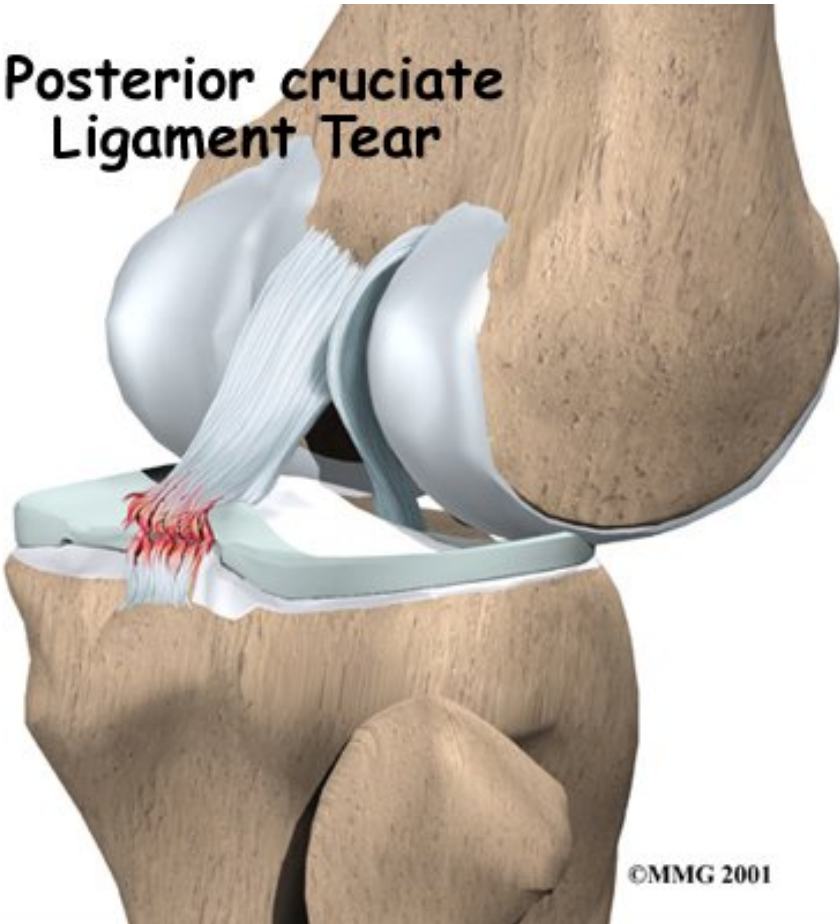
Collateral Ligament Injuries





Lesiones ligamentosas rodilla

Posterior cruciate Ligament Tear



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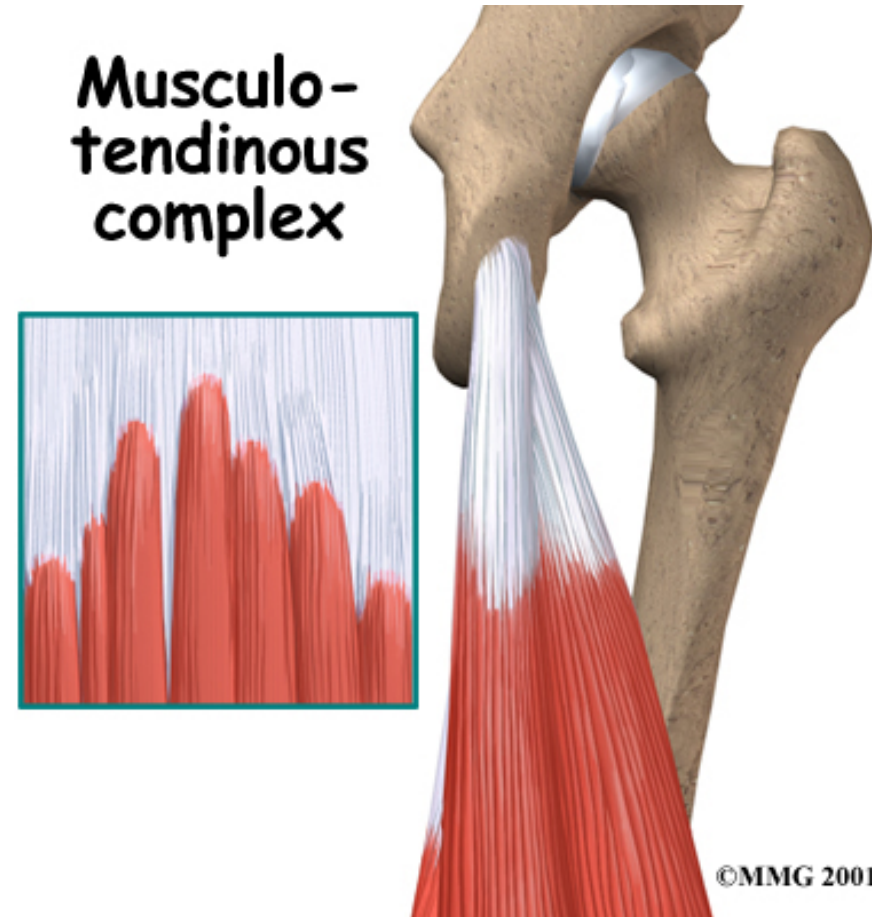
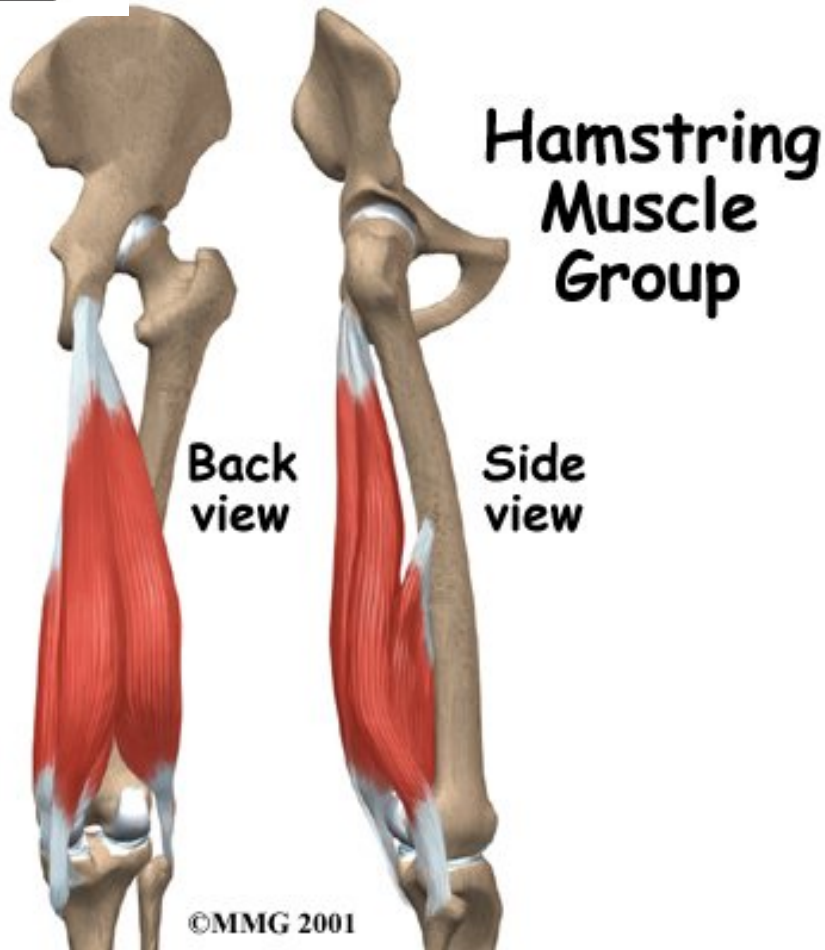
Anterior Cruciate Ligament Tear



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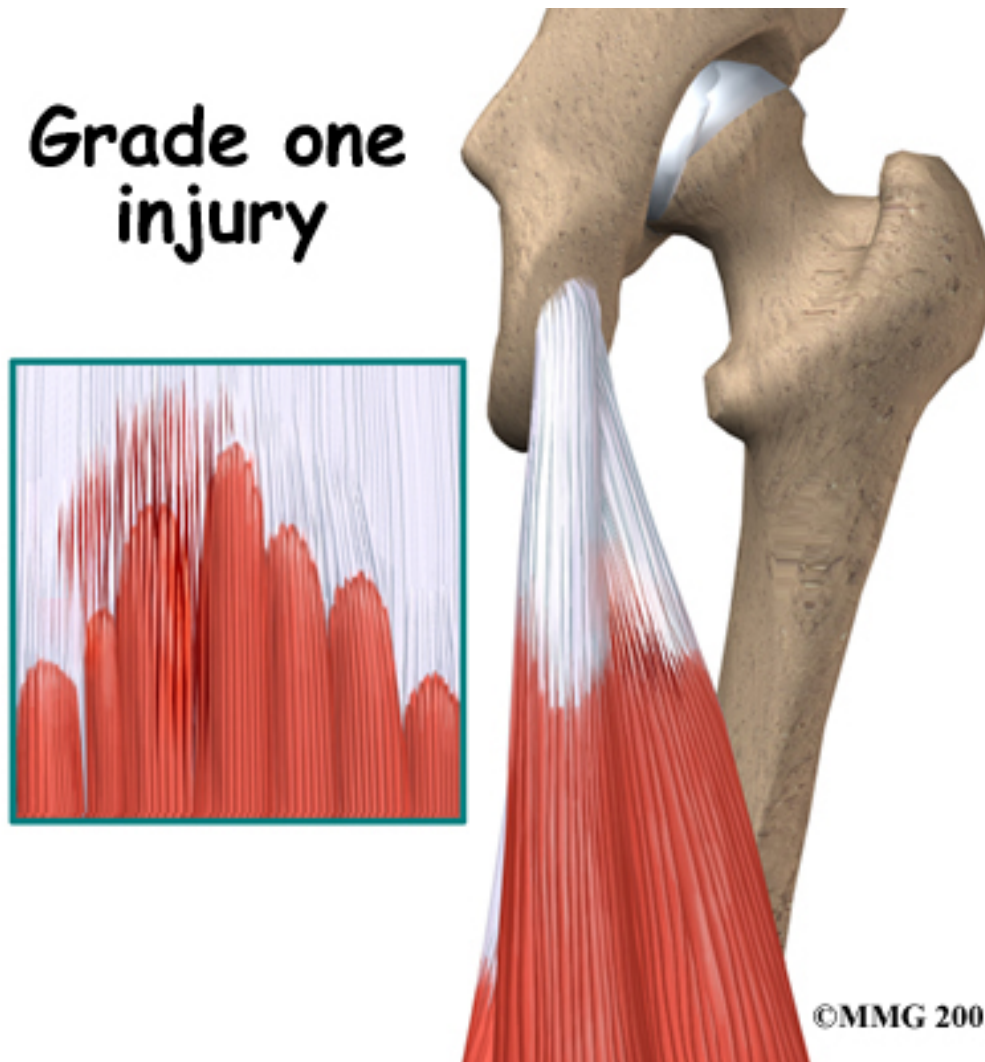
Lesiones musculares





Lesiones musculares

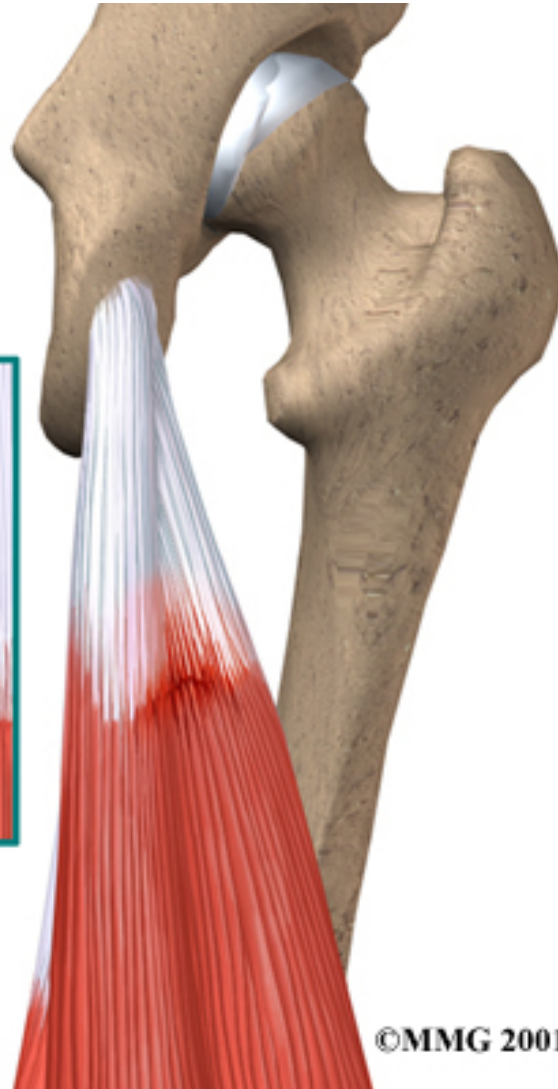
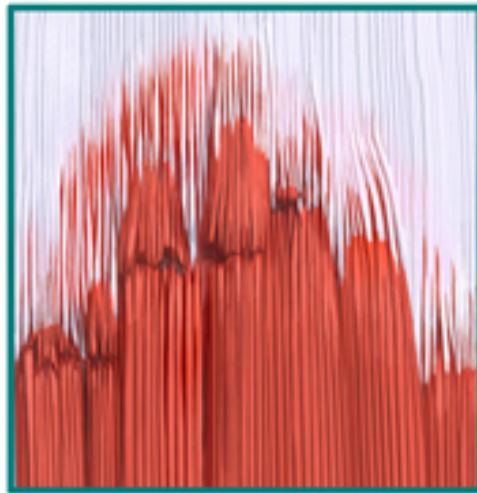
Grade one
injury





Lesiones musculares

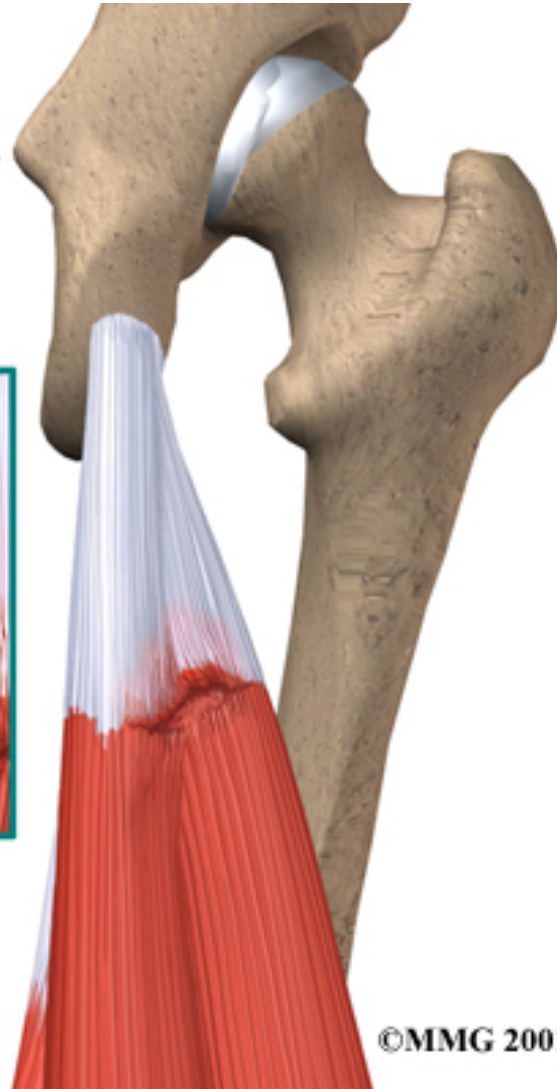
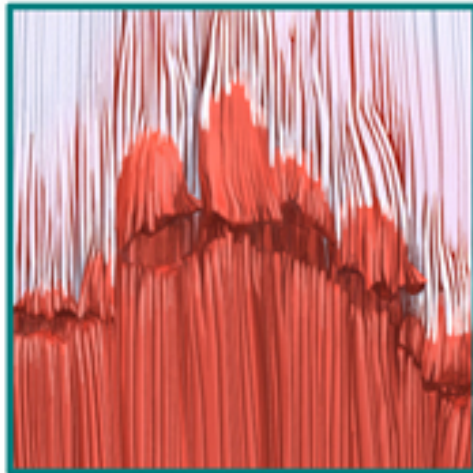
Grade two
injury





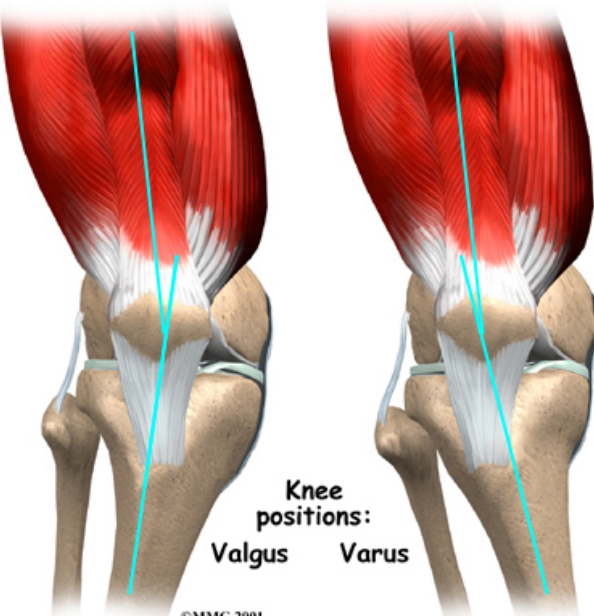
Lesiones musculares

Grade three
injury





Sindrome banda iliotibial



Knee positions:
Valgus Varus

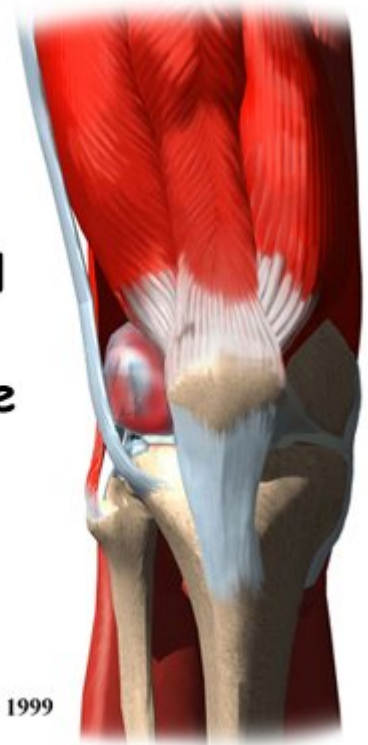
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Area of pain in iliotibial band syndrome

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Iliotibial Band Syndrome



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Lesiones meniscales



Meniscus Injuries



Osteoarthritis

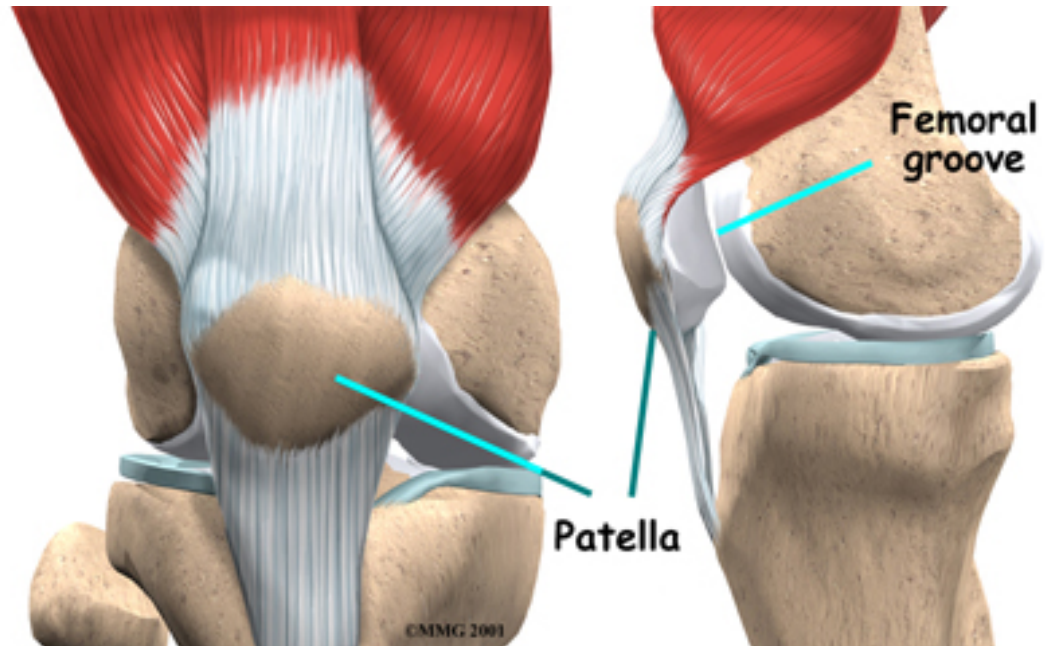
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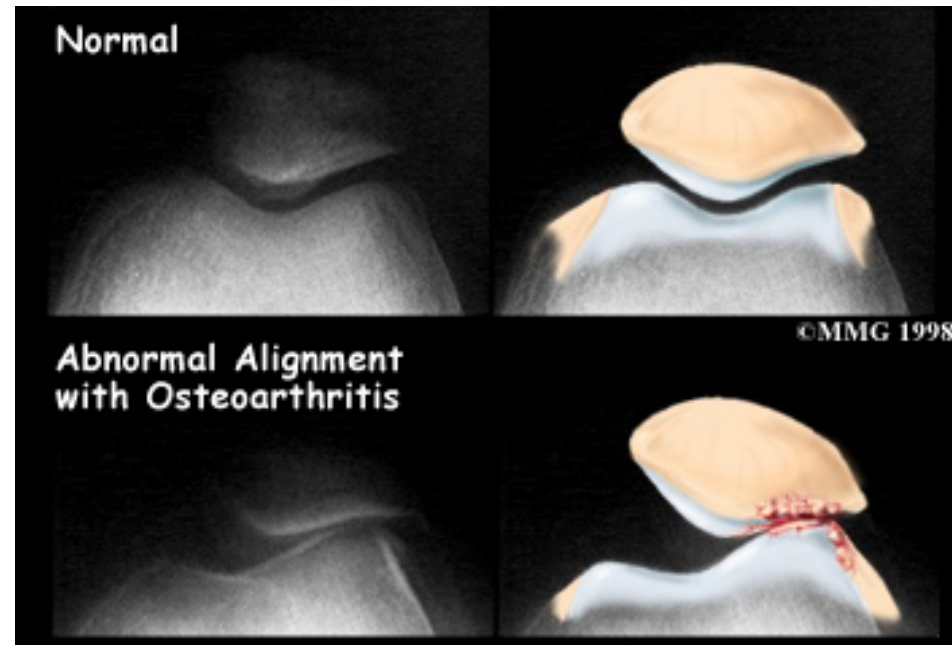
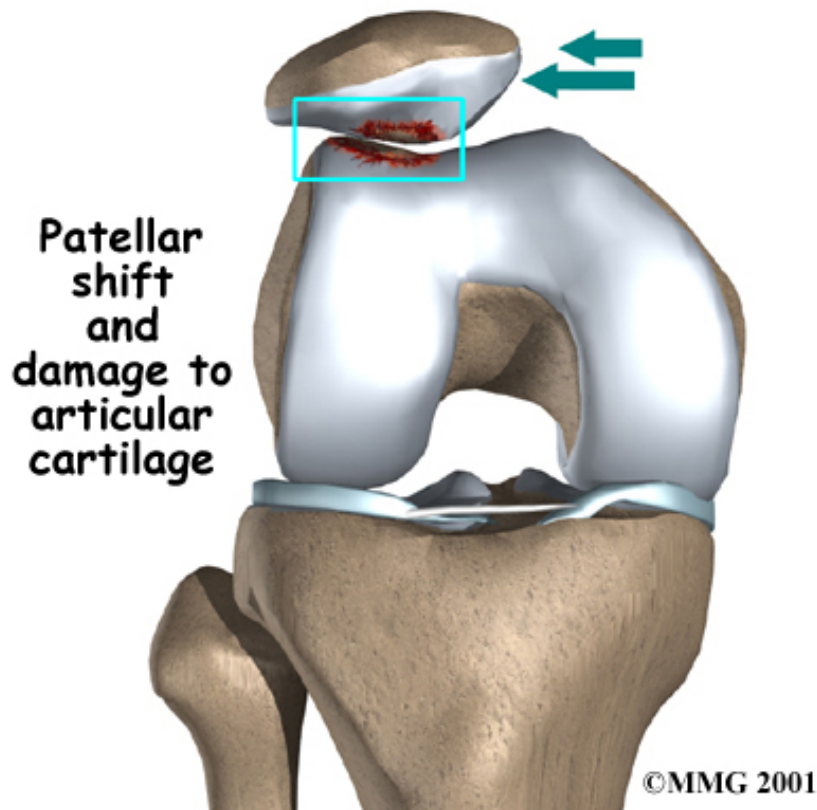
Malalineamiento rotuliano

Patellofemoral Problems





Malalineamiento rotuliano

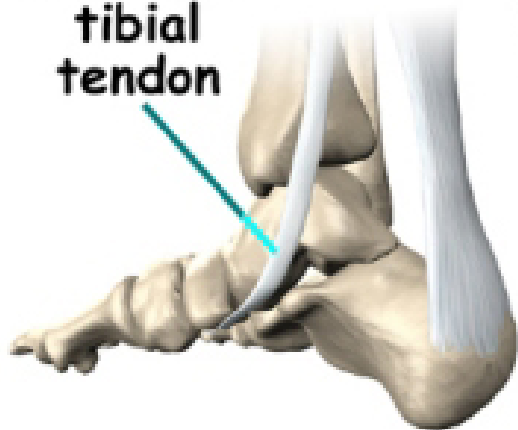




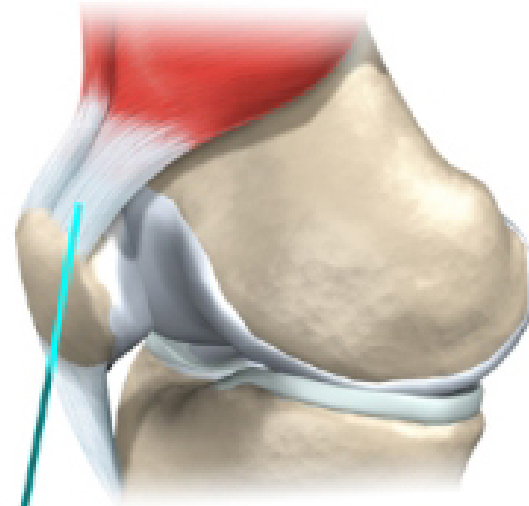
Tendinitis

Tendons of the Lower Limb

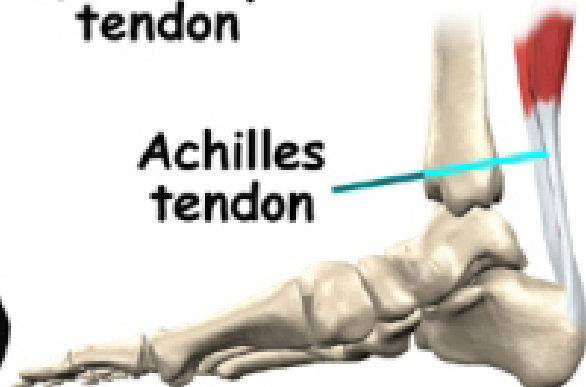
Posterior tibial tendon



Quadriceps tendon

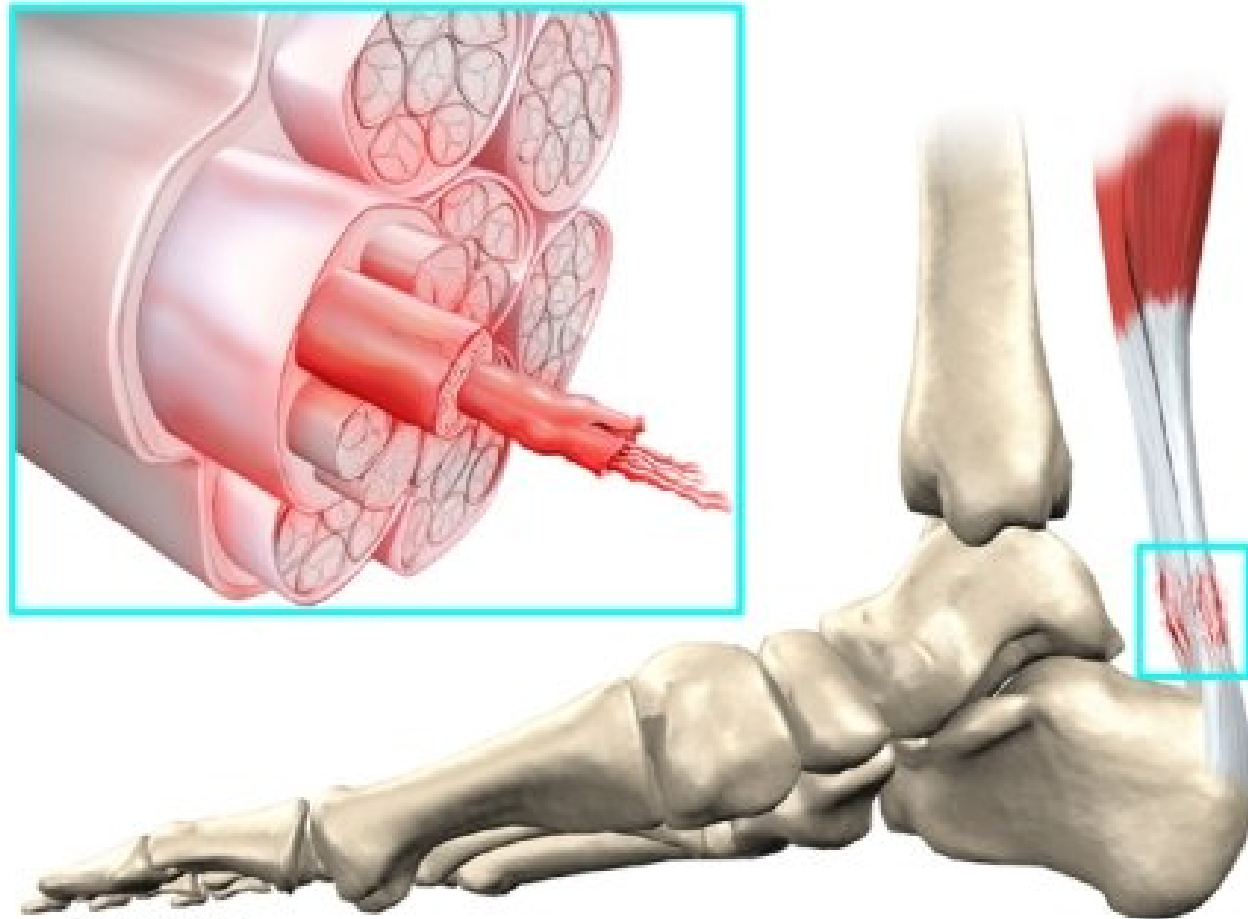


Achilles tendon





Tendinitis





Vendaje funcional



Trabajo Grupos

- Judo: vanessa b, cristian s, cristian h
- Yoga: belén r, ricardo c, verónica b
- 100m vallas: cristian l, verónica o, daniela r.
- Salto garrocha: daniela n., javiera r, angela y.
- Esquí: cristian s, camila t, carolina v
- Salto largo: jorge m, rodrigo a, paulina g.
- Rugby: verónica t, marcela o, juan José g.
- Tenis: carolina a, fernanda d, pamela v.
- Esgrima: catalina m, carolina g, astrid c.
- Handbol: rocío n, mariela o, carolina c