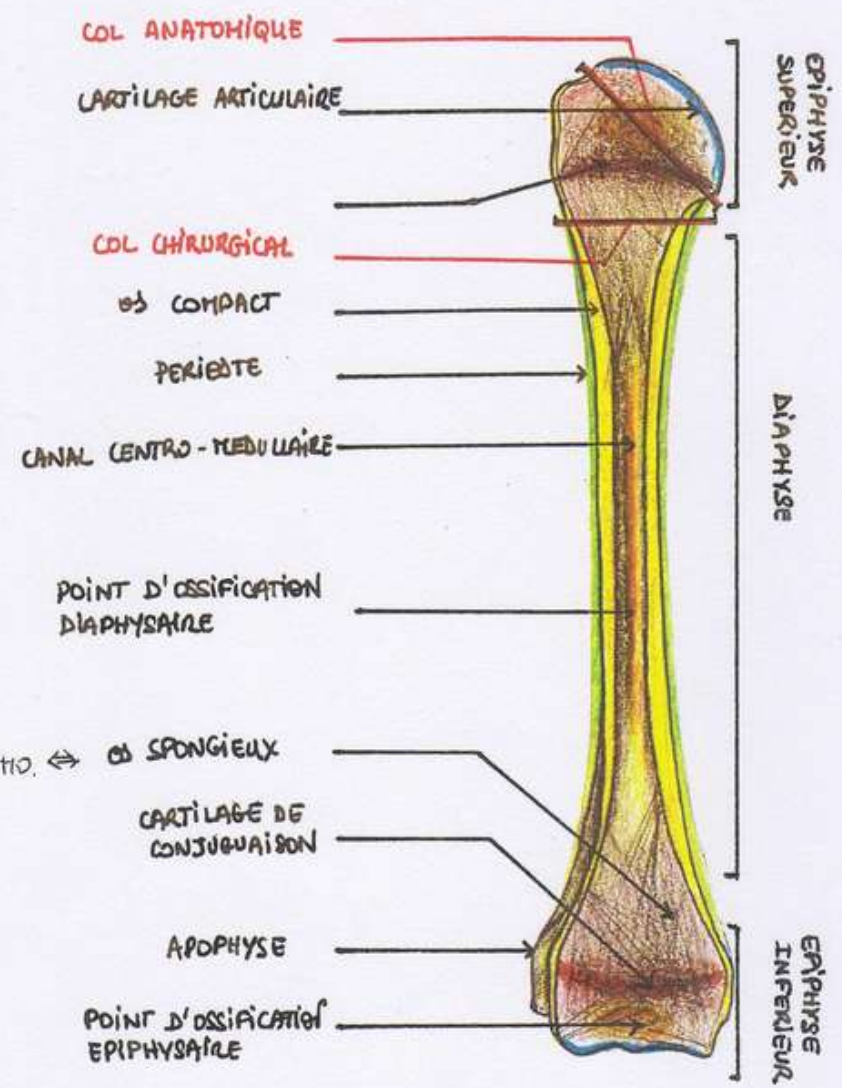
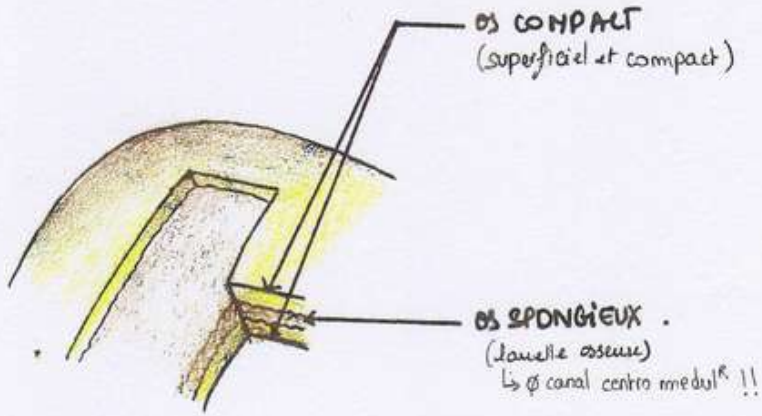


COUPES LONGITUDINALES

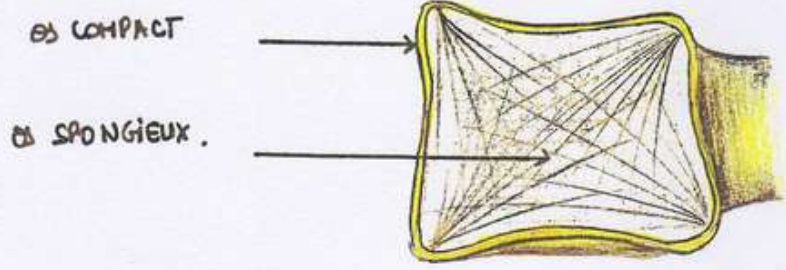
• OS LONG
(HUMERUS)



• OS PLAT
(OS DU CRANE)



• OS COURT
(VERTEBRES)



SQUELETTE HUMAIN.

AVEC TRONC EN TAILLE

TÊTE
et
COU.

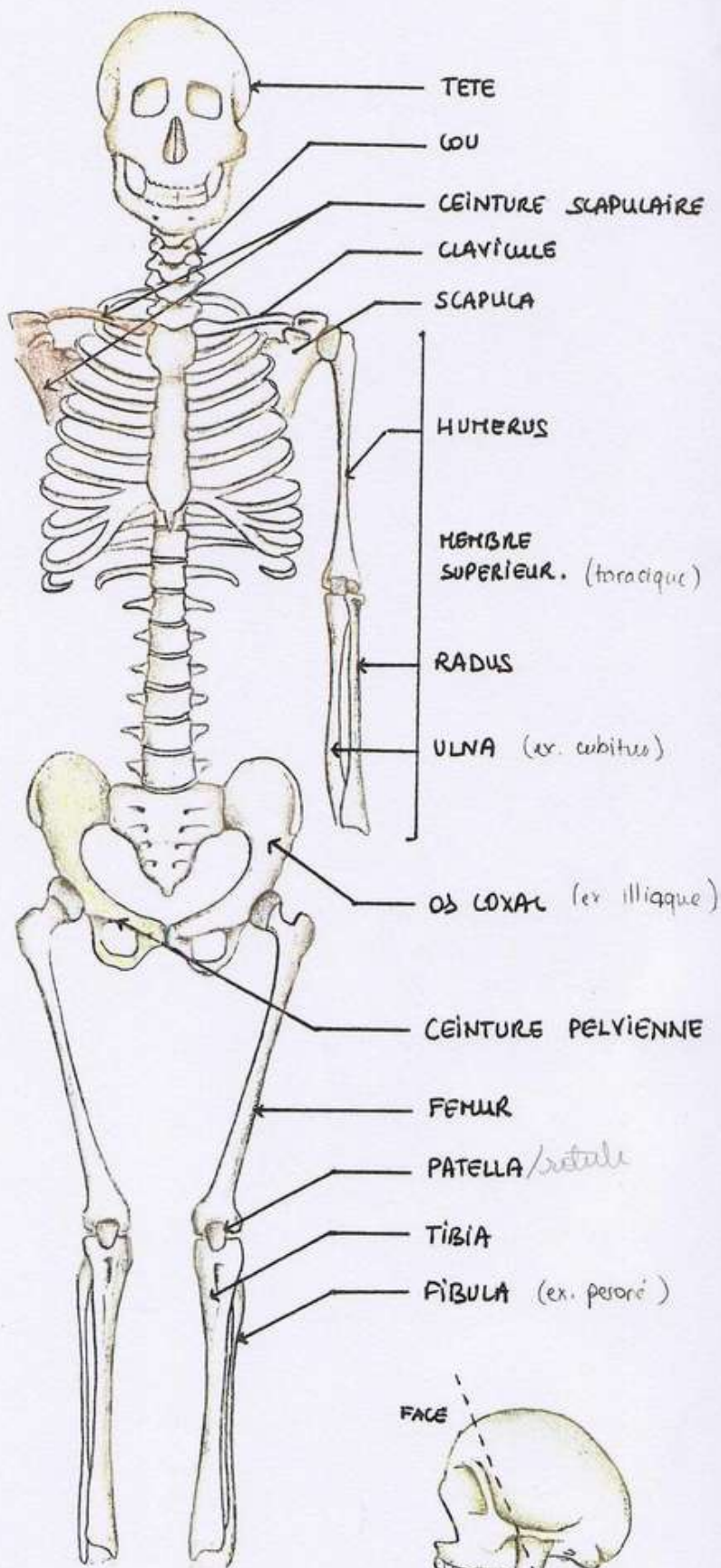
TRONC

TORAX

ABDOMÈNE

BASSIN
pelvis

MEMBRE
INFÉRIEUR.
(pelvien)



FACE

CRANE

TÊTE

LES ARTICULATIONS

• DIARTHROSE



SYNARTHROSE

CAPSULE
ARTICULAIRE

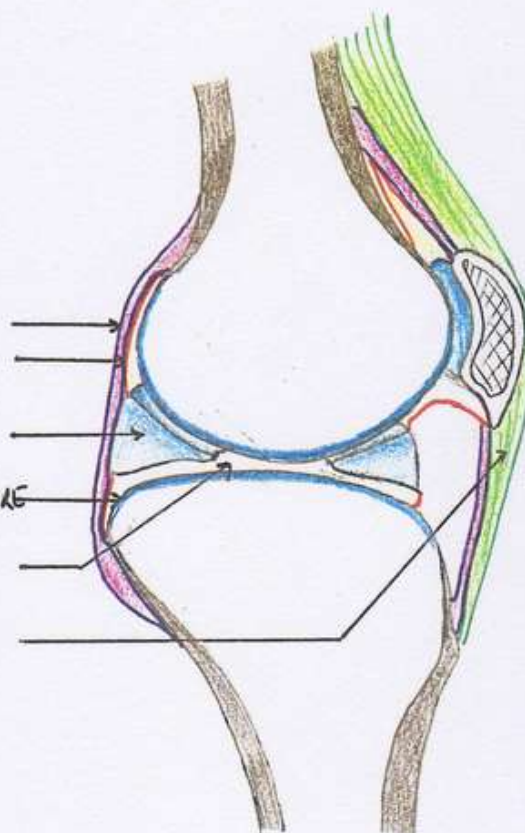
[CAPSULE
MEMBRANE
SYNOVIALE

FIBRO CARTILAGE
(ménisque)

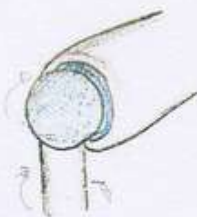
CARTILAGE ARTHICULAIRE

SYNOVIE

LIGAMENTS



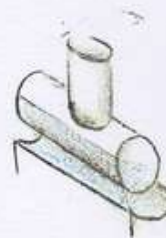
• ENARTHROSE (3ddl)



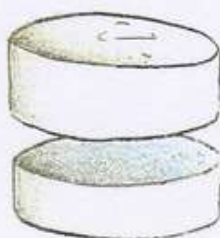
• EN SELLE (2ddl)



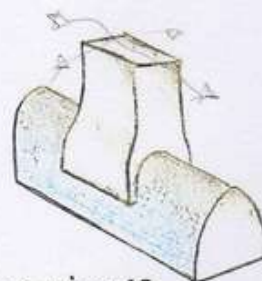
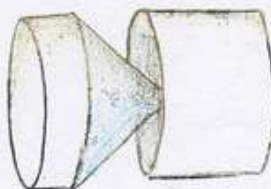
• TROCHLEENE (1ddl)



• ARTHRODIE (2ddl)



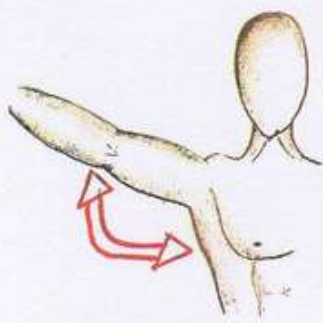
• TROCHOÏDE (1ddl)



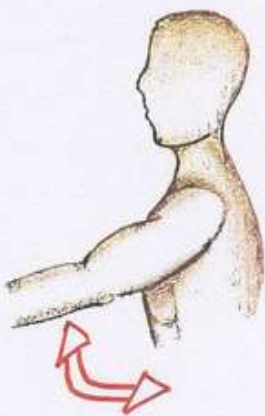
• CONDYLIENNE (2ddl)

MOUVEMENTS ET MUSCLES

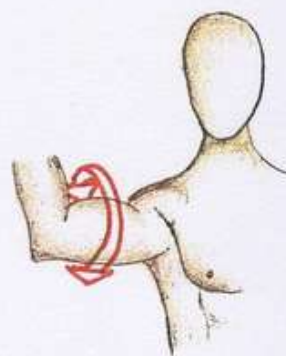
• Abduction / adduction



• Antépulsion / Retropulsion



• Rotation interne / externe



• Muscle fusiforme



• Muscle biceps



• Muscle digastrique *no diaphragme*



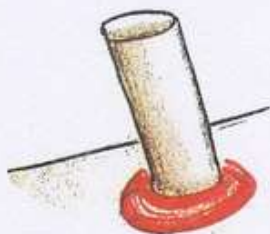
• Muscle penniforme *biceps sural
Le tendon d'Achille*



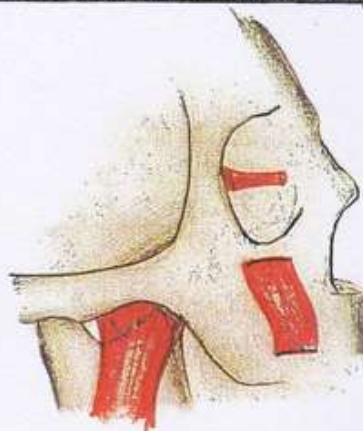
• Muscle plat *des*



• muscle sphinctère *circulaire*

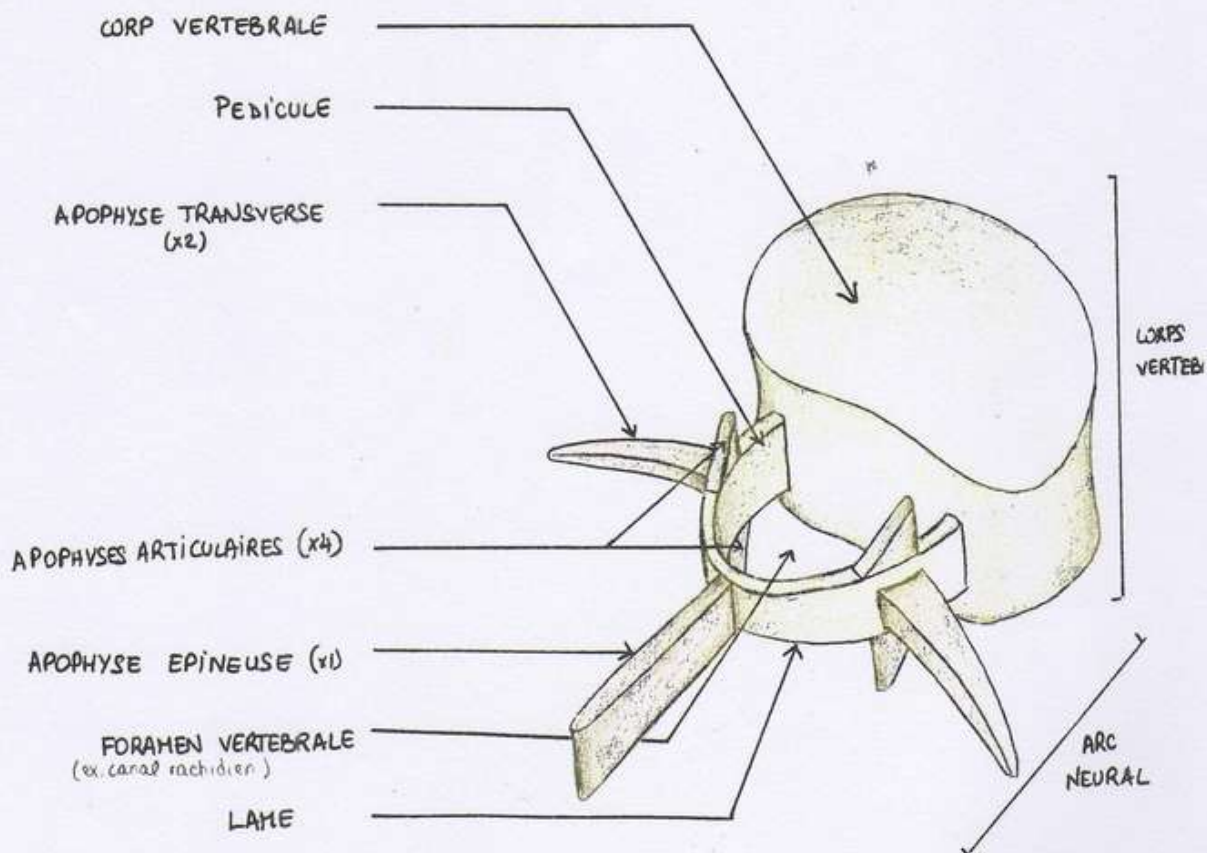
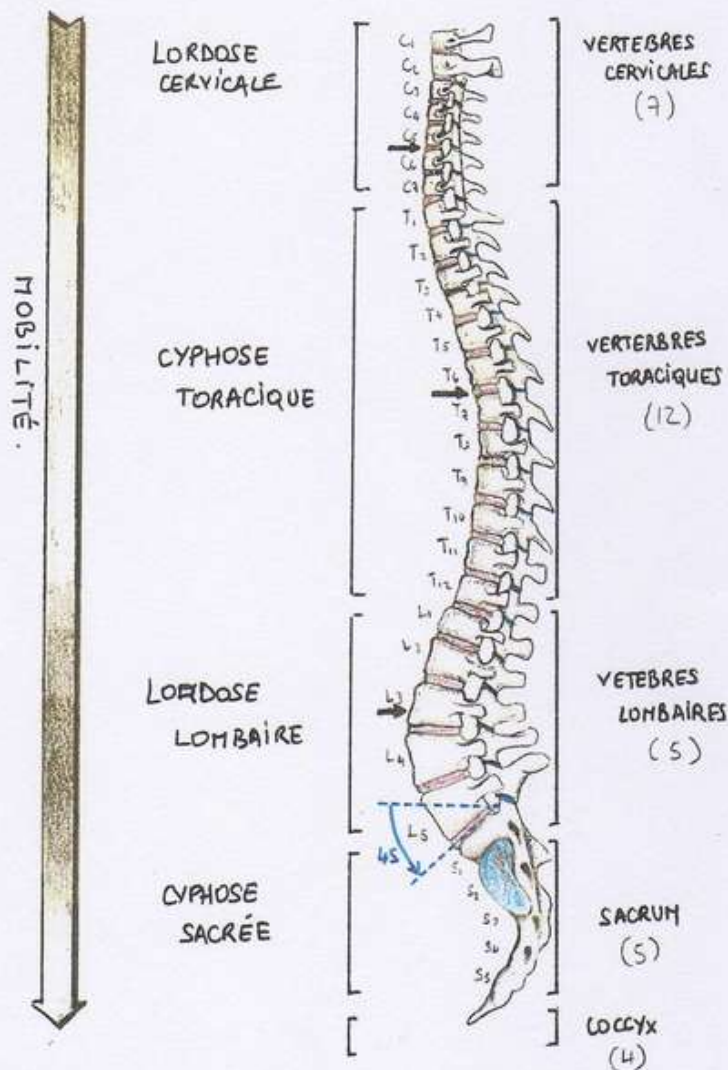


• Muscle court, oculomoteur et peaucier

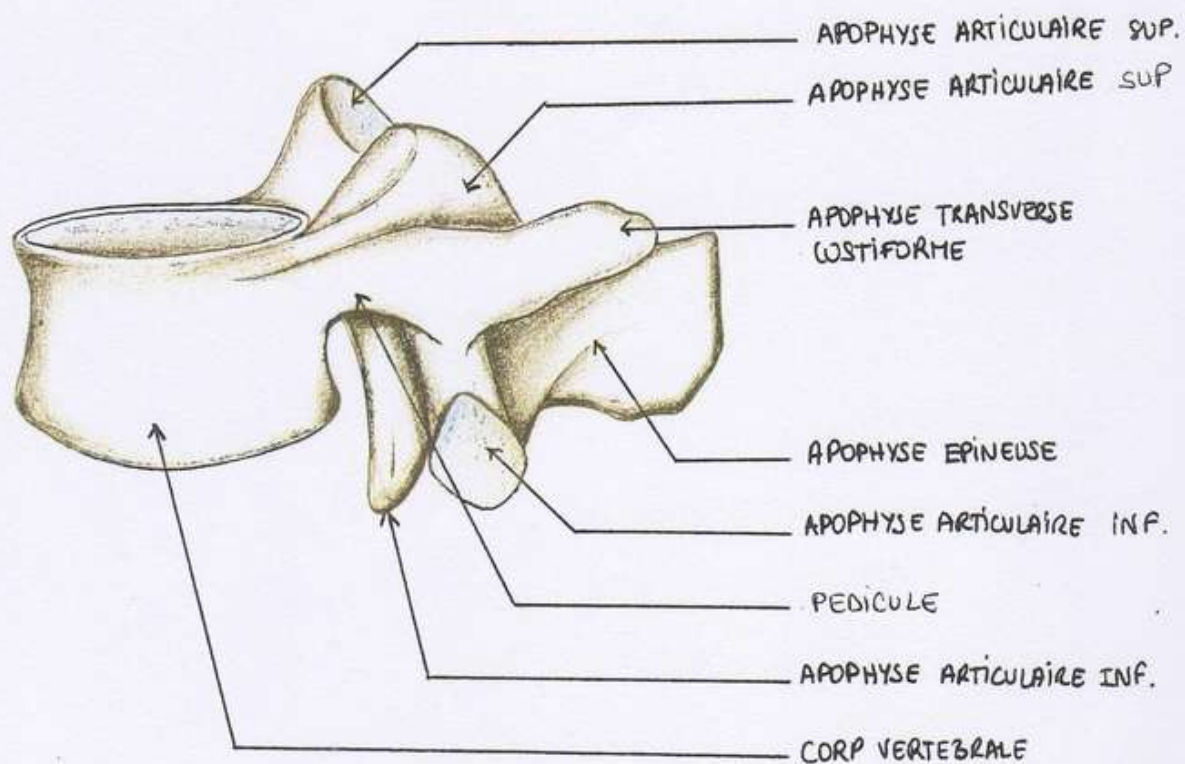
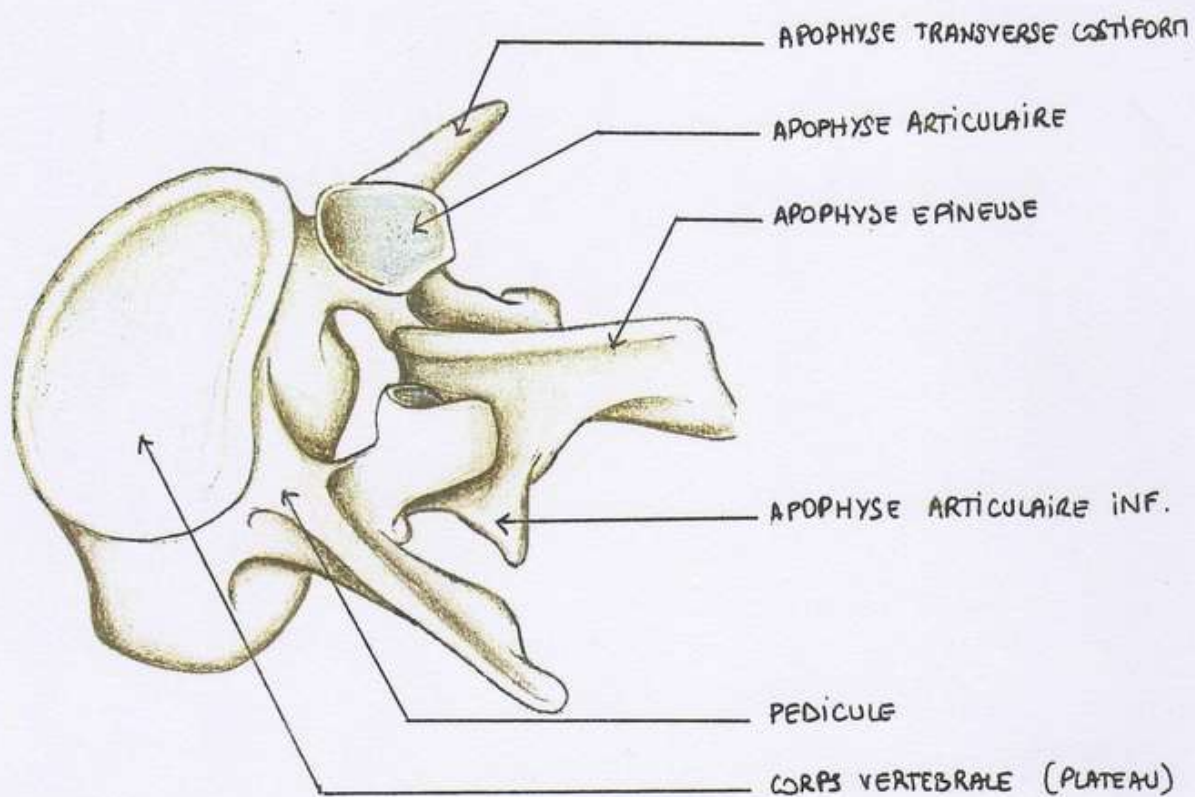


LE TRONC

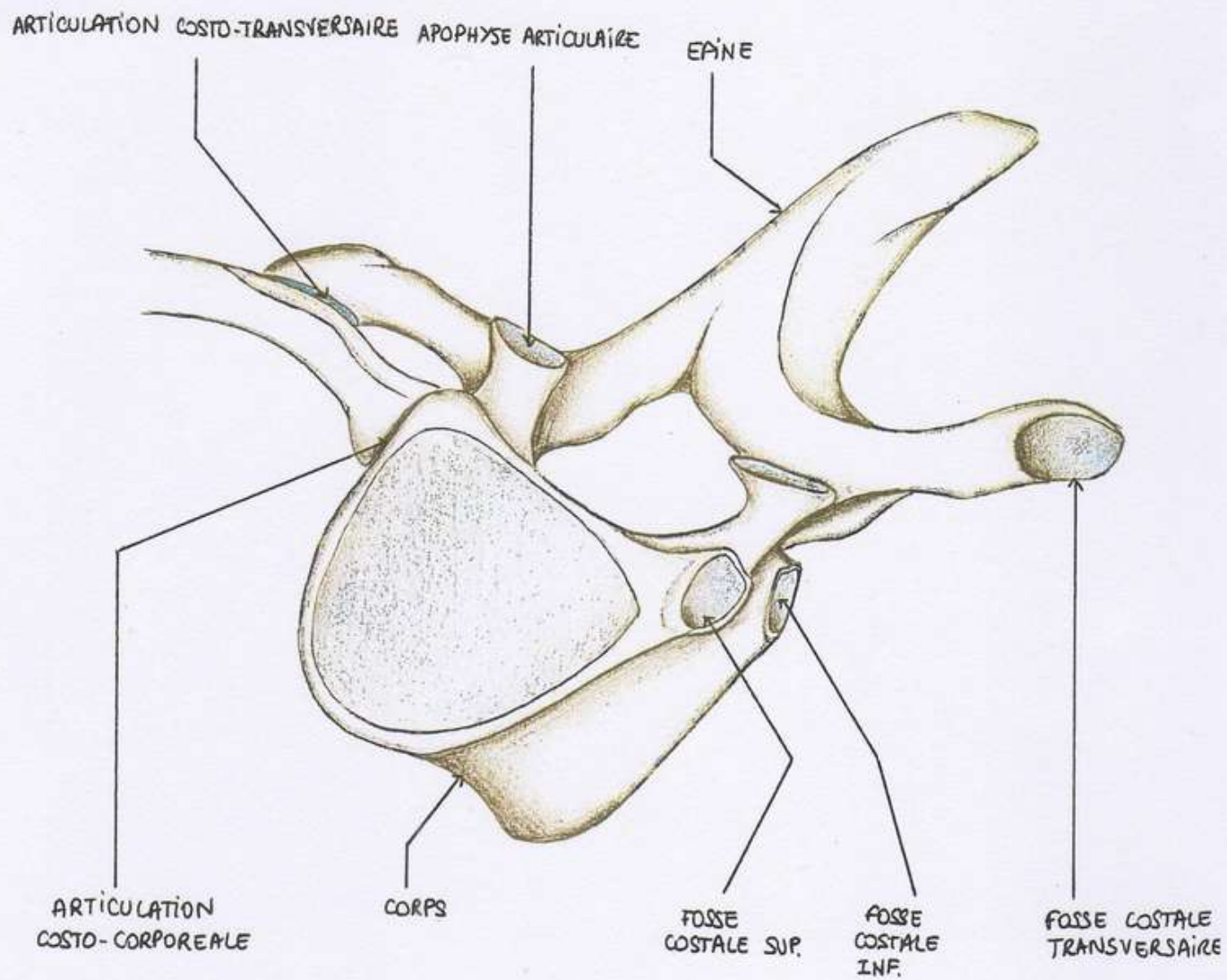
RACHIS ET VERTEBRES: Generalités.



VERTEBRES LOMBAIRE



VERTEBRE TORACIQUE



Vertèbre cervicale (vue supérieure)

Diagram illustrating the anatomy of a cervical vertebra (vue supérieure) with the following labeled structures:

- CORPS VERTEBRAL
- RACINE ANTERIEUR DE L'APOPHYSE TRANSVERSE
- CANAL TRANSVERSAIRE (ARTÈRE VERTEBRALE)
- RACINE POSTERIEUR DE L'APOPHYSE TRANSVERSE
- NERF RACHIDIEN
- NERF RACHIDIEN
- GOUTTIÈRE OSSEUSE TRANSVERSAIRE
- MASSIF ARTICULAIRE
- FORAMEN VERTEBRAL
- LAME
- APOPHYSE ÉPINEUSE

Atlas (vue supérieure)

ARTICULATION ATLOÏDO-ONDOTOÏDIENNE

ARC VENTRAL

CAVITÉ GLENOÏDE

LIGAMENT TRANSVERSE

APOPHYSE ONDOTOÏDE DE L'AXIS

ARTICULATION

GOUTTIÈRE OSSEUSE DE C1

ARC DORSAL

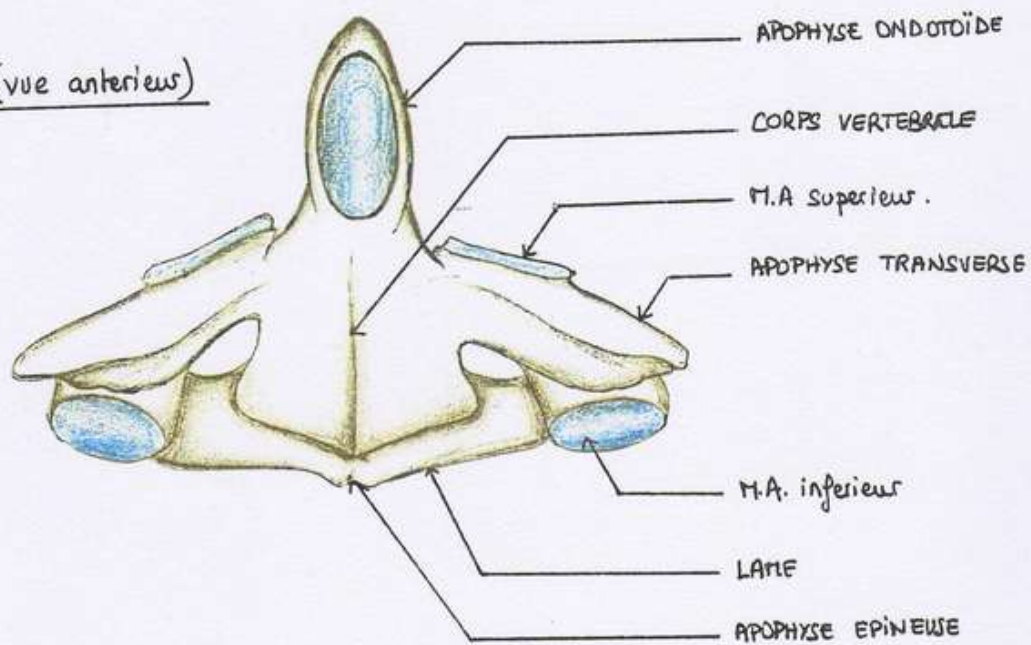
MASSE LATÉRALE

NERF RACHIDIEN (C2)

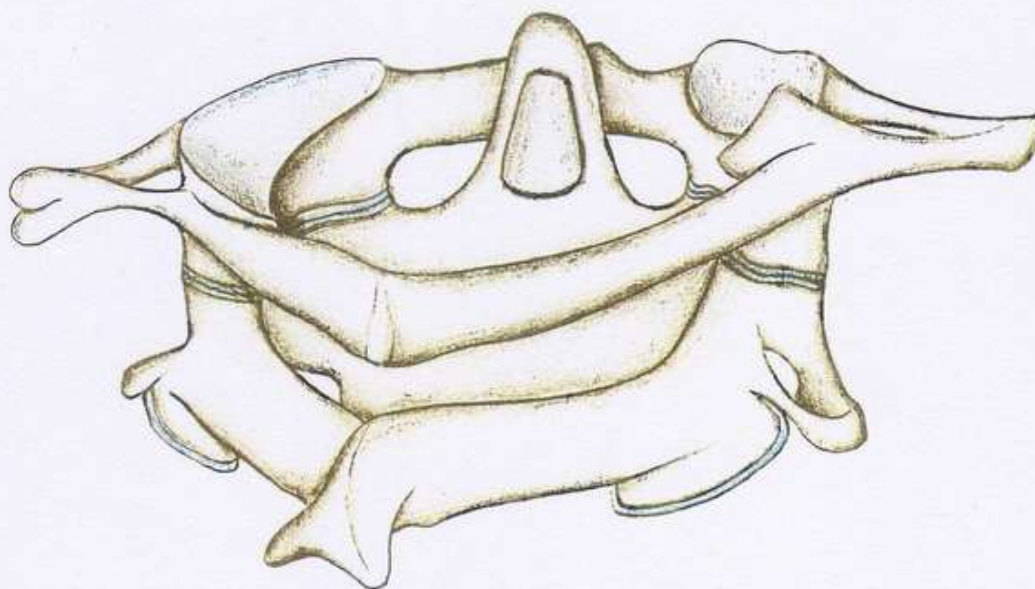
ARTÈRE VERTEBRALE

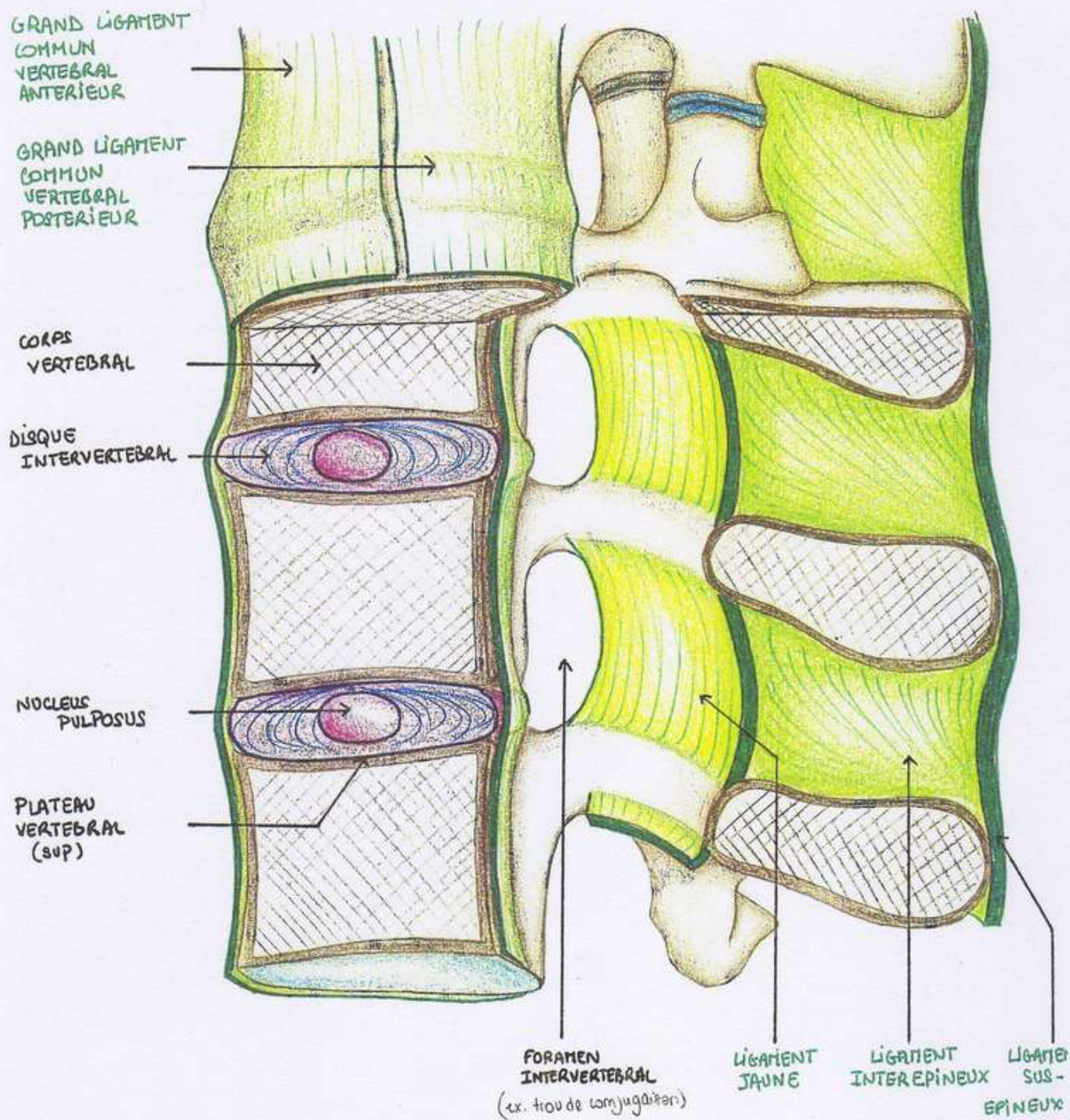
AXIS ET ARTICULATION ATLO-AXIGIENNE

• Axis (vue antérieur)

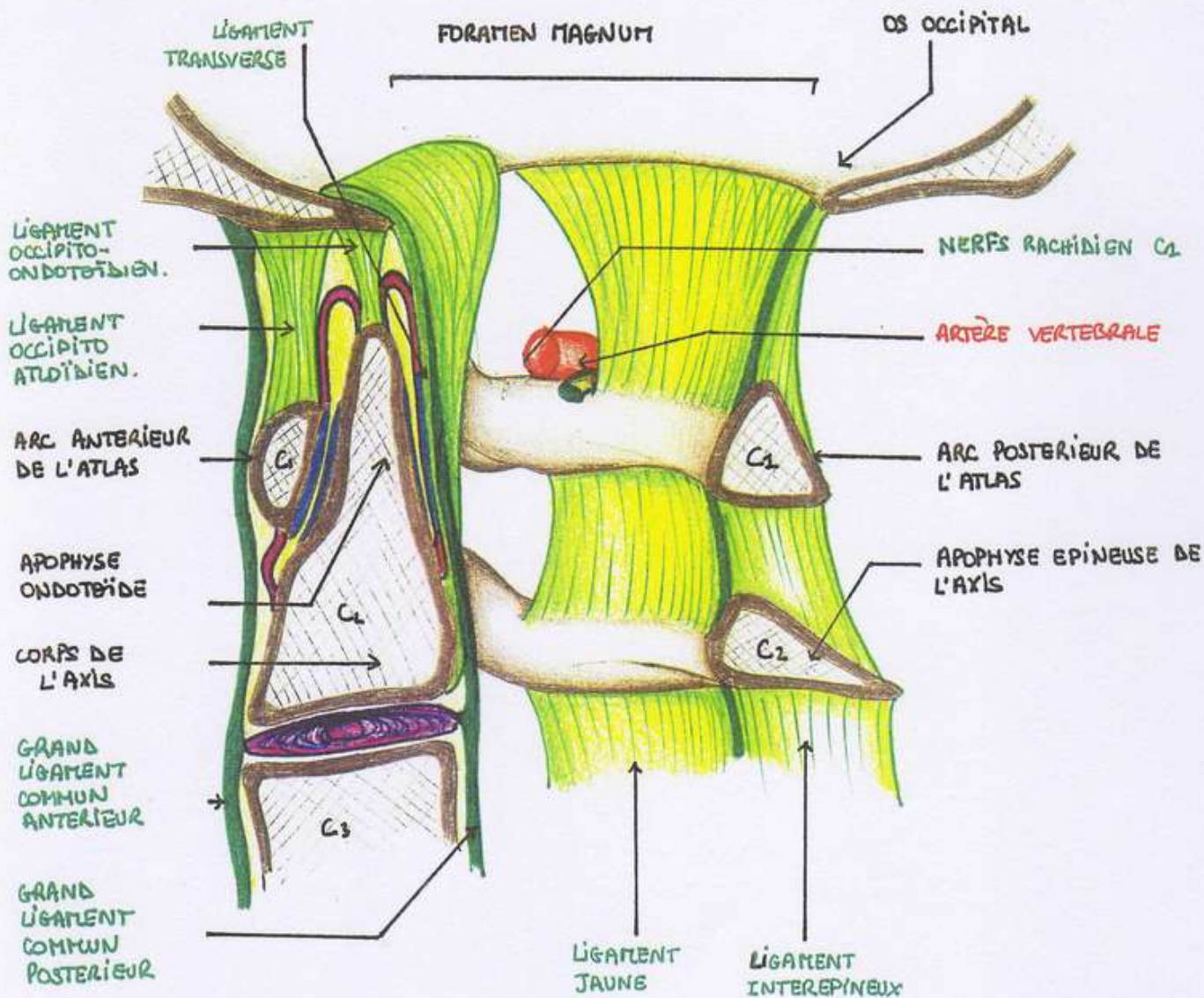


• Atlas et axis (vue postérieure)

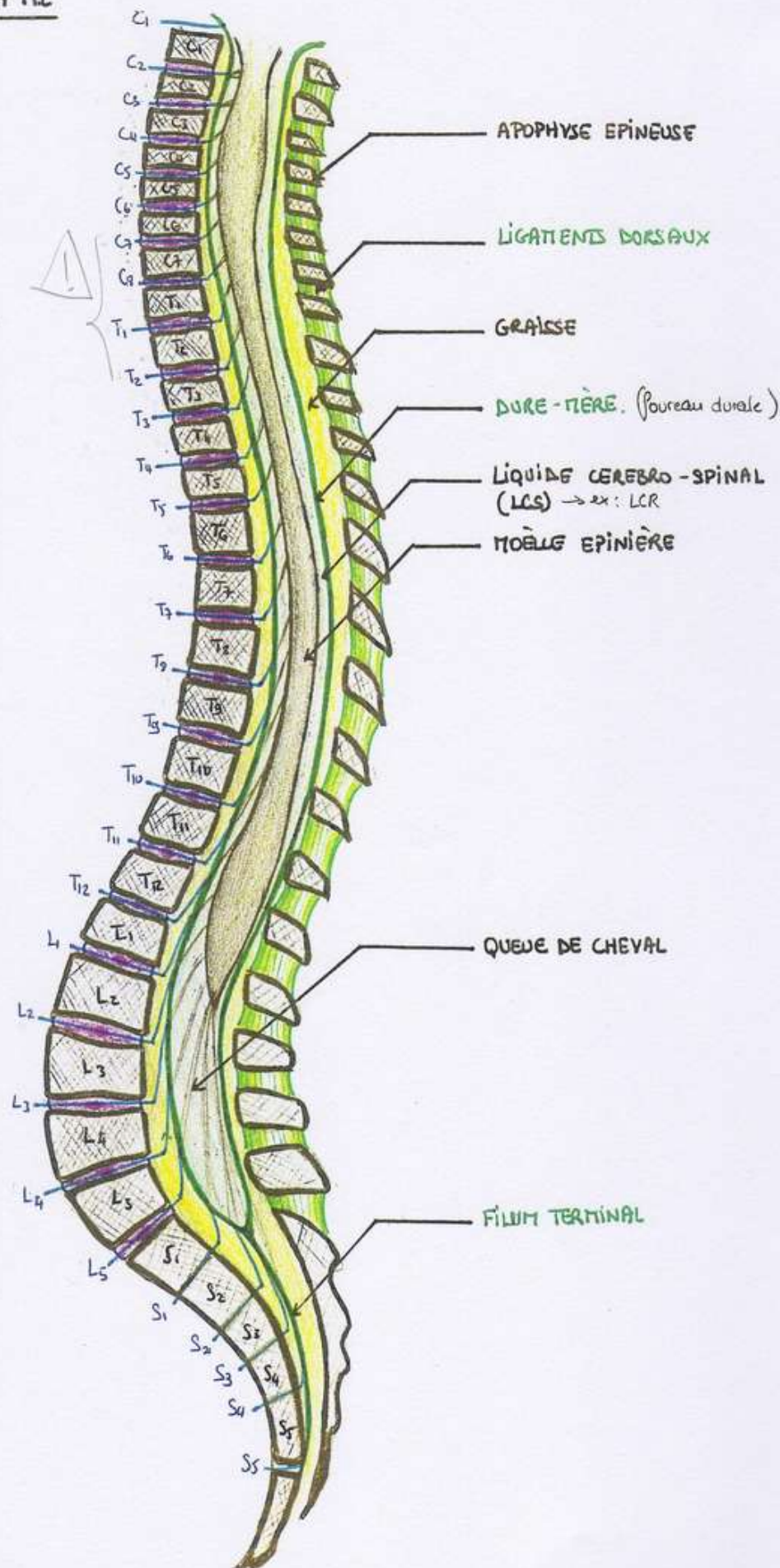




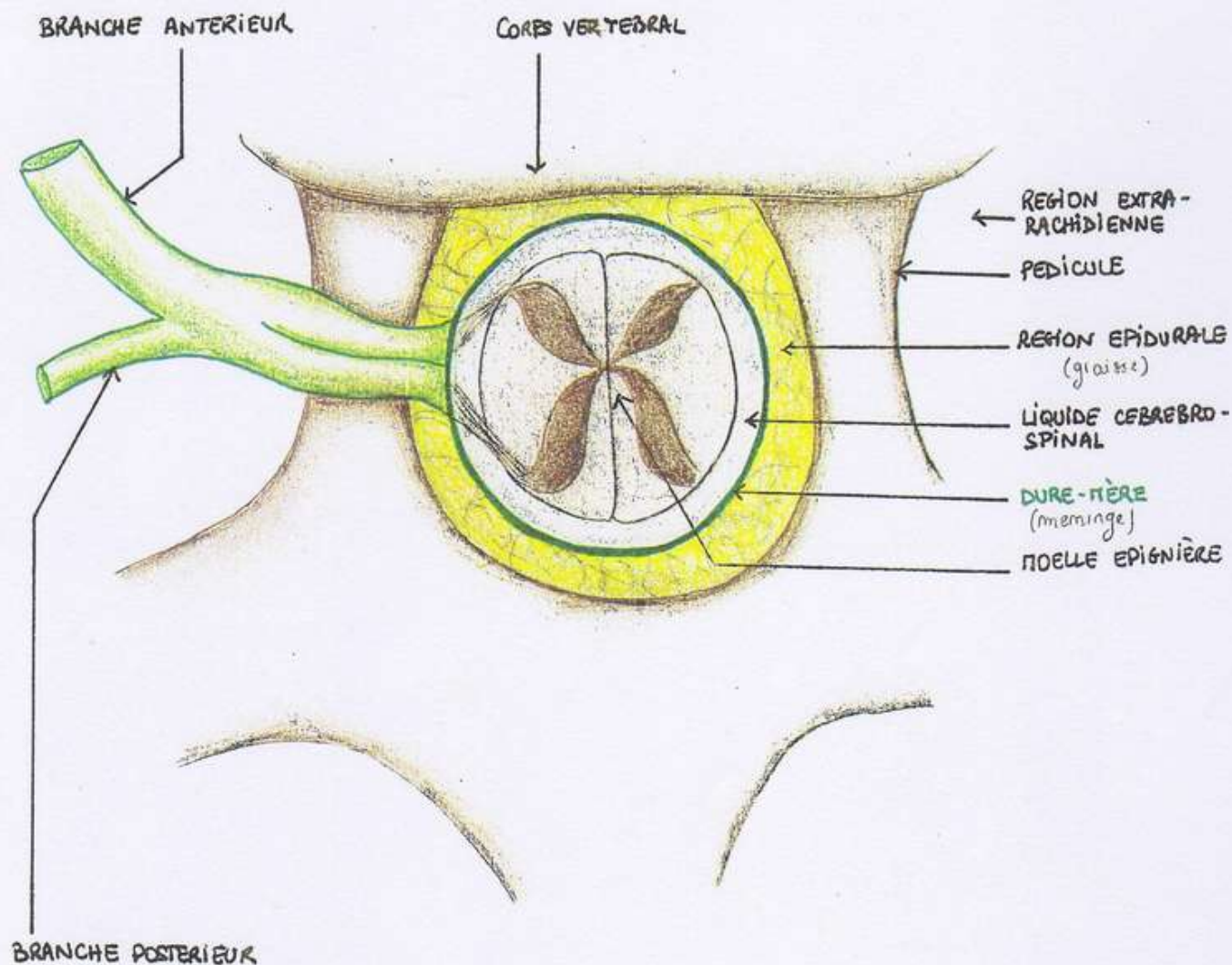
JONCTION CRANIO - RACHIDIENNE (vue sagittale)



LES ENVELOPPES DE LA TLE



LA MOELLE EPINIÈRE.



• TRAJET DES NERFS RACHIDIENS

1. SECTEUR INTRA-RACHIDIEN

- ↳ en sortant de la dure-mière les nerfs traversent un SECTEUR EPIDURAL
→ région entre la dure-mière et le foramen vert.
→ espace rempli de graisse (ent. protectrice)

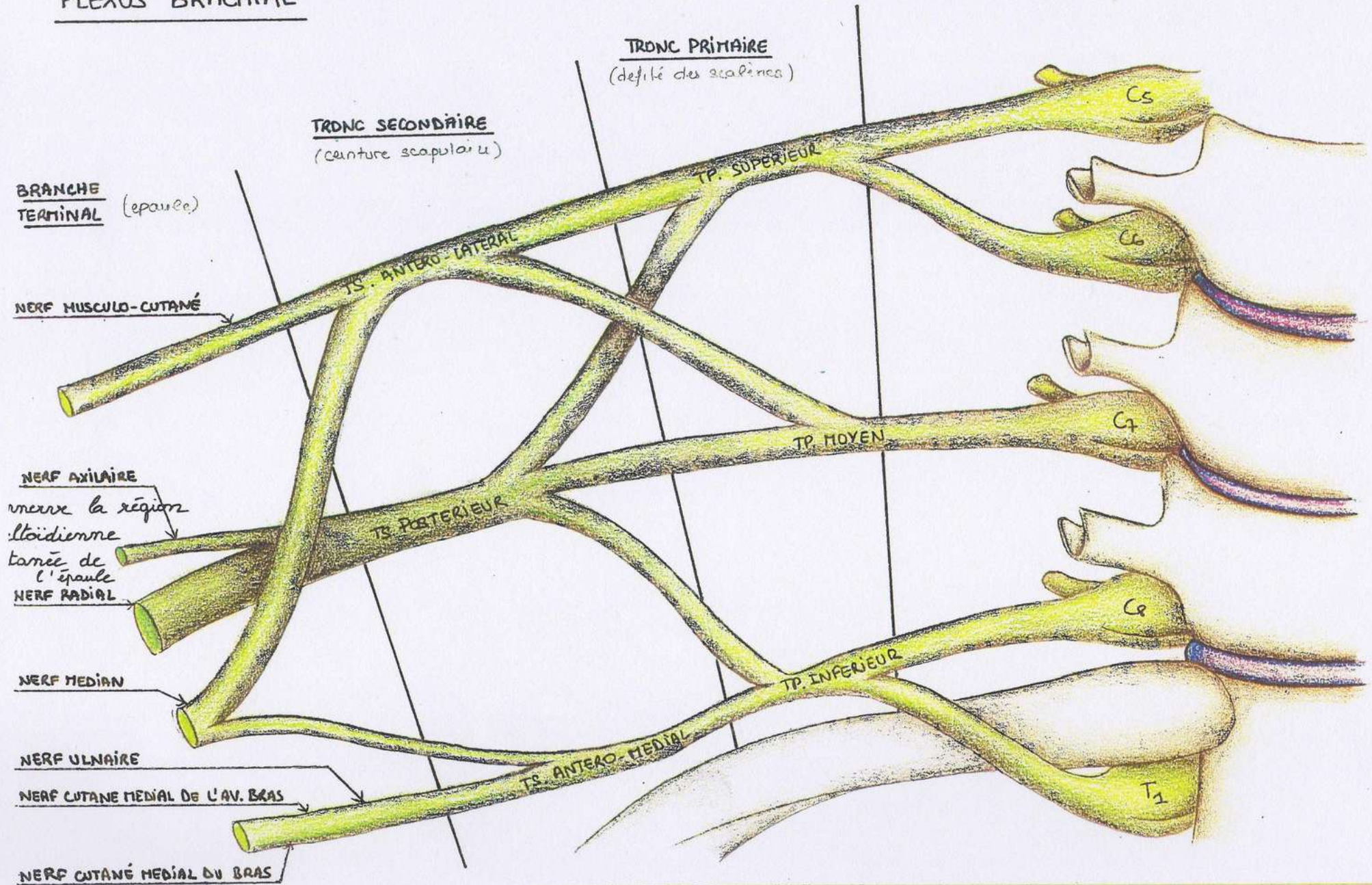
2. FORAMEN INTERVERTEBRAL

- ↳ les nerfs sortent de la vert. à leur nivo (ils ne sortent pas au nivo vertébral)

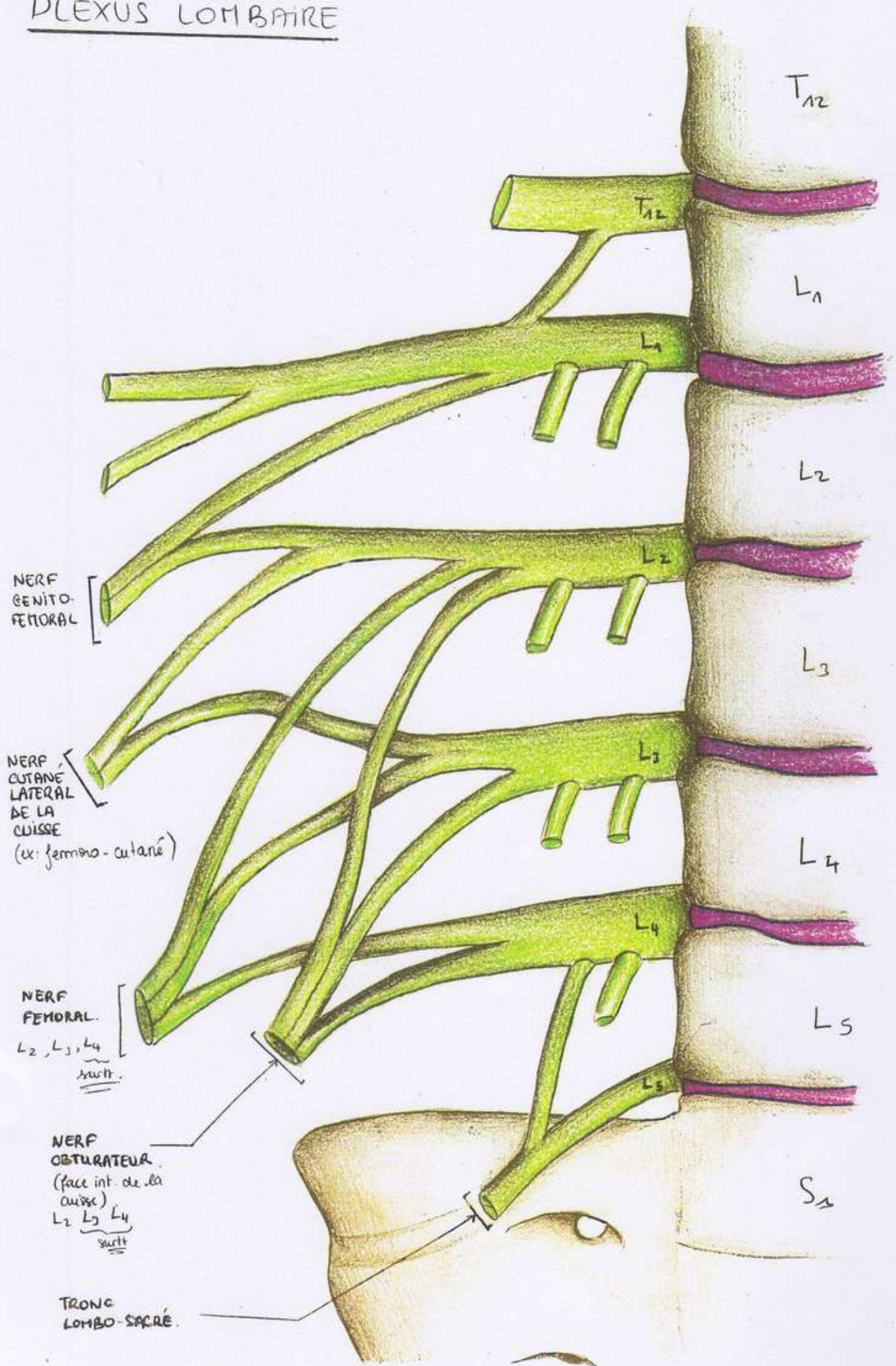
3. SECTEUR EXTRA-RACHIDIEN

- ↳ à l'ext de la vert les nerfs se divisent en 2 branches
 - 1 branche ventrale
 - 1 branche dorsale

PLEXUS BRACHIAL



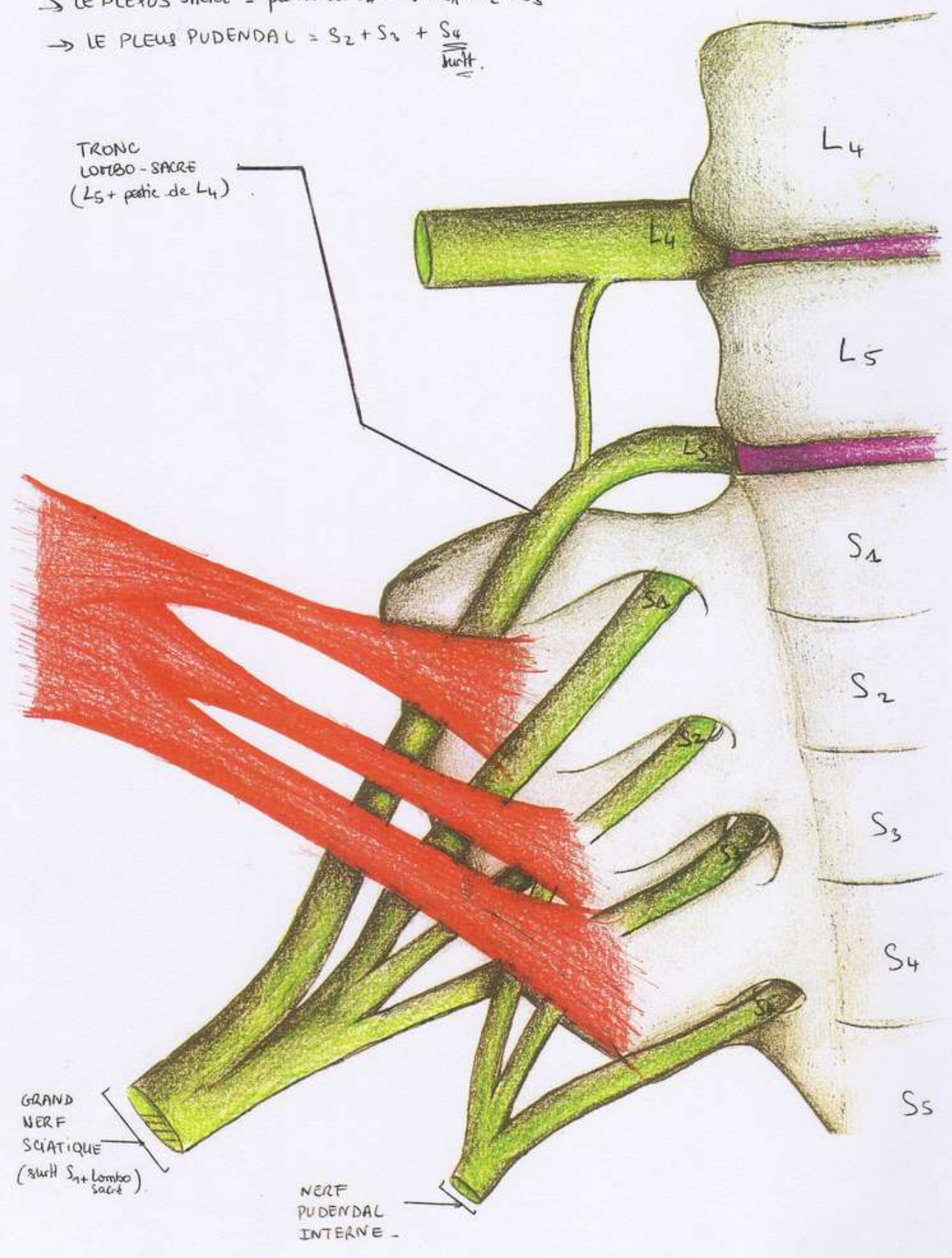
DLEXUS LOMBAIRE



PLEXUS SACRAL ET MONTEUX.

→ PUDENDAL -

- LE SCIATIQUE PASSE EN AVANT DU MUSCLE PYRIFORME
- LE PLEXUS SACRÉ = partie de $L_4 + L_5 + S_1 + S_2 + S_3$
- LE PLEXUS PUDENDAL = $S_2 + S_3 + S_4$
dukt.



TORAX : Coupe horizontale

ARTICULATION CHONDRO-
STERNALE
(arthrodie)

ARTICULATION COSTO-
CHONDRALE
(symarthrose)

VERTEBRE TORACIQUE
(os court)

TÊTE

COL

ANGLE
(postérieur)

TUBEROSITÉ

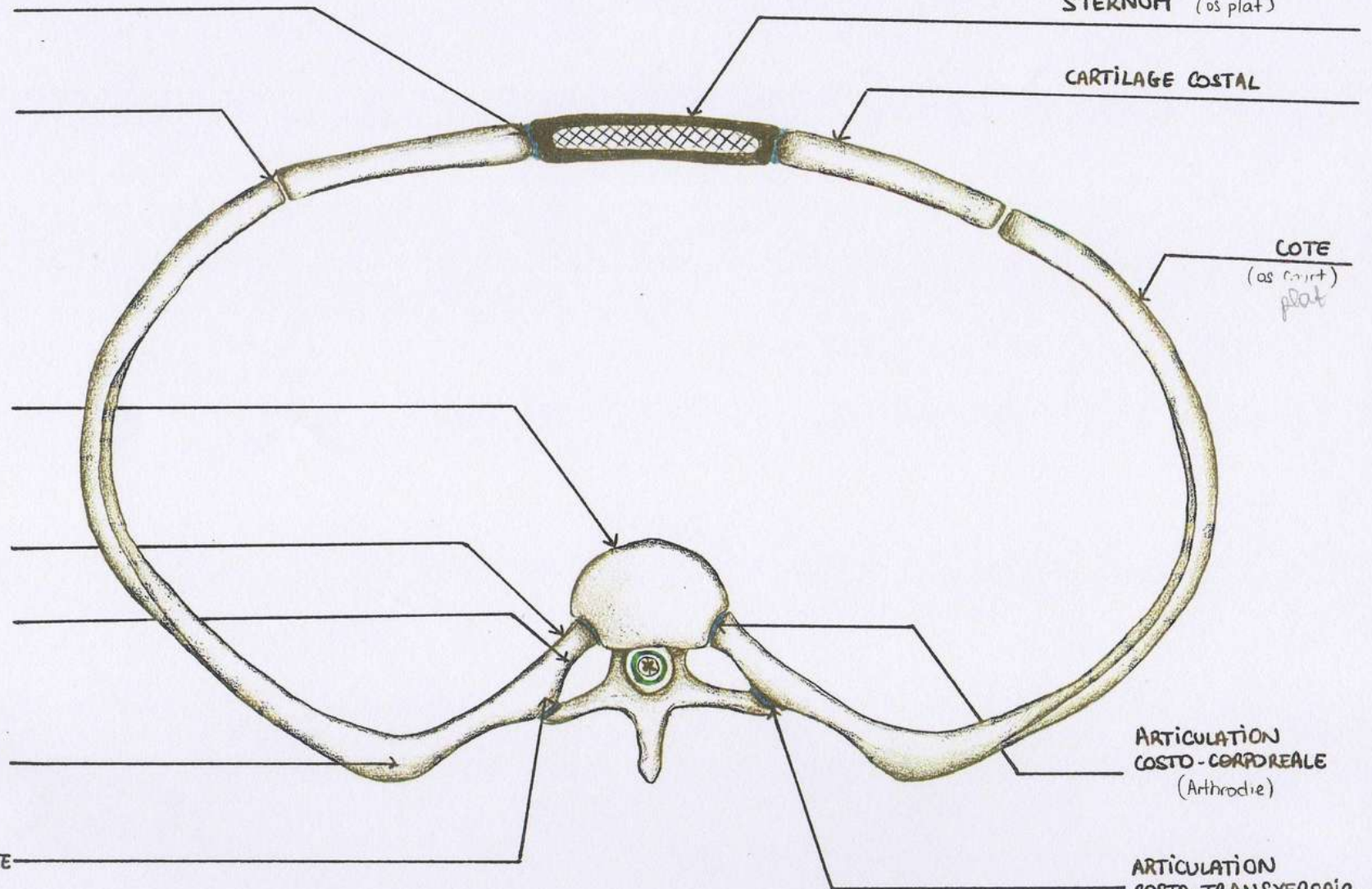
STERNUM (os plat)

CARTILAGE COSTAL

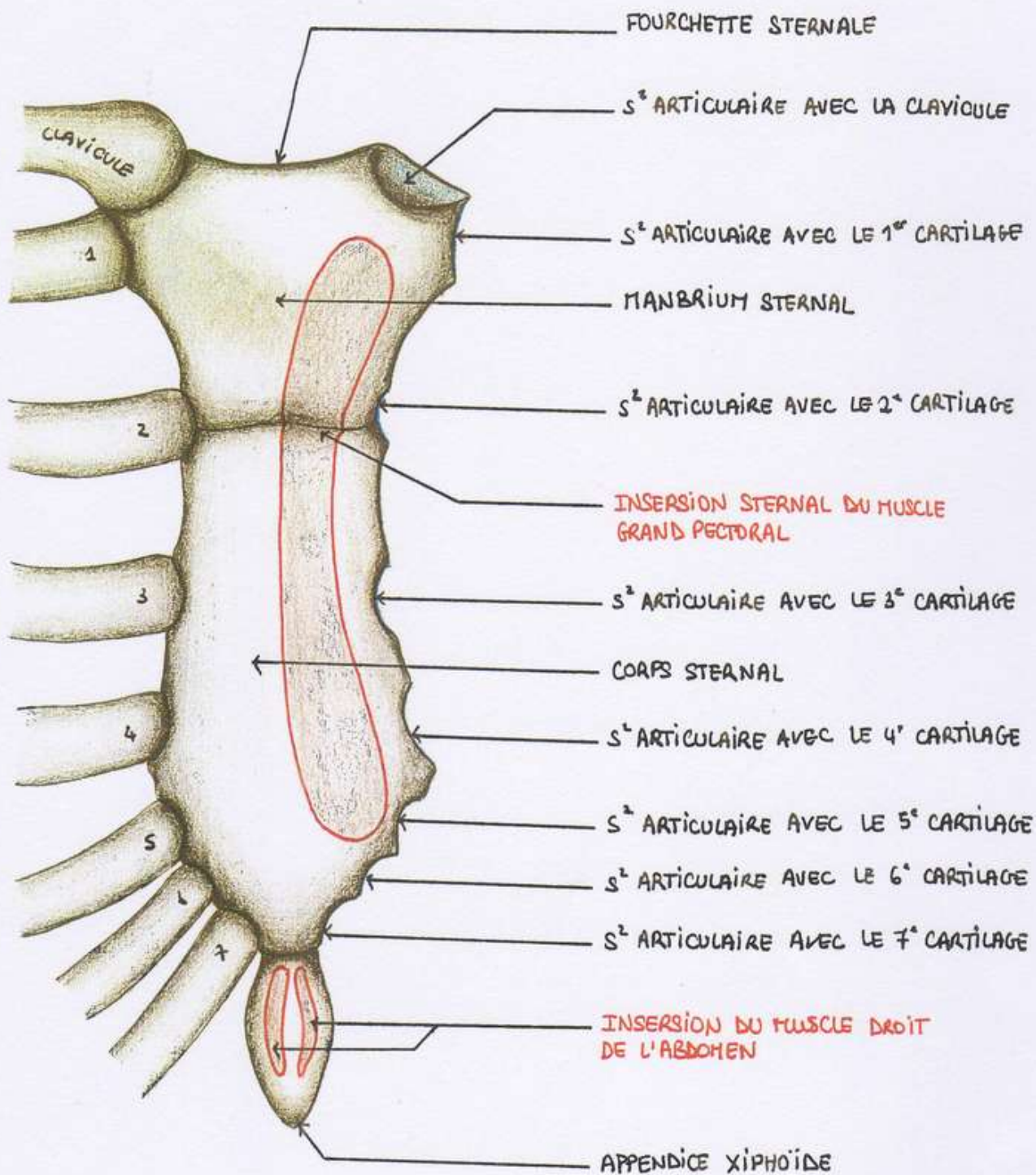
COTE
(os court)
plat

ARTICULATION
COSTO-CORPOREALE
(Arthrodie)

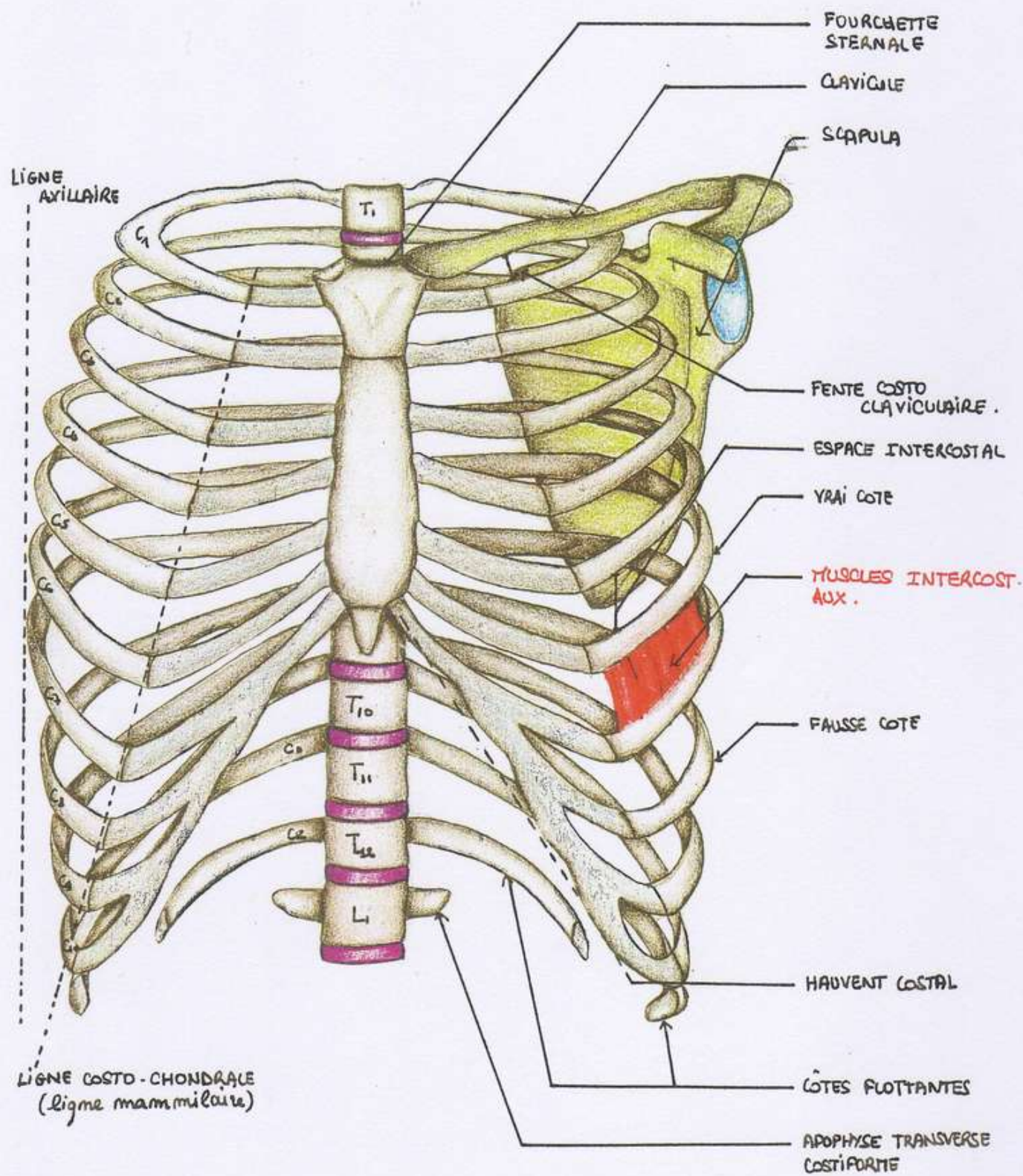
ARTICULATION
COSTO-TRANSVERSAIRE
(Arthrodie)

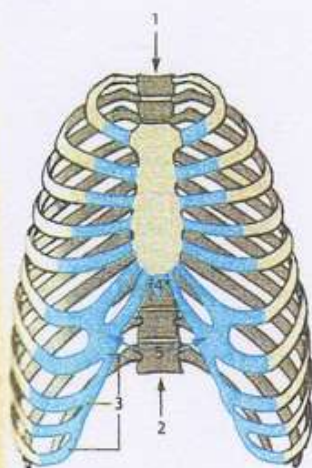


STERNUM : vue antérieure

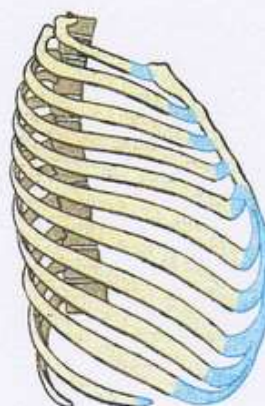


LA CAGE TORACIQUE

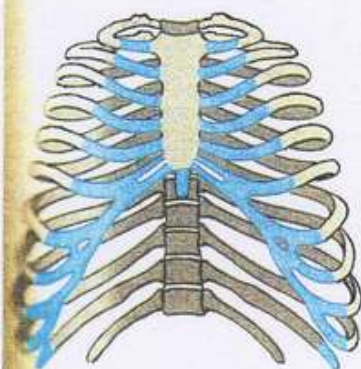




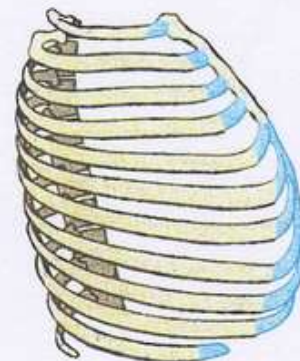
A Cage thoracique en position d'expiration, vue antérieure



B Cage thoracique en position d'expiration, vue latérale

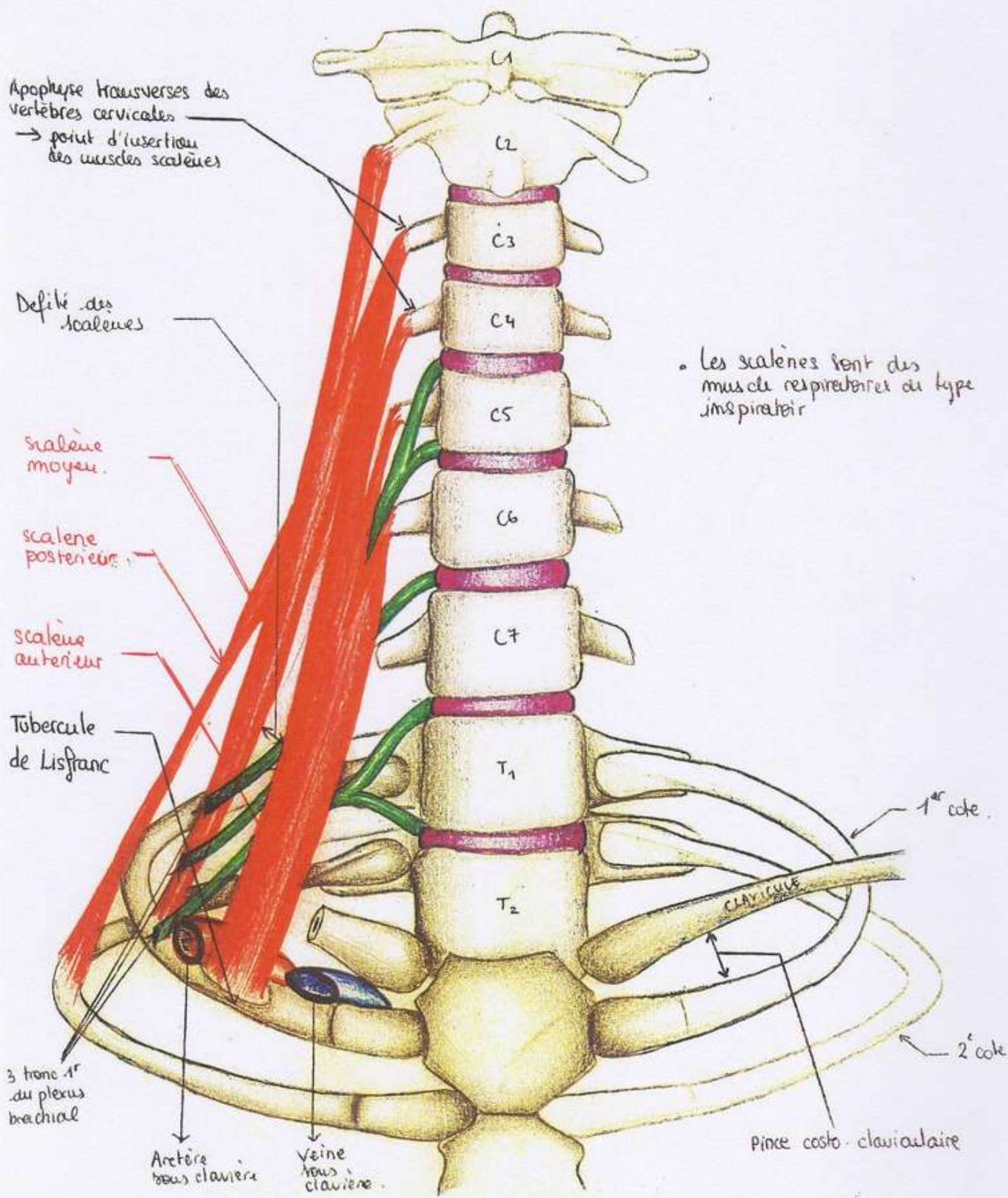


C Cage thoracique en position d'inspiration, vue antérieure



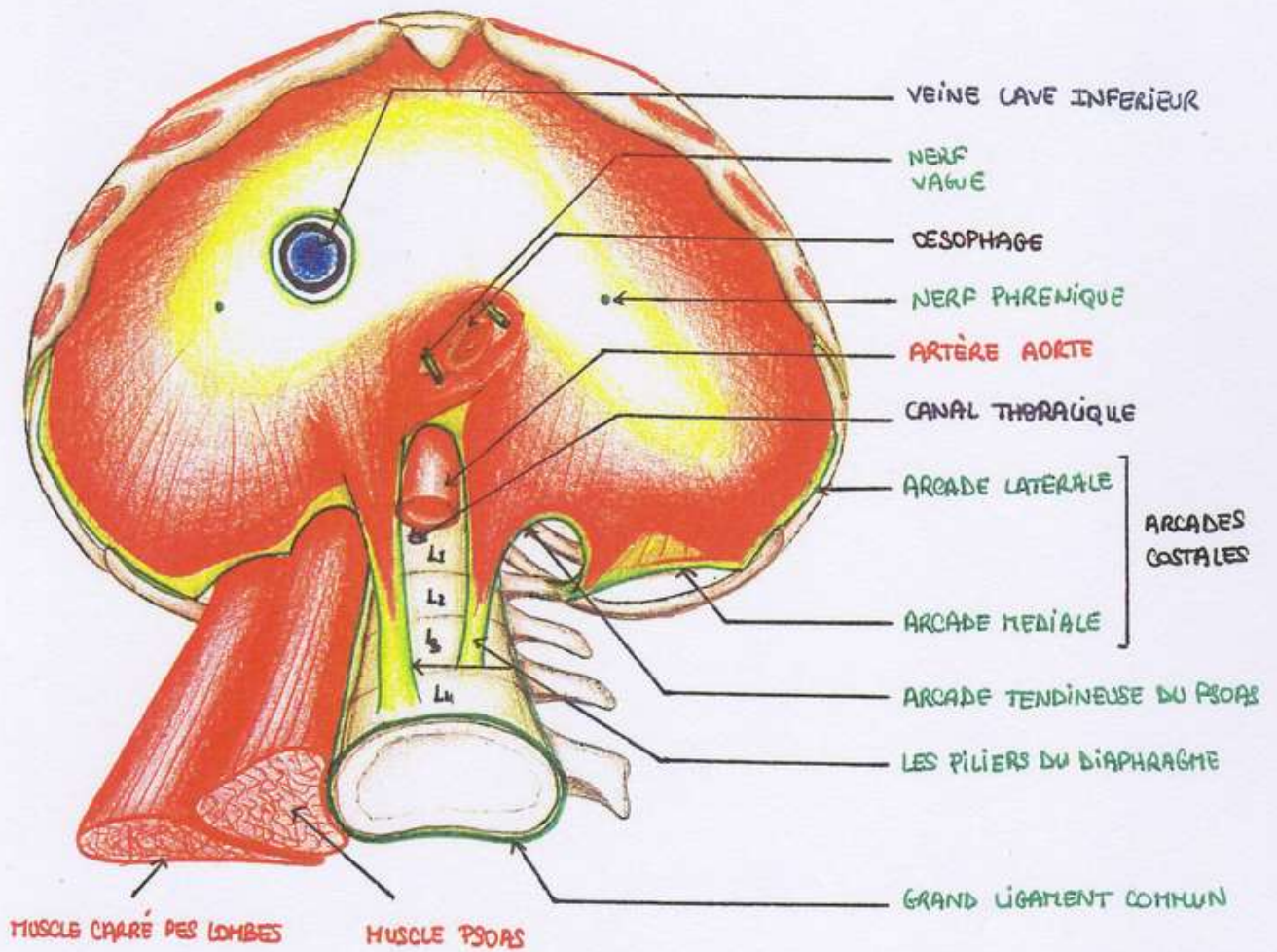
D Cage thoracique en position d'inspiration, vue latérale

LES SCALENES

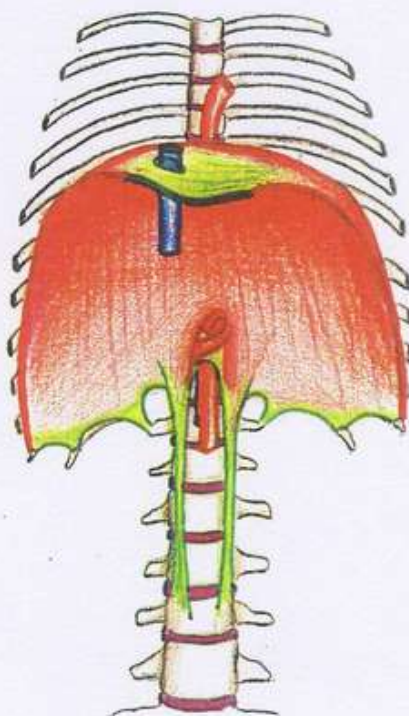


LE DIAPHRAGME

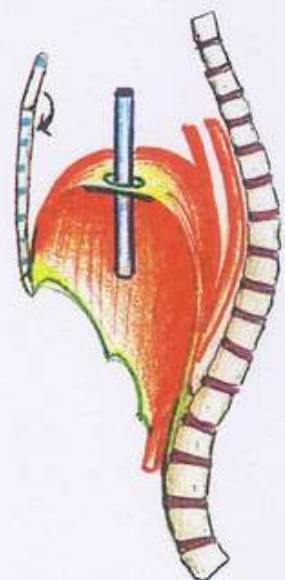
• VUE INFÉRIEUR



• VUE ANTERIEUR

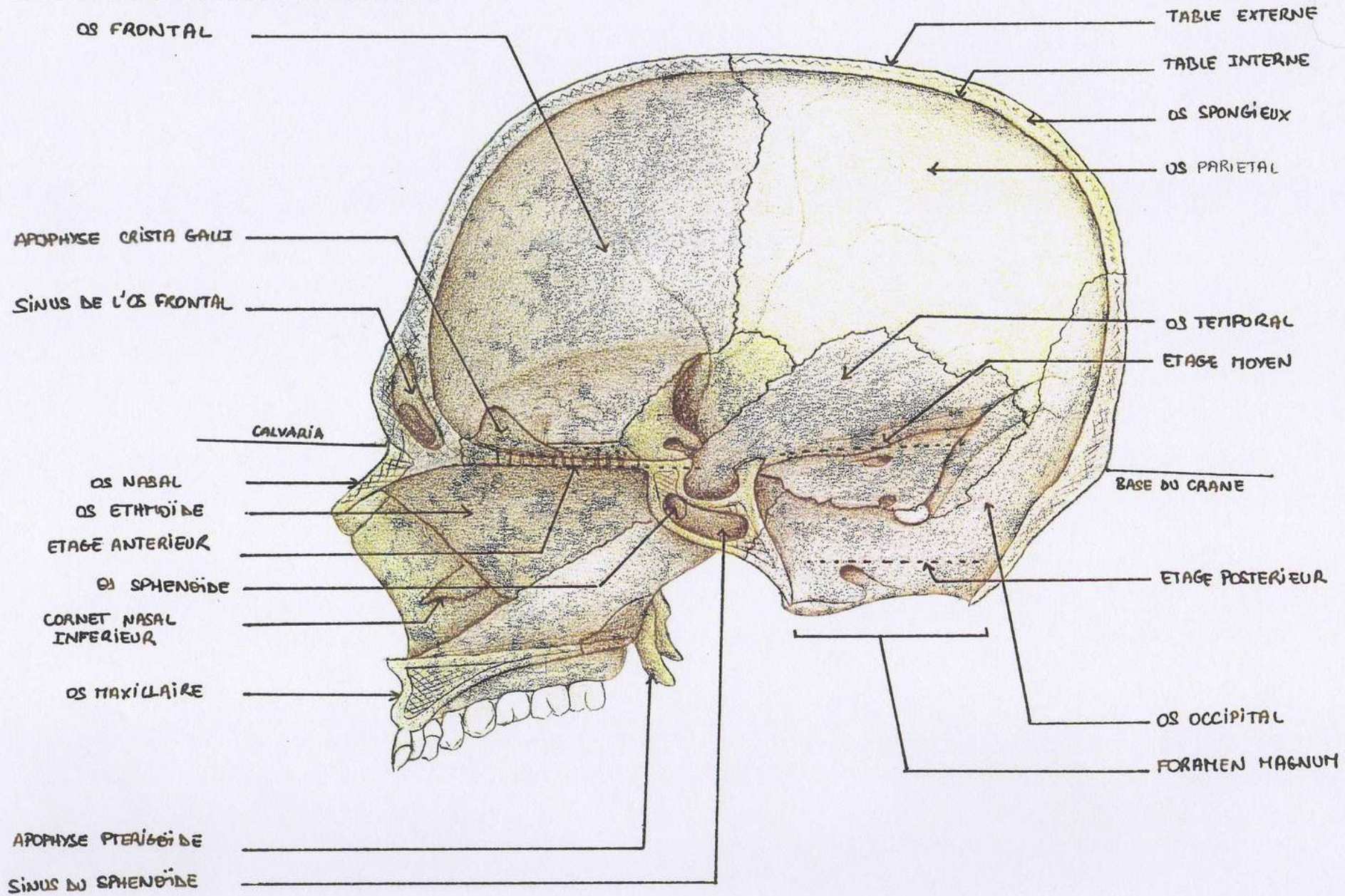


• VUE LATÉRALE



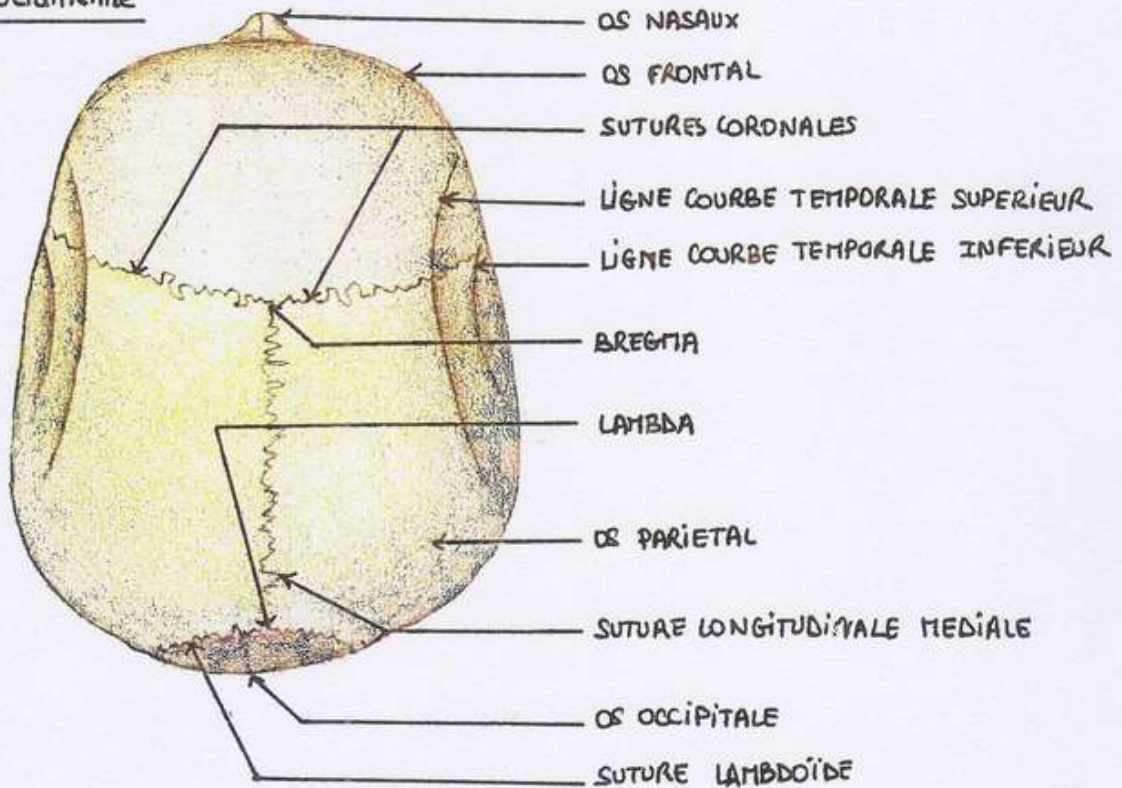
LE CRANE

LE CRANE : Coupe sagittale mediane

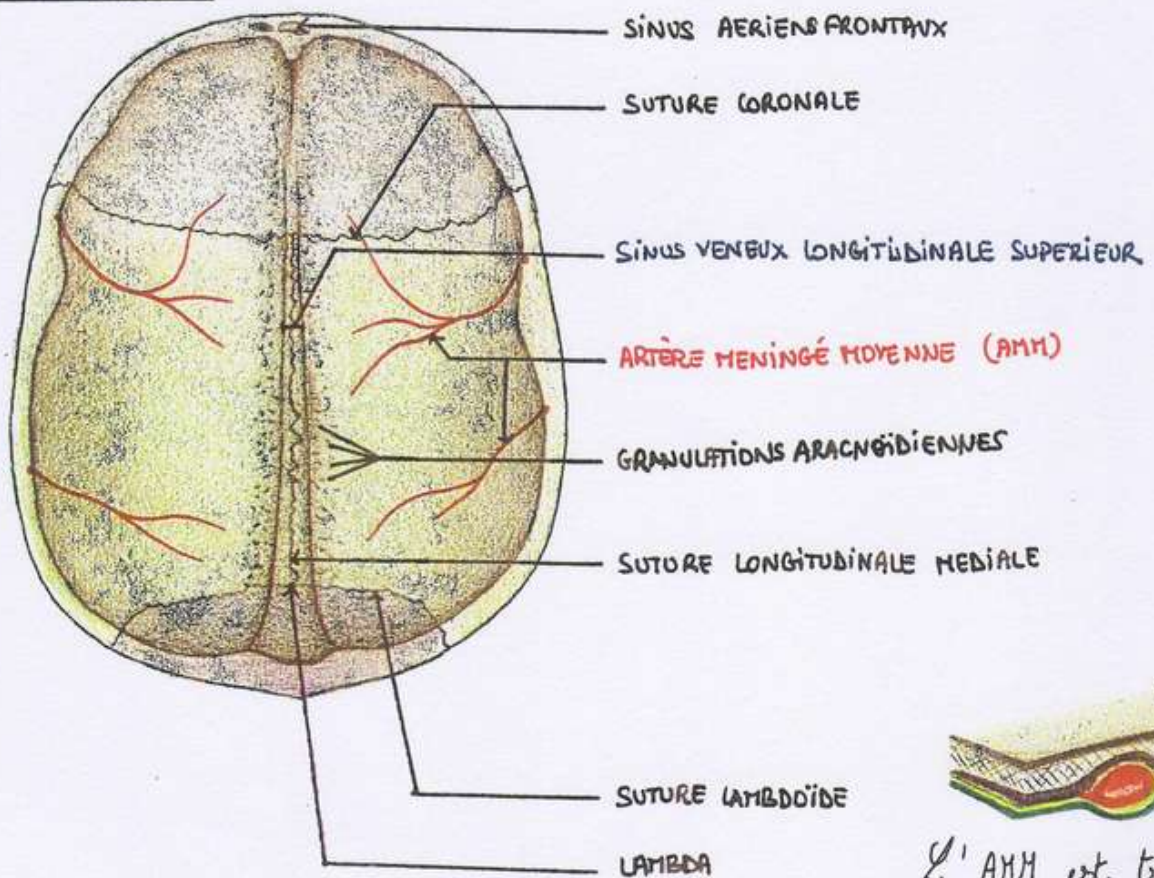


LA CALVARIA

• Vue exocranienne

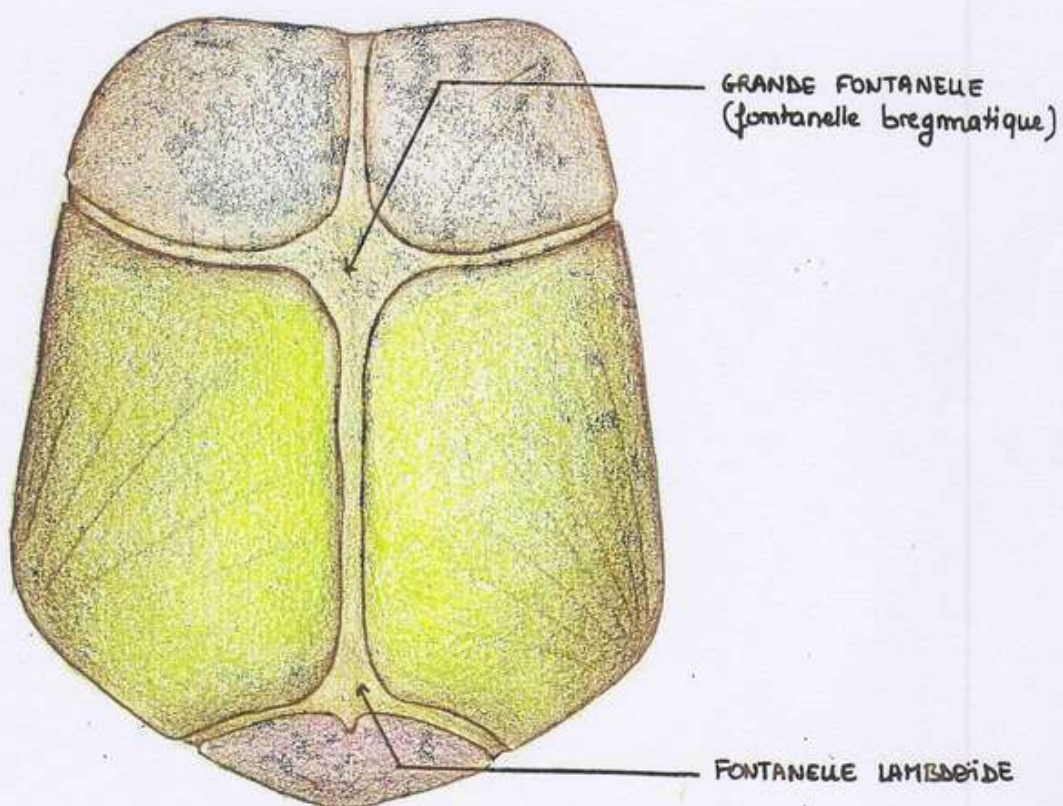
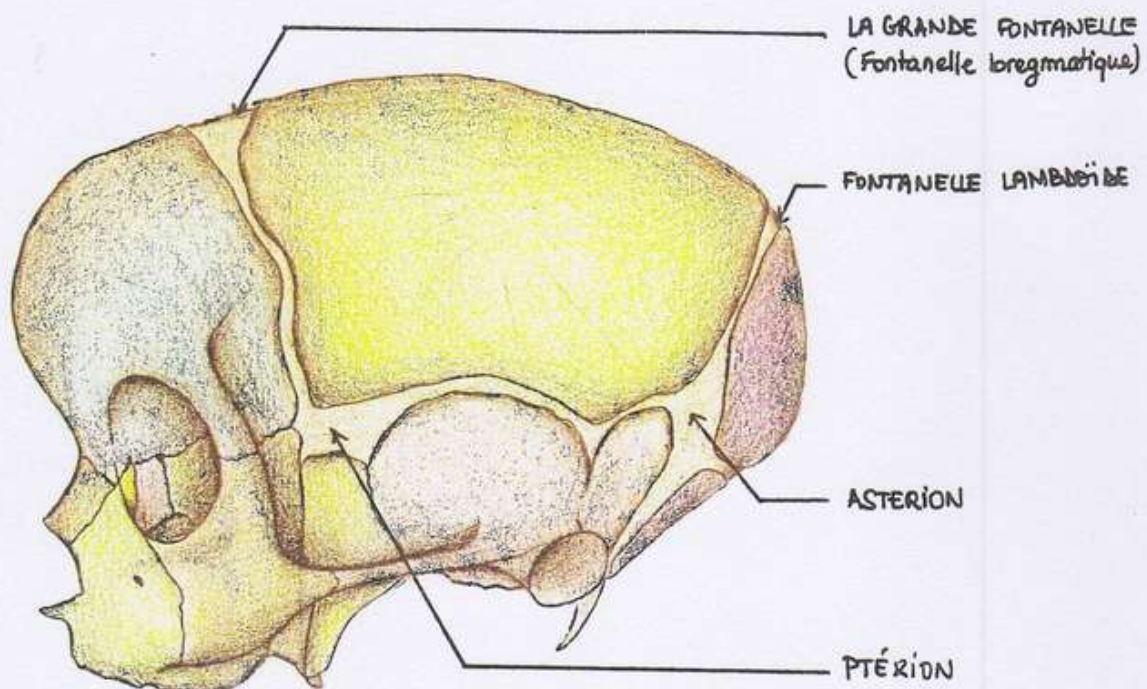


• Vue endocranienne



L'AMM est très incurvée
de la table interne de

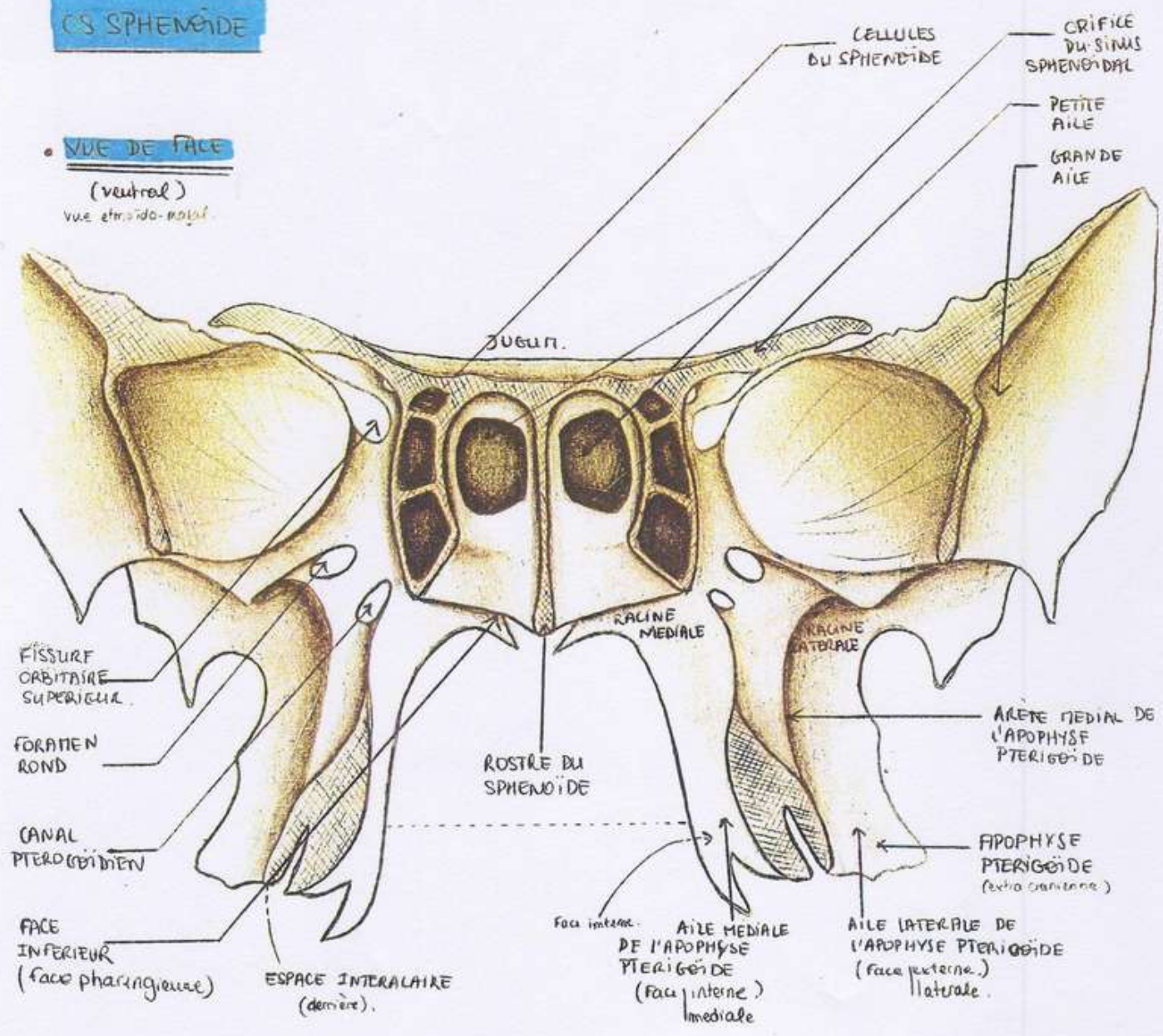
LE CRÂNE DU NOUVEAU NÉ



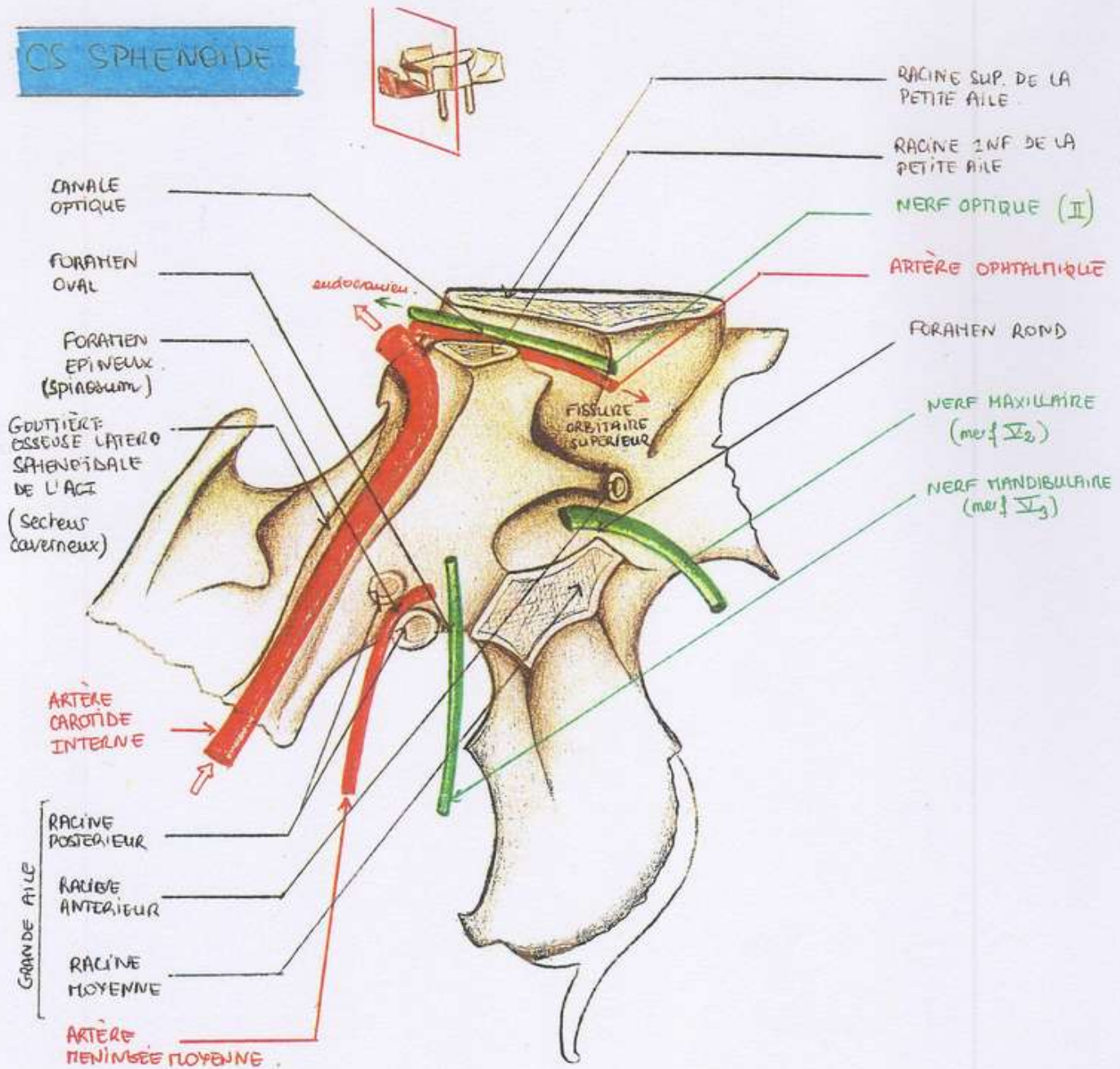
OS SPHENOÏDE

• VUE DE FACE

(ventral)
vue étirée-rosl.

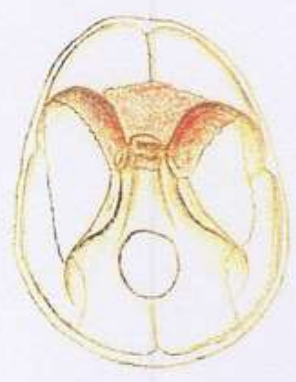
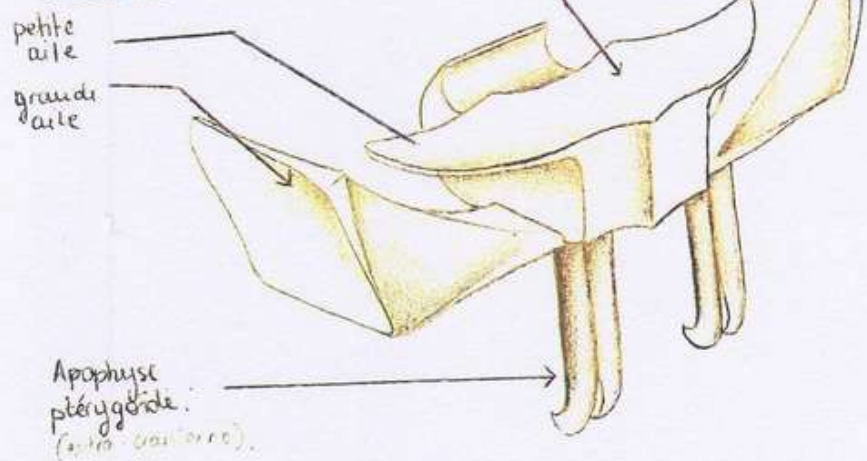


CS SPHENOÏDE

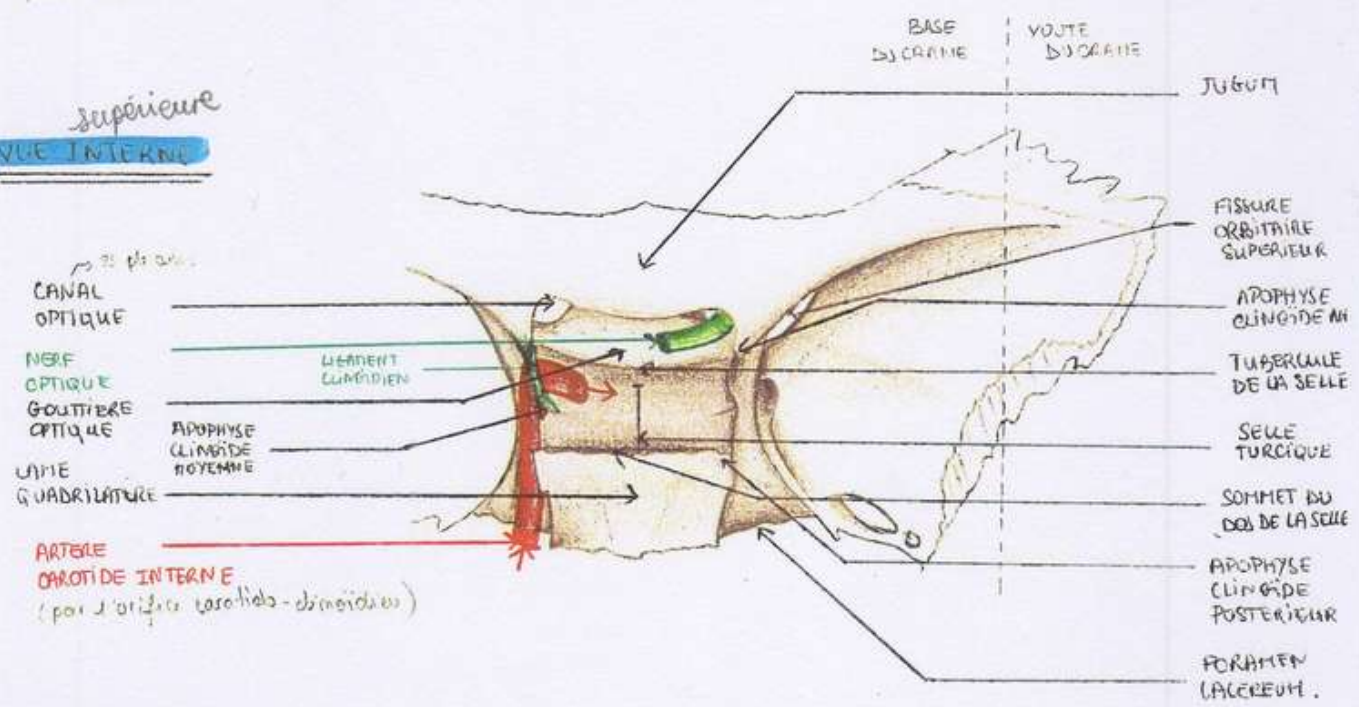


OS SPHENOÏDE

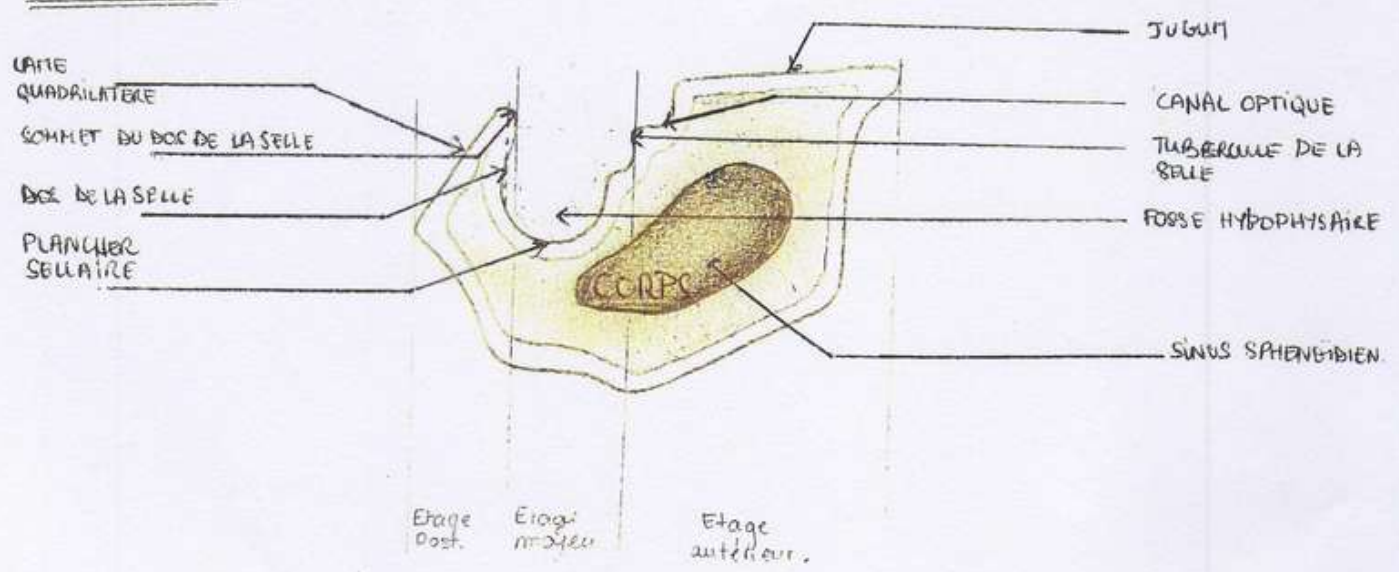
VUE 3D (schematisch) corps.



supérieure VUE INTERNE

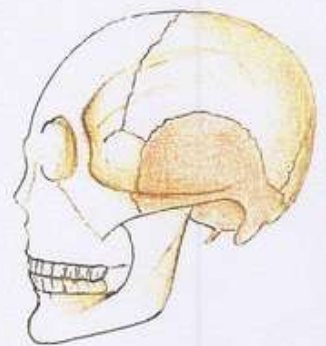
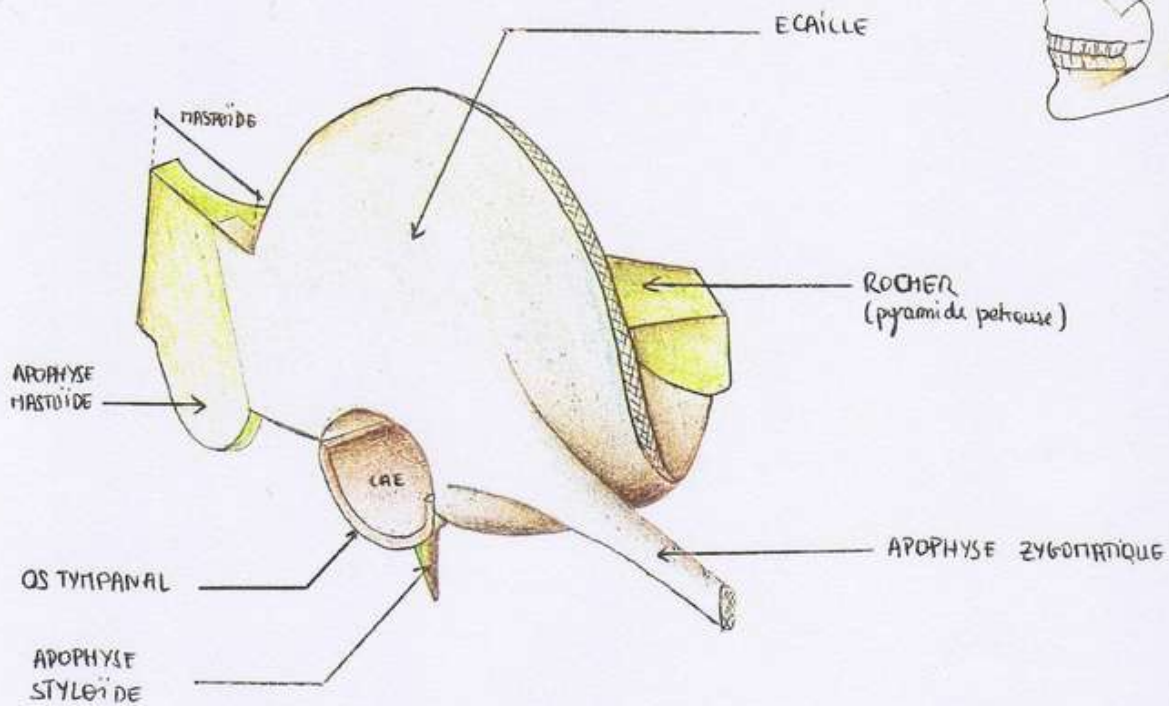


VUE LATÉRALE

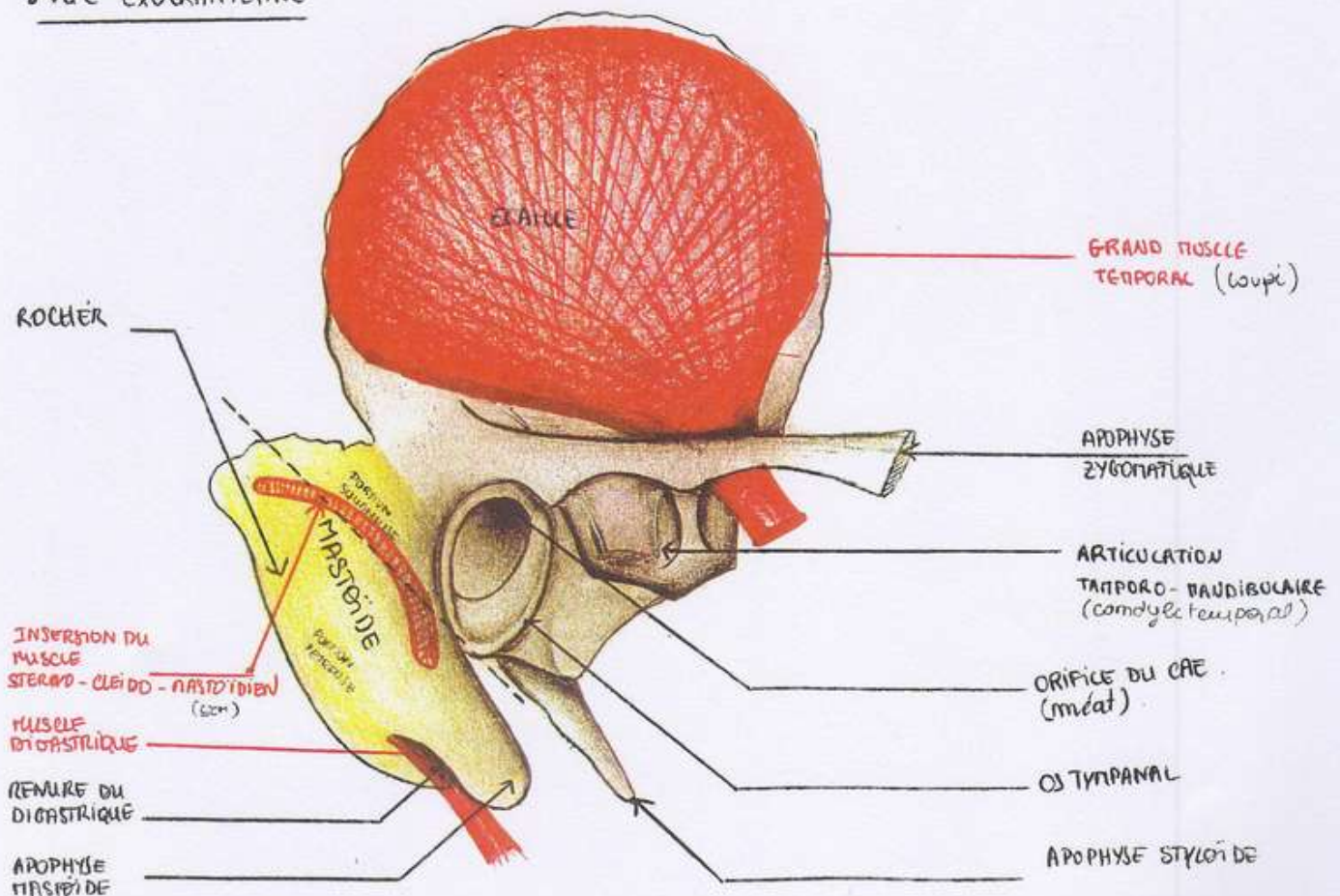


OS TEMPORAL

• VUE 3D (SCHEMATIQUE)

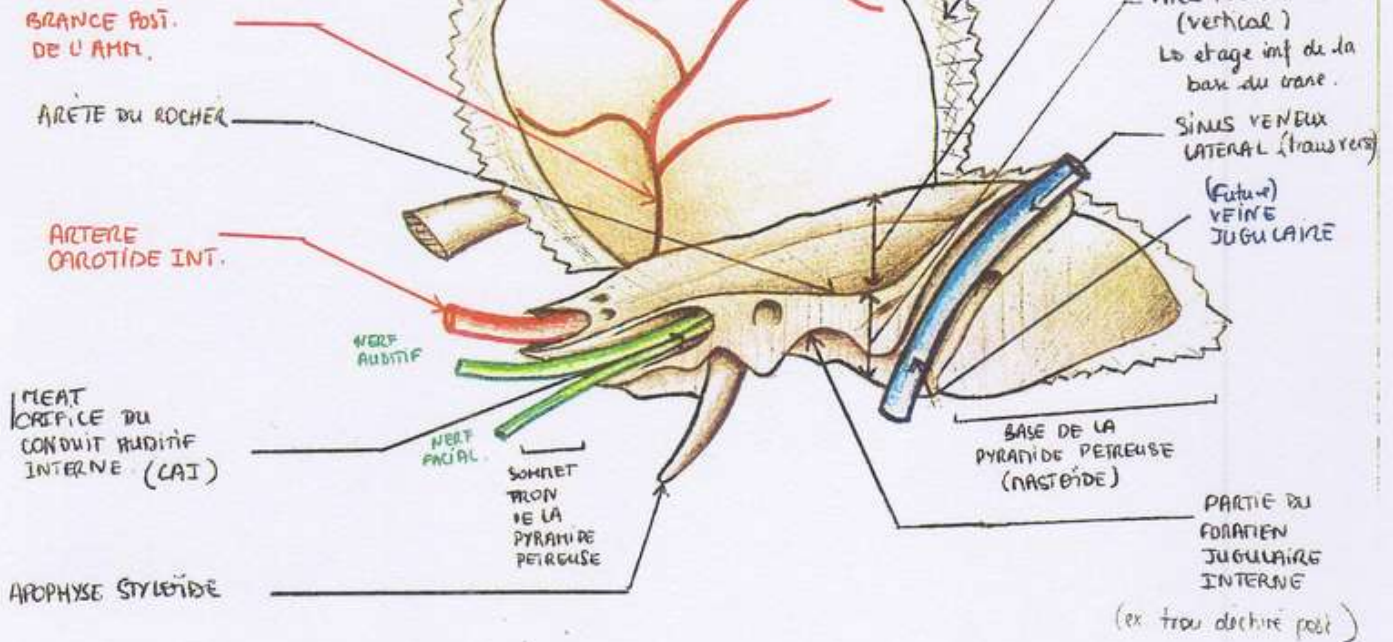


• VUE EXOCRANIIENNE

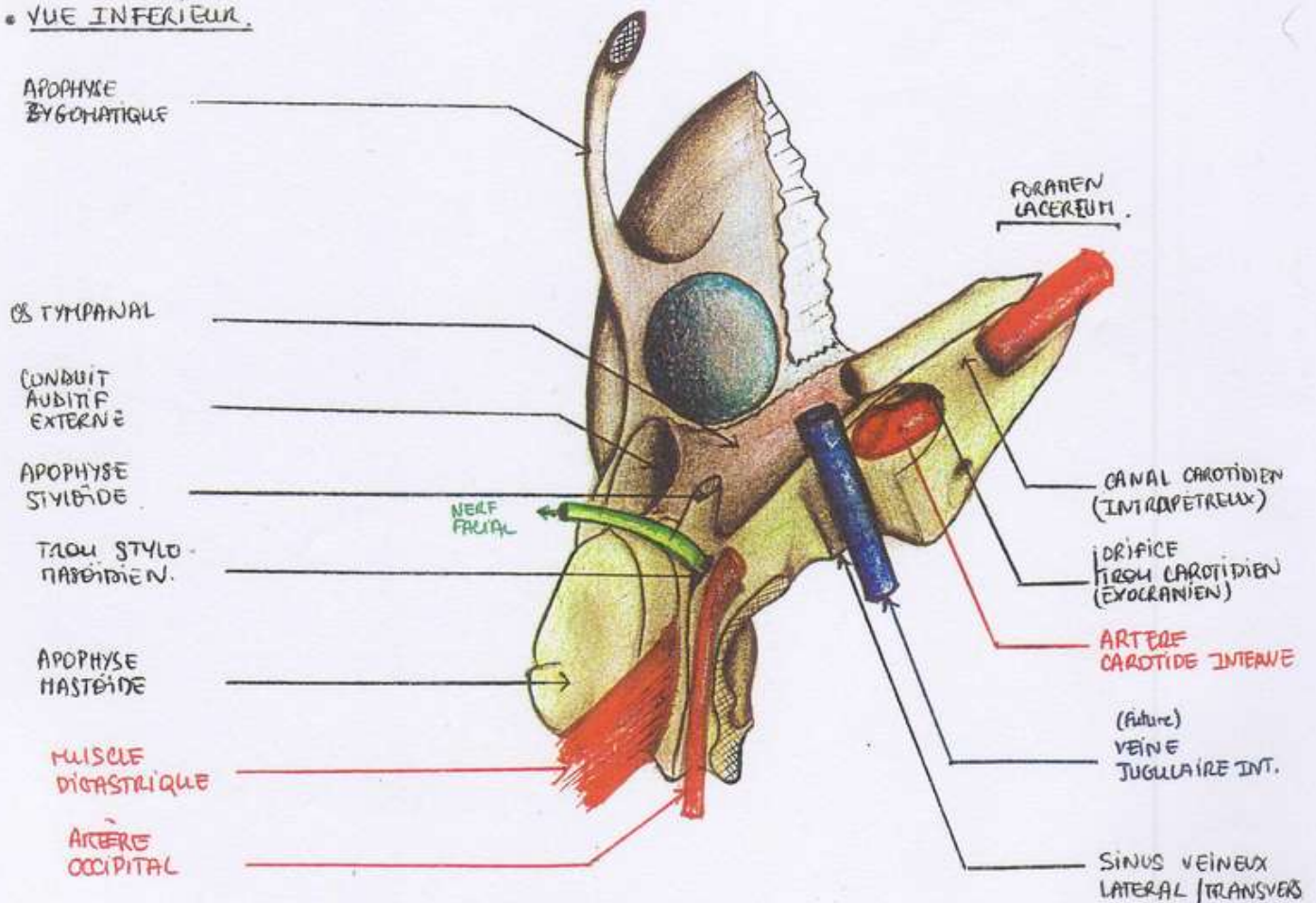


OS TEMPORAL.

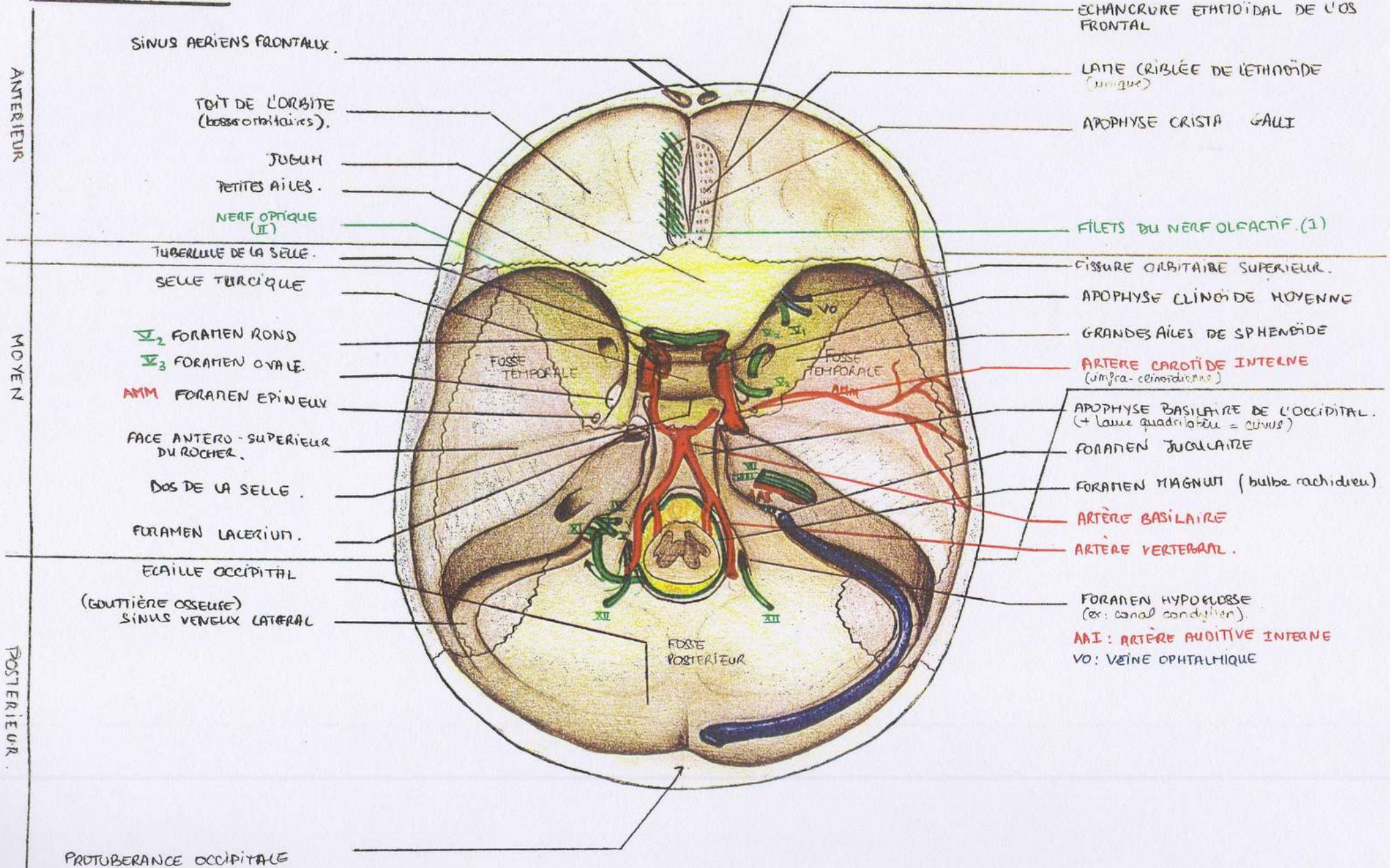
- VDE INTERNE
(eudocrinienne)



- VUE INFÉRIEUR.



BASE DU CRANE



SINUS AERIENS FRONTAUX.

TOIT DE L'ORBITE
(bosses orbitaires).

JUGUM

PETITES AILES.

NERF OPTIQUE
(II)

TUBERCULE DE LA SELLE.

SELLE TURCQUE

V_2 FORAMEN ROND

V_3 FORAMEN OVALE.

AMM FORAMEN EPINEUX

FACE ANTERO-SUPERIEUR
DU ROCHER.

DOS DE LA SELLE.

FORAMEN LATERUM.

ECAILLE OCCIPITALE

(GOUTTIERE OSSEUSE)
SINUS VEINEUX LATÉRAL

ECHANCRURE ETHMOÏDAL DE L'OS
FRONTAL

LAME CRIBLÉE DE L'ETHMOÏDE
(unique)

APOPHYSE CRISTA GALLI

FILETS DU NERF OLFACTIF. (I)

FISSURE ORBITAIRE SUPERIEUR.

APOPHYSE CLINOÏDE MOYENNE

GRANDES AILES DE SPHÉNOÏDE

ARTÈRE CAROTIDE INTERNE
(infra-clinoïdienne)

APOPHYSE BASILAIRE DE L'OCCIPITAL.
(+ lame quadrilatère = crura)

FORAMEN JUGULAIRE

FORAMEN MAGNUM (bulbe rachidien)

ARTÈRE BASILAIRE

ARTÈRE VERTEBRAL.

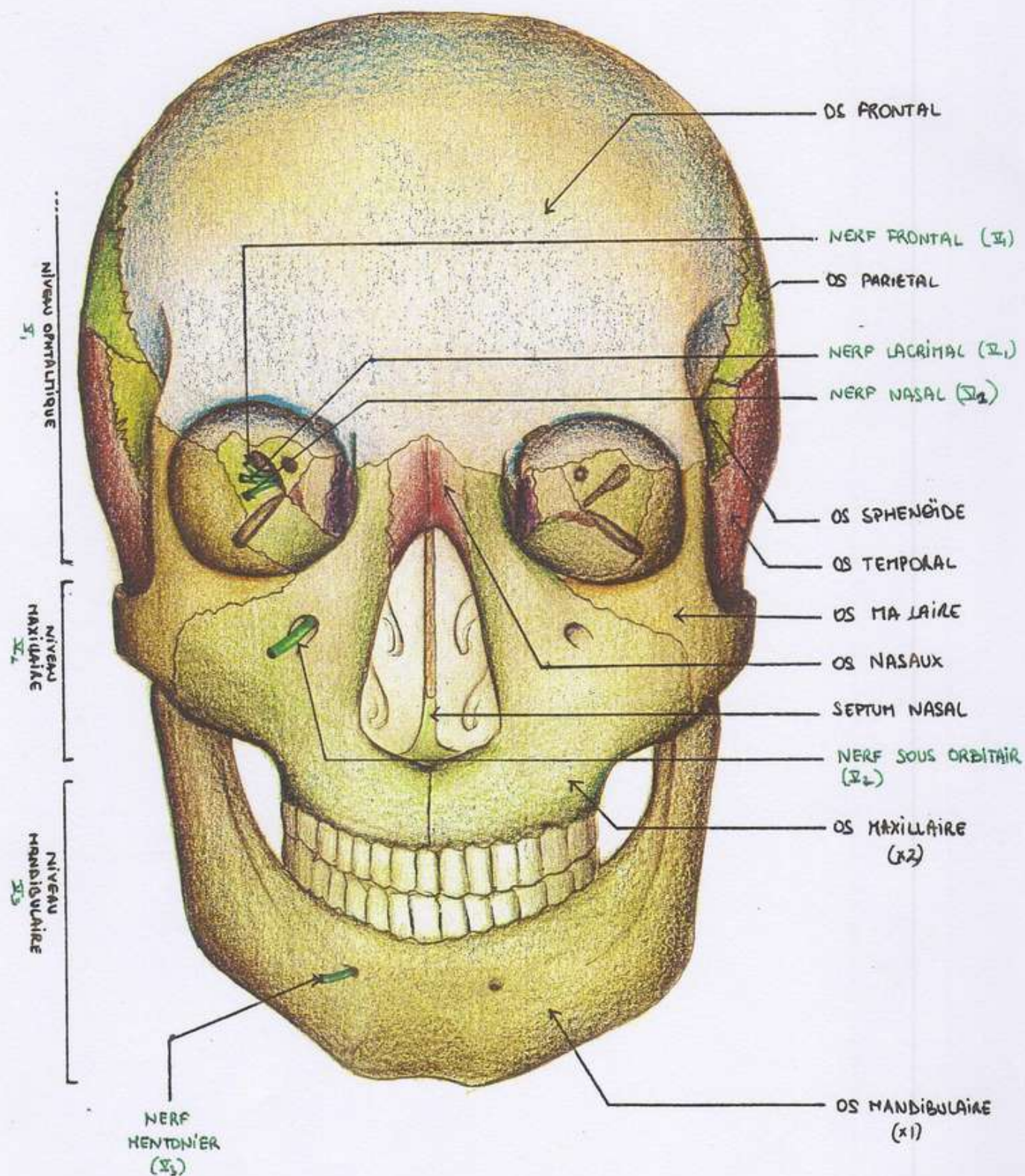
FORAMEN HYPOGLOSSÉ
(ex: canal condylien)

AAI: ARTÈRE AUDITIVE INTERNE

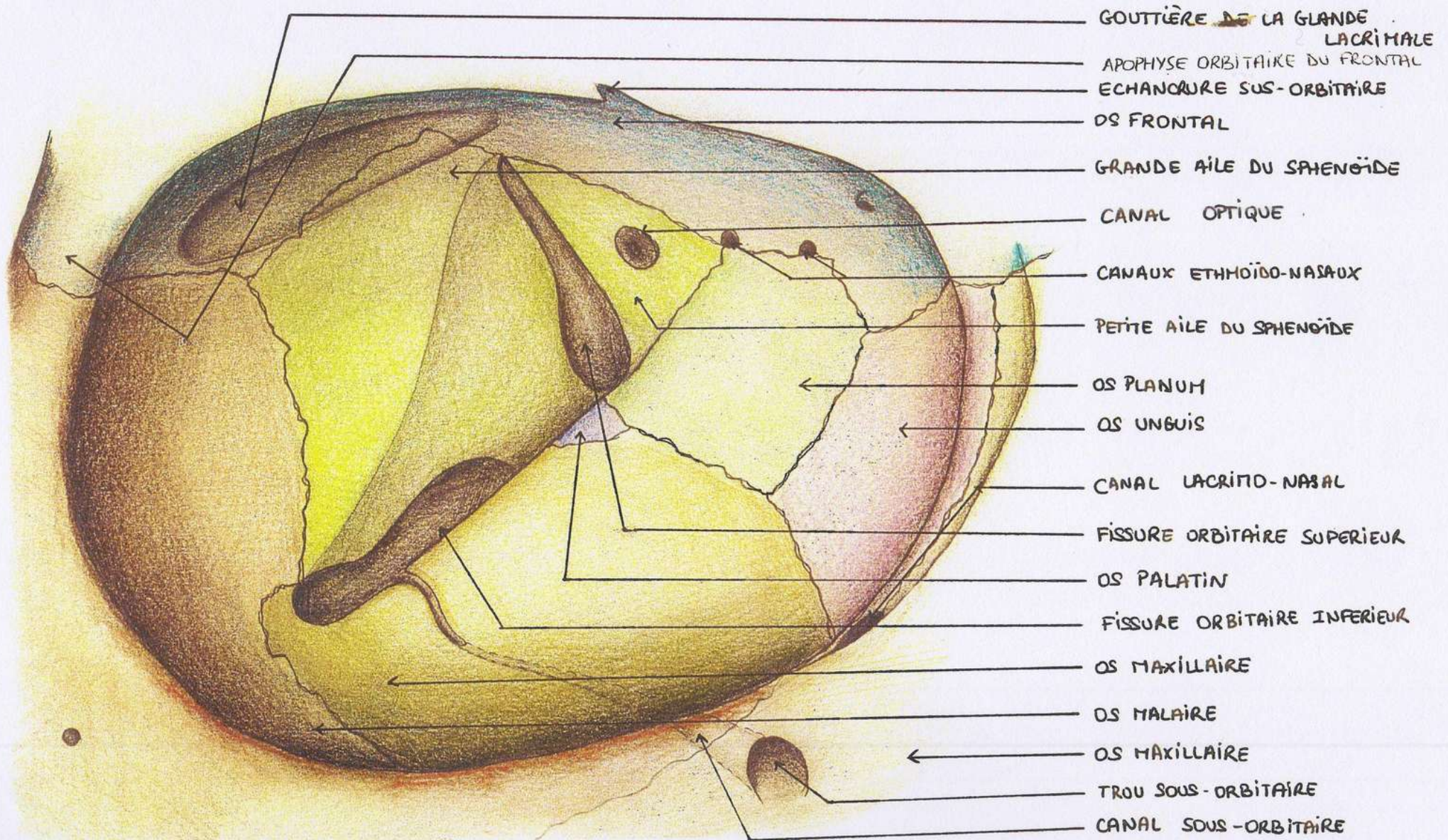
VO: VEINE OPHTHALMIQUE

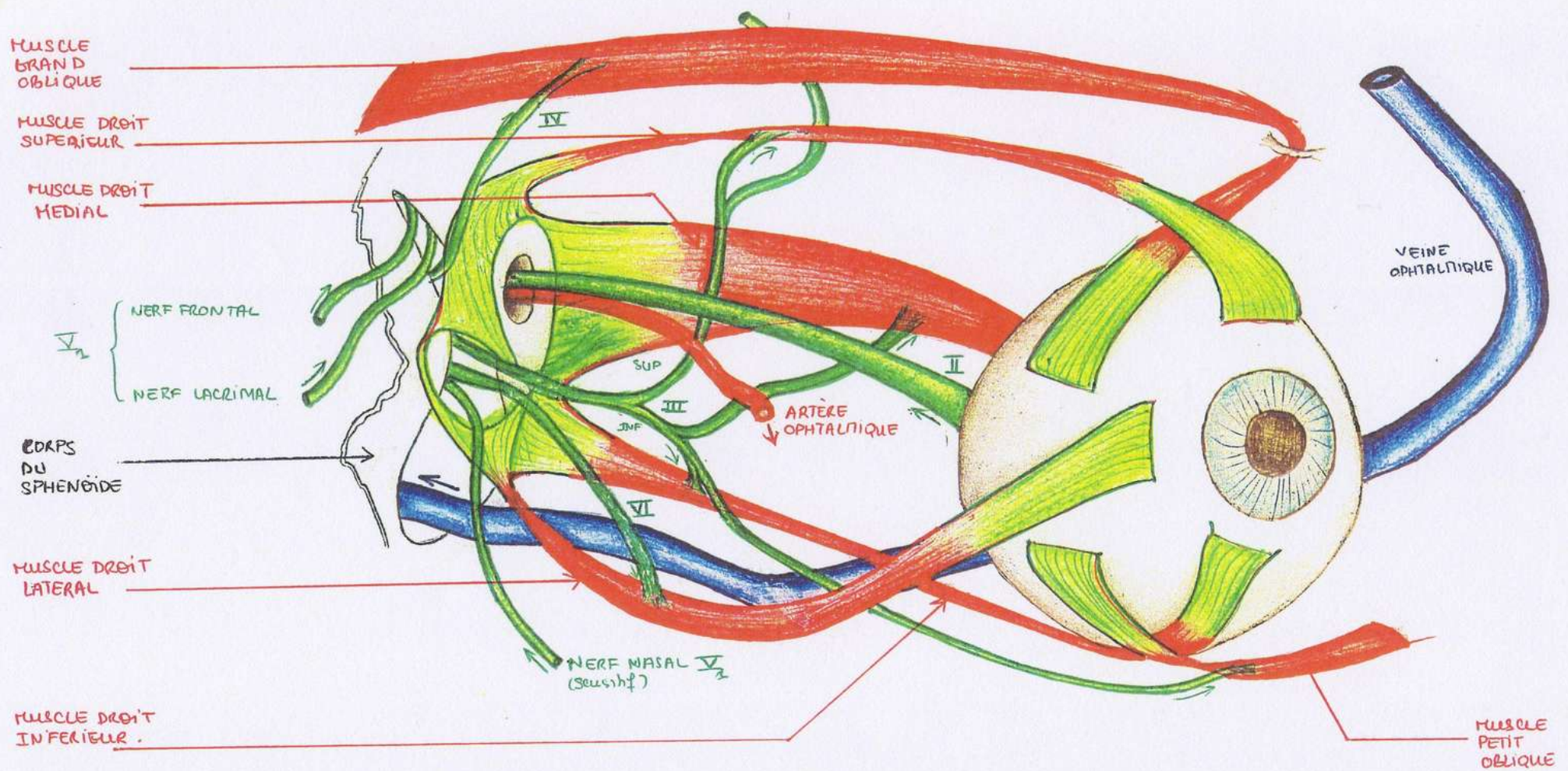
PROTUBERANCE OCCIPITALE

LA FACE



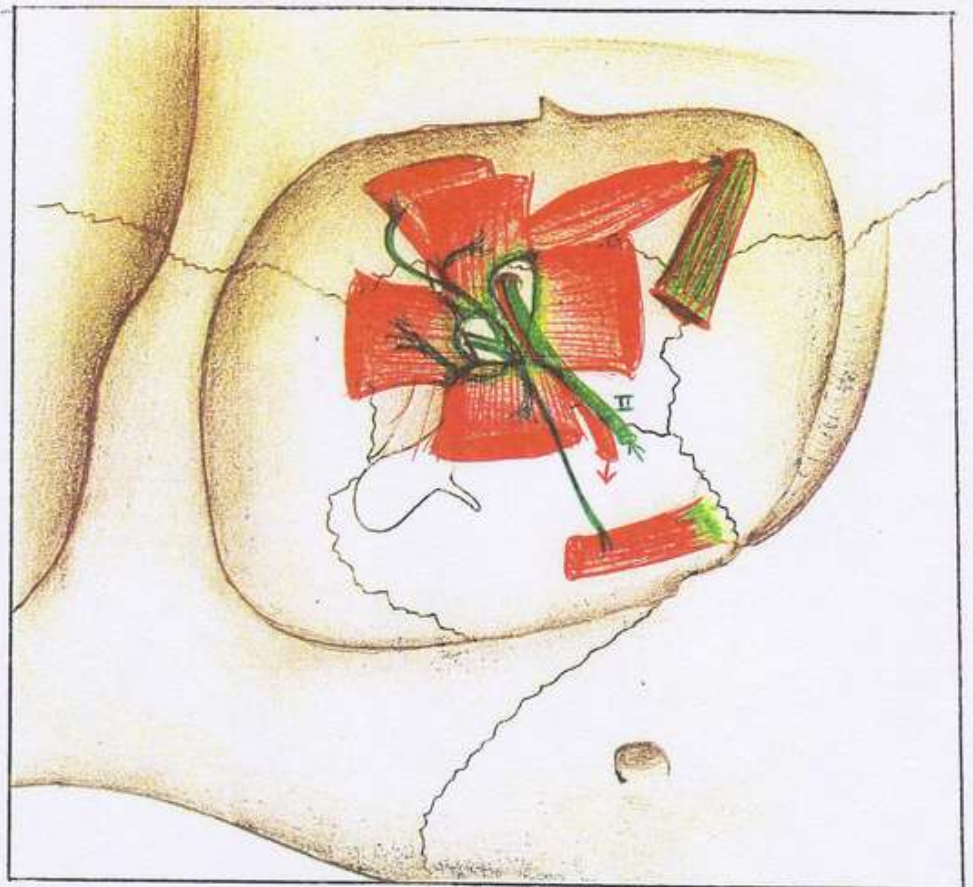
L'ORBITE





MUSCLES ET NERFS DE L'ORBITE.

ORIGINE DES MUSCLES DE L'OEIL.



LES 6 MUSCLES OCCULO-MOTEURS

• 4 MUSCLES DROITS (abduct/abduct / elevat / abaissement)

↳ Partent du fond de l'orbite sur une ténacité qui s'insère sur le corps du sphénoïde

4 EXPANSIONS PARTENT DE CE TENDON : ↳ TENDON DE ZINN

→ 2 vers le bas simple

→ 2 vers le haut complexes car perforées

(passage de structure vasculo-nerveuse
du canal de l'orbite / fissure orbitaire)

↳ S'INSERENT SUR LE TENDON ET CHAQUE LANGUETTE TENDINEUSE

→ En Haut : le muscle droit supérieur

→ En Bas : le muscle droit inférieur

→ Médialement : le muscle droit médial

→ Latéralement : le muscle droit latéral

Viennent se fixer sur
le globe oculaire.

↳ au rivo de la paroi externe

↳ dure mère : membrane externe qui
maintient la forme du globe oculaire

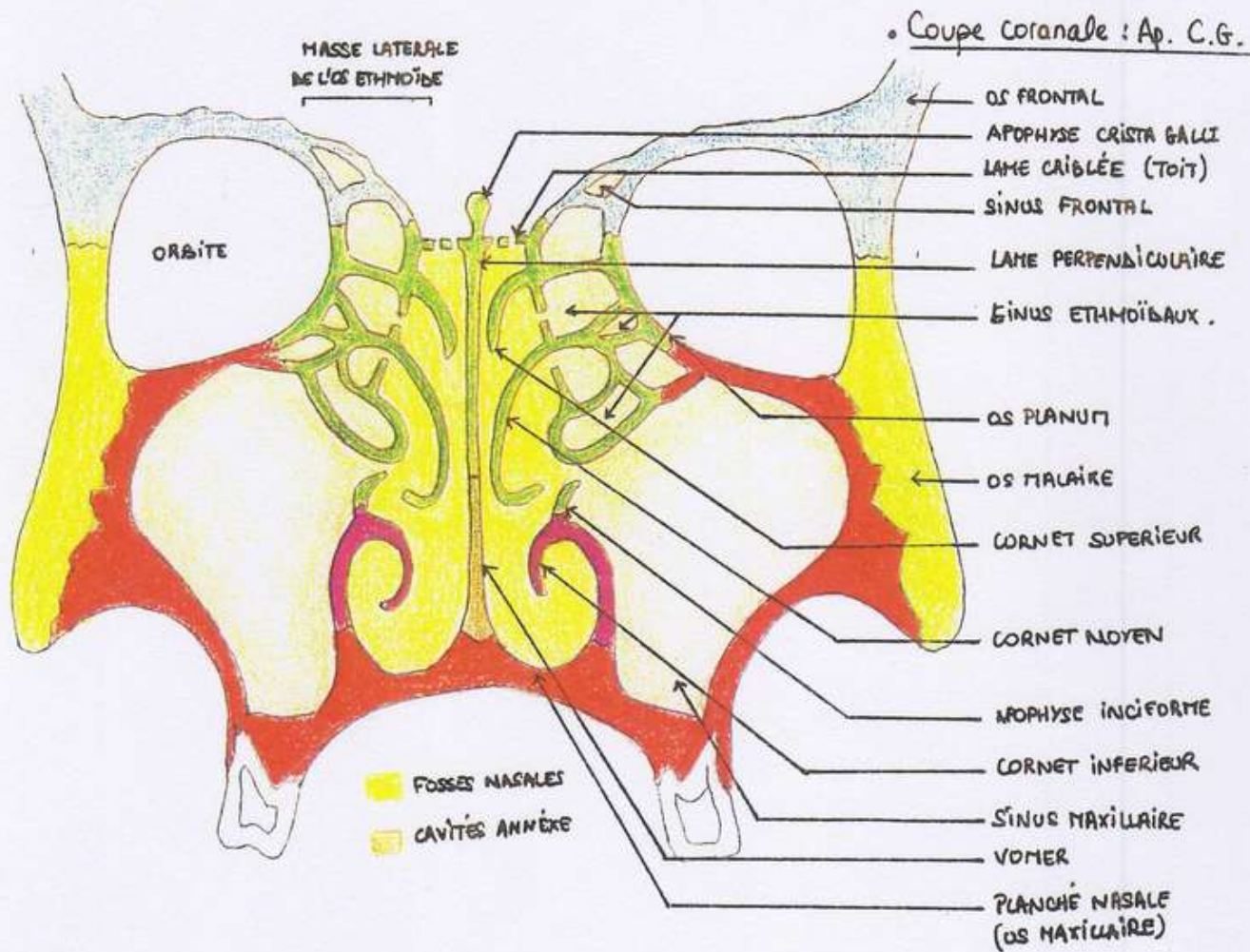
• 2 MUSCLES OBLIQUES (rotatoire du globe oculaire)

↳ LE GRAND OBLIQUE : passe dans une poulie (de la partie) de l'orbite en avant de la face visuo

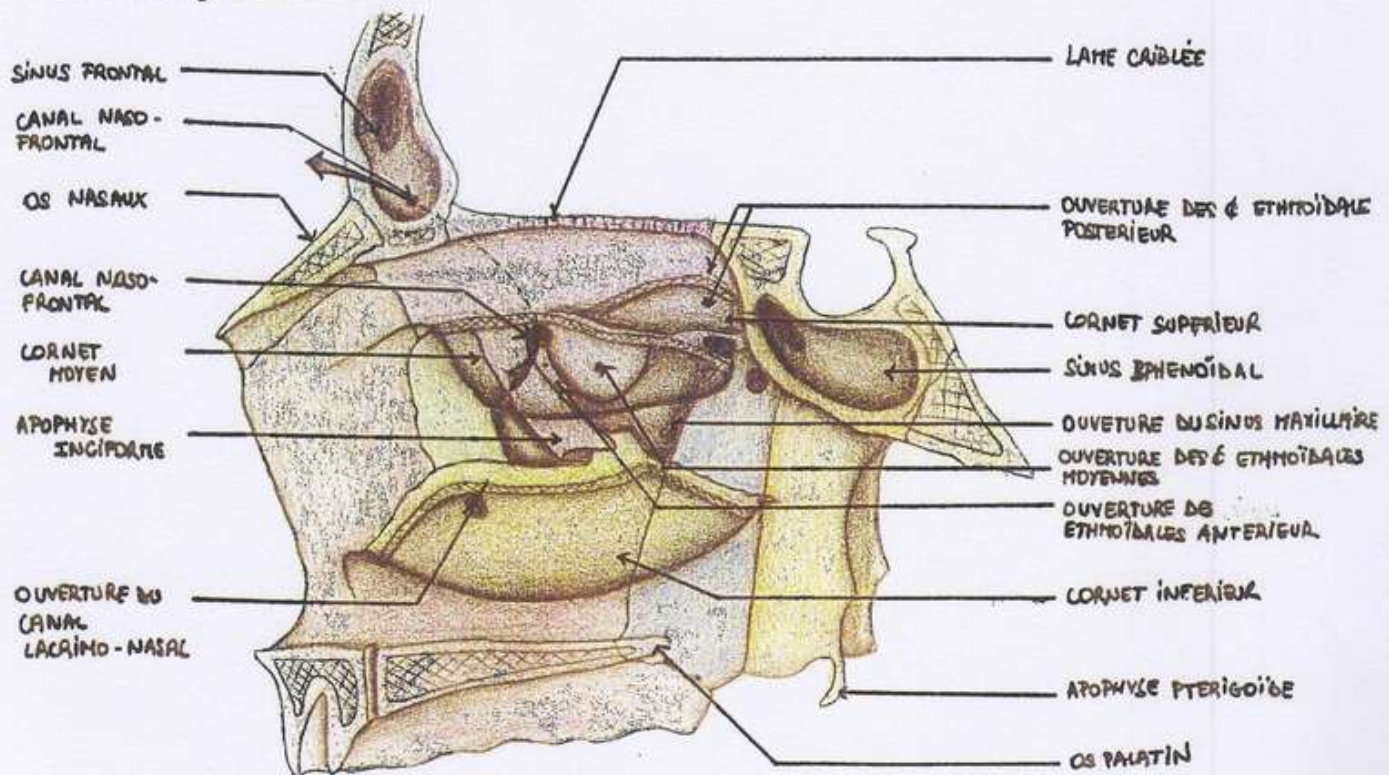
↔ innervé par le nerf trochléaire (IV)

↳ LE PETIT OBLIQUE : naît à la jonction plancher - face médiale (symétrique au gd oblique)
⇒ se fixent en obliques.

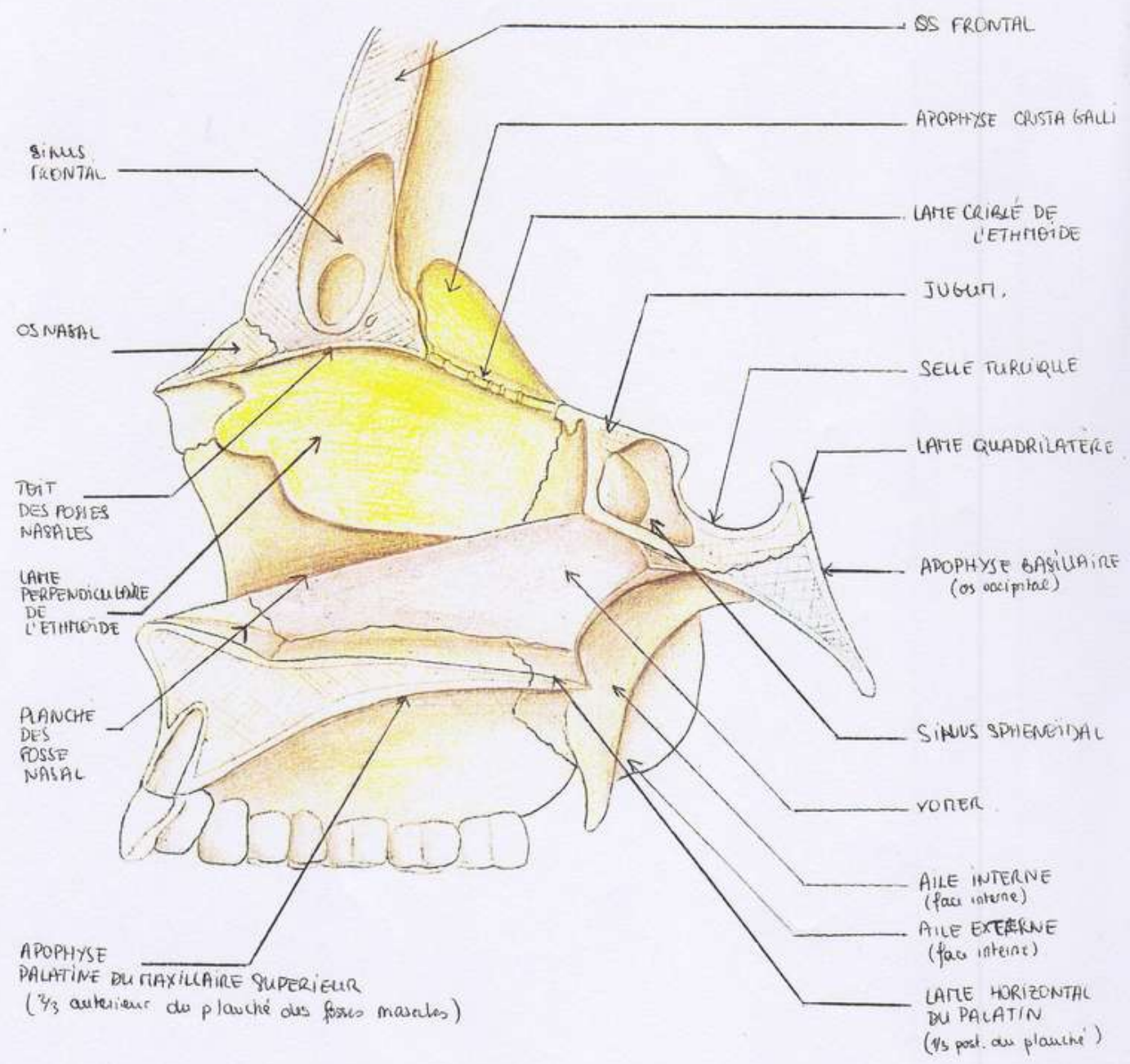
FOSSE NASALE



Coupe sagittale médiale

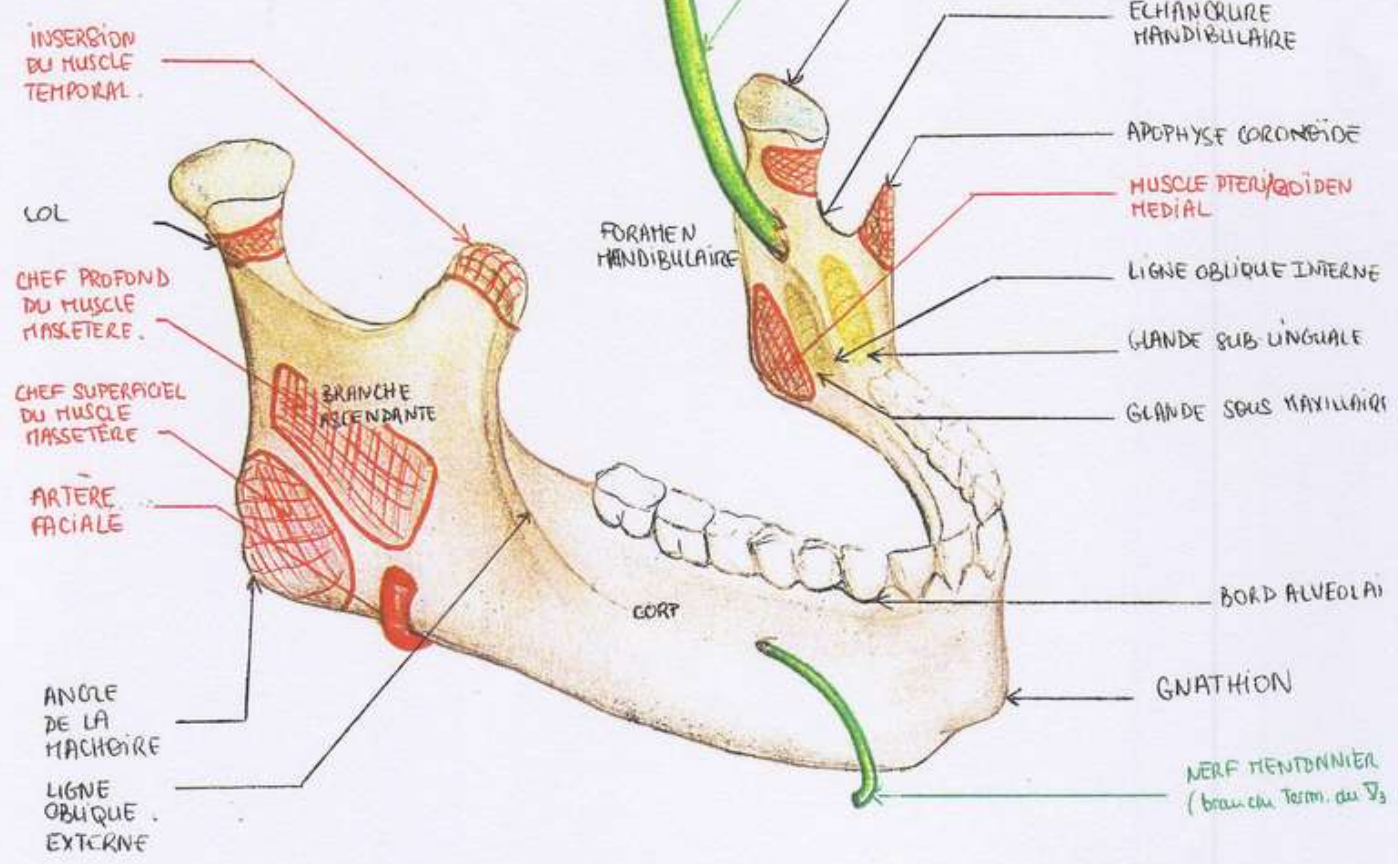


COUPE SAGITALE : SEPTUM NASAL

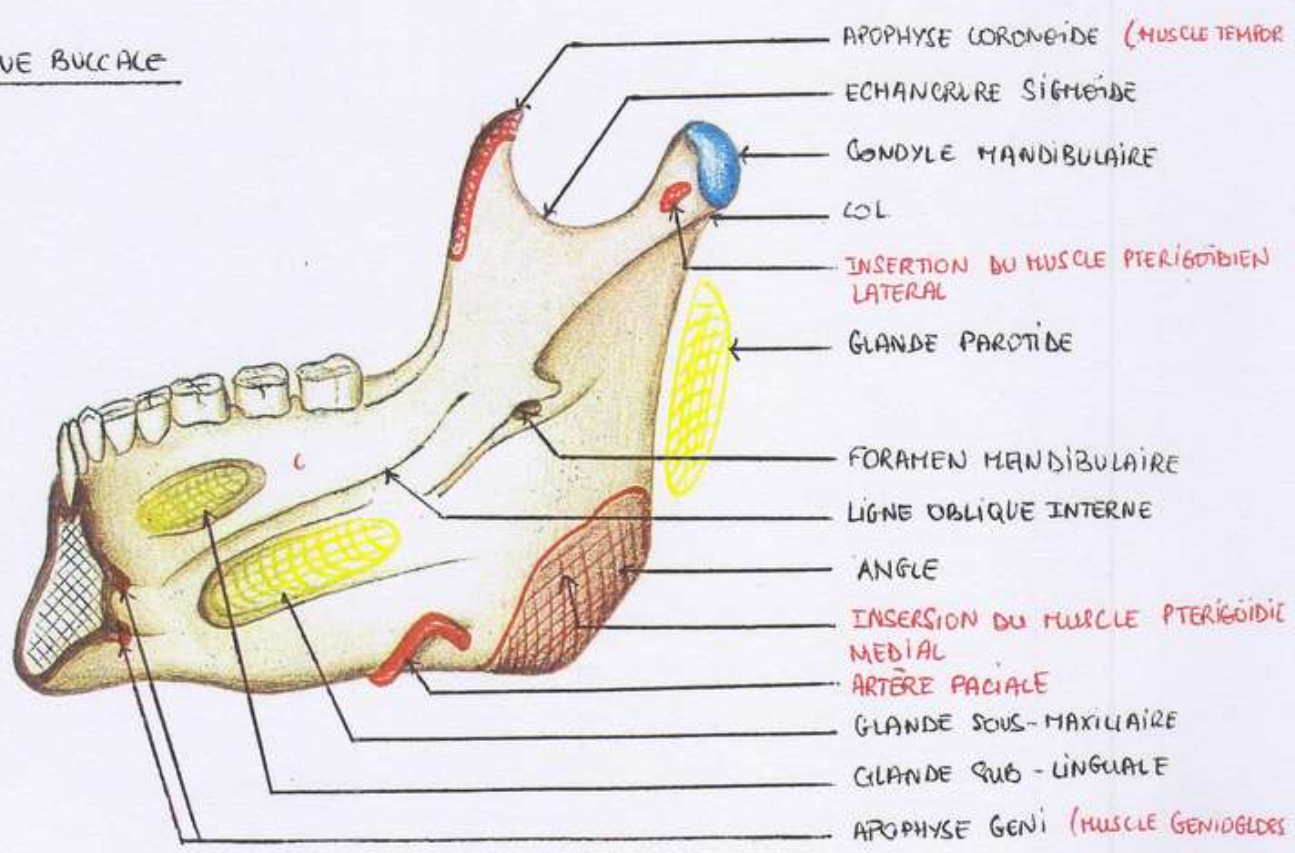


LA MANDIBULE

• VUE 3 DIMENSION



• VUE BUCCALE



LES MUSCLES MASTICATEURS

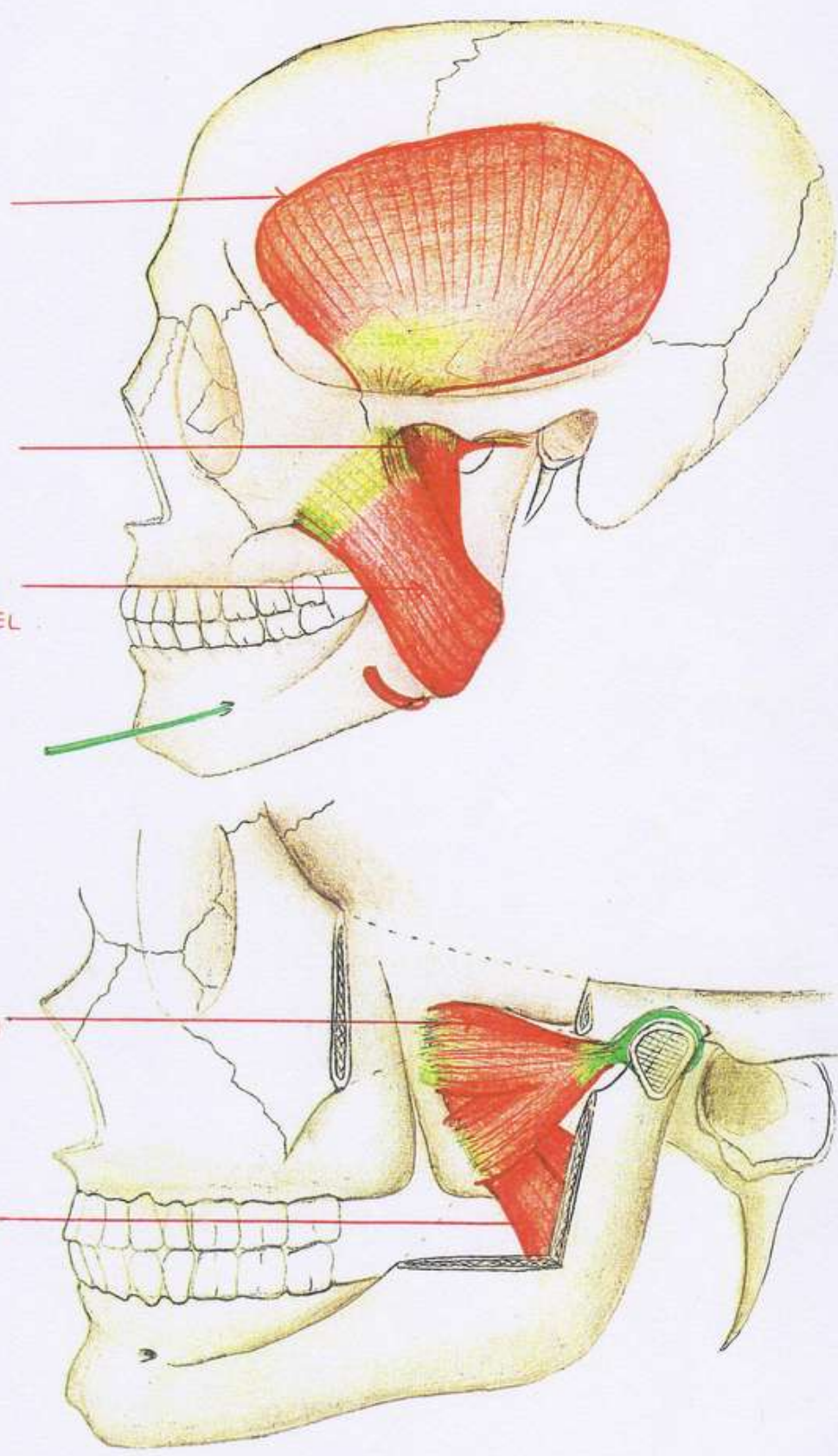
MUSCLE
TEMPORAL

MUSCLE
MASSETERE
PROFOND.

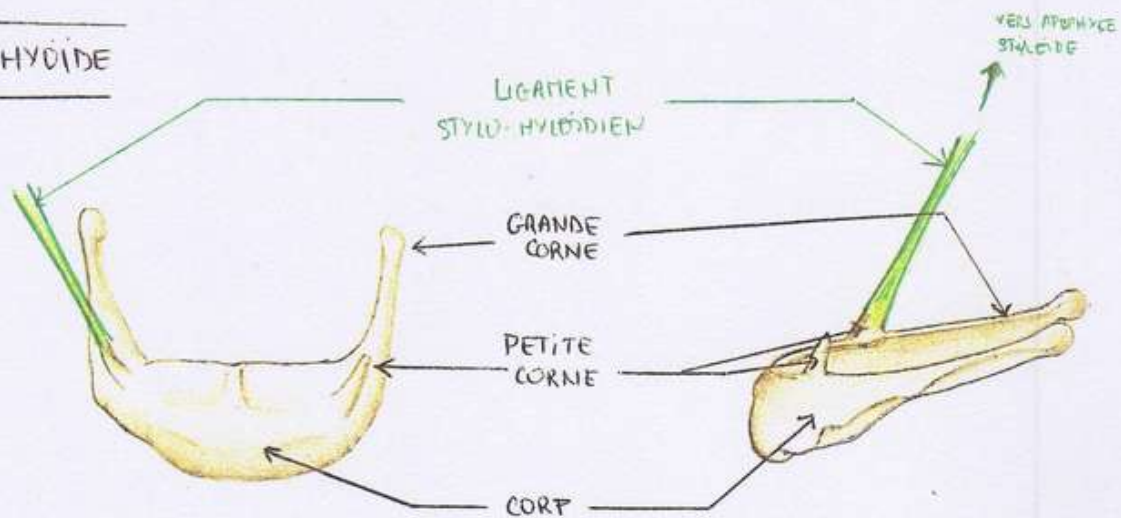
MUSCLE
MASSETERE
SUPERFICIEL

MUSCLE
PTERYGIDIEN
LATERAL.

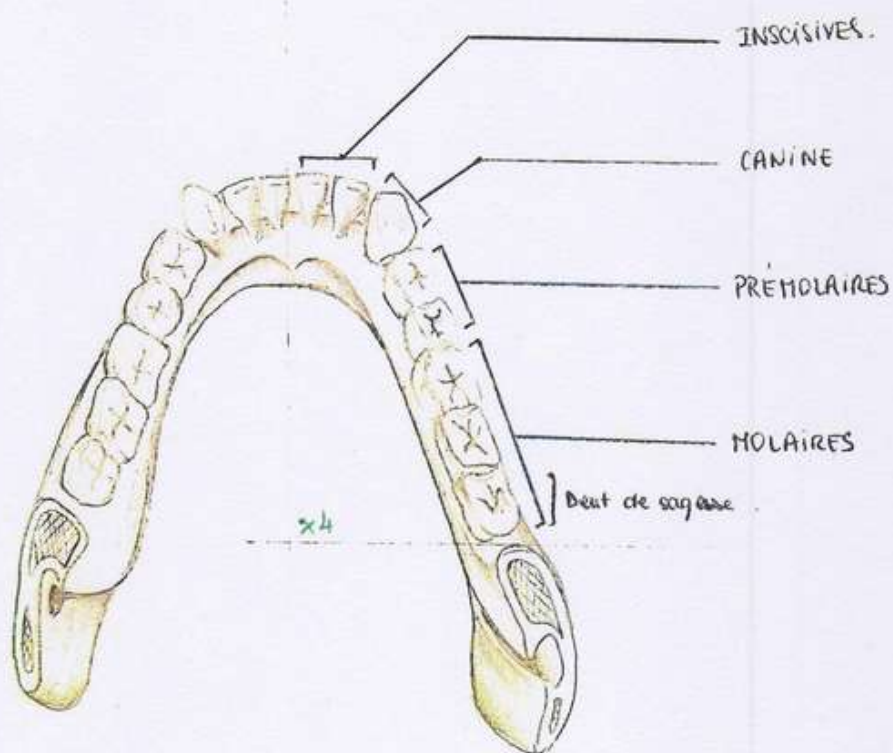
MUSCLE
PTERYGIDIEN
MEDIAL



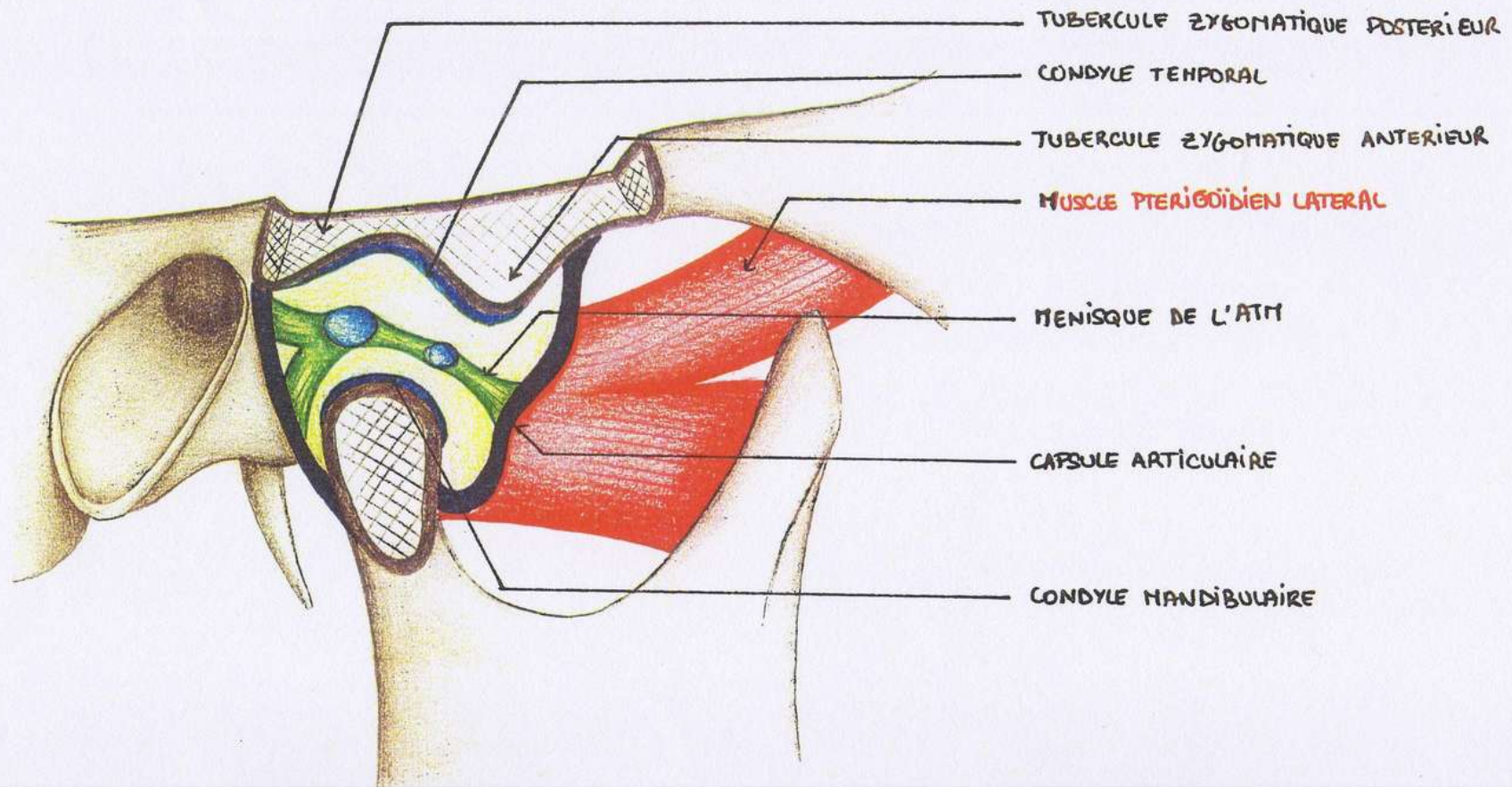
OS HYOÏDE



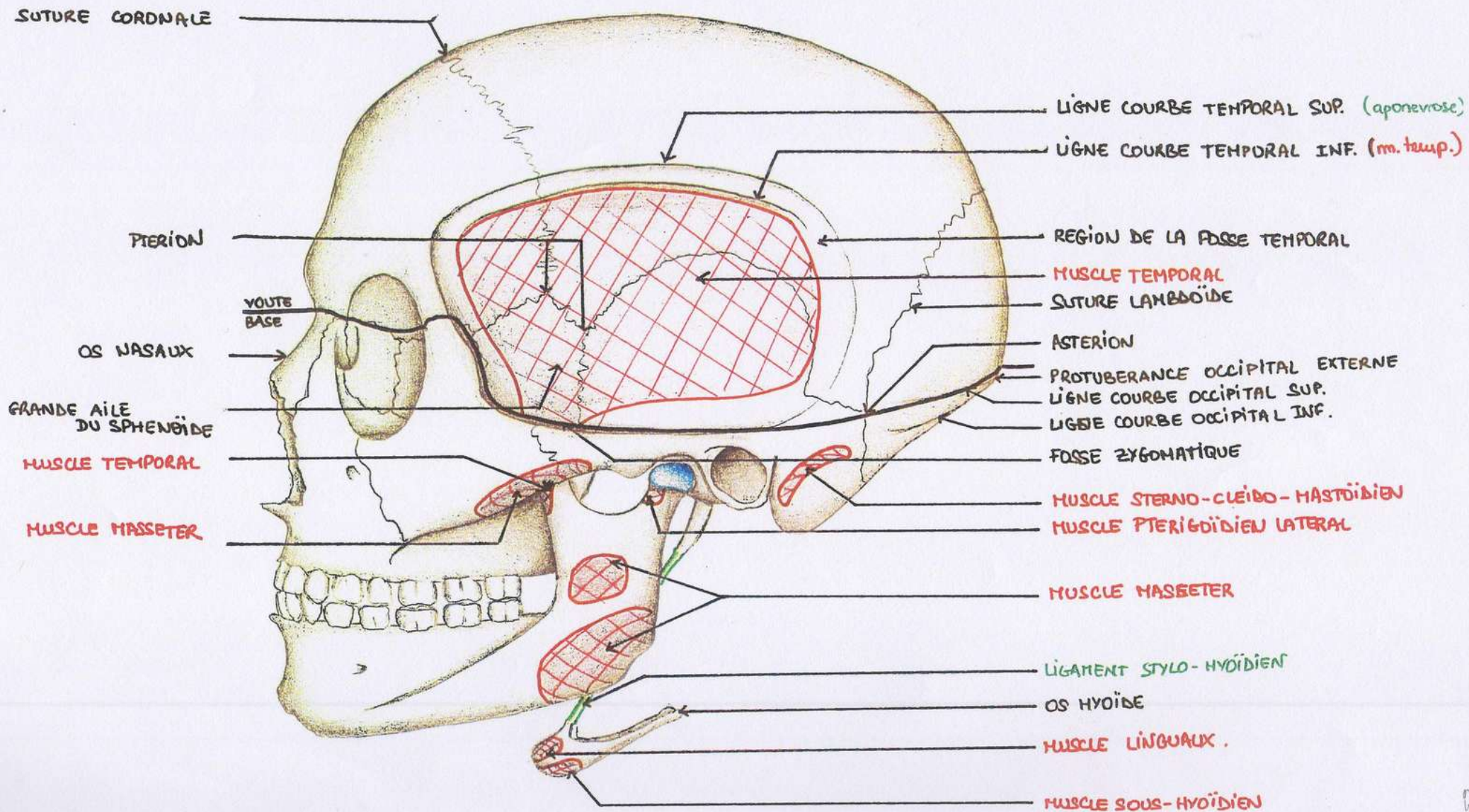
LES DENTS



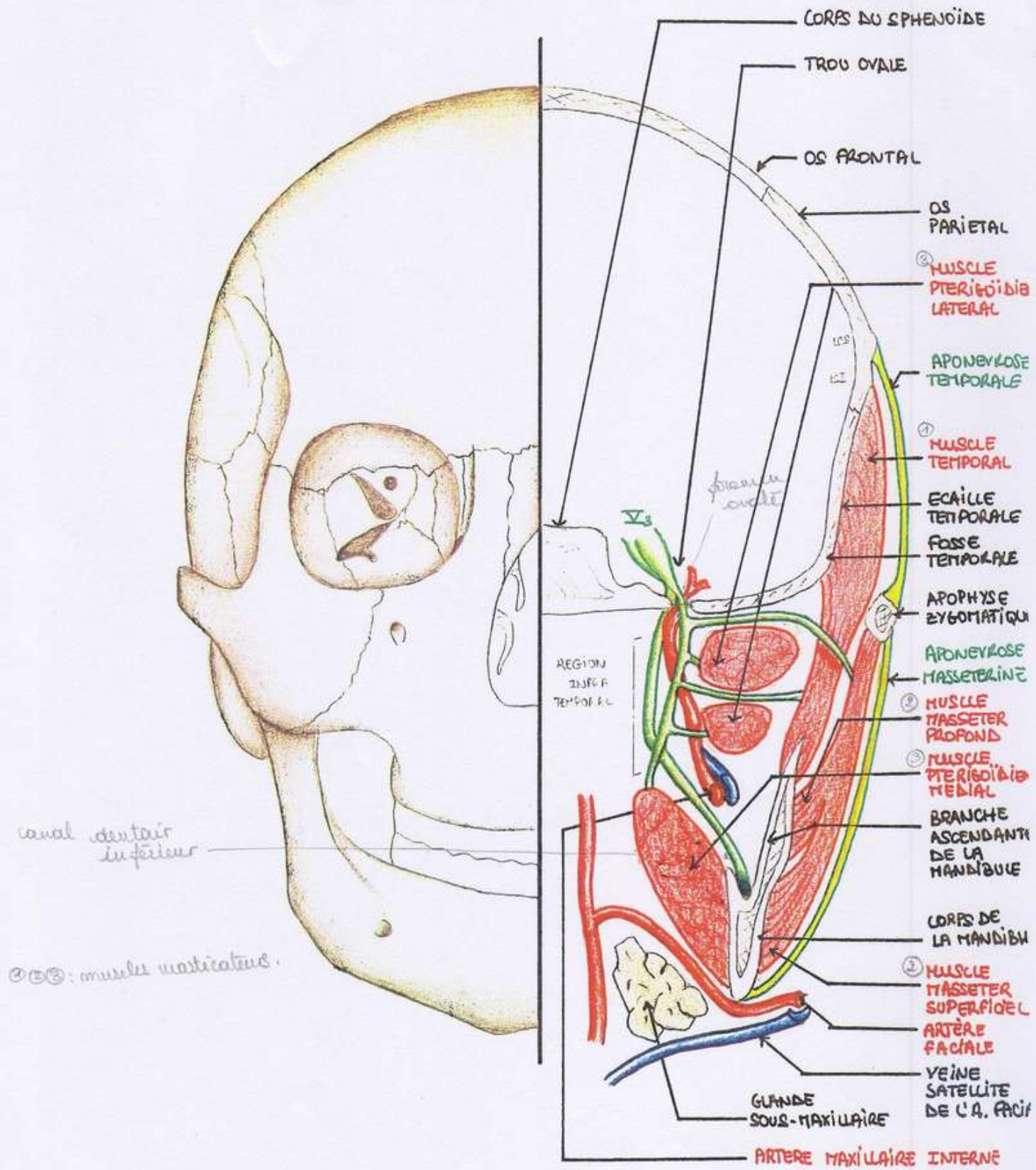
ARTICULATION TEMPORO-MANDIBULAIRE



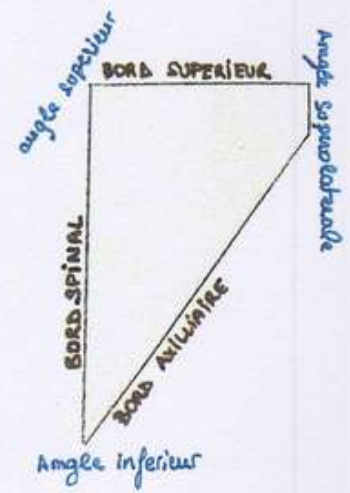
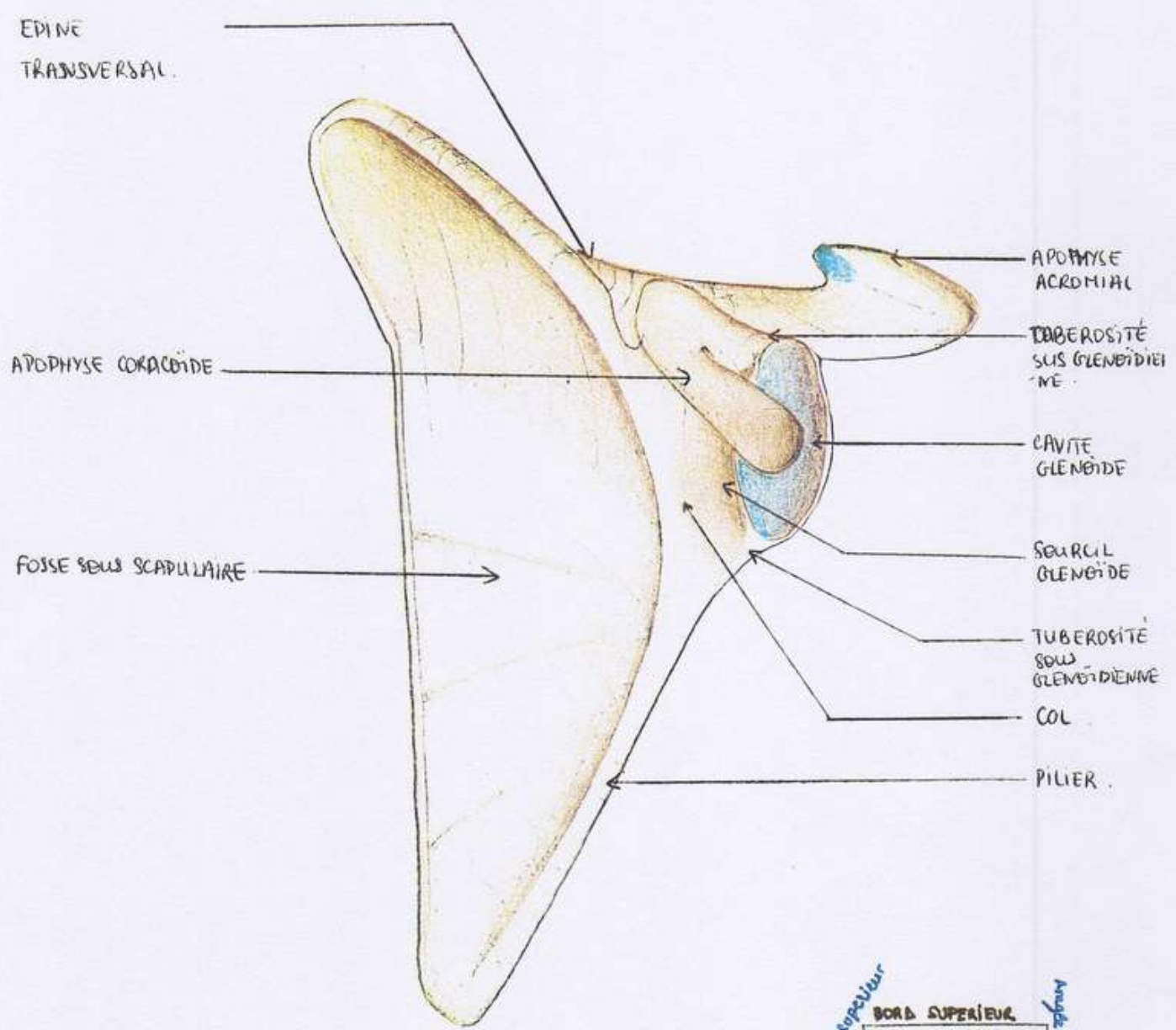
TÊTE OSSEUSE : vue latérale



APPAREIL MANUCATEUR : Coupe Coronale



LA SCAPULA



SCAPULA : vue postérieur

MUSCLE DELTOÏDE

MUSCLE TRAPÈZE.

MUSCLE ELEVATEUR DE LA SCAPULA

FOSSÉ SUS - ÉPINEUSE

MUSCLE SUS - ÉPINEUX

MUSCLE PETIT ACHILLOÏDE

ÉPAULE DE LA SCAPULA

MUSCLE SOUS - ÉPINEUX

MUSCLE GRAND RÔMBOÏDE

FOSSÉ SOUS - ÉPINEUSE

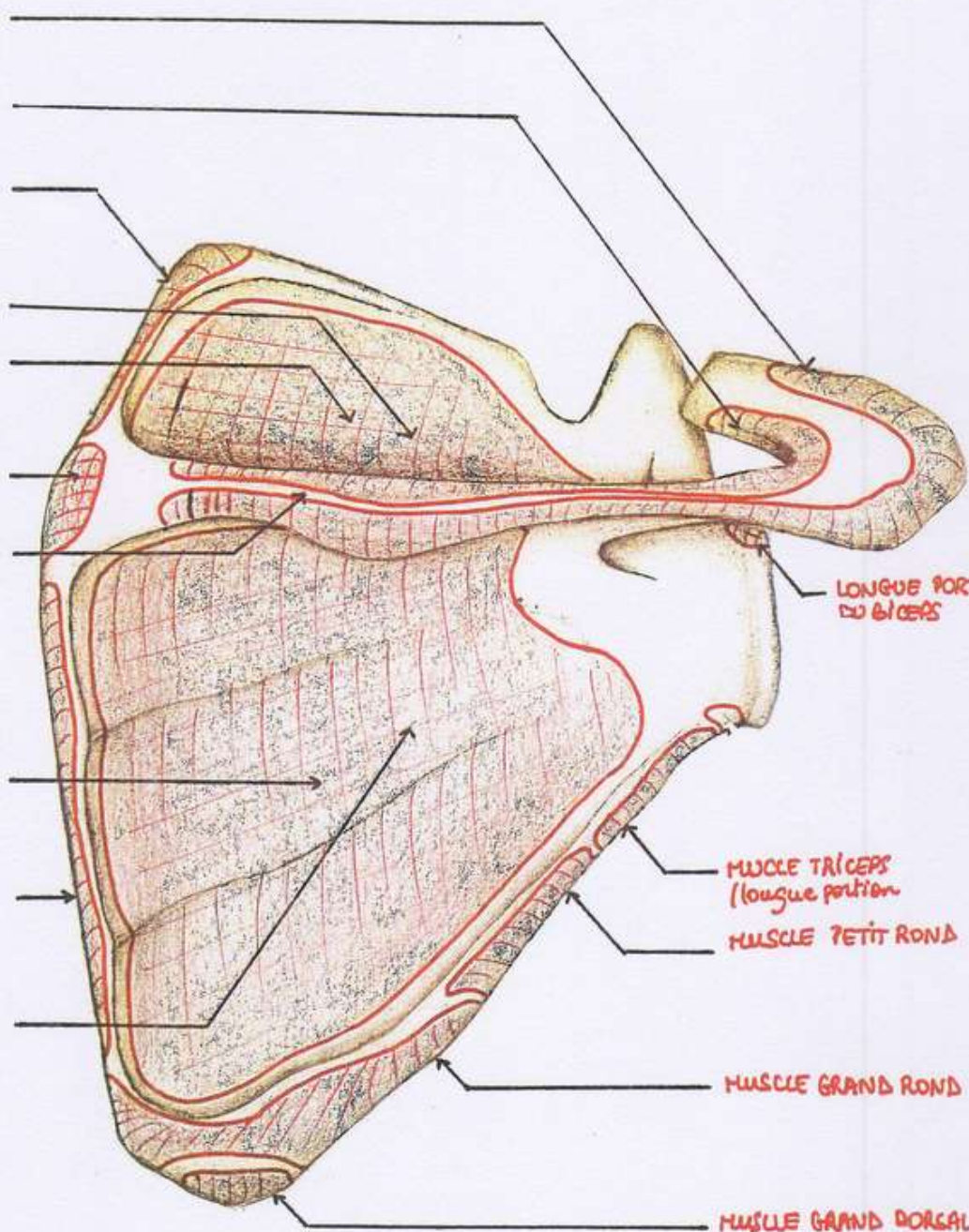
LONGUE PORTION DU BICEPS

MUSCLE TRICEPS (longue portion)

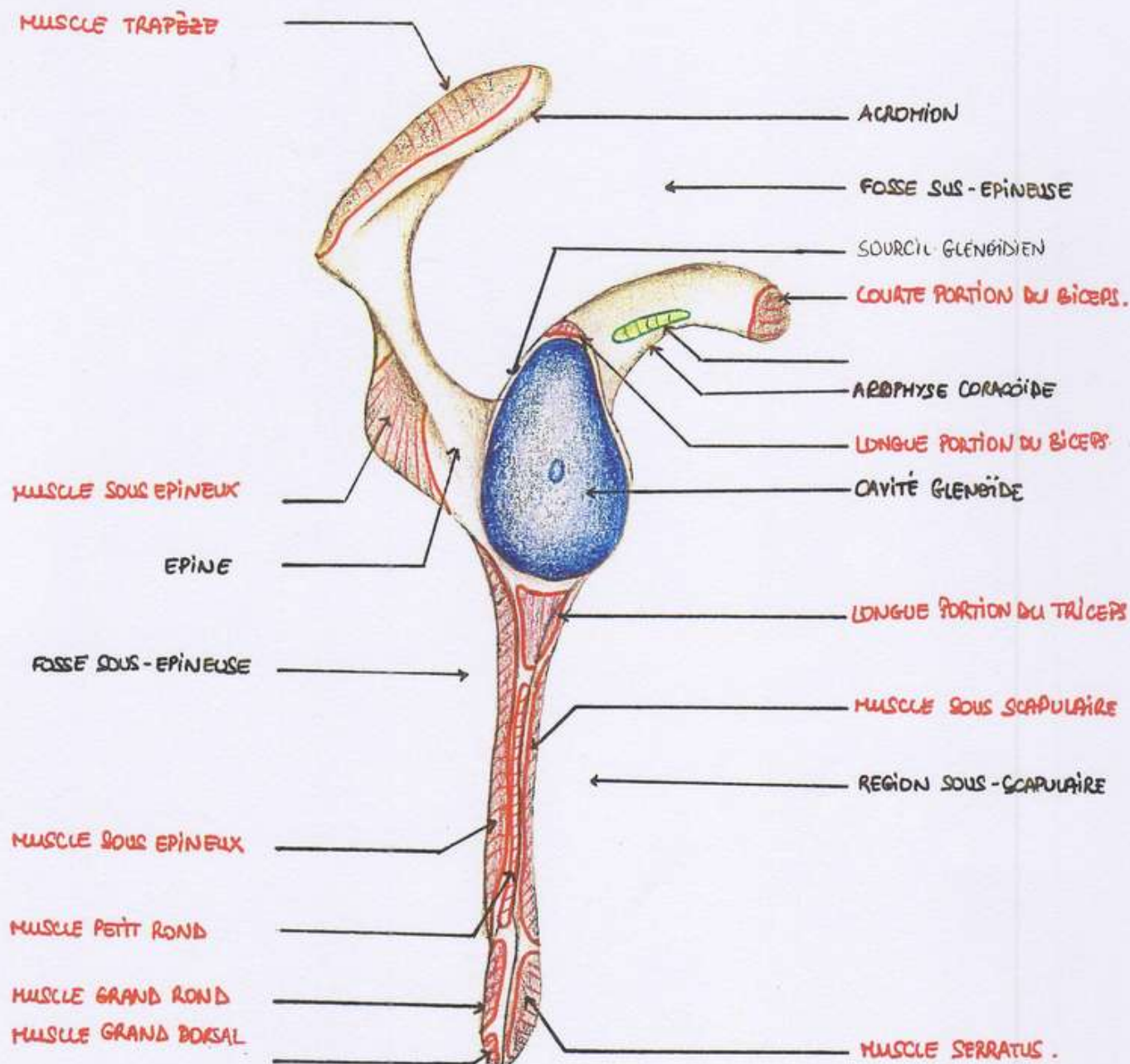
MUSCLE PETIT ROND

MUSCLE GRAND ROND

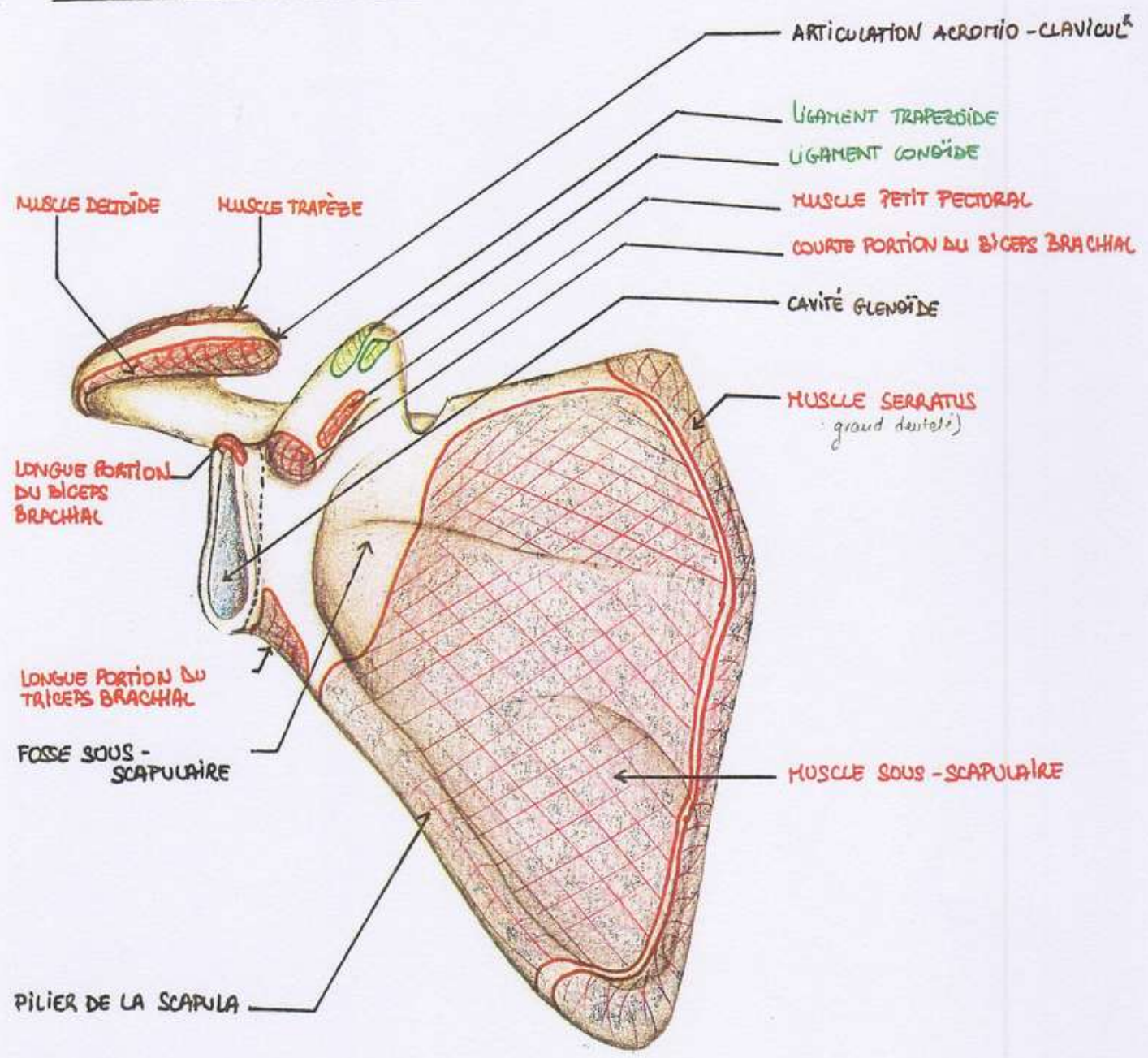
MUSCLE GRAND DORSAL



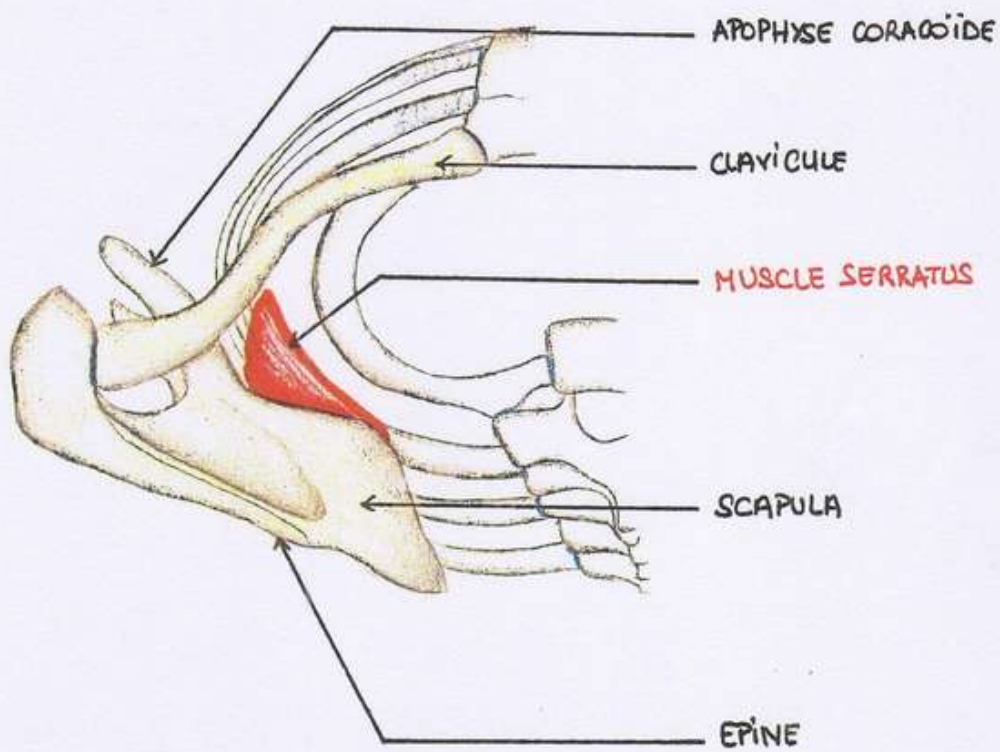
SCAPULA : vue laterale



SCAPULA: vue anterieur

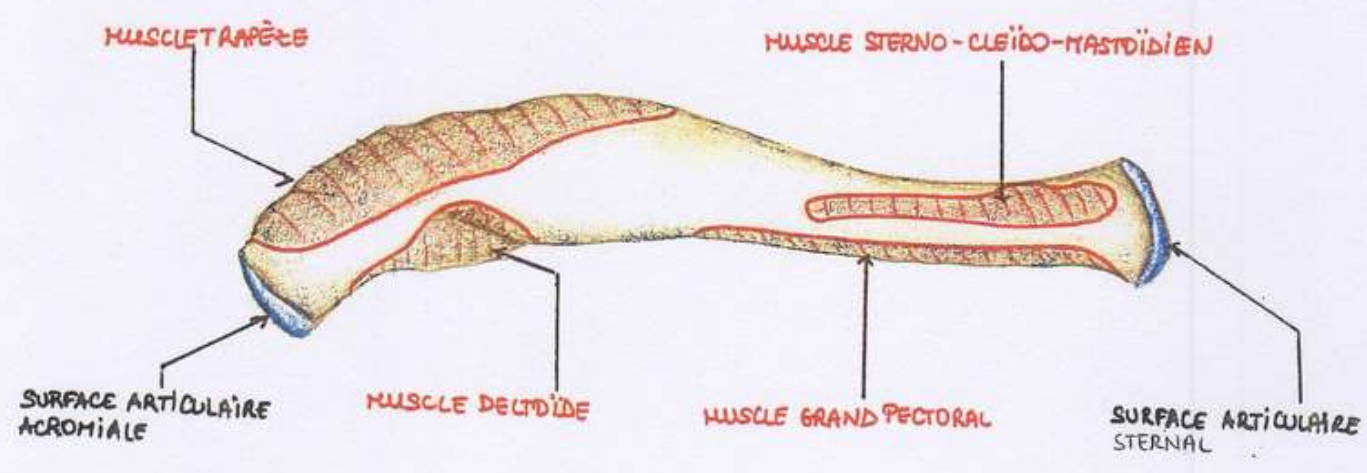


CEINTURE SCAPULAIRE : vue supérieur

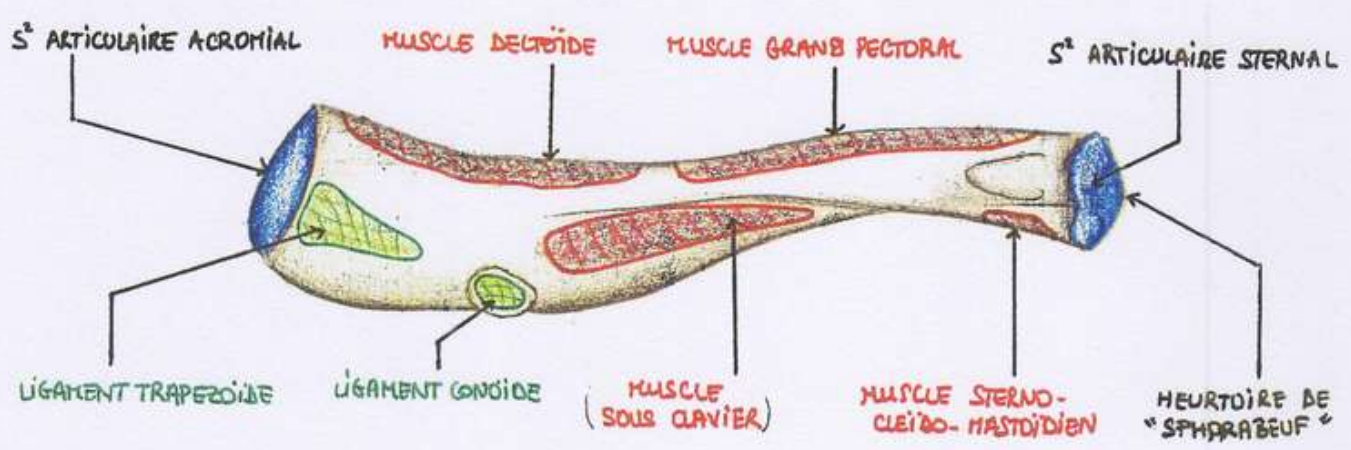


CLAVICULE

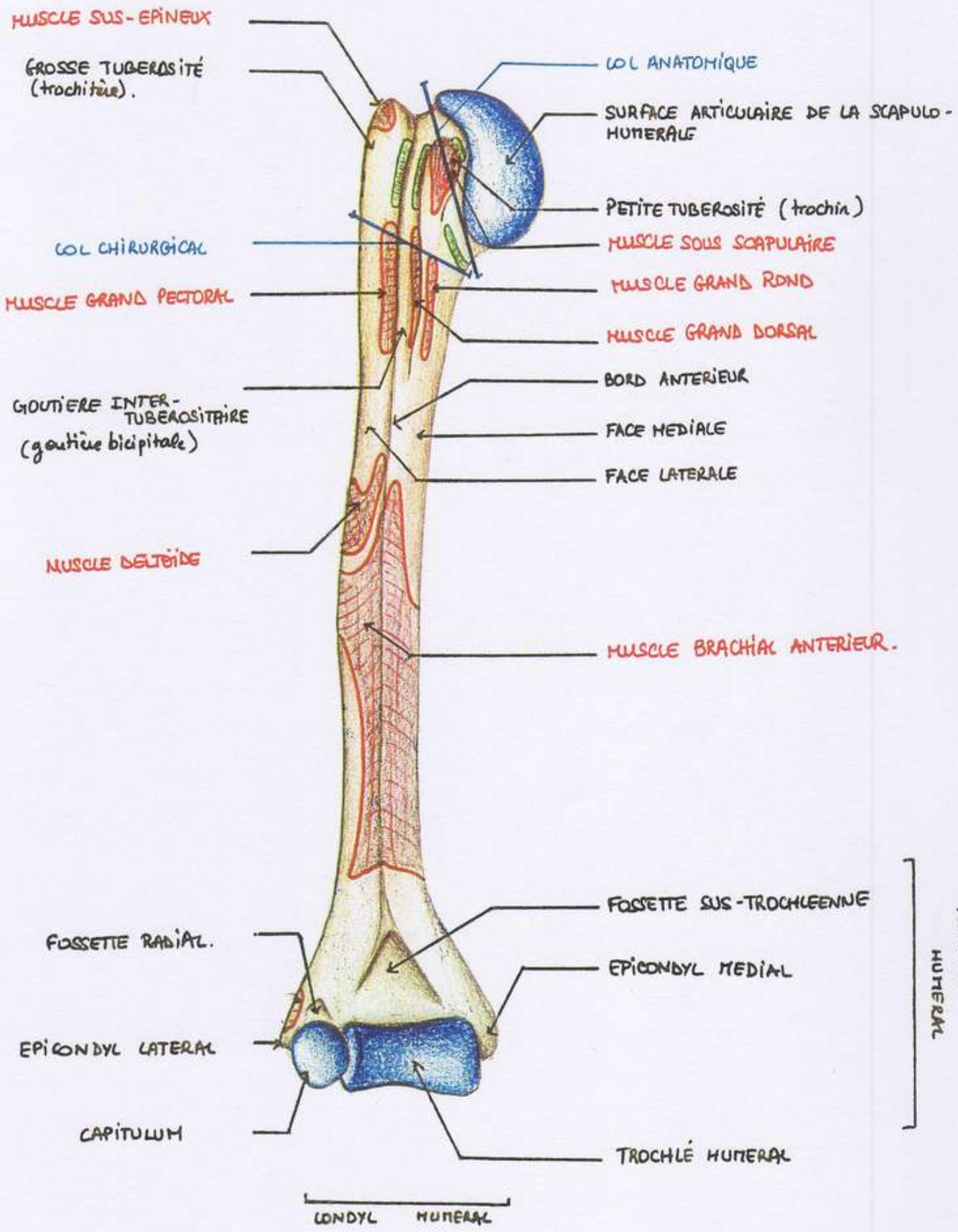
• Face supérieure



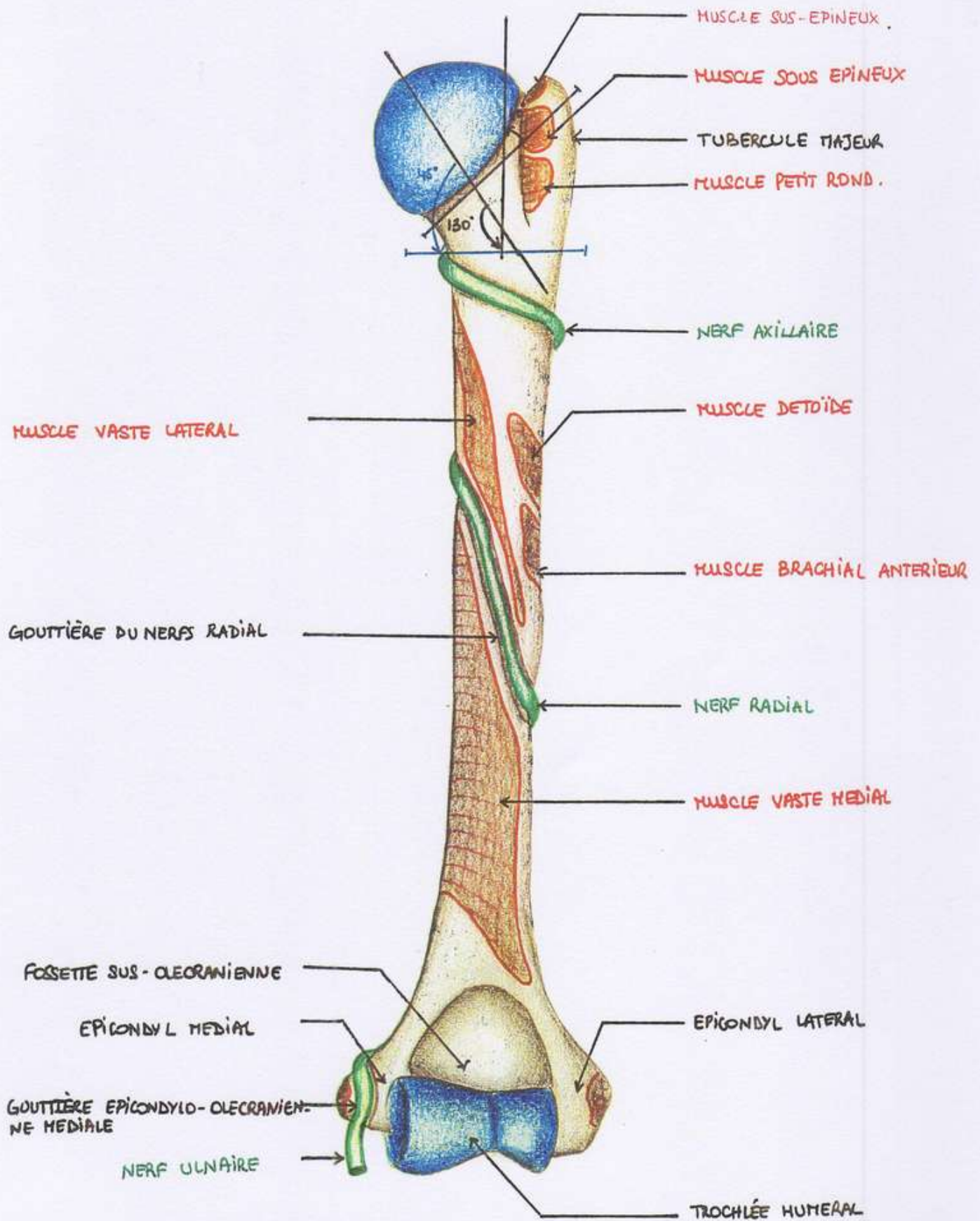
• Face inférieure



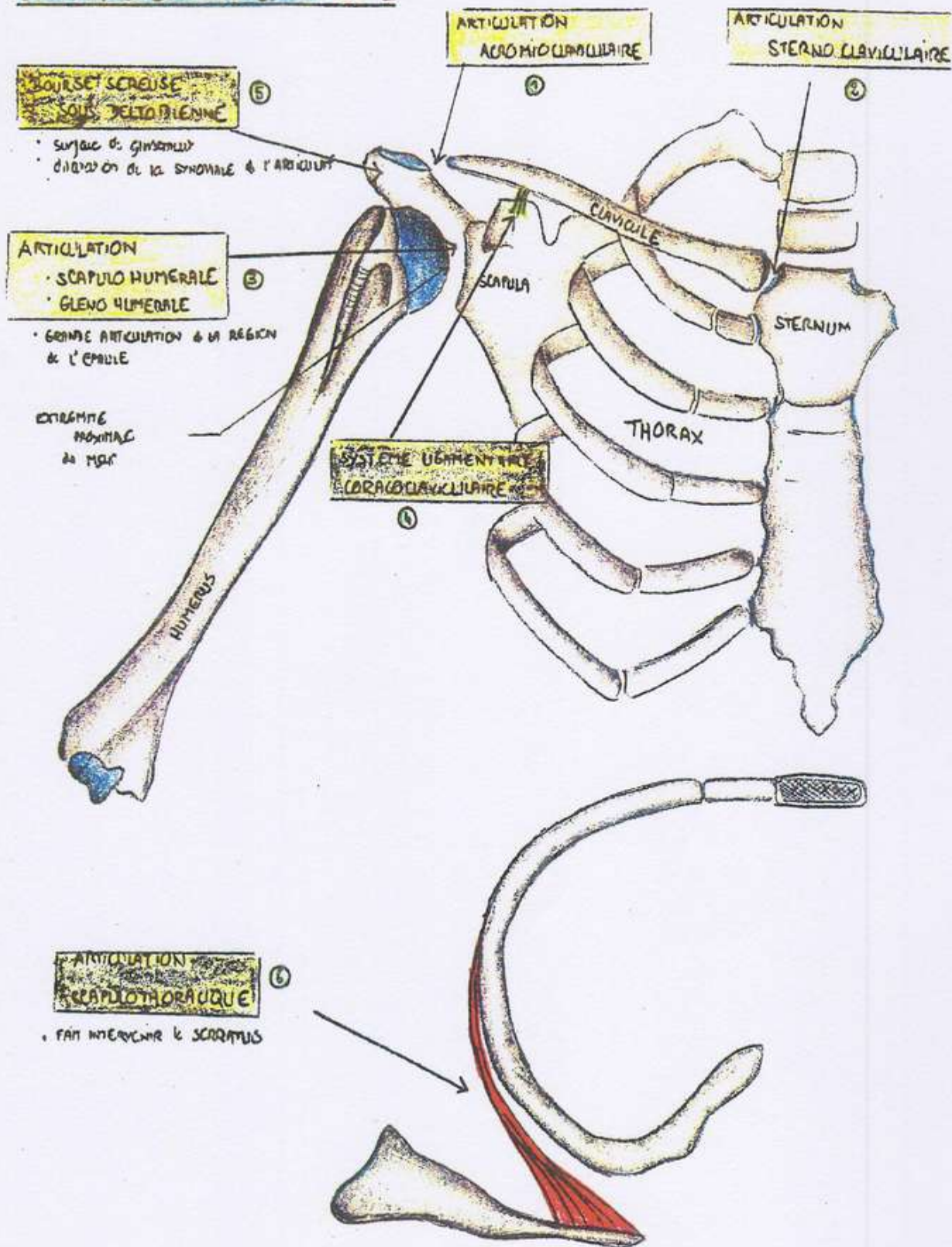
OS HUMERUS : vue antérieur



QS HUMERUS : vue posterieur

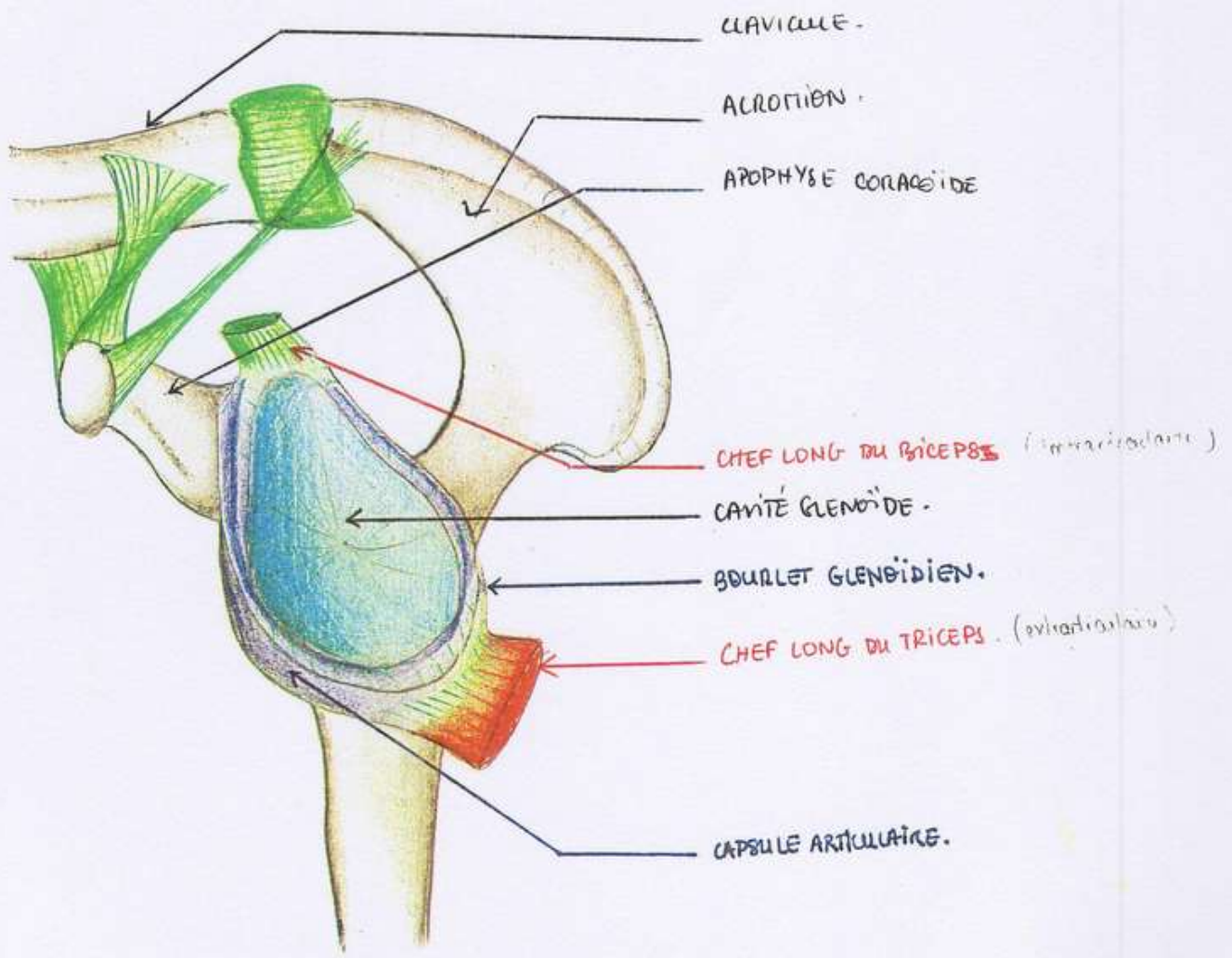
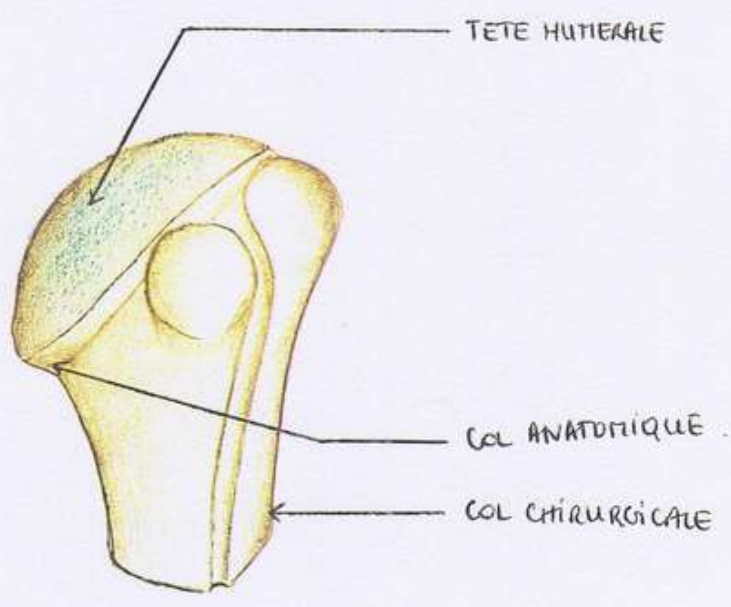


LES ARTICULATIONS DE L'ÉPAULE

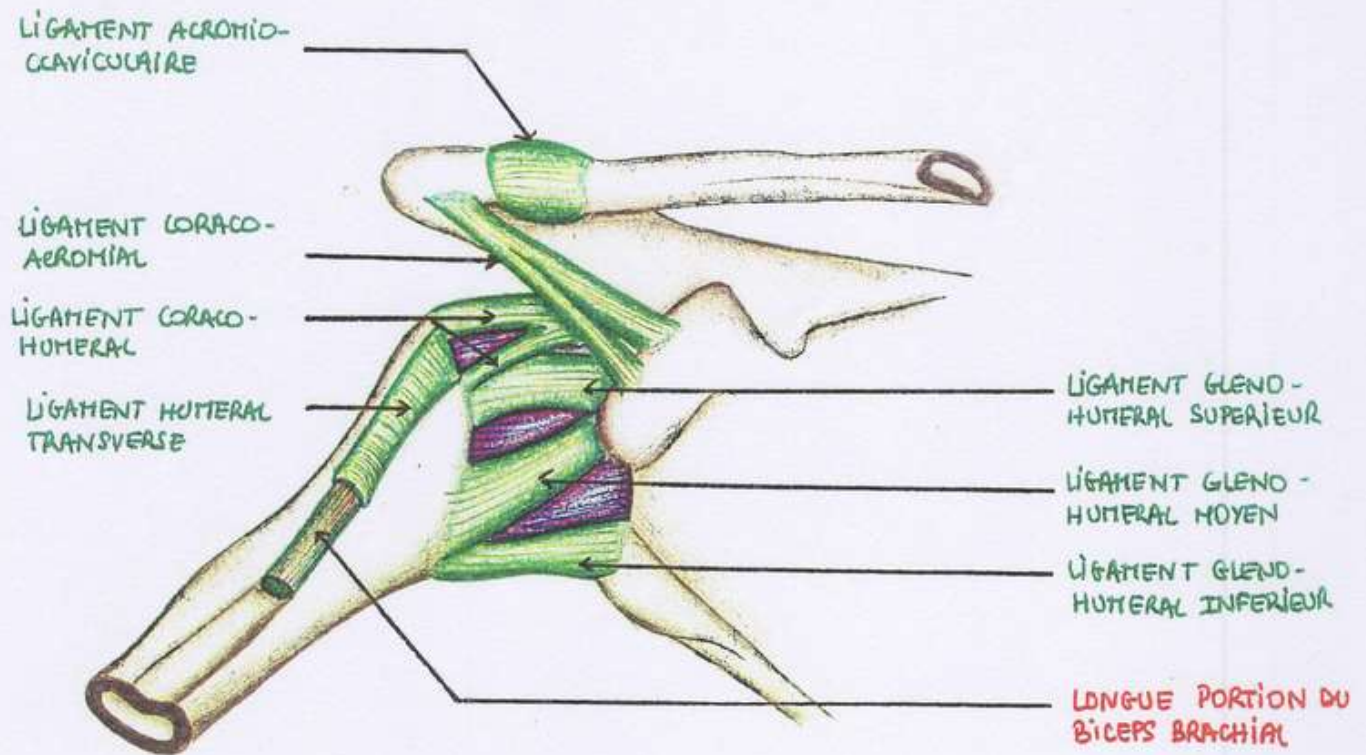
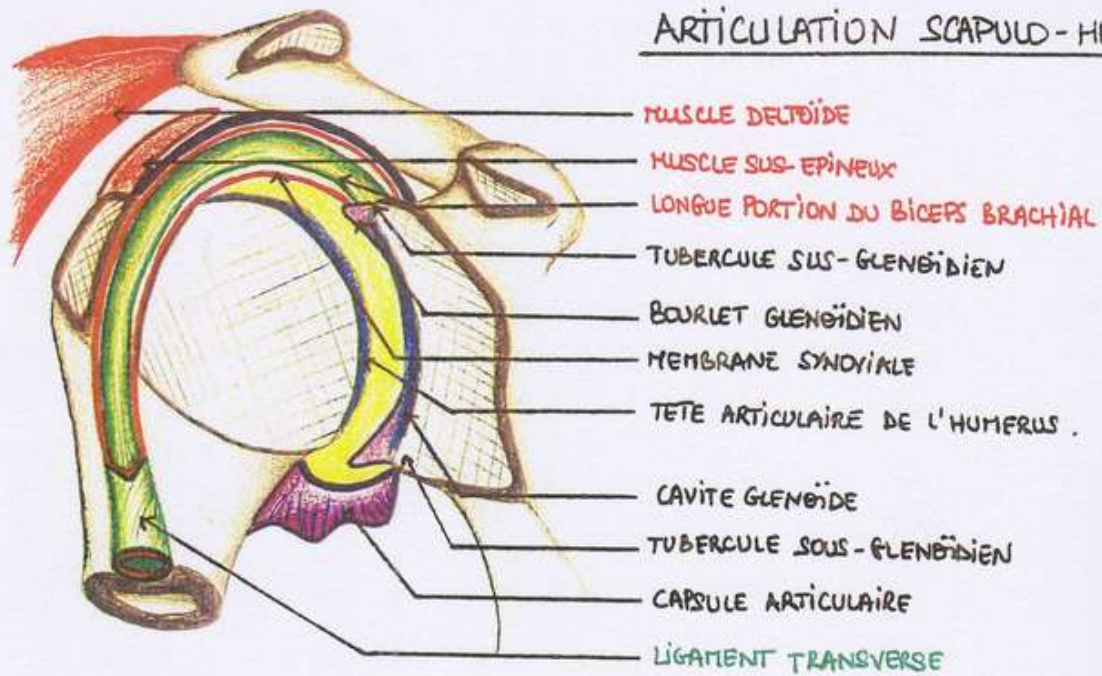


IL EXISTE 6 ARTICULATIONS AU NIVEAU DE L'ÉPAULE → 3 ARTICULATIONS MOBILES : DIARTHROSES (2 SURFACE ARTICUL.)
 → 3 ARTICULATIONS SANS SURFACES ARTICULAIRES : SYNARTHROSES
 L'ARTICULATION SCAPULO HUMERALE EST LA GRANDE ARTICULATION DE LA REGION DÈS UN SENS LARGE

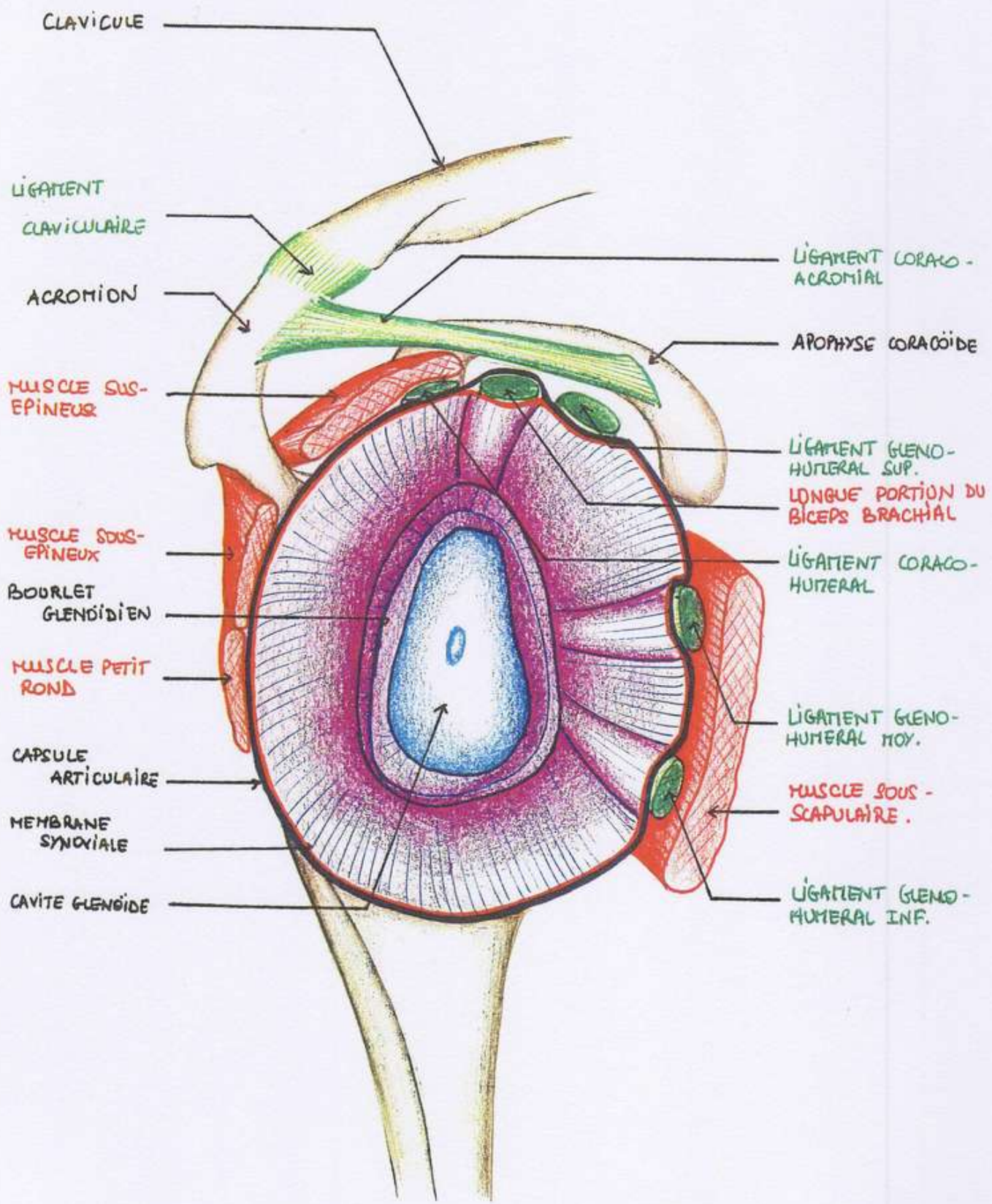
L'ARTICULATION SCAPULO - HUMERALE



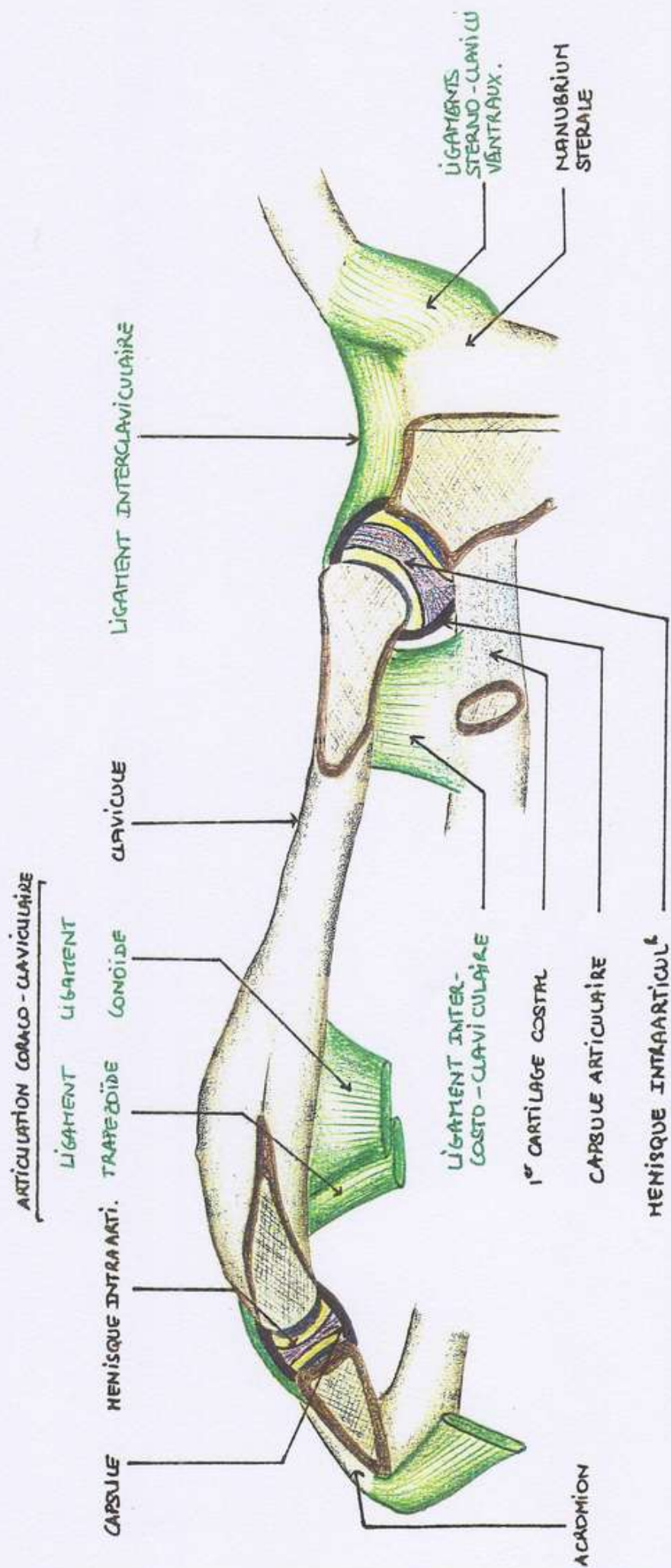
ARTICULATION SCAPULO-HUMERALE



LA COÏFFE DES ROTATEURS



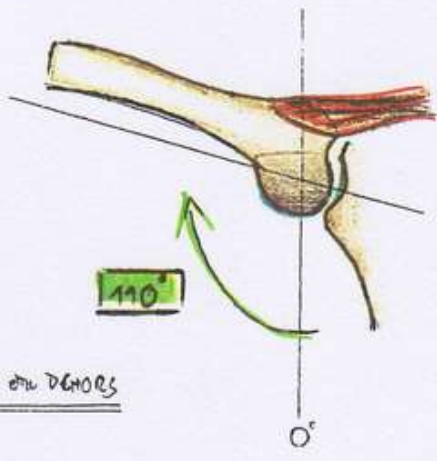
ARTICULATIONS ACROMIO-CLAVICULAIRE ET STERNO-CLAVICULAIRE



LES MOUVEMENTS

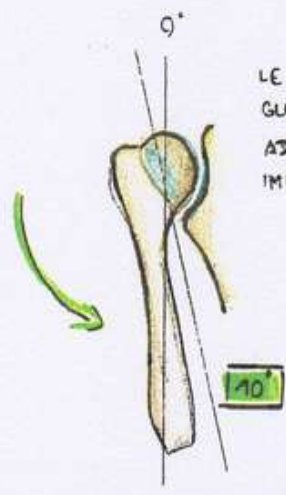
ARTICULATION SCAPULO-HUMERALE ENARTHROSE

ABDUCTION



• LE POUCE DOIT ÊTRE DÉTOURNE

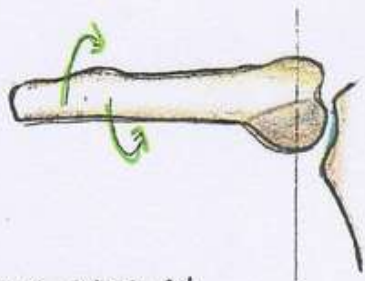
ADDUCTION



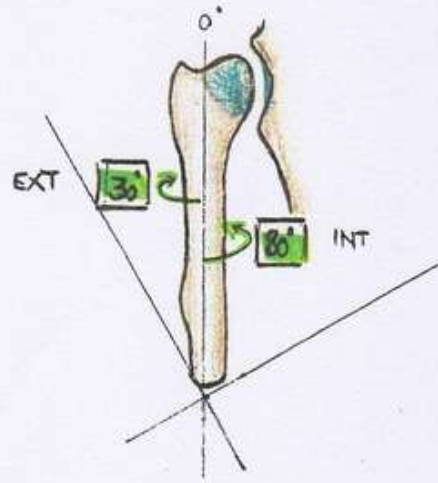
LE TUBERCULE SOUS GLEMOÏDIEN empêche une ADDUCTION plus IMPORTANTE

- LE ~~SUS-ÉPINEUX~~ démarre et permet l'ABDUCTION, c'est LE MUSCLE STARTER de l'ABDUCTION, puis le ~~DELTOÏDE~~

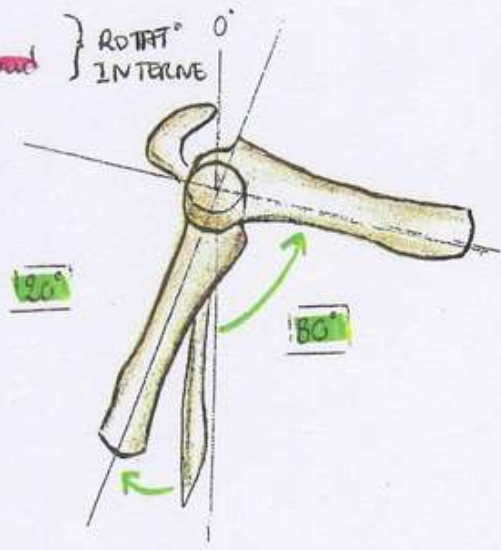
ROTATION



- LE CUBE DOIT ÊTRE FLÉCHI à 90°
- par le ~~sous-épineux~~ et ~~petit rond~~ } ROTAT° EXTERNE
- par ~~sous-scapulaire~~ et ~~gd pectoral~~, ~~dorsal~~, ~~rond~~ } ROTAT° INTERNE



RETROPULSION



ANTEPULSIONS

LES MOUVEMENTS (2)

71
93

- LES AUTRES ARTICULATION SONT DES MOUVEMENTS COMBINÉS 2 la SCAPULO HUMERAL
- ILS EMPLOIENT LE MOUVEMENT DE LA SCAPULO HUMERAL

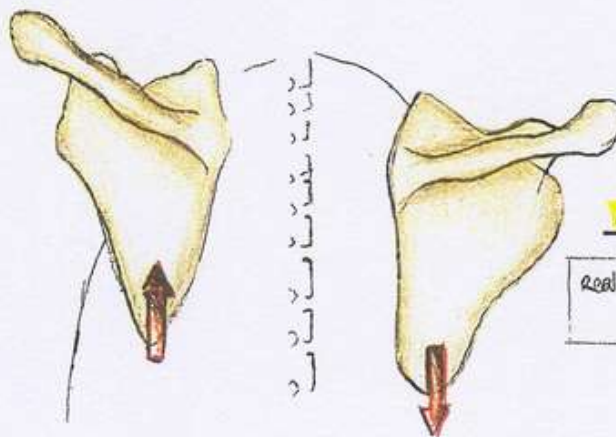
• LA SCAPULO THORACIQUE (symarthrose)

- éleveur de la scapula
- rhomboïde.

en av

ELEVATION

- Serratus } en ar.



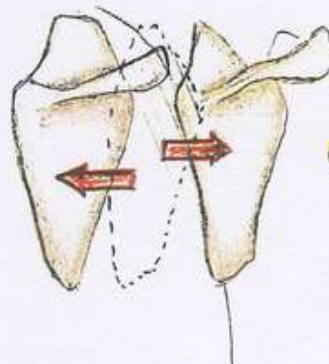
ABAISSEMENT

réalisé par le STERNO CLÉDOMASTOÏDIEN
le TRAPÈZE

MOUVEMENT TRANSVERSAL par rapport au BORD STINAL

RAPPROCHEMENT

(adduct°)



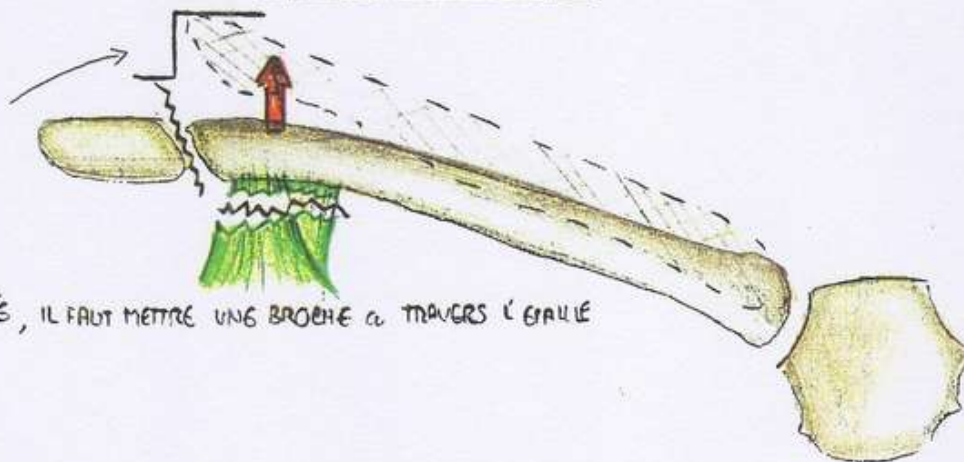
ÉCARTÈMENT

(abduct°)

Réalisé par le MUSCLE
SERRATUS

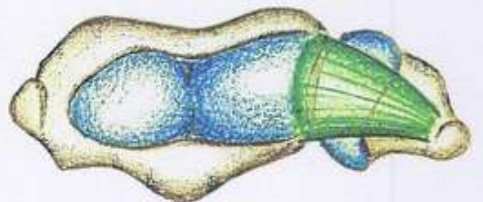
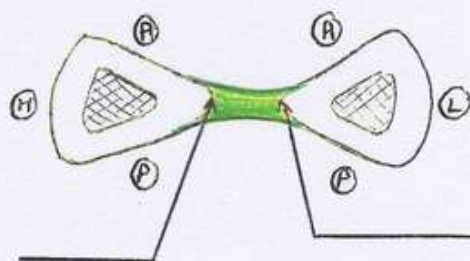
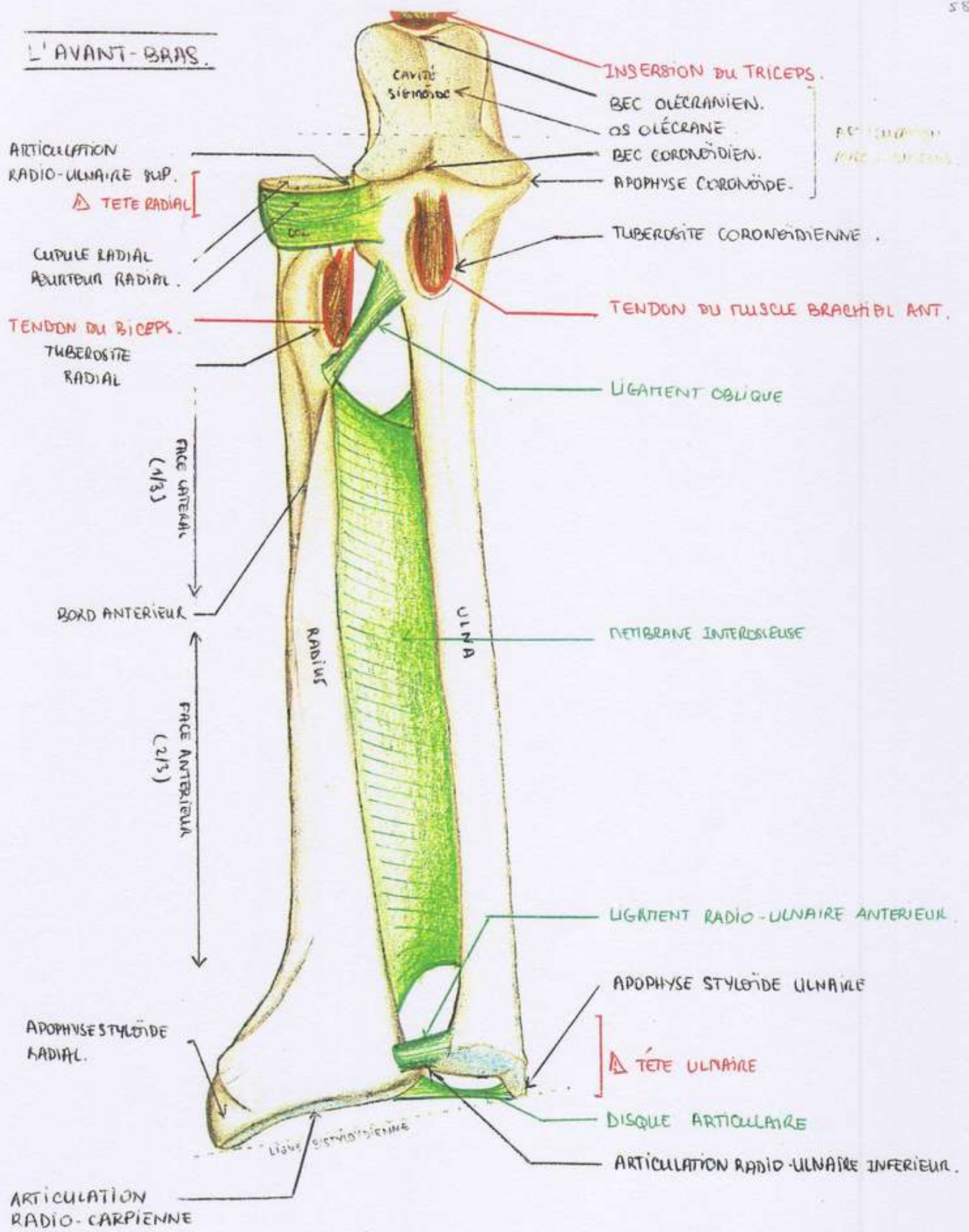
• L'ACROMIO CLAVICULAIRE

- LORS d'une CHUTE, le BORD LATÉRAL de la CLAVICULE MONTÉ, POINTE de la NEZ sous la PEAU
- LES LIGAMENTS COROÏDES & TRAPÉZOÏDES se CISAILLENT
- ⇒ PHÉNOMÈNE de L'ASPECT de TOUCHE de PIANO



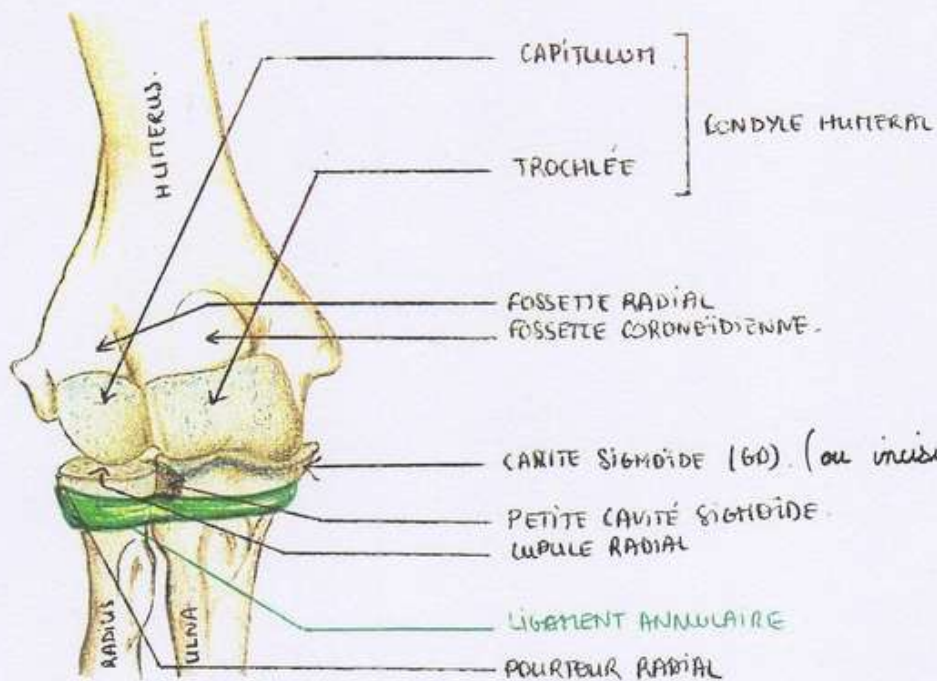
si l'AS INCLINÉ, IL FAUT METTRE UNE BROCHE à TRAVERS l'ÉPAULE

L'AVANT-BRAS.

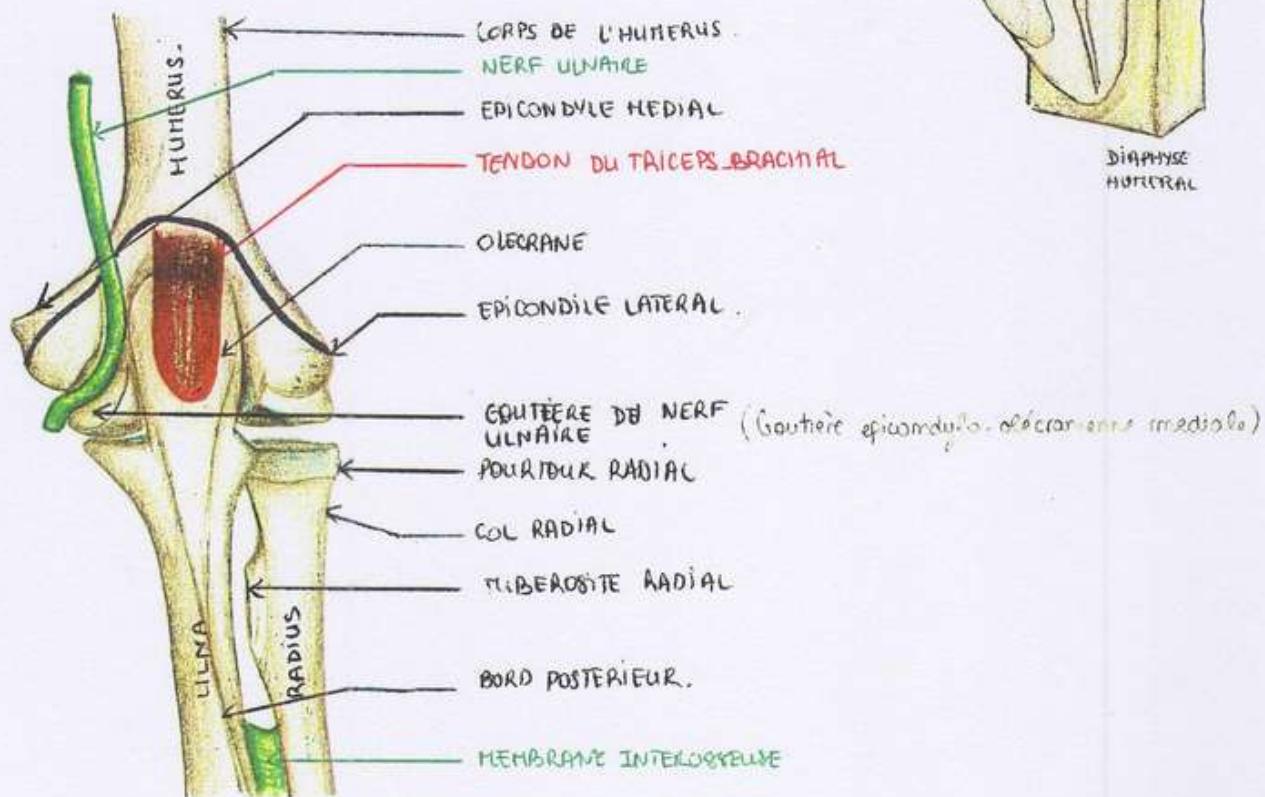


LE COUDE

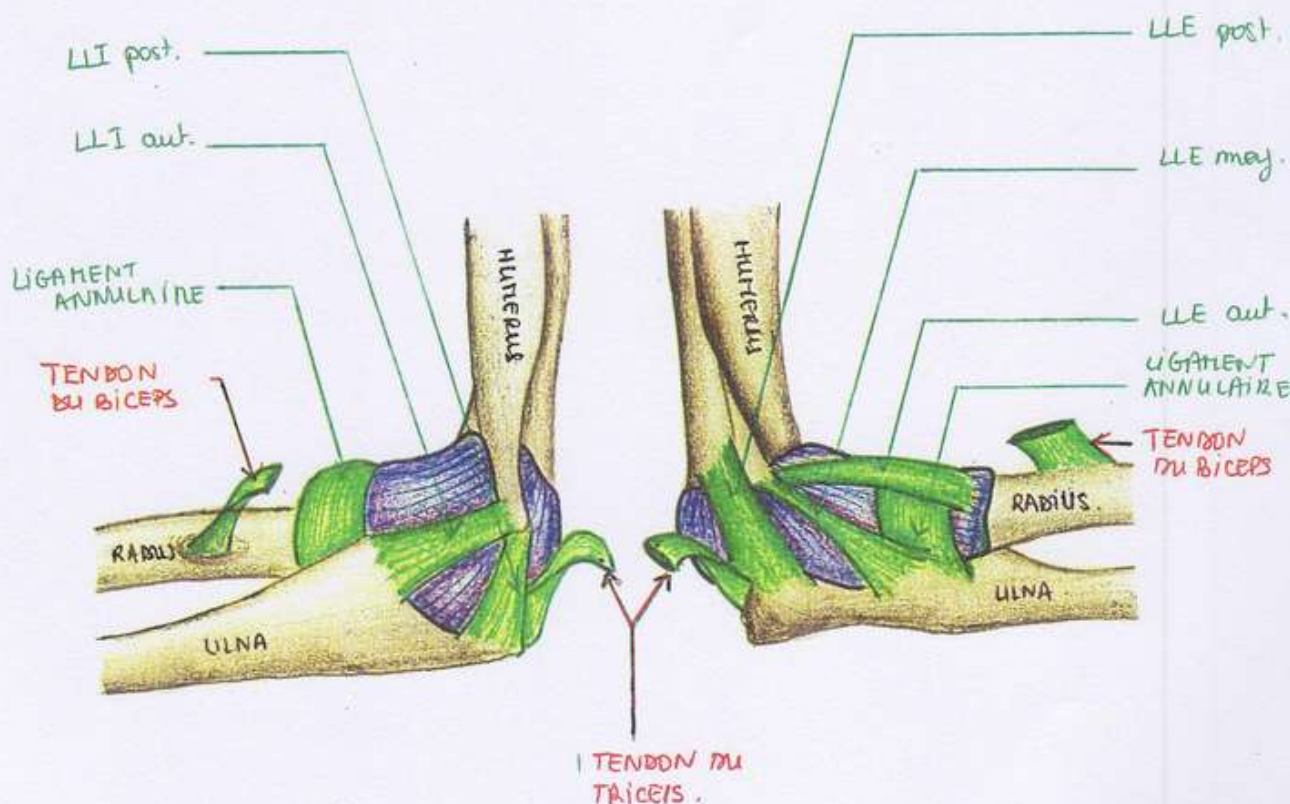
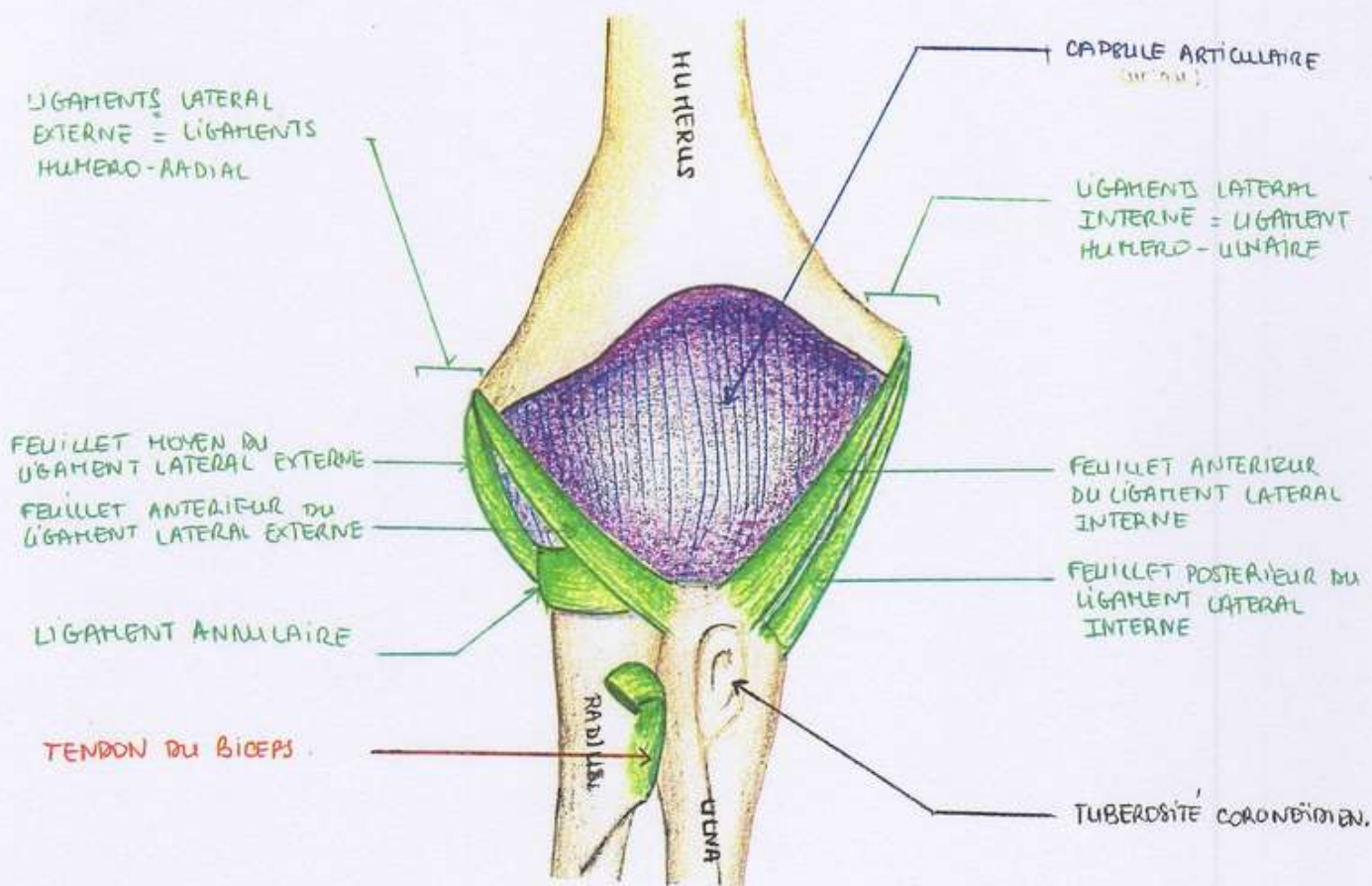
• VUE ANTERIEUR



• VUE POSTERIEUR

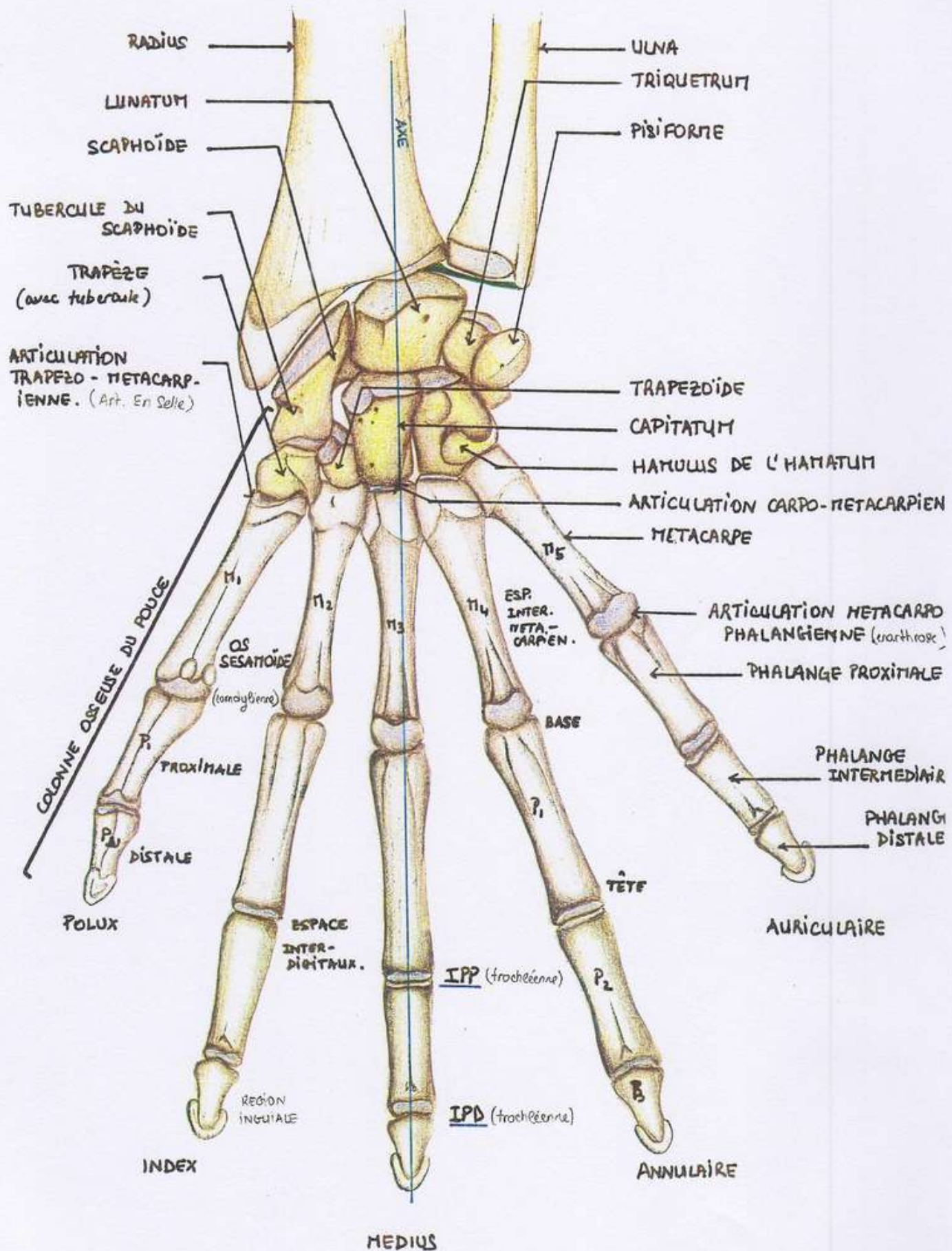


LIGAMENTS DU COUDE .



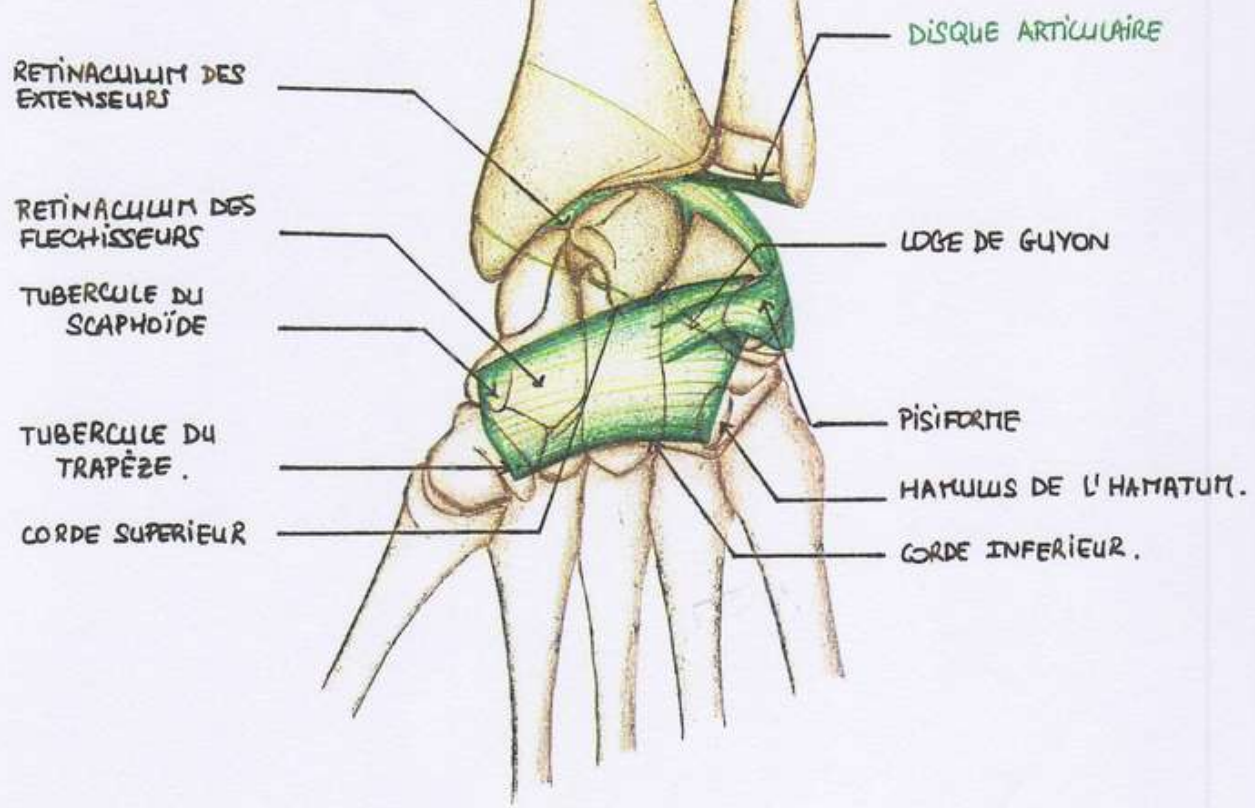
MAIN OSSEUSE (droite) : vue antérieur

- Rangée antibrachiale
- Rangée metacarpienne

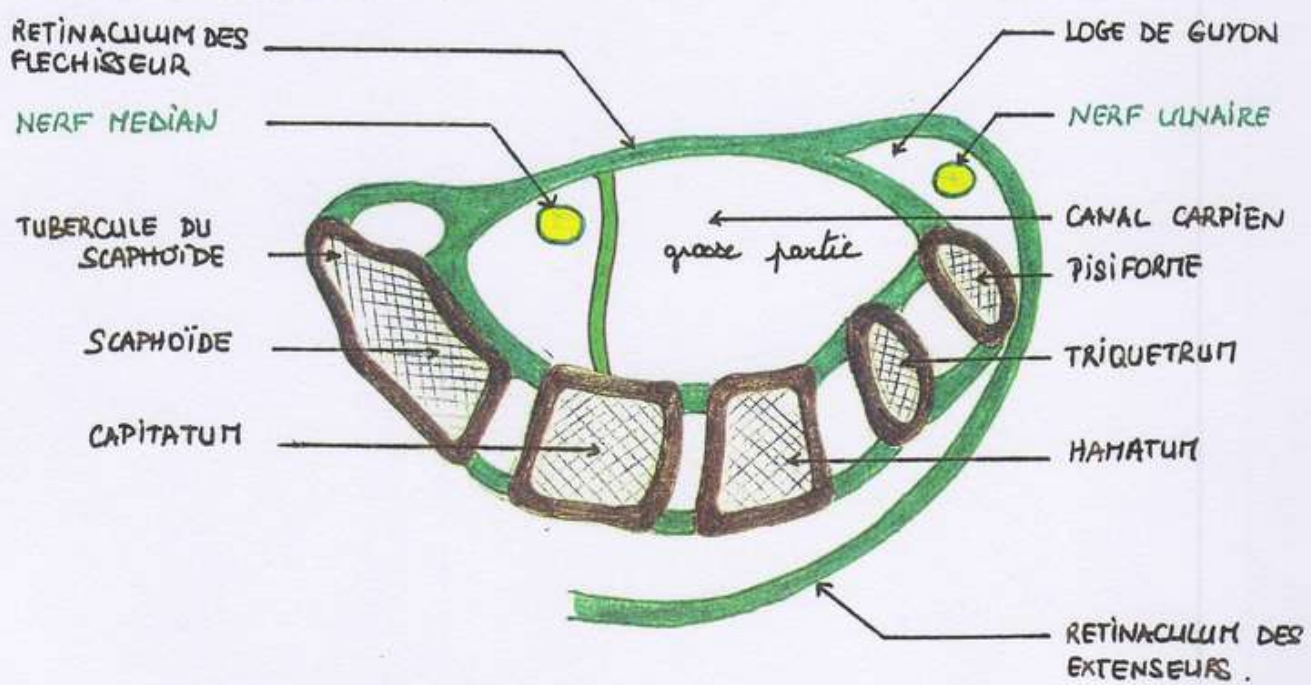


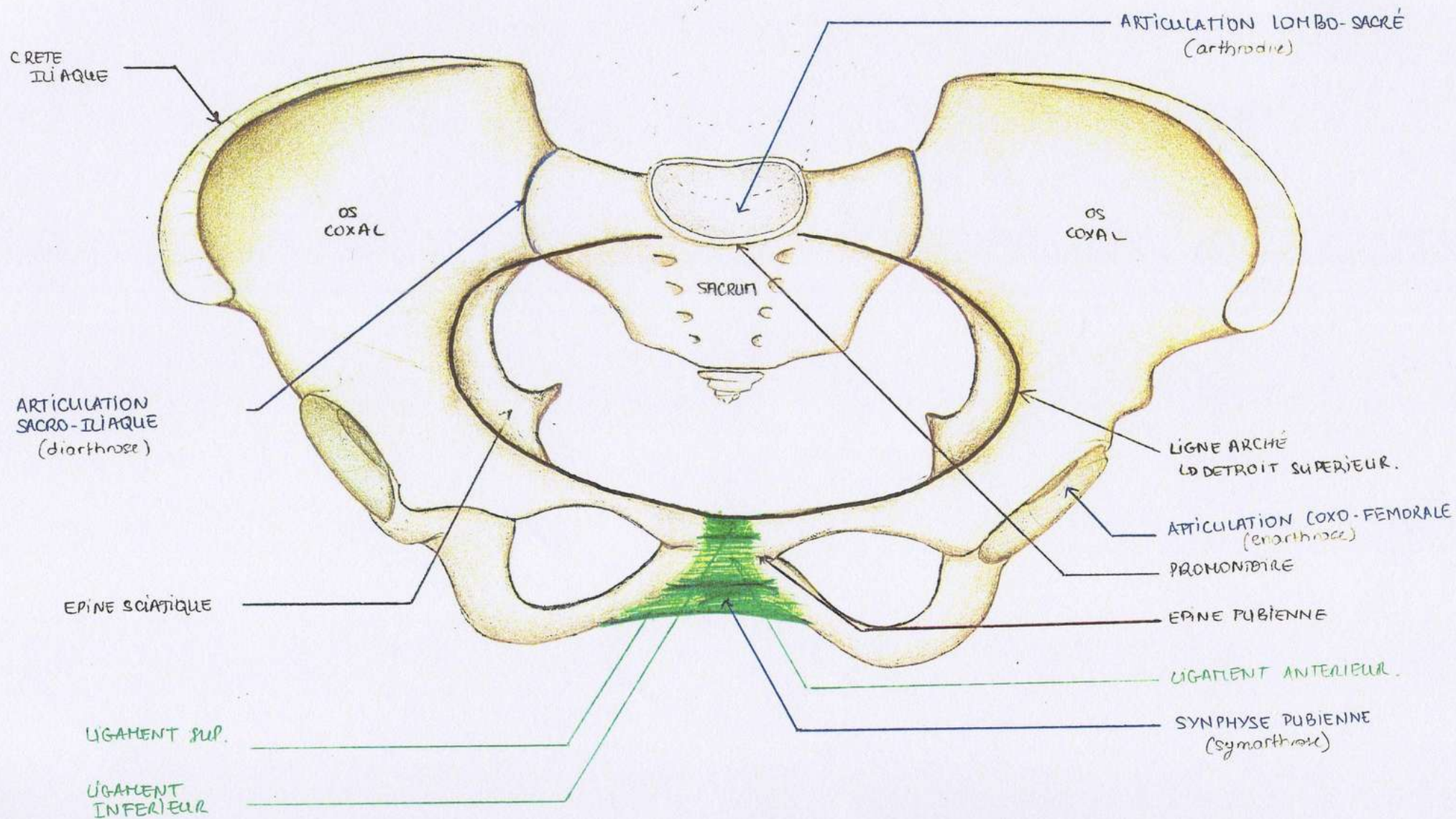
RETINACULUM DES FLECHISSEURS

. vue anterieur



. Coupe du carpe proximal.

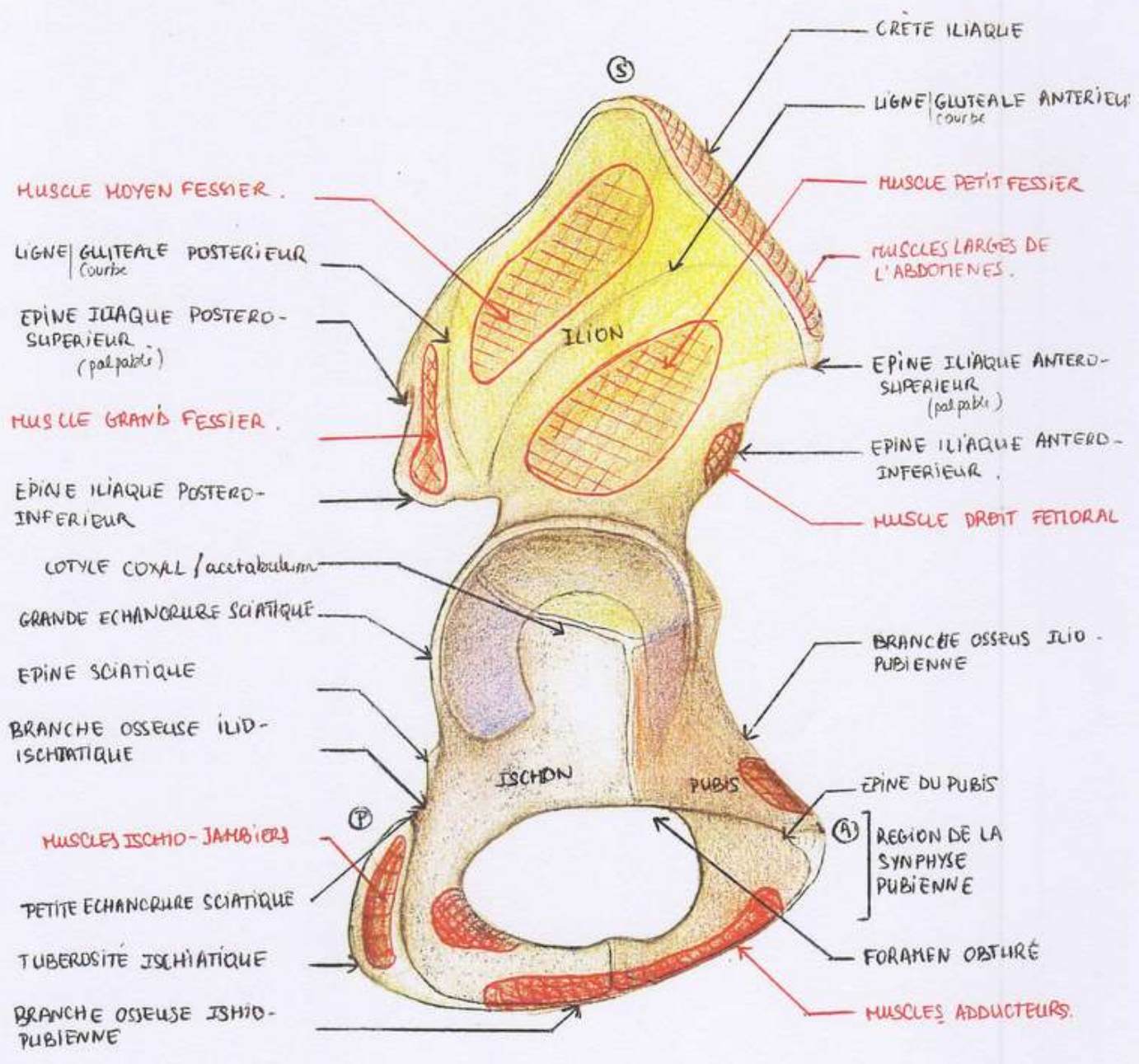




LE BASSIN OSSEUX

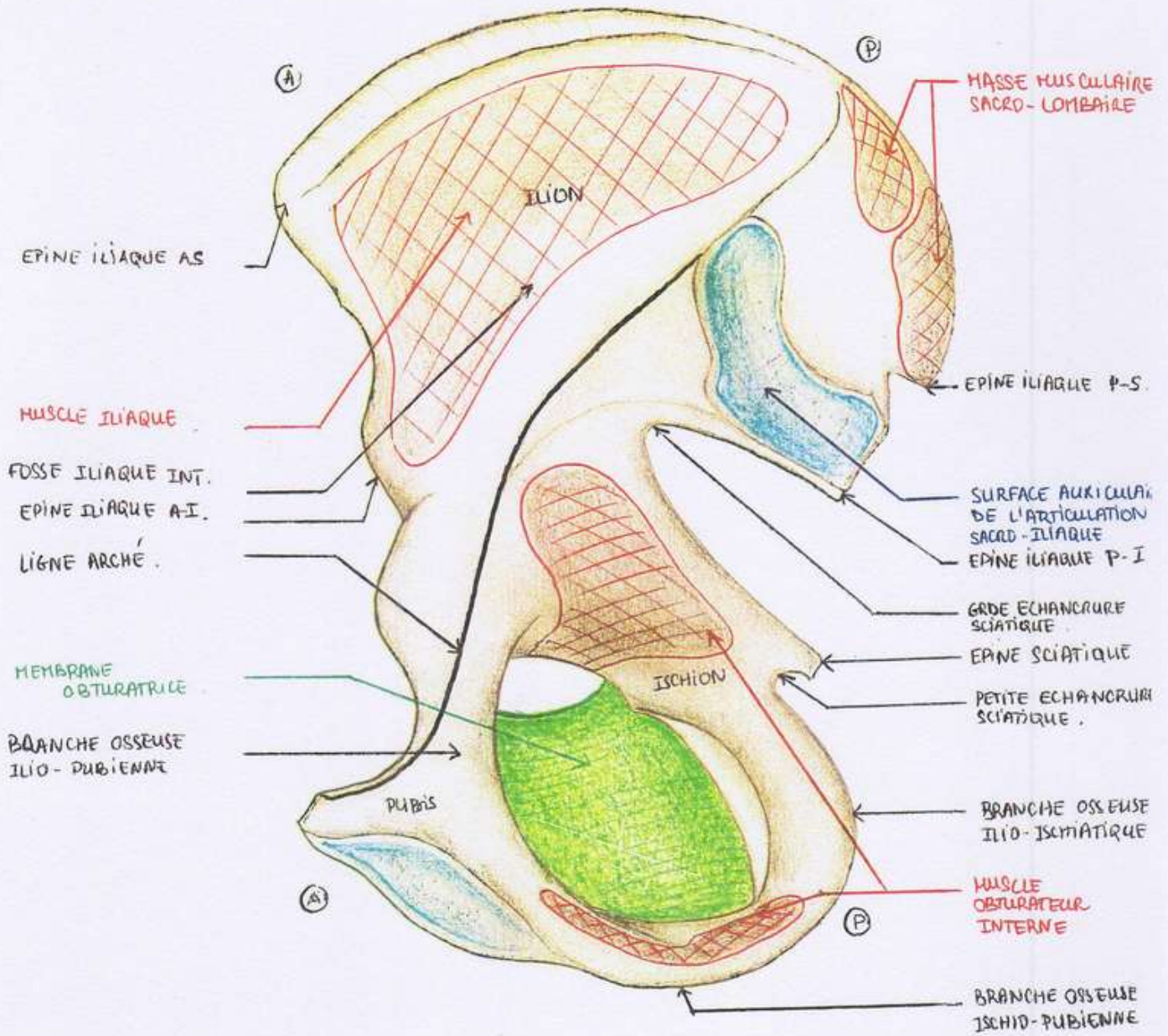
OS COXAL

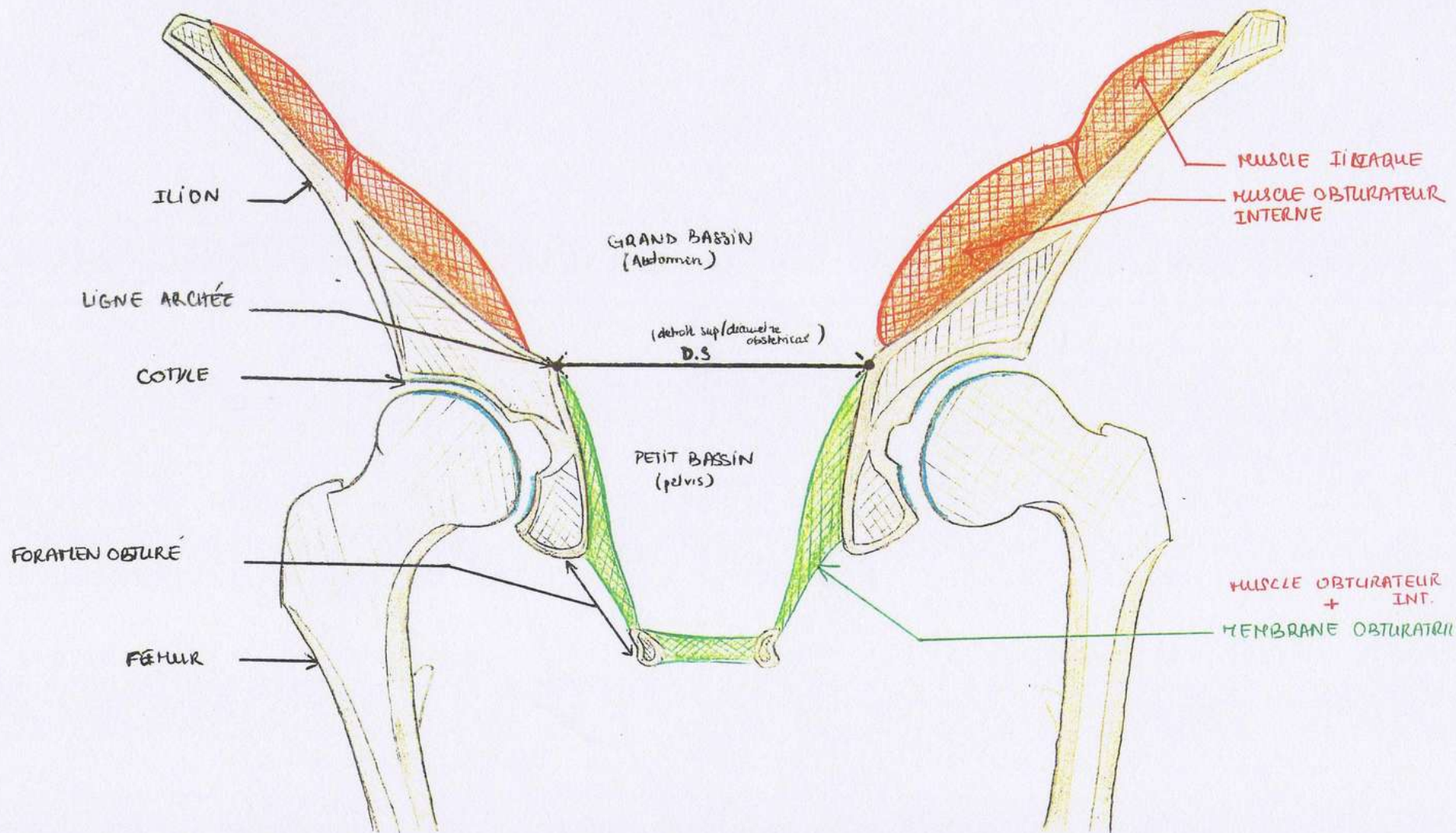
• FACE EXOPELVIENNE



OS COXAL

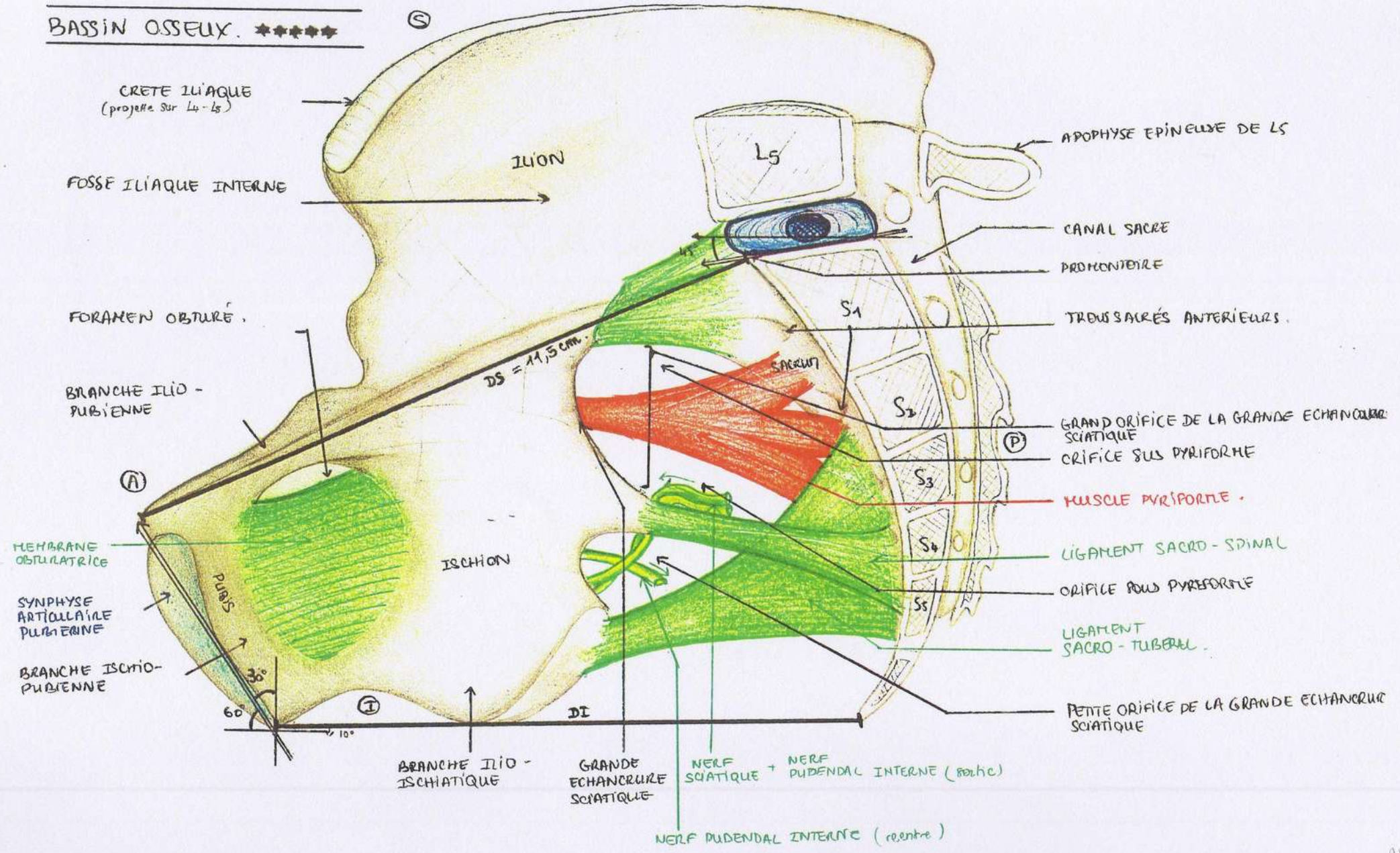
• VUE ENDOPELVIENNE





COUPE DU BASSIN OSSEUX

BASSIN OSSEUX. ★★★★★



LE FEMUR (vue antérieure) (S)

MUSCLES PELVI-
TROCHANTERIEN .

GRAND TROCHANTER

MUSCLES FESSIERS

MUSCLE
VASTE INTERMEDIAIRE

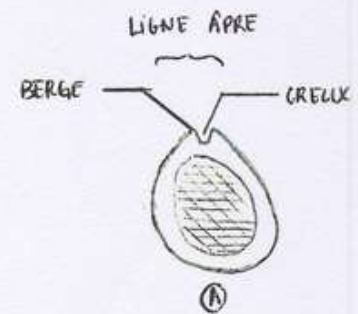
SURFACE ARTICULAIRE (tête)

COL ANATOMIQUE

PETIT TROCHANTE

INSERTION DU MUSCLE PSOAS-ILIAQUE

LIGNE INTERTROCHANTERIENNE ANTERIEUR



FOSSETTE PATELLAIRE
sus-trochléenne

EPICONDYLE LATERAL

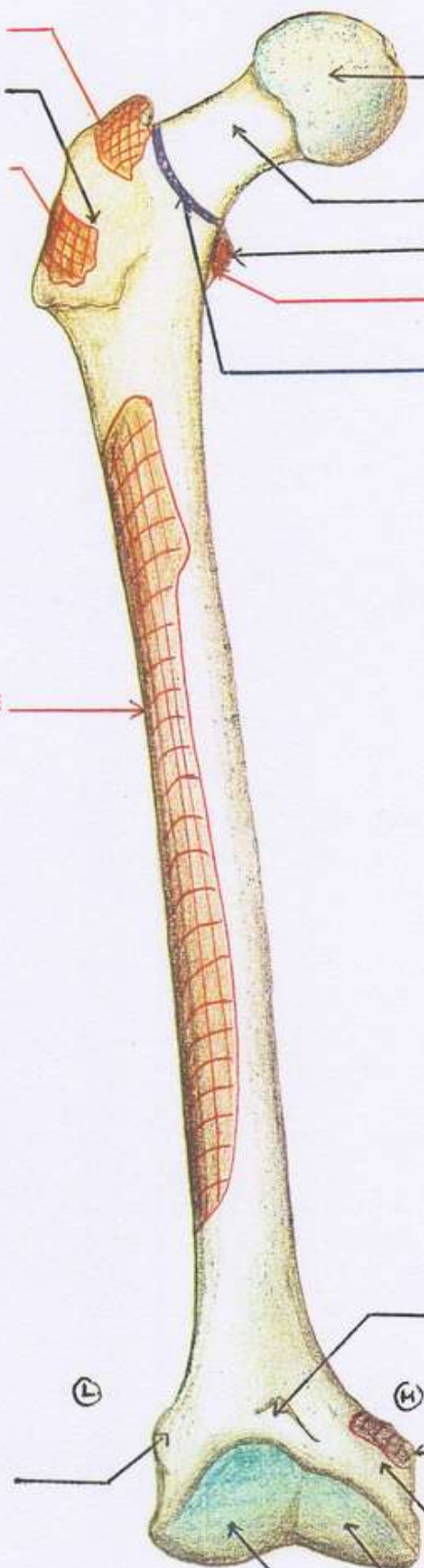
APOPHYSE / TUBEROSITE DU GRAND ADDUCTEUR .

EPICONDYLE MEDIAL

JOUE MEDIALE

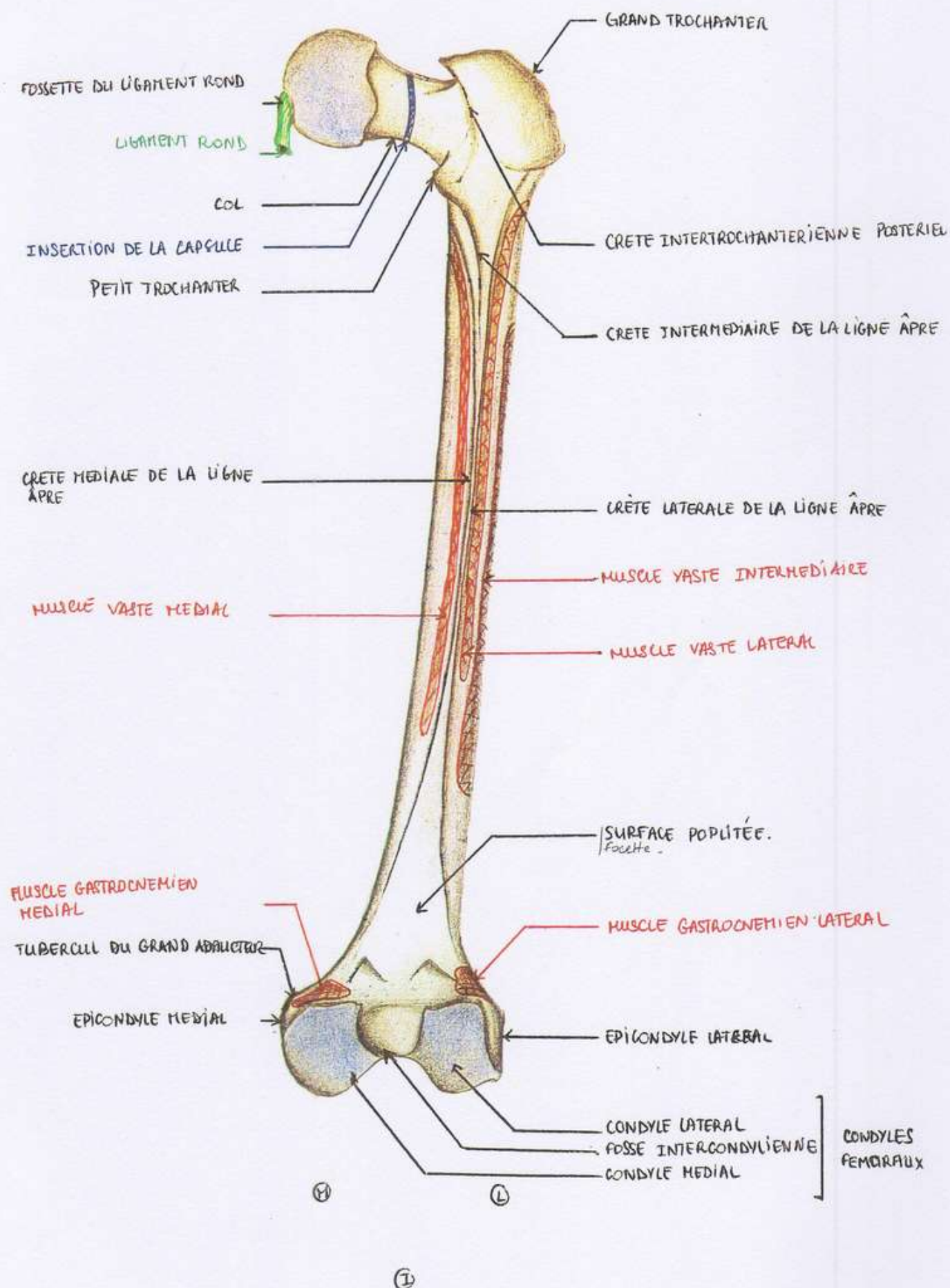
JOUE LATERALE

TROCHLEE FEMORALE

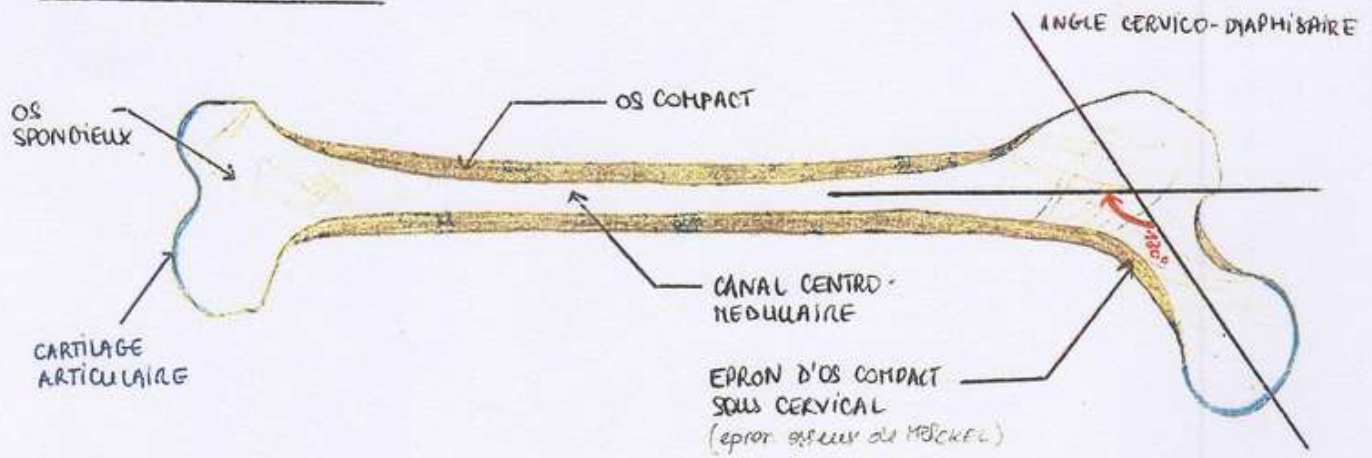


LE FEMUR (vue postérieure)

③

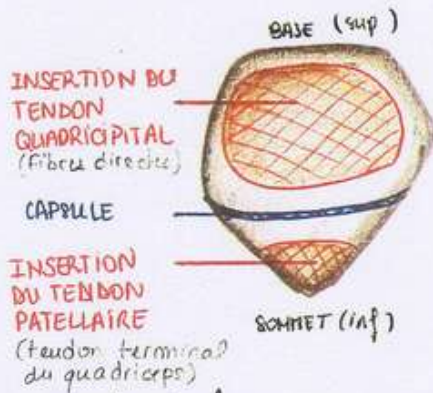


STRUCTURE DU FEMUR



LA PATELLA

• vue antérieure

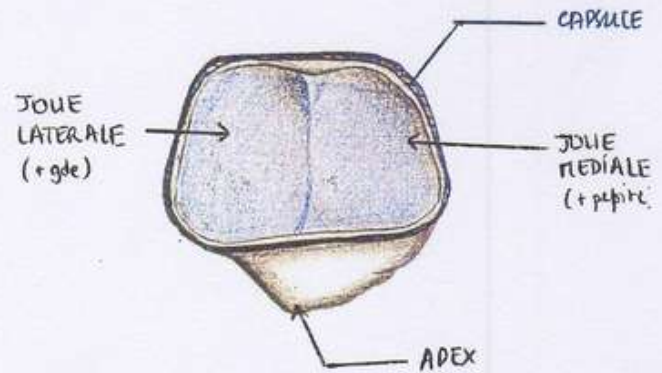


→ mov de la jambe vers la cuisse

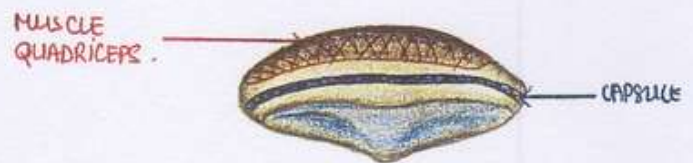
• vue mediale/laterale



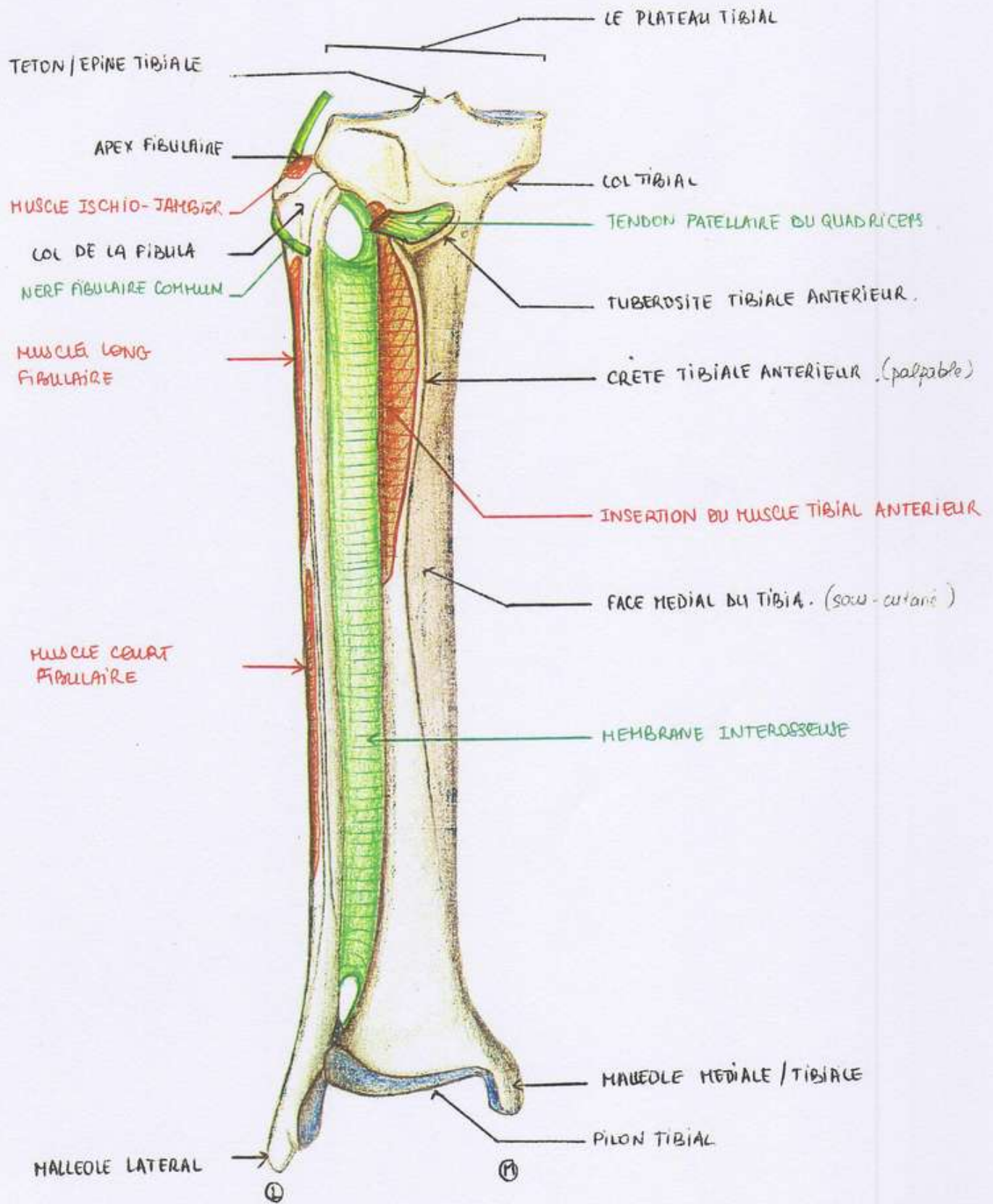
• vue postérieure



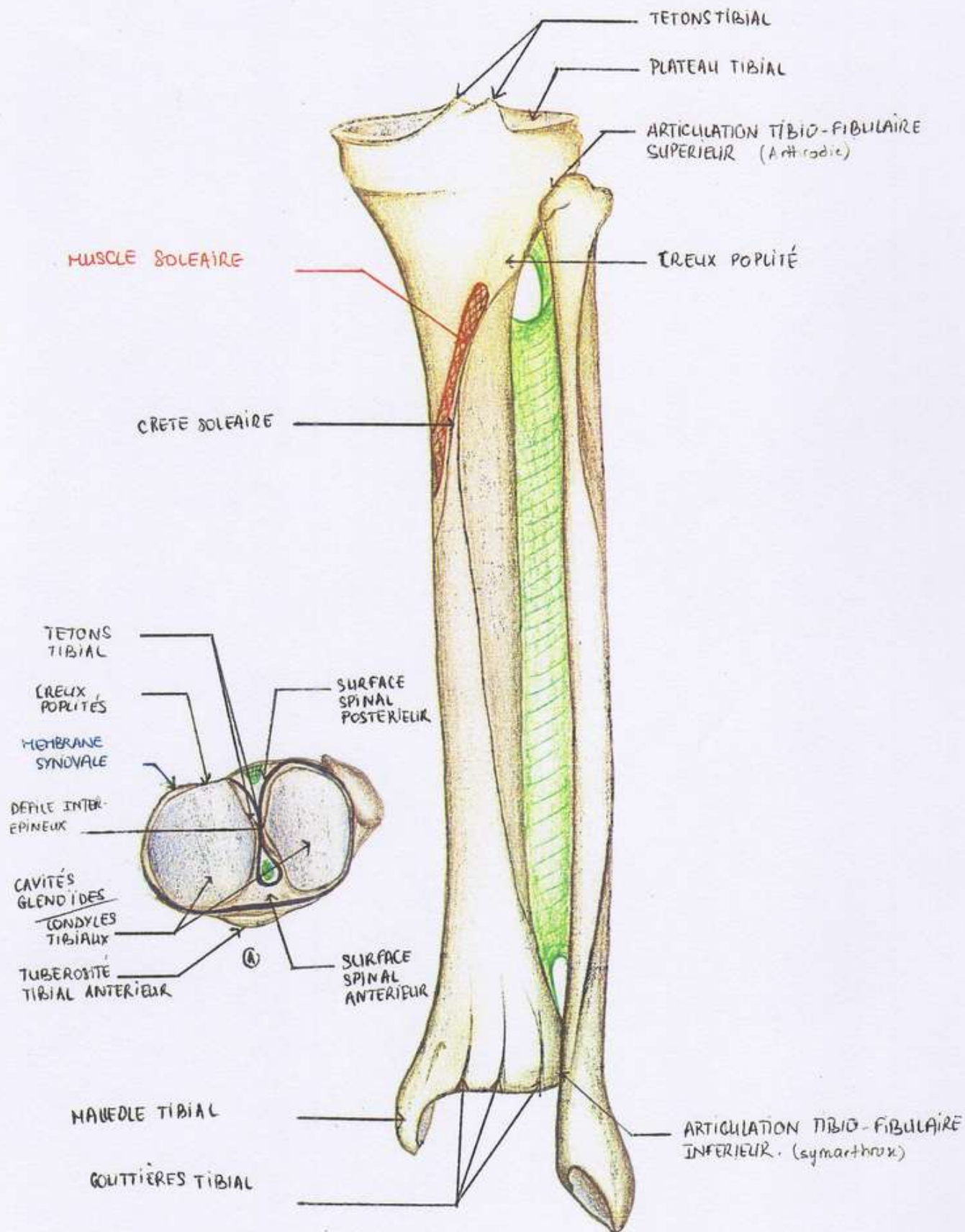
• vue supérieure



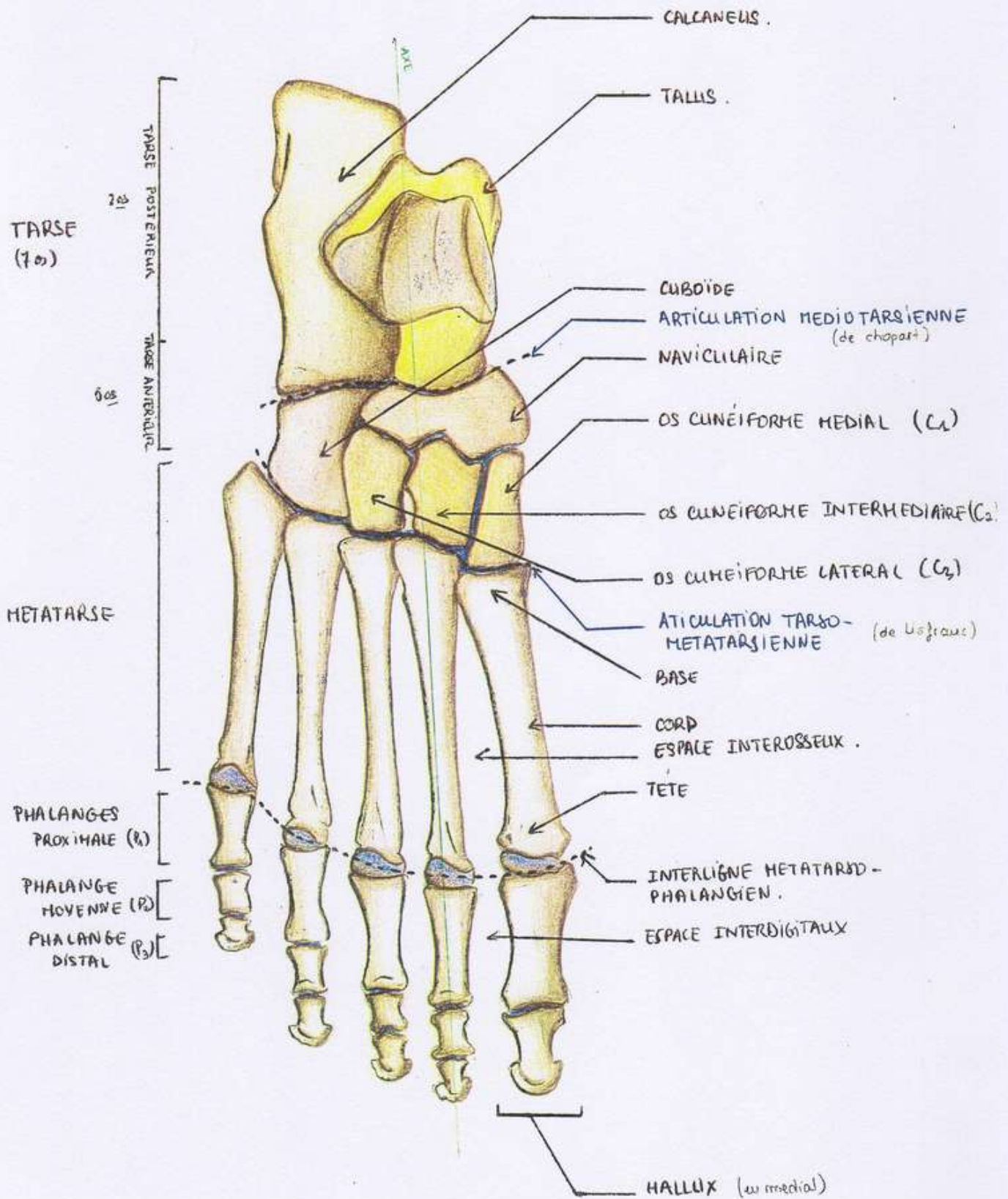
TIBIA ET FIBULA (vue antérieure)



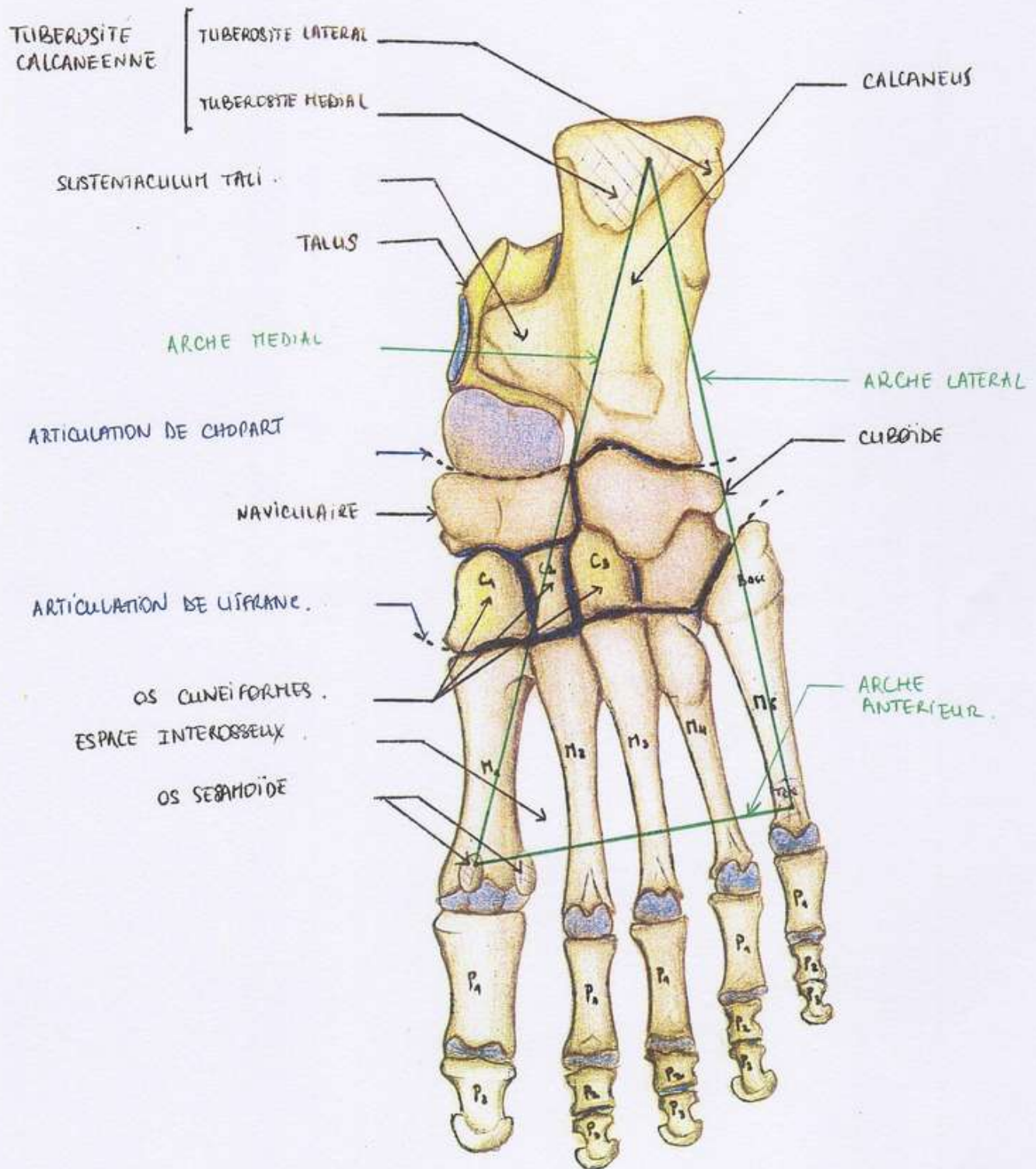
TIBIA ET FIBULA (vue postérieure)



LE PIED : (vue dorsal)

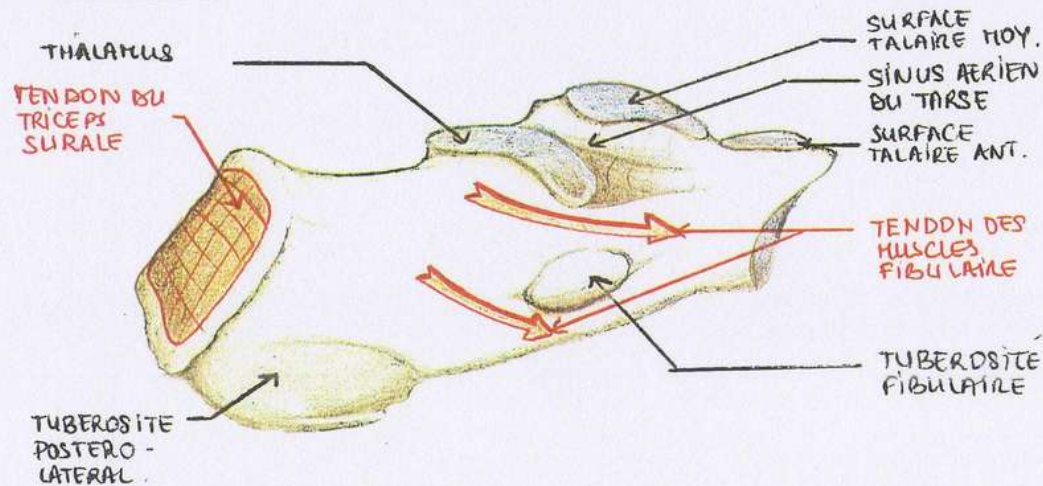


LE PIED (vue plantaire)

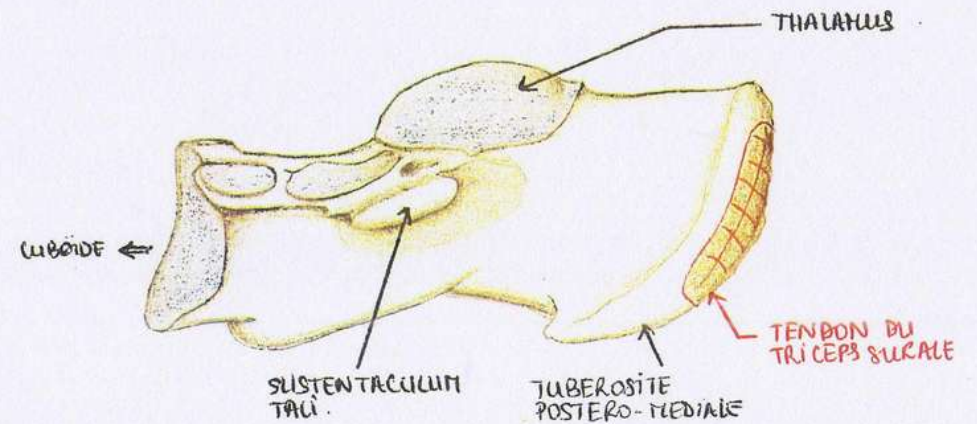


LE CALCANEUS

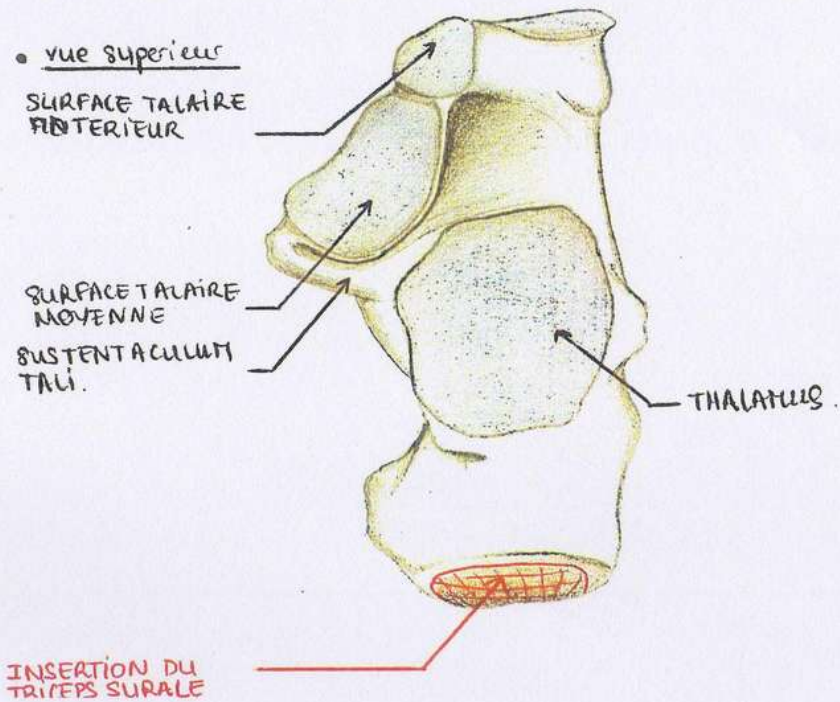
• vue latérale



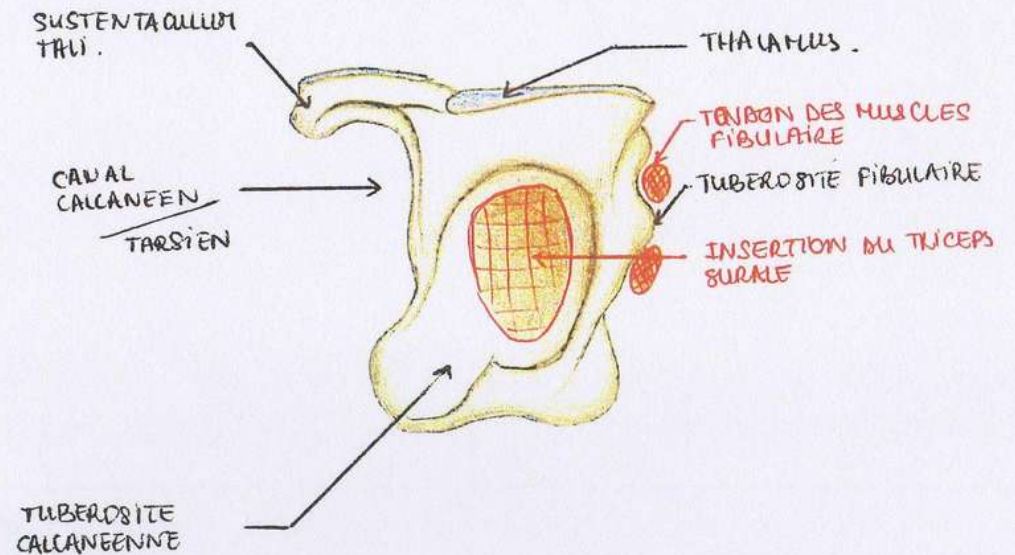
• vue médiale



• vue supérieur



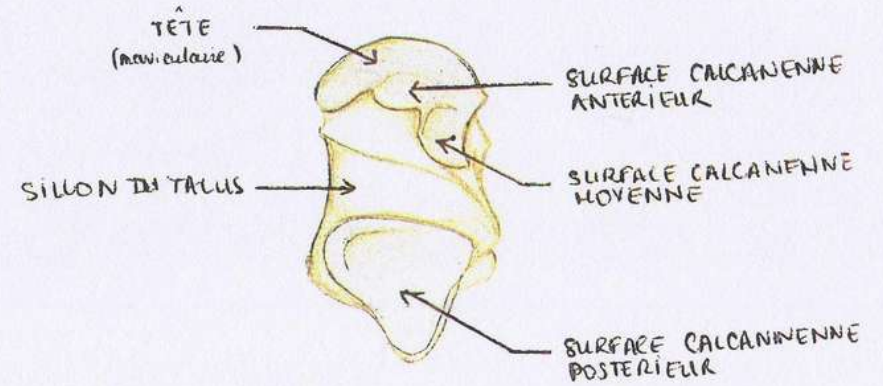
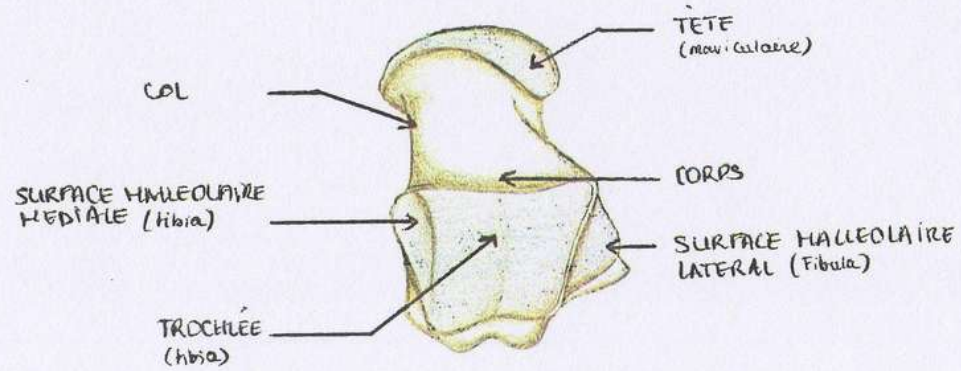
• vue postérieur



• vue supérieure

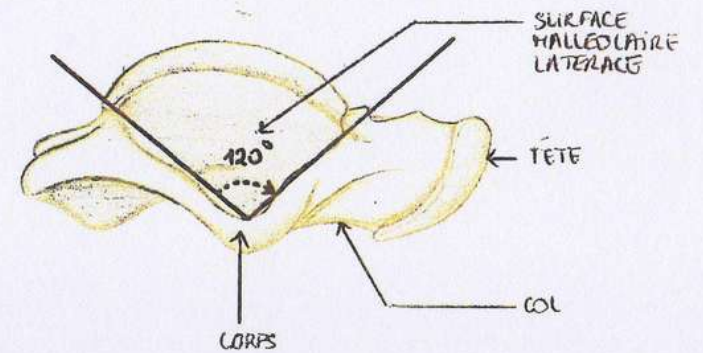
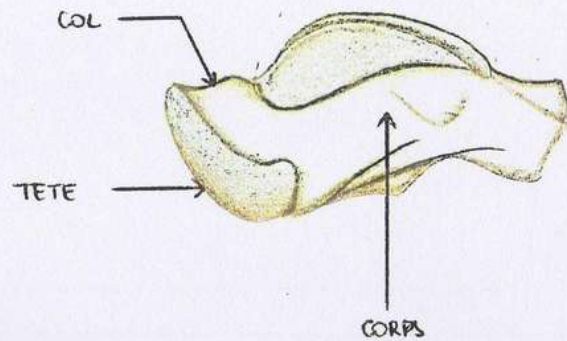
LE TALUS.

• vue inférieure



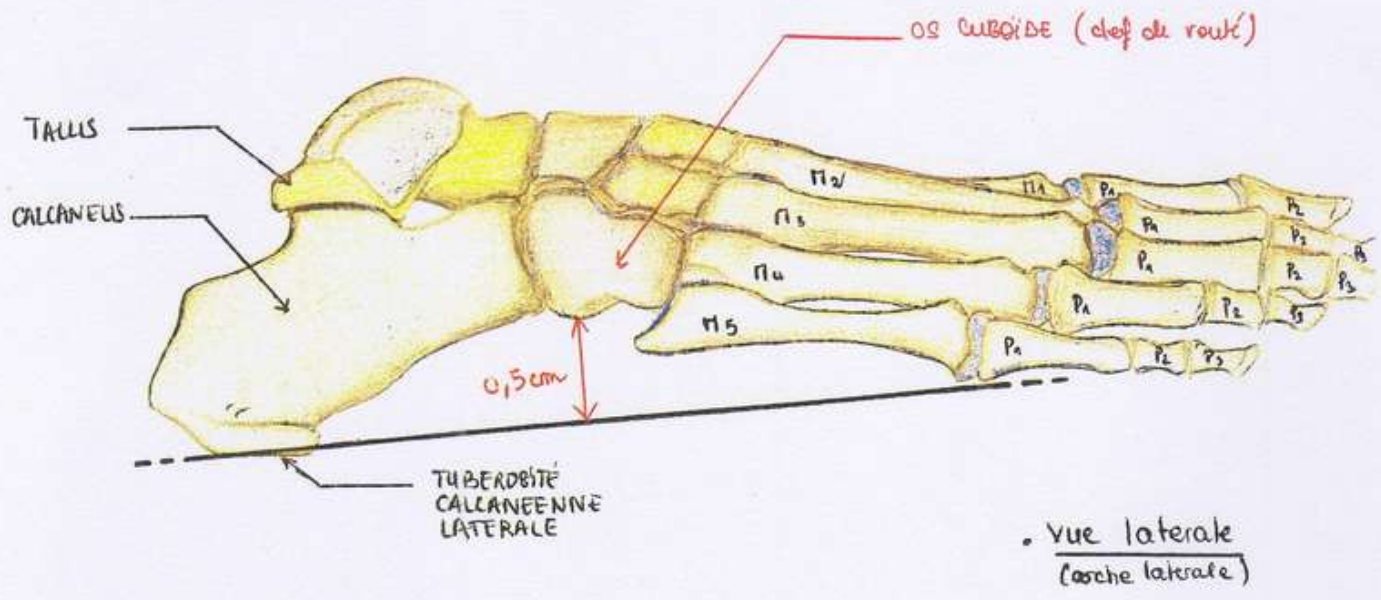
• vue mediale

• vue laterale

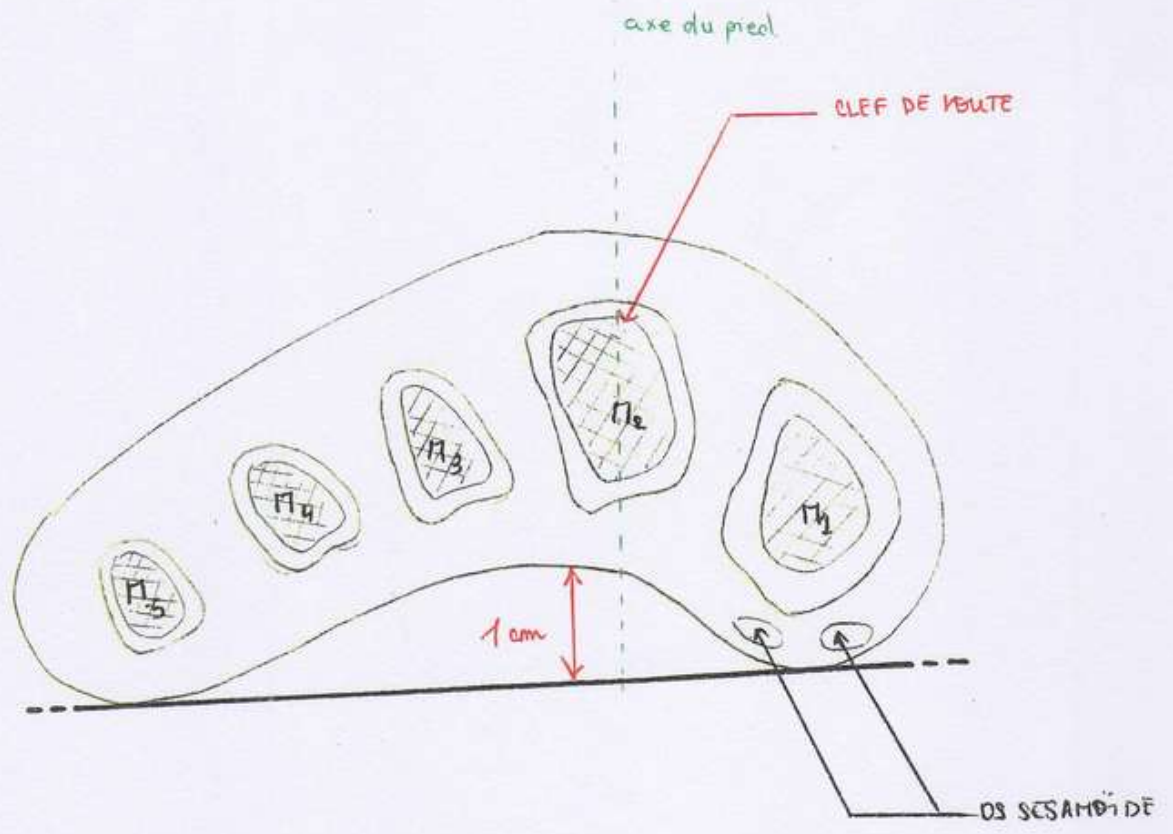


LE PIED

88

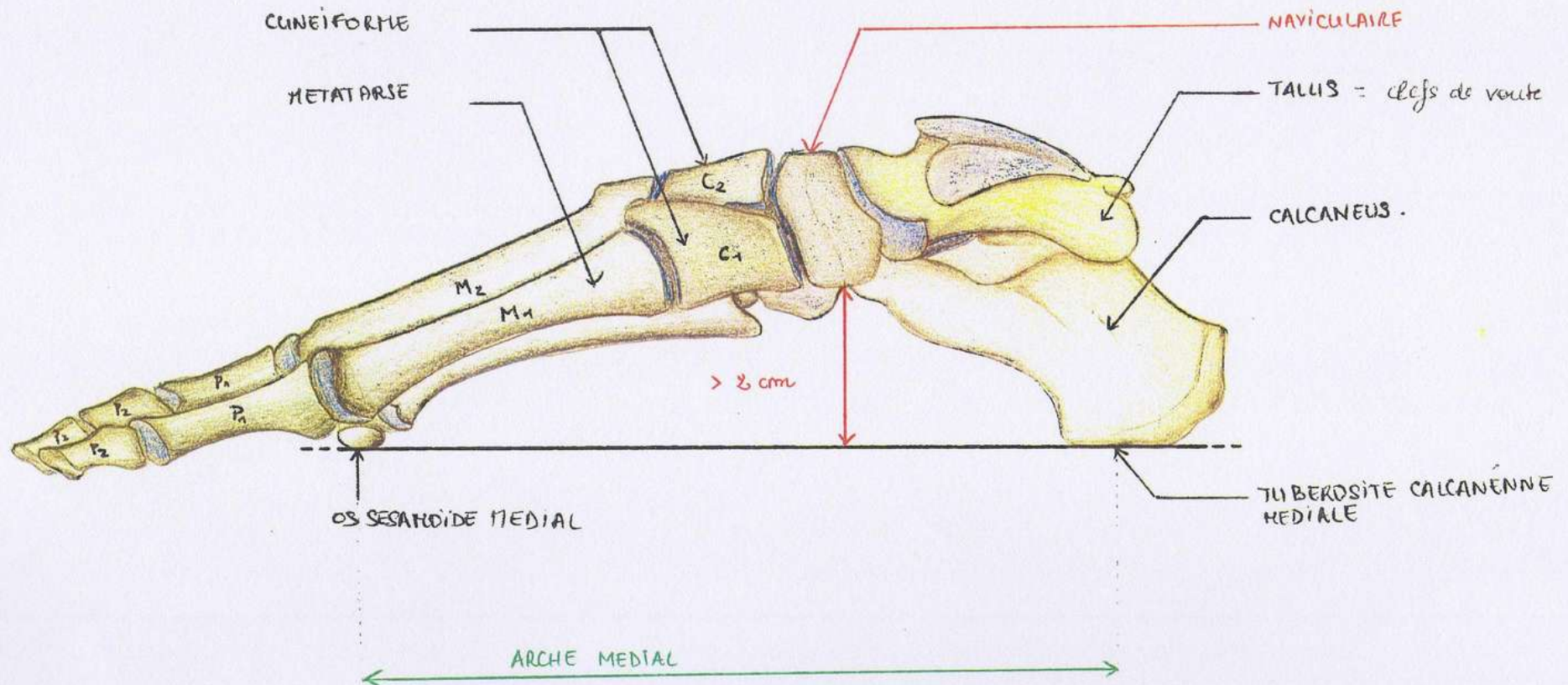


• vue latérale
(arche latérale)

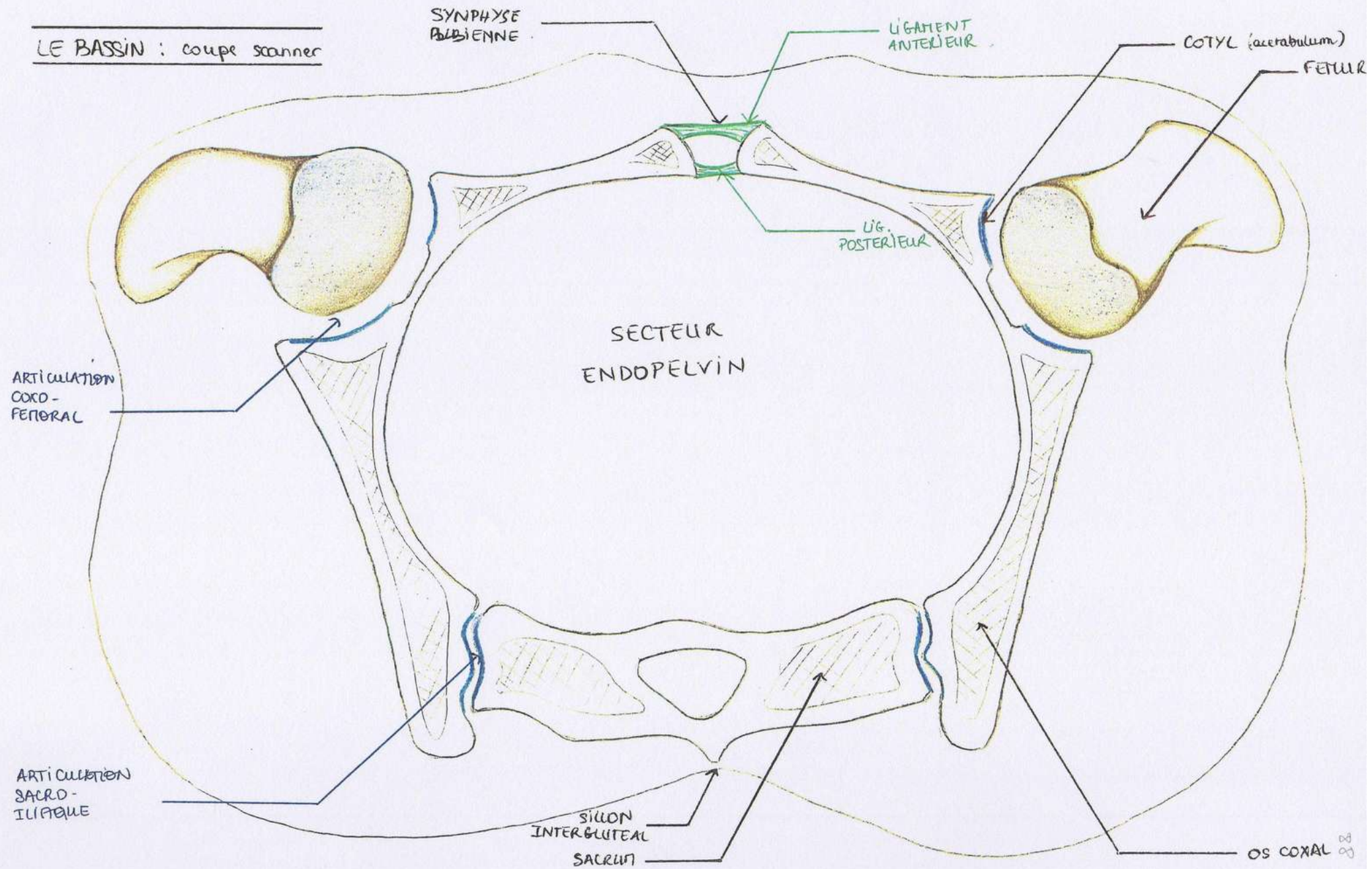


• Arche antérieure

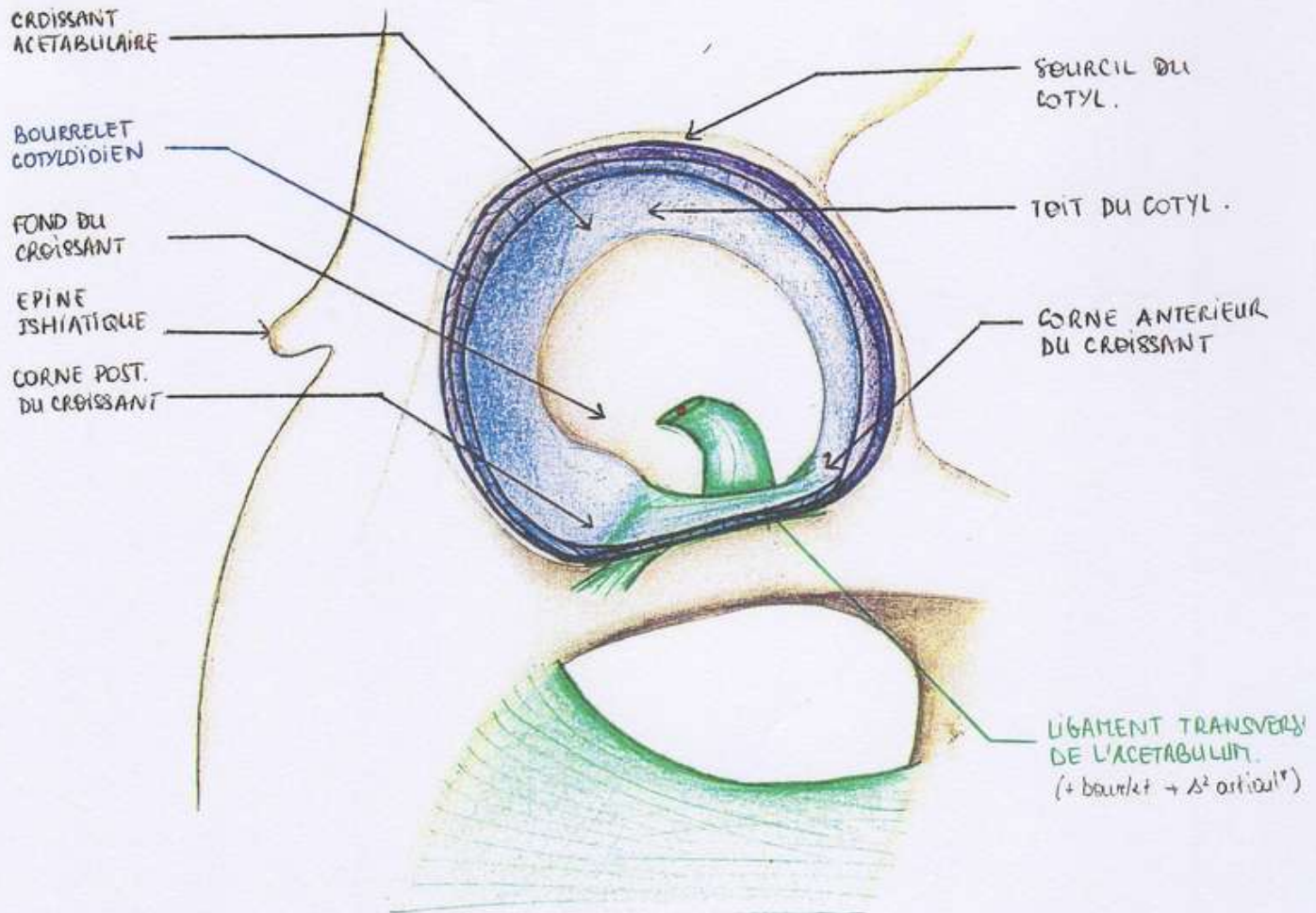
LE PIED : vue medial ★ ★ ★ ★ ★



LE BASSIN : coupe scanner

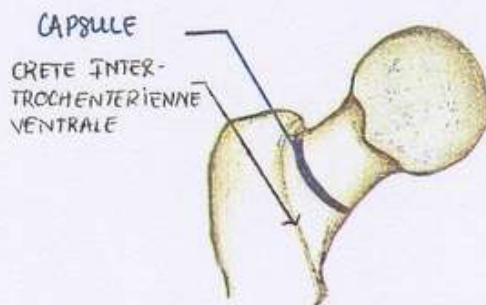


L'ACETABULUM

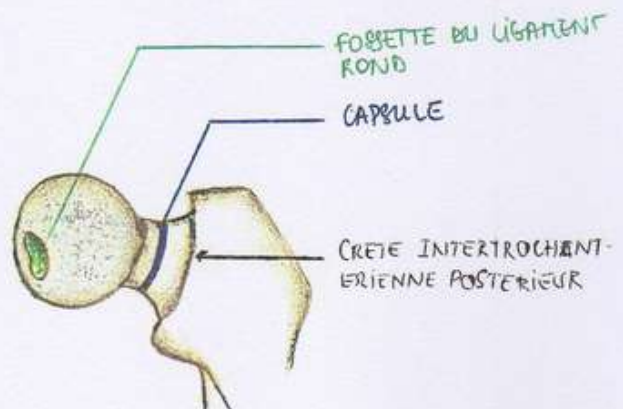


LA TÊTE FÉMORALE

• vue antérieure



• vue postérieure



CAPSULE DE L'ARTICULATION COXO - FEMORALE

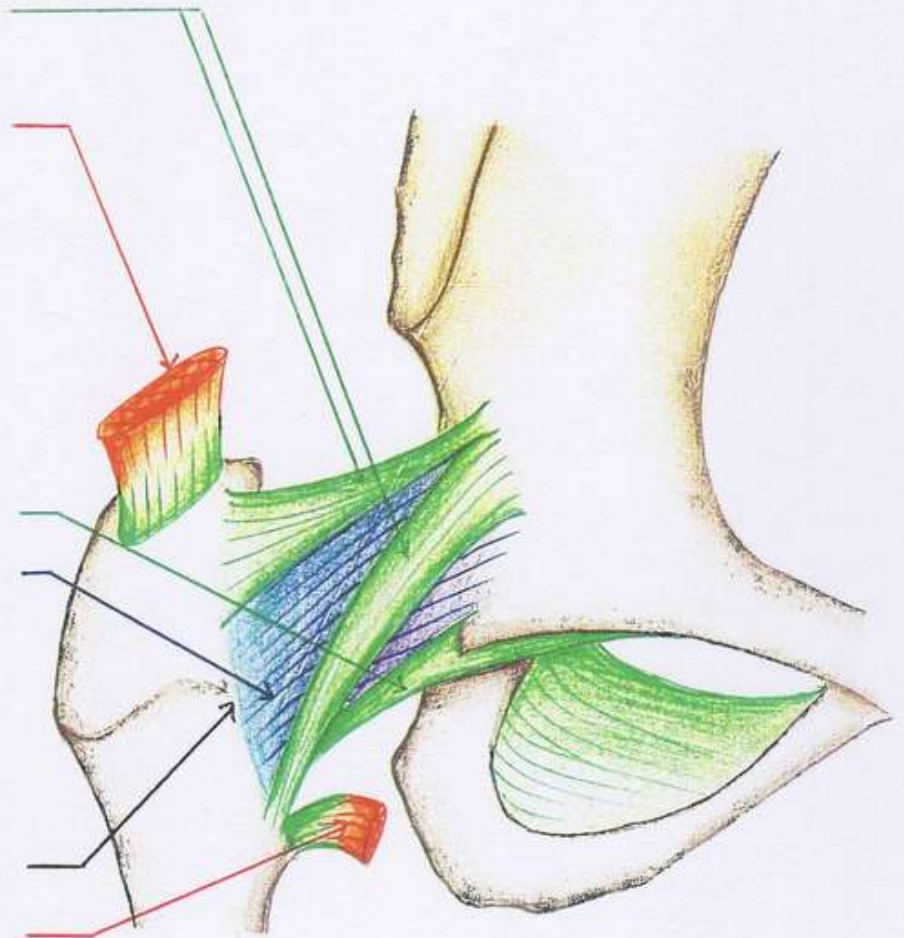
• vue antérieur

LIGAMENT ILIO - FEMORAL
(DE BERCEAU)

MUSCLE PETIT FESSIER,

LIGAMENT PUBO - FEMORAL
CAPSULE

LIGNE INTERTROCHANTERIQUE
ANTERIEUR,
MUSCLE Psoas - ILIAQUE

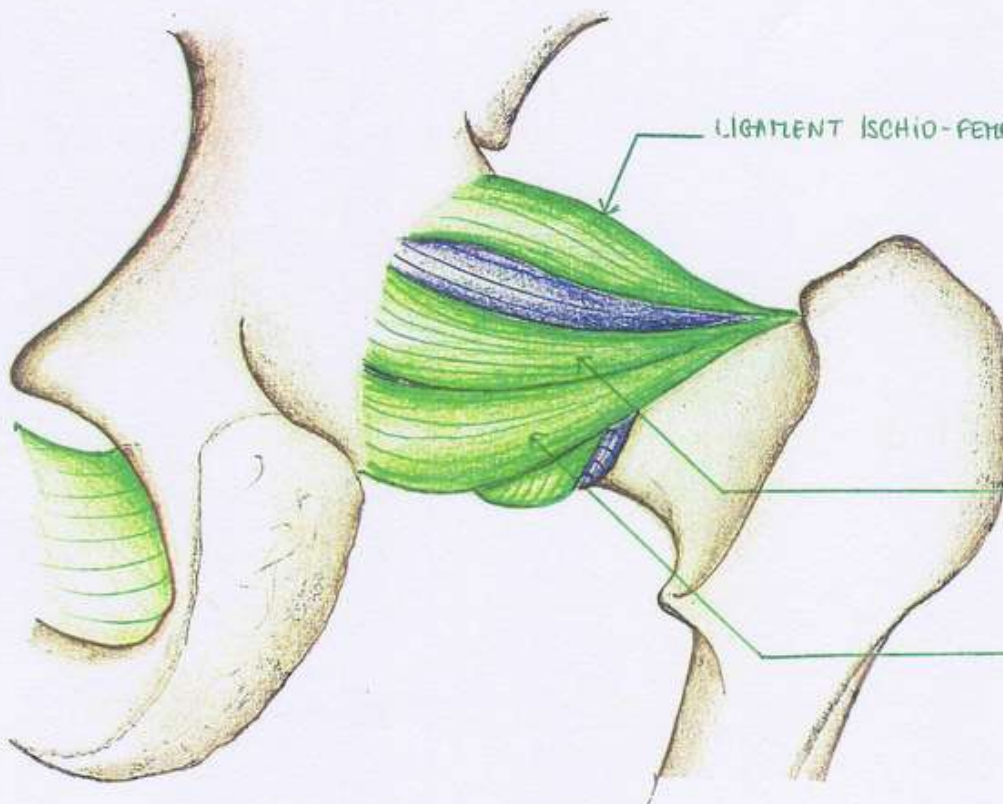


• vue postérieure

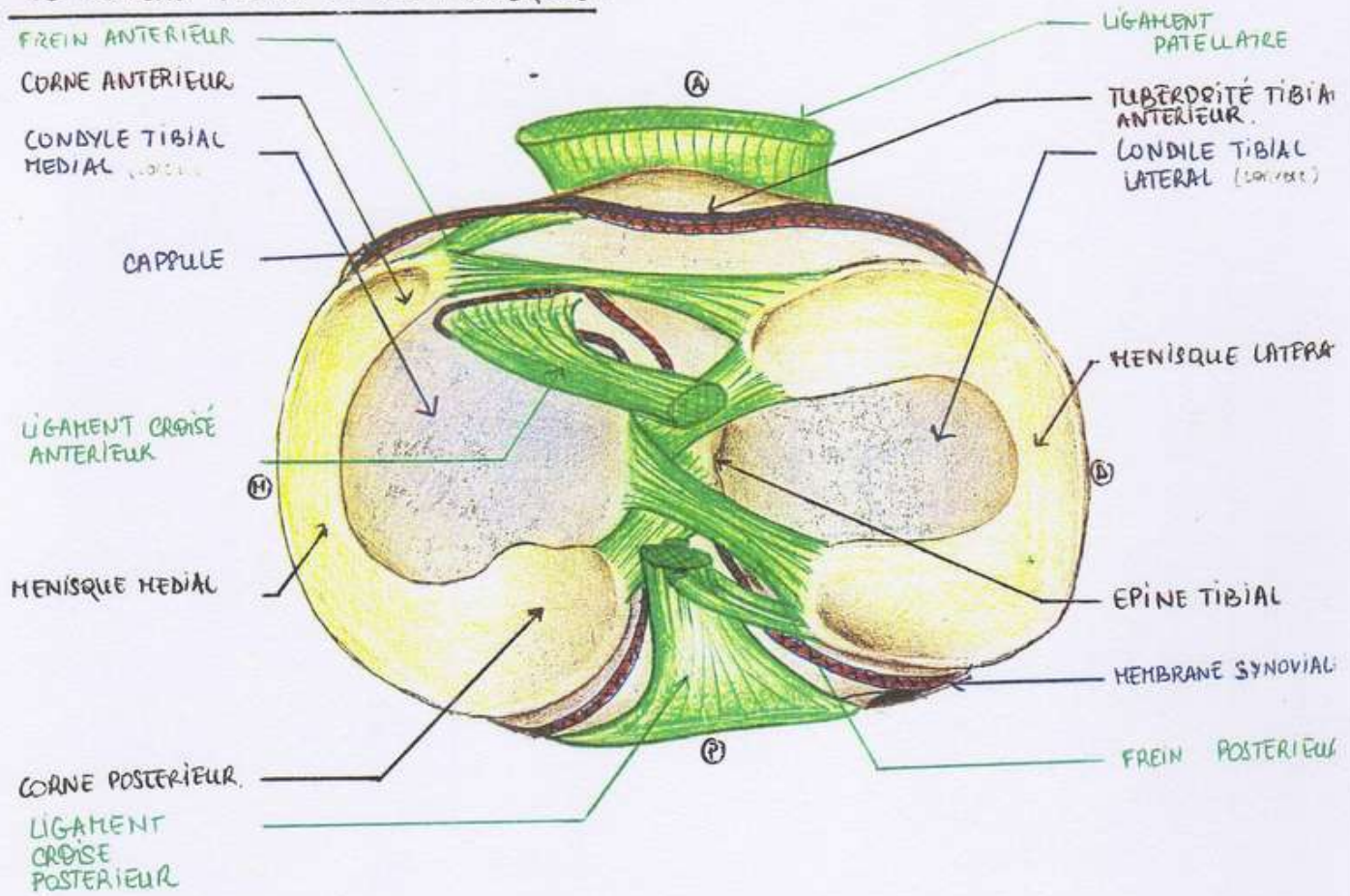
LIGAMENT ISCHIO - FEMORAL SUPERIEUR.

LIGAMENT ISCHIO -
FEMORAL INTERMEDIAIRE

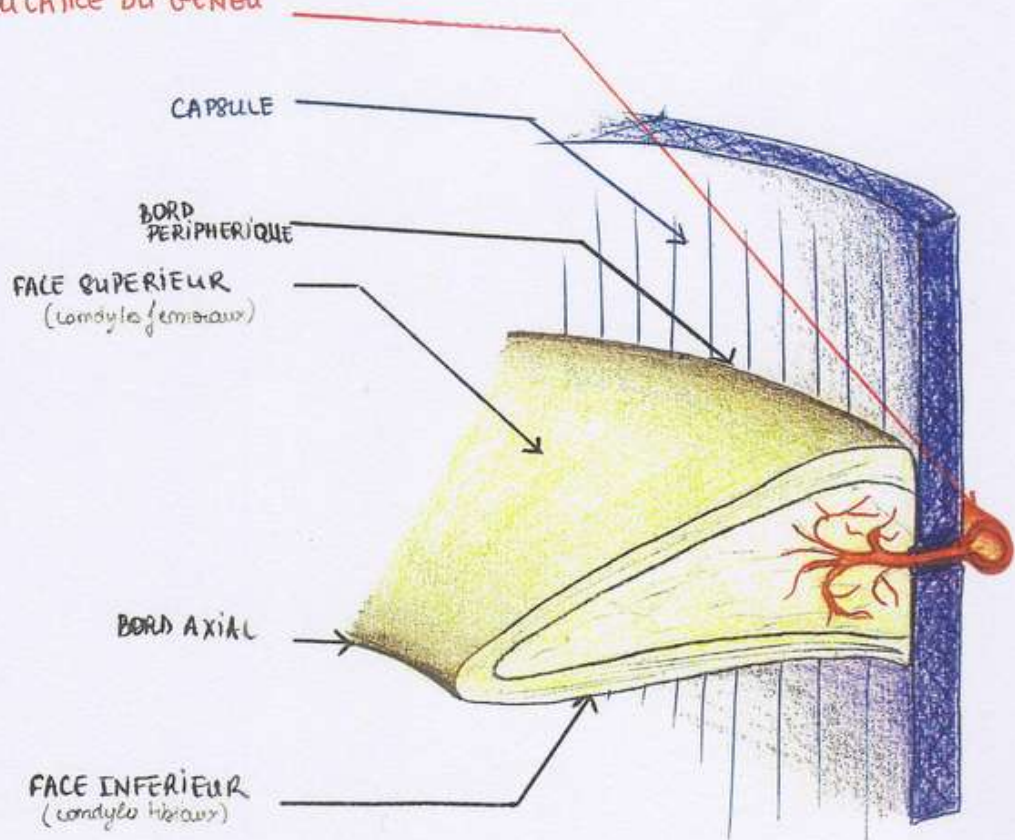
LIGAMENT ISCHIO -
FEMORAL INFÉRIEUR.



LE PLATEAU TIBIAL ET SES MENISQUES.



ARTERE DU CERCLE ARTERIEL PERIARTICULAIRE DU GENOU



CAPSULE ET LIGAMENT DU GENOU.

• vue antérieure.

TENDON DU MUSCLE QUADRICEPS.

EXPENSION DIRECT ET CRÈSE DES VASTES

CAPSULE

LIGAMENT COLLATERAL TIBIAL.

LIGAMENT COLLATERAL FIBULAIRE

LIGAMENT ANTERIEUR DE LA TÊTE DE LA FIBULA

MEMBRANE INTEROSSEUSE

TENDON PATELLAIRE

TUBEROSITE
TIBIAL ANTERIEUR

• vue postérieure.

TENDON DU
MUSCLE SEMI-MEMBRANEUX.

LIGAMENT
COLLATERAL
TIBIAL

TENDON
REFLECTE
DU SEMI-
MEMBRANEUX.

LIGAMENT COLLATERAL FIBULAIRE

TENDON RECURRENT DU SEMI-MEMBRANEUX
OU LIGAMENT POPLITE OBLIQUE

TENDON DIRECT DU SEMI-MEMBRANEUX

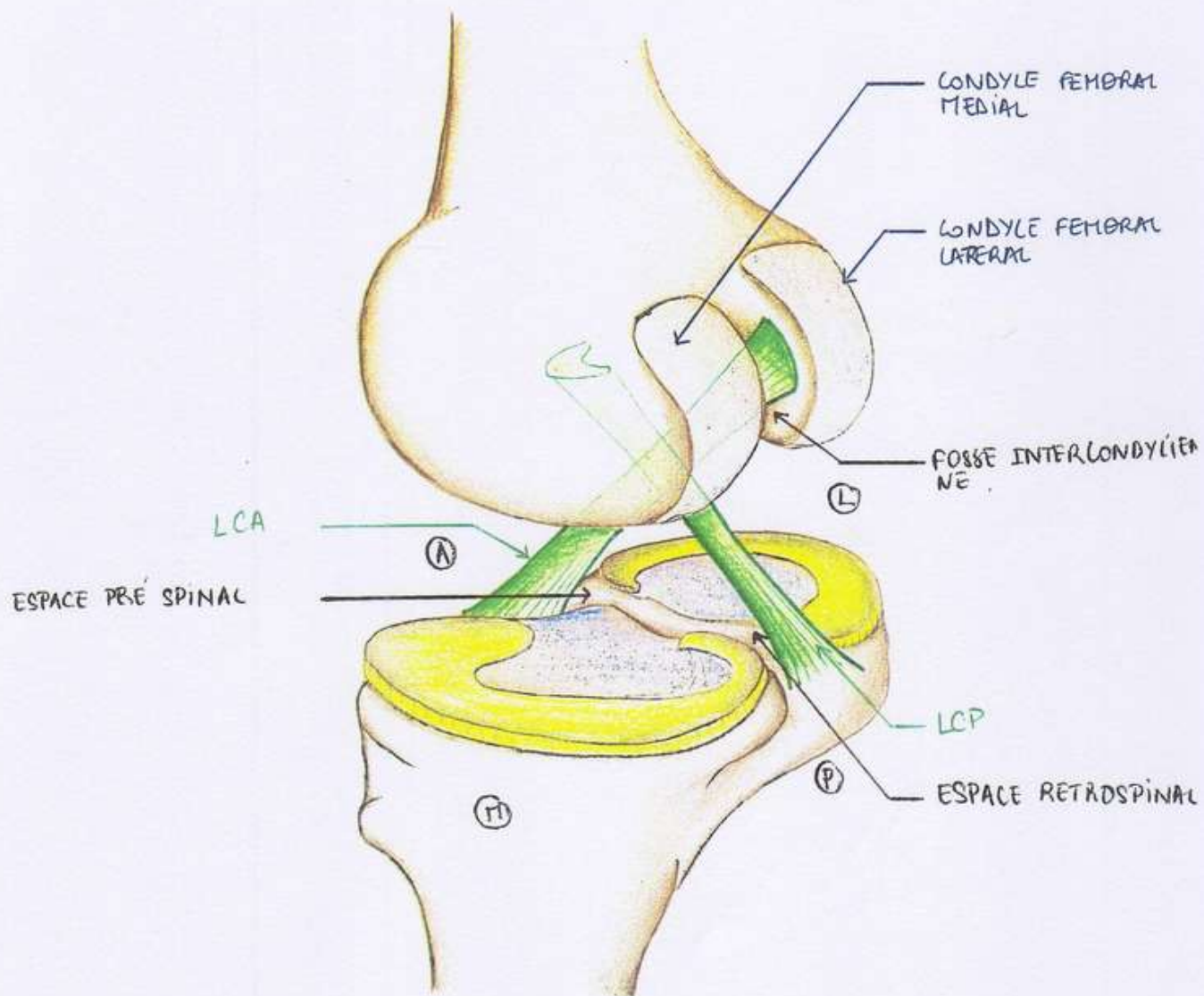
LIGAMENT POPLITE OBLIQUE

LIGAMENT POPLITE ARCHE

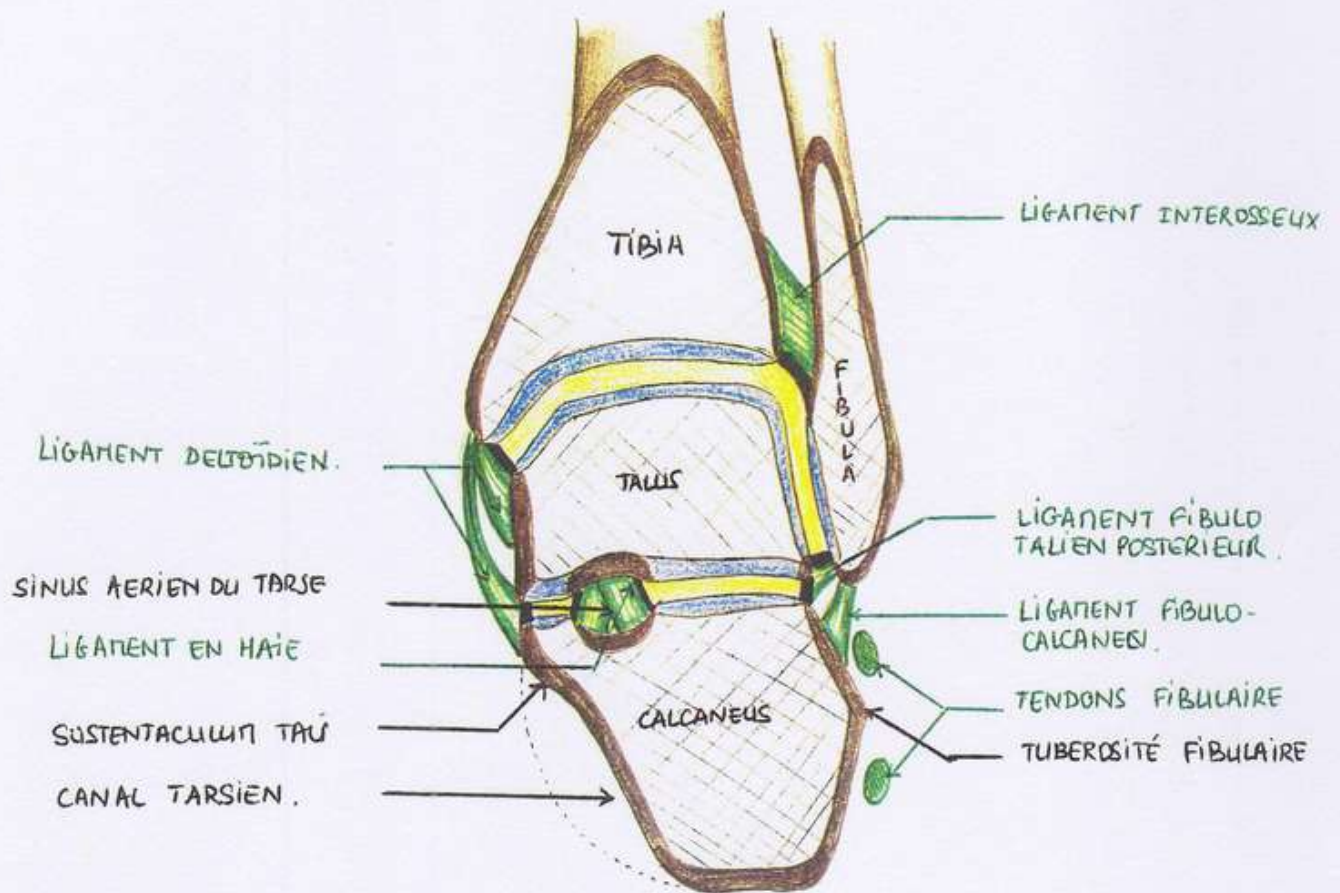
MUSCLE POPLITE

TENDON DU MUSCLE BICEPS CRURAL.

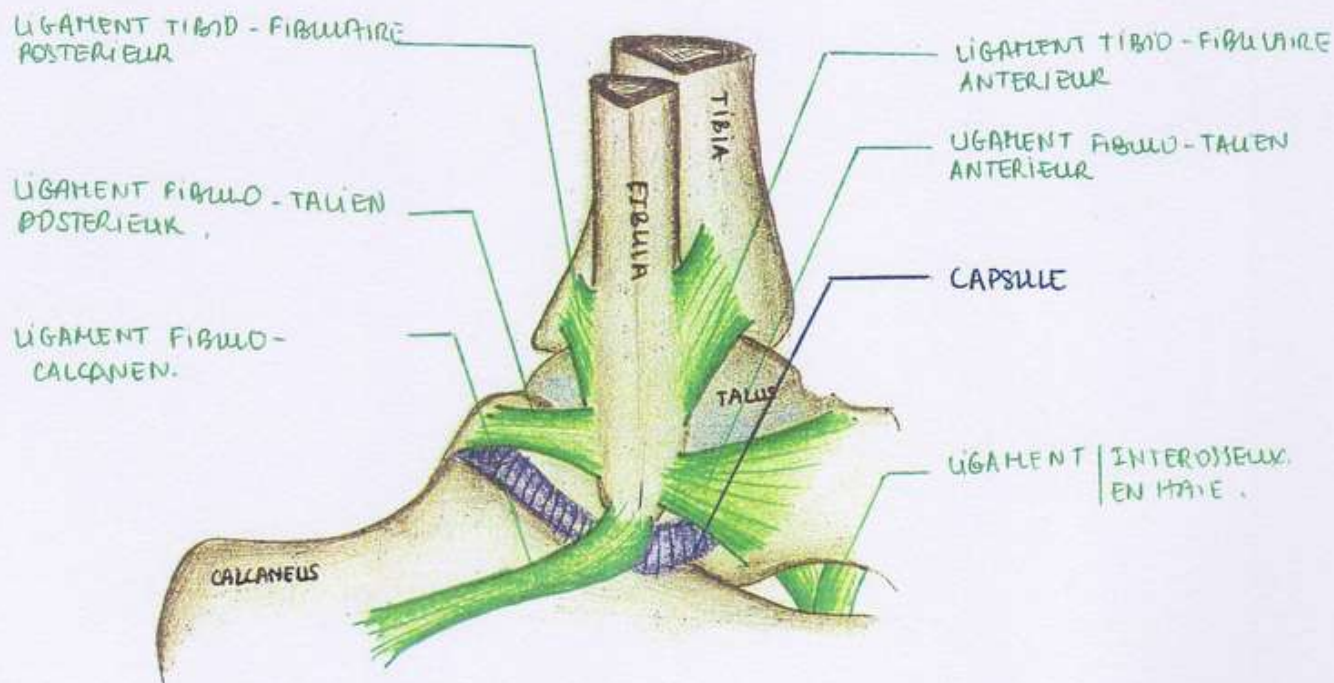
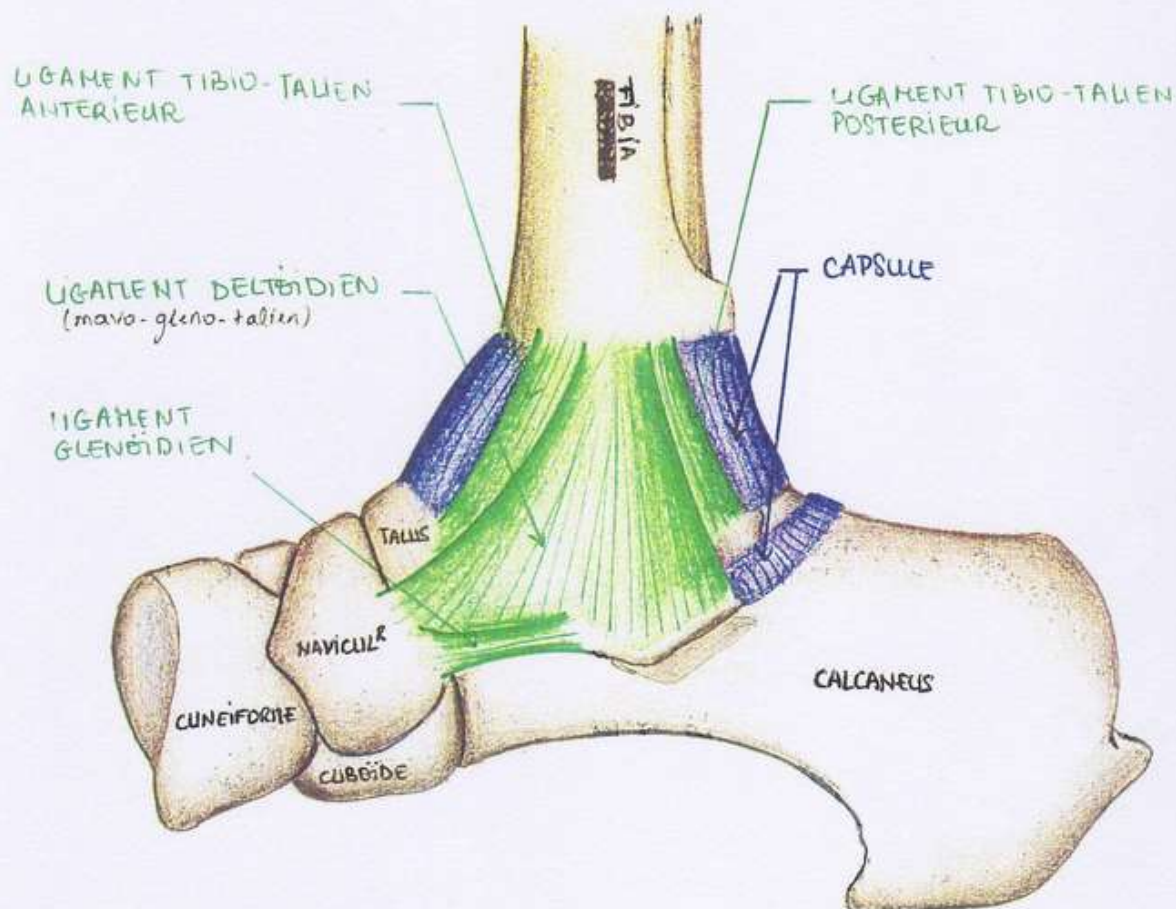
LES LIGAMENTS CROISÉS.



COUPE DE L'ARRIÈRE-PIED



LES LIGAMENTS COLLATÉRAUX



MUSCLE DE L'ÉPAULE

• VUE DORSAL

MUSCLE TRAPÈZE

MUSCLE DELTOÏDE

MUSCLE ÉLEVATEUR DE L'ÉPAULE

MUSCLE PETIT ROMBÔÏDE

MUSCLE SUS ÉPINÉUX.

CLAVICULE

ACROMION

ÉPINE.

MUSCLE SOUS ÉPINÉUX.

MUSCLE PETIT ROND.

MUSCLE GRAND ROND.

CHEF LONG DU TRICEPS.

MUSCLE GRAND ROMBÔÏDE

MUSCLE GRAND DORSAL.

superficiel

interne.

• VUE VENTRAL

CLAVICULE

ACROMION

MUSCLE DELTOÏDE

MUSCLE TRAPÈZE

MUSCLE STERNO-CLÉIDO-MASTOÏDIEN

SILLON DELTO-PECTORAL

MUSCLE SERRATUS

MUSCLE GRAND PECTORAL.

MUSCLE GRAND DORSAL.

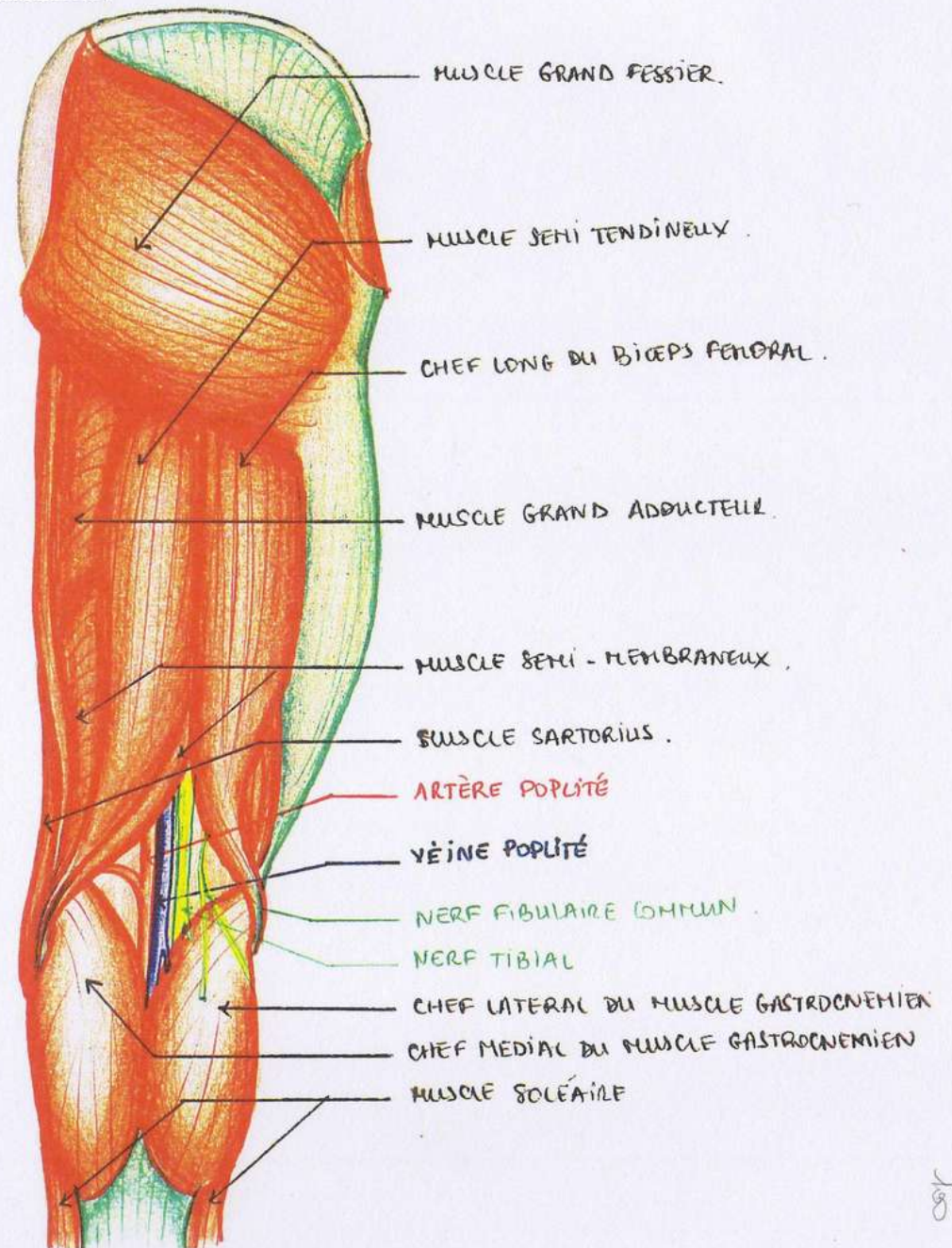
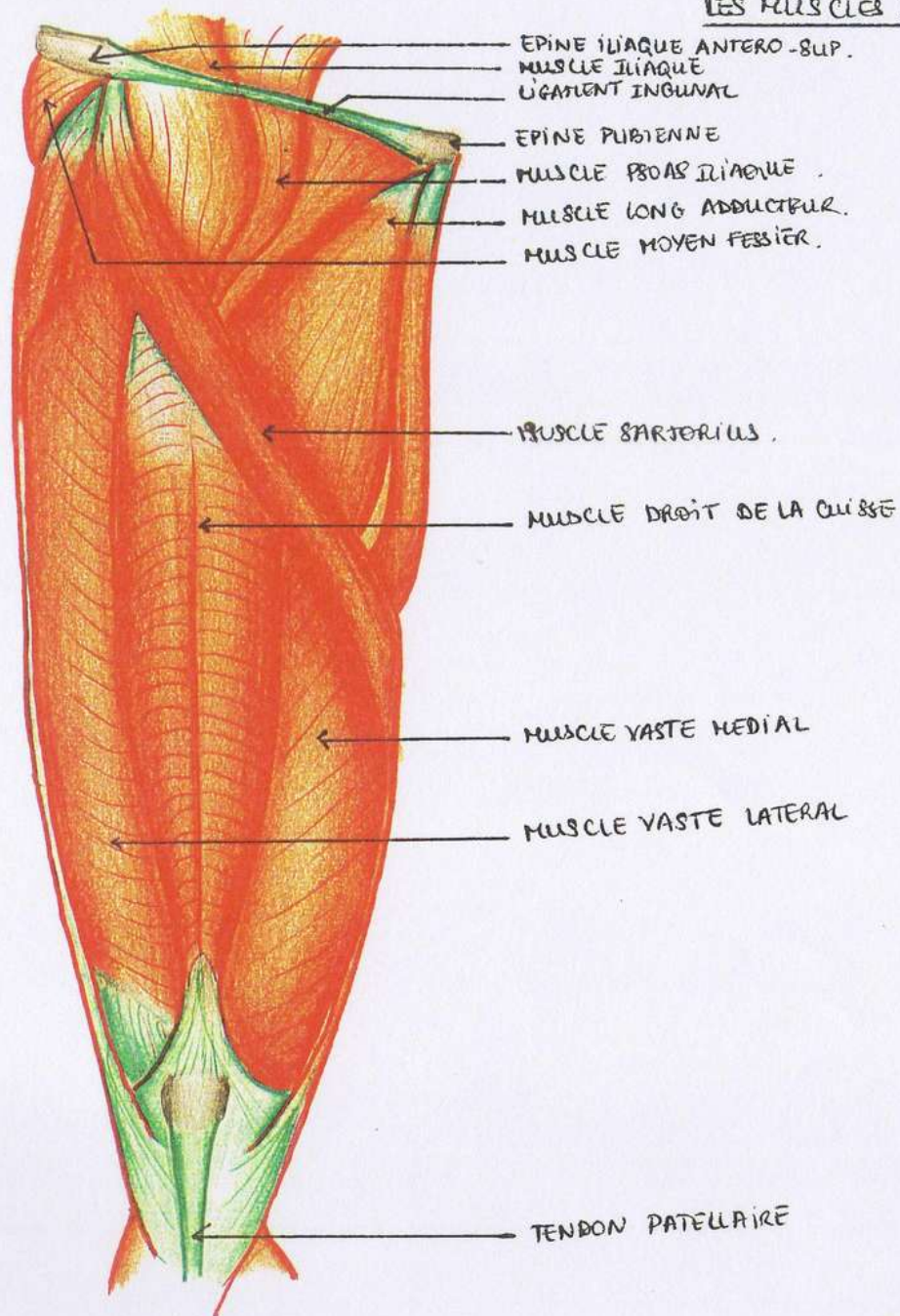
MUSCLE GRAND DROIT DE L'ABDOMEN

MUSCLE TRICEPS

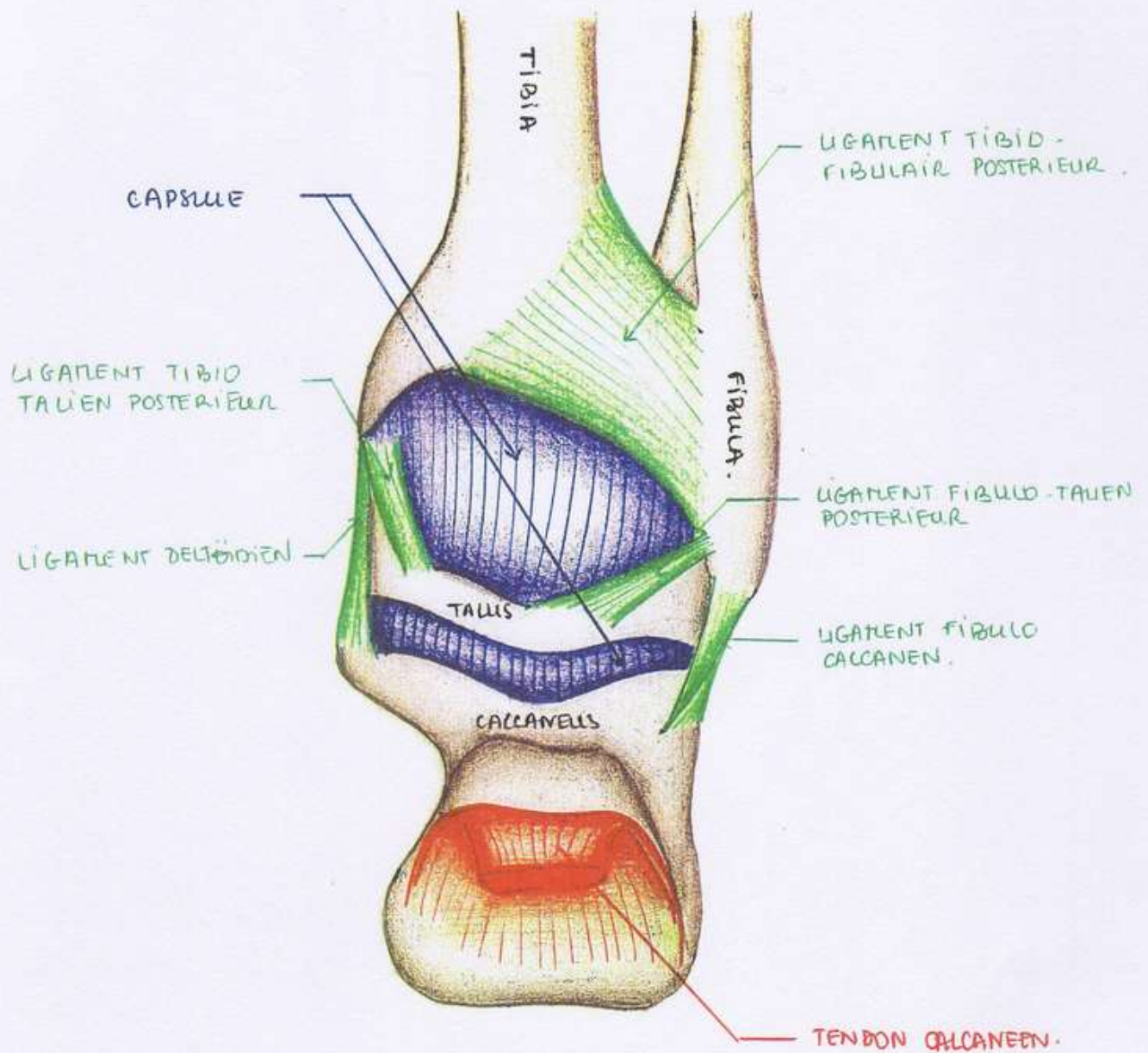
BICEPS (long)

BICEPS (court)

LES MUSCLES DE LA CUISSE



REGION DU COUP DE PIED.



MOUVEMENTS de la RADIO CARPIENNE

- MOUVEMENTS ESSENTIELS + MOUVEMENTS ACCESSOIRS

⇒ MOUVEMENT COMBINÉ de la RADIO CARPIENNE et la MEDIO CARPIENNE

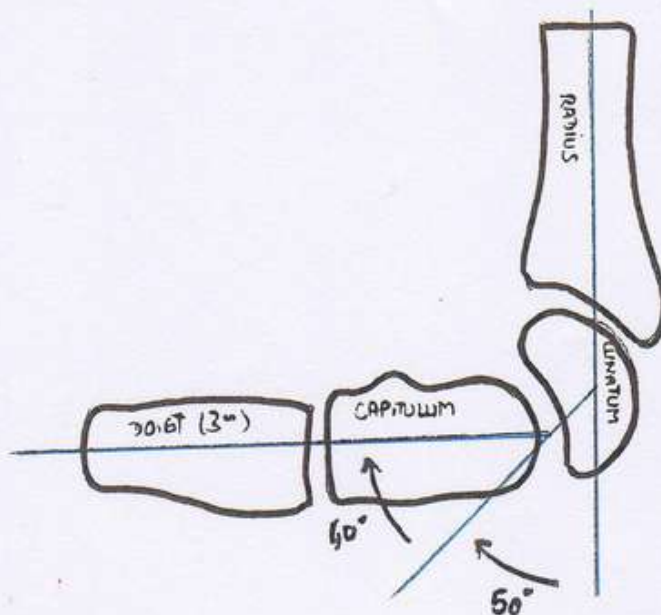
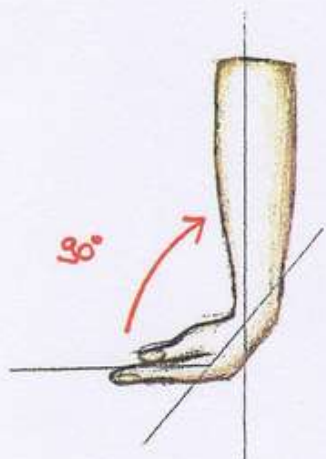
↗ ANTEBRACHIALE
↘ ANTEMETACARPIENNE

MOUVEMENTS ESSENTIELS

- FLEXION, EXTENSION

→ FLEXION

→ 90°



→ EXTENSION

→ 70°

