

# Skulder

## Undersøgelse og behandling "Sådan gør jeg"

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# Anatomi & biomekanik



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# Skulder



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# Anatomi & biomekanik



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# Anatomi & biomekanik



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# Anatomi & biomekanik



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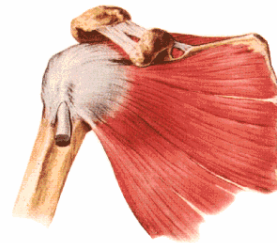
## Anatomi & biomekanik



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## Anatomi & biomekanik



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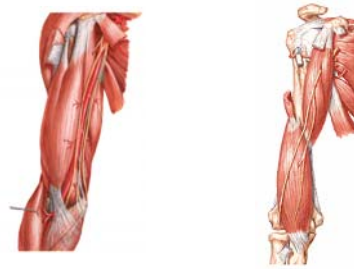
## Anatomi & biomekanik



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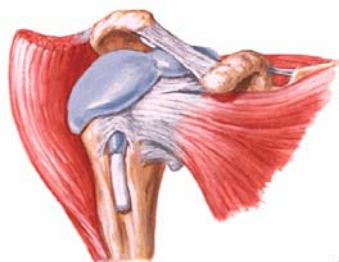
## Anatomi & biomekanik



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## Anatomi & biomekanik



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## Anatomi & biomekanik



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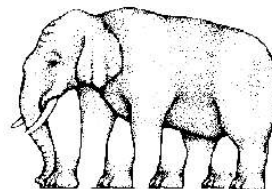
## Anatomi & biomekanik



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## Skader & syndromer



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## Skulder Undersøgelse.

Hele vejen rundt:

- Art. sternoclaviculare
- Art. acromioclaviculare
- Proc. coracoideus
- Art. glenohumerale
- Tuberculum minor et major
- Tend. bicipitis
- Acromion inkl. bagerste hjørne
- Spinae scapulae
- Margo medialis scapulae
- Angulus inf. scapulae.

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## Skader & syndromer

- Artikulære
- Ossøse
- Muskulære
- Tendinøse
- Bursae
- Ligamentære
- Kapsulære
- Neurogene

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## Skader & syndromer



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## Skader & syndromer

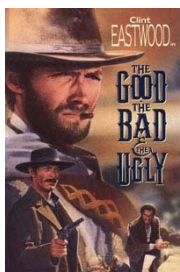


- Den farlige
- Den akutte
- .....

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## Skader & syndromer



### ■ Den farlige

- Infektion
- Neoplasi
- Systemsygdom

### ■ Den akutte

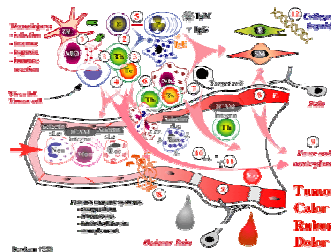
- Fraktur
- Luksation
- Kar-/nervelæsion

■ .....

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## Skader & syndromer



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## Skader & syndromer



### ■ Den farlige

- Infektion
- Neoplasi
- Systemsygdom

### ■ Den akutte

- Fraktur
- Luksation
- Kar-/nervelæsion

■ .....

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## Skader & syndromer

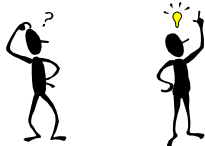
- Varme
  - Rødme
  - Smerte
  - Hævelse
  - Funktionstab
- (Morgen)stivhed

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## Skader & syndromer

Inflammation vs. degeneration



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## Skader & syndromer

Den Inflammatoriske smerte!!

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## Skader & syndromer



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## Skader & syndromer

### Artikulære (generelt)

#### Lokalisation

Aktiv vs passiv bevægelighed

Blokade

- Artikulære
- Ossøse
- Muskulære
- Tendinose
- Bursae
- Ligamenter
- Kapsulære
- Neurogene

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## Skader & syndromer



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## Skader & syndromer

### Ossøse

Fraktur

Tumor

- Artikulære
- Ossøse
- Muskulære
- Tendinose
- Bursae
- Ligamenter
- Kapsulære
- Neurogene

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## Skader & syndromer

### Artikulære

Subluksation / luksation

Labrum læsion

Artrose

Art. acromioclaviculare

Art. gleno-humerale

Artrit

Reumatoid artrit

Psoriasis

Mb. Tietze

- Artikulære
- Ossøse
- Muskulære
- Tendinose
- Bursae
- Ligamenter
- Kapsulære
- Neurogene

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## Skader & syndromer

### Muskulære (generelt)

#### Smerte

- Palpation
- Aktivering
- Udspænding

- Artikulære
- Ossøse
- Muskulære
- Tendinose
- Bursae
- Ligamenter
- Kapsulære
- Neurogene

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# Skader & syndromer

## Muskulære

### Triggerpunkter

Et hyperirriteret fokus i en muskel, som foruden lokal omhed kan være årsag til meddelt/forskudt smerte

- m. supraspinatus
- m. infraspinatus
- m. subscapularis
- m. teres minor
- m. levator

- Artikulære
- Ossøse
- Muskulære
- Tendinose
- Bursae
- Ligamenter
- Kapsulære
- Artikulære
- Neurogene

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# Skader & syndromer

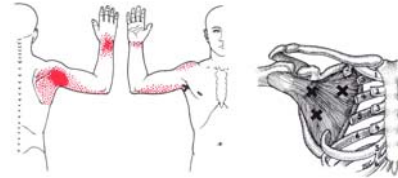


Figure 26.1. Referred pain pattern projected from two lateral trigger points and a more medial trigger area (X) in the right subscapularis muscle. The essential referred pain zone is solid red; the splinter zone is stippled red. Portions of the second through the fifth ribs have been removed for clarity.

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# Skader & syndromer

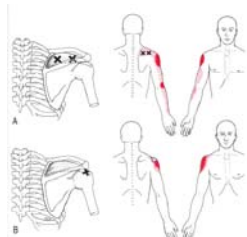


Figure 26.2. Referred pain patterns (essential and splinter zones) for the right trapezius muscle. The essential referred pain zone is solid red; the splinter zone is stippled red. Portions of the second through the fifth ribs have been removed for clarity. The lower X is the location of the trigger point.

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# Skader & syndromer

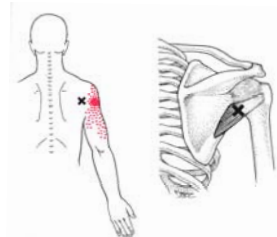


Figure 26.3. Referred pain pattern (essential zone solid red, splinter zone stippled red) of a trigger point (X) in the right trapezius muscle. The essential referred pain zone is solid red; the splinter zone is stippled red. Portions of the second through the fifth ribs have been removed for clarity.

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# Skader & syndromer

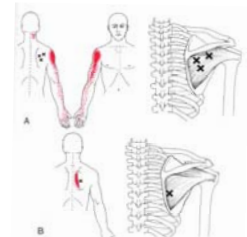


Figure 26.4. Consolidated referred pain pattern for trigger point regions (X) of the right trapezius muscle. The essential pain pattern is solid red, and the splinter pattern is stippled red. The upper X outlines 50% in the midportion of the muscle (when overworked). The lower X locates the much more dense trigger area (contracture commonly found near the origin of the muscle's scapular attachment, which also is embryologically secondary to fast band lesion associated with this 50%.

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# Skader & syndromer

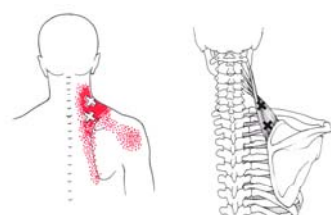
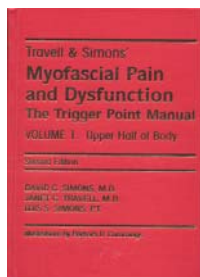


Figure 26.5. Consolidated referred pain pattern for trigger point regions (X) of the right trapezius muscle. The essential pain pattern is solid red, and the splinter pattern is stippled red. The upper X outlines 50% in the midportion of the muscle (when overworked). The lower X locates the much more dense trigger area (contracture commonly found near the origin of the muscle's scapular attachment, which also is embryologically secondary to fast band lesion associated with this 50%.

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# Skader & syndromer



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# Skader & syndromer

## Ligamentære

### Ligamentose / ruptur

- Lig. coracohumerale
- Lig. glenohumerale
- Lig. coracoclaviculare / -acromiale

- Artikulære
- Ossese
- Muskulære
- Tendinøse
- Bursae
- Ligamentære
- Kapsulære
- Neurogene

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# Skader & syndromer

## Tendinøse

### Tendinitis / ruptur

- Rotator cuff / supraspinatus
- Caput long. bicipitis

### Tendinitis calcarea

### Tendovaginitis

- Caput long. bicipitis

### Impingement syndrom

- Artikulære
- Ossese
- Muskulære
- Tendinøse
- Bursae
- Ligamentære
- Kapsulære
- Neurogene

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# Skader & syndromer

## Kapsulære

### Distorsion

### Ruptur

### Periartrosis humeroscapularis

- Artikulære
- Ossese
- Muskulære
- Tendinøse
- Bursae
- Ligamentære
- Kapsulære
- Neurogene

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# Skader & syndromer

## Bursae

### Bursitis

- Subacromialis
- Subdeltoidea

### Bursitis calcarea

- Artikulære
- Ossese
- Muskulære
- Tendinøse
- Bursae
- Ligamentære
- Kapsulære
- Neurogene

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# Skader & syndromer

## Neurogene

### Cervical rodaffektion

### Perifer nervekompression

- Scaleneus ant.
- Pectoralis minor
- Costa cervicalis

- Artikulære
- Ossese
- Muskulære
- Tendinøse
- Bursae
- Ligamentære
- Kapsulære
- Neurogene

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# Ultralydscanning



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# Ultralydscanning



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# Ultralydscanning



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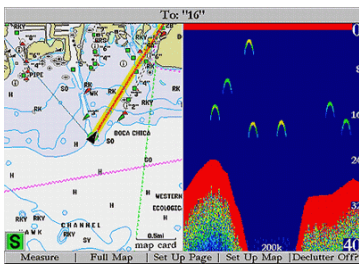
# Ultralydscanning



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# Ultralydscanning



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# Ultralydscanning



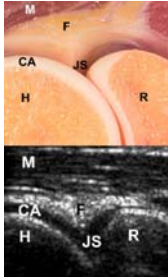
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# Ultralydscanning

Strukturer



- Sener og ledbånd
- Muskler
- Nerver
- Knogler
- Underhud (fedt)
- Led

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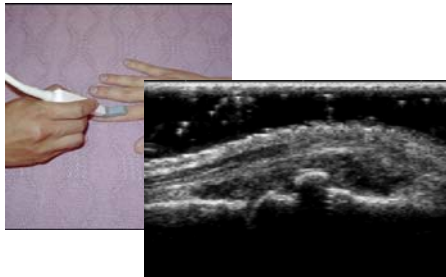


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# Ultralydscanning

Dynamik



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# Ultralydscanning



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