

足の診かた ver4-o, 2021.5
西伊豆健育会病院 仲田和正

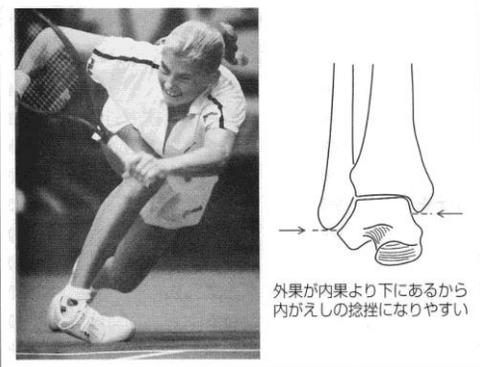
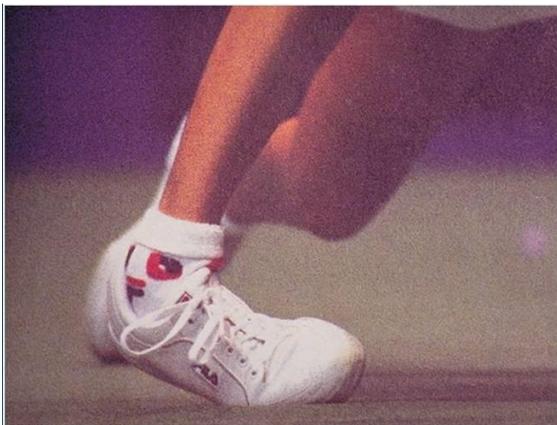
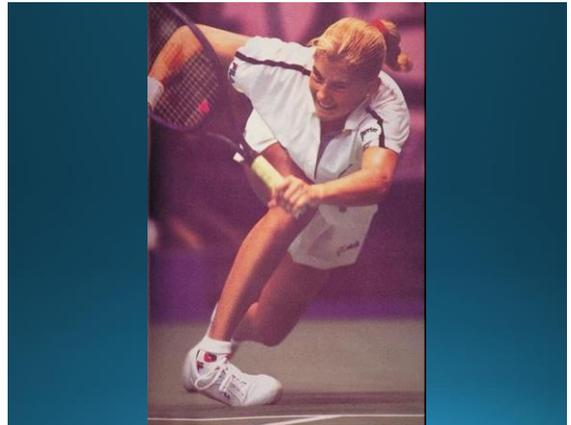


図1 内反捻挫の瞬間と足関節の仕組み

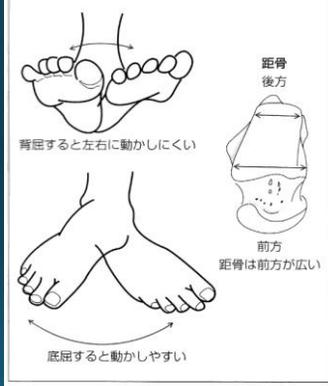
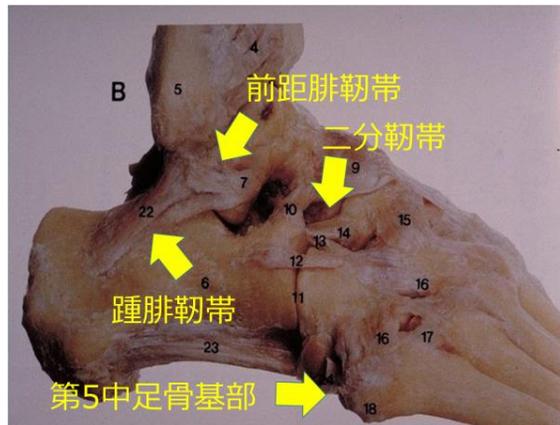
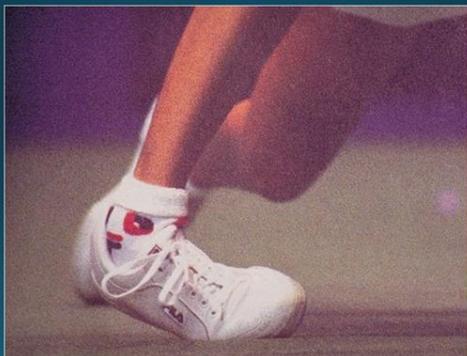
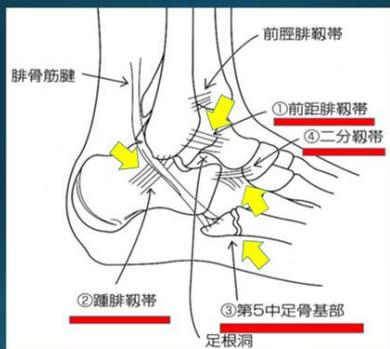


図2 足関節の動きと距骨

捻挫で外側の靭帯が切れやすい



捻挫は4個所の圧痛を確認



前距腓靭帯

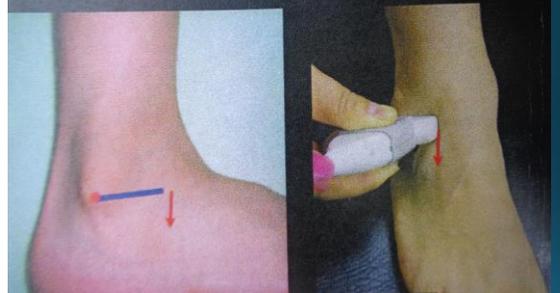


プローブの位置



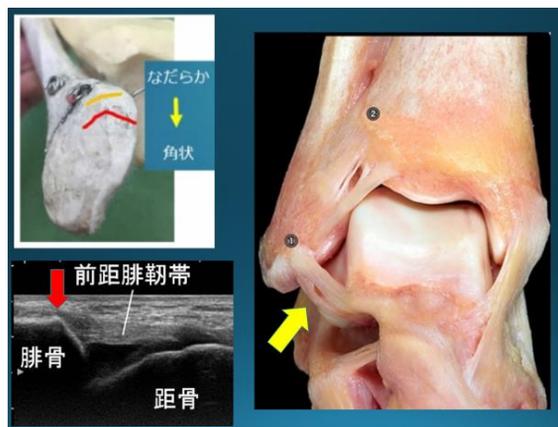
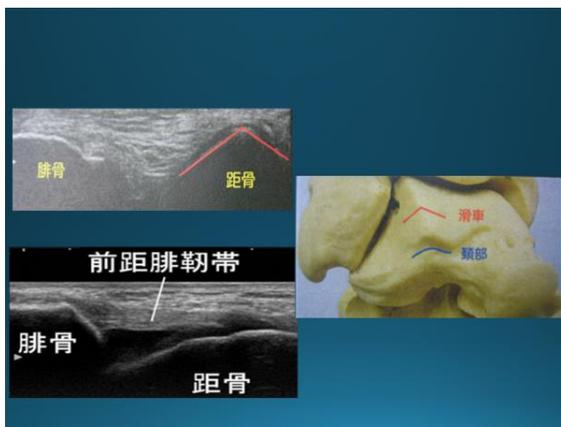
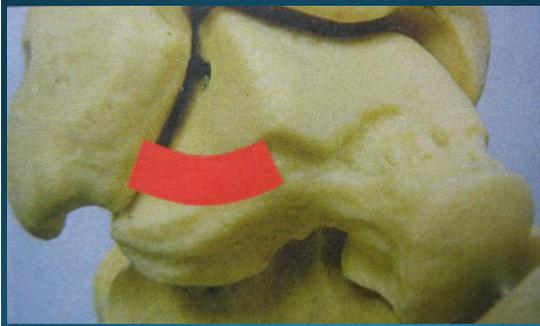
腓骨前下方斜面の遠位1/2に前方から！

距骨側を動かす

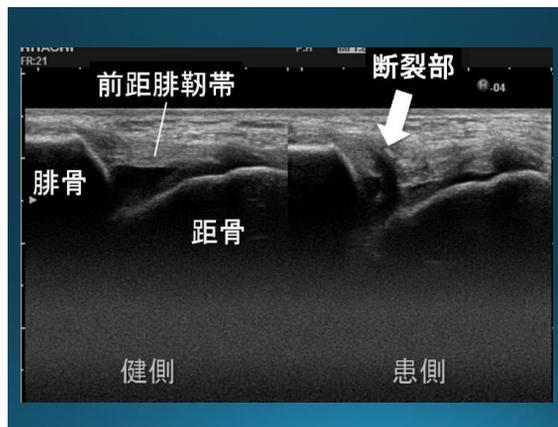
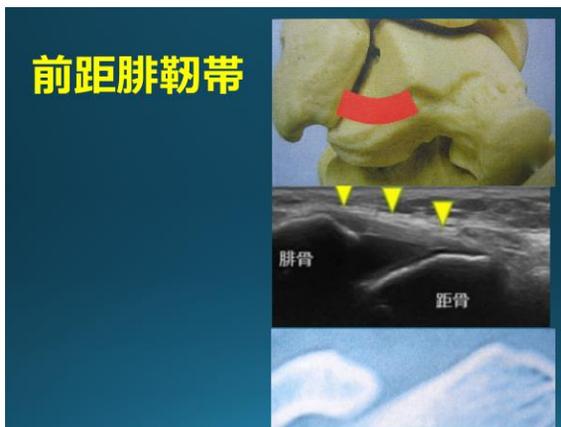


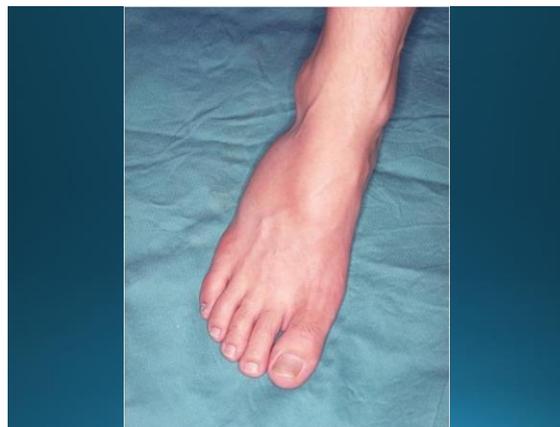
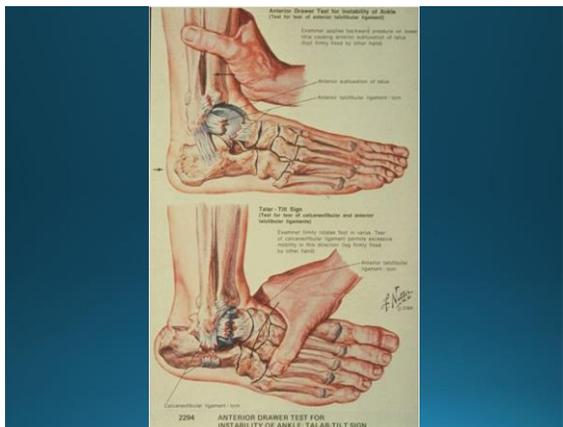
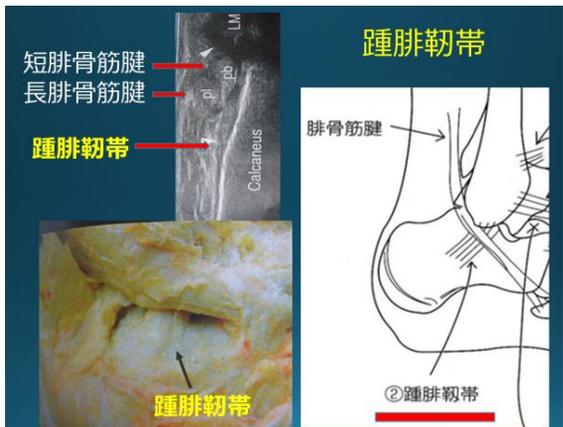
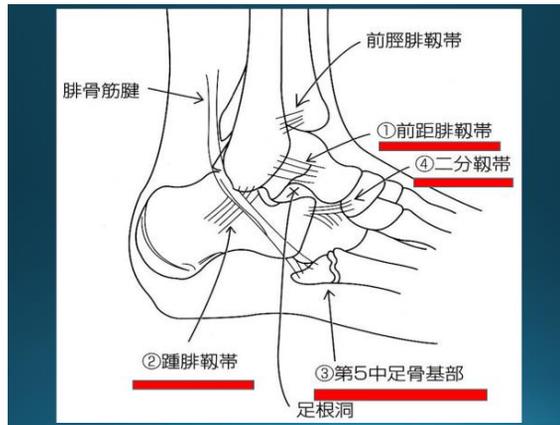
足底側に動かす！

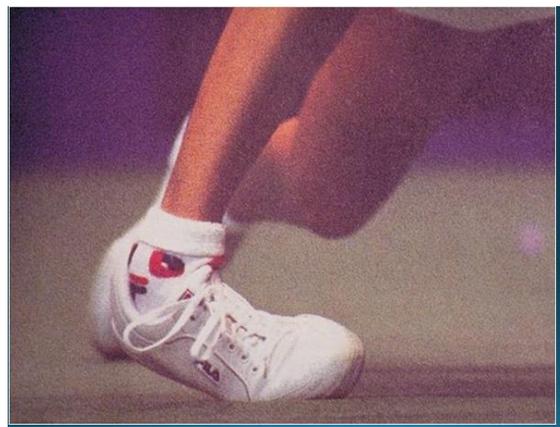
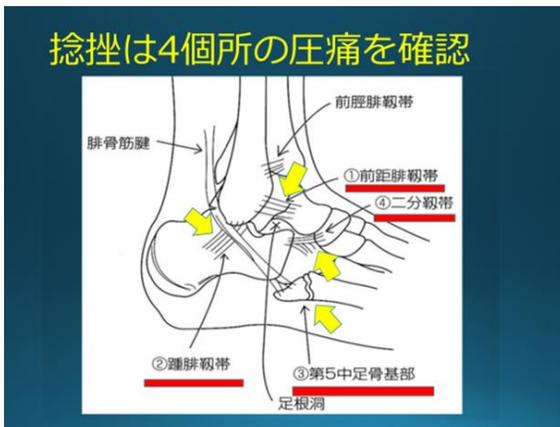
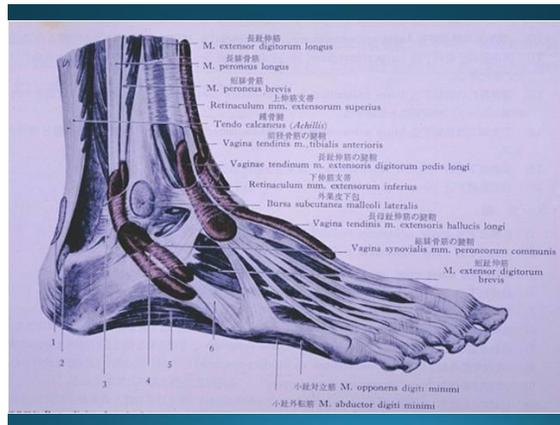
前距腓靱帯の位置



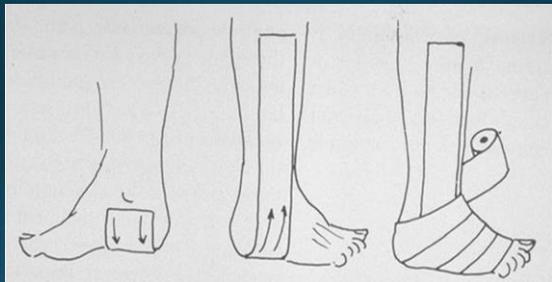
前距腓靱帯







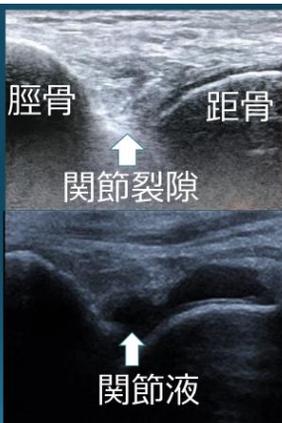
テーピング：内返しにならぬように



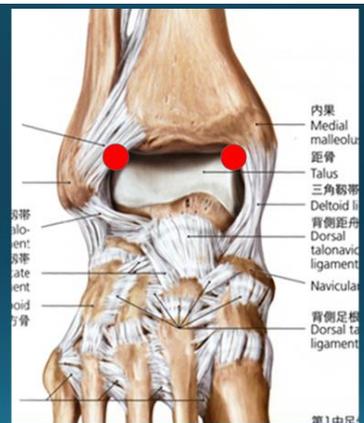
Tear drop sign



足関節液



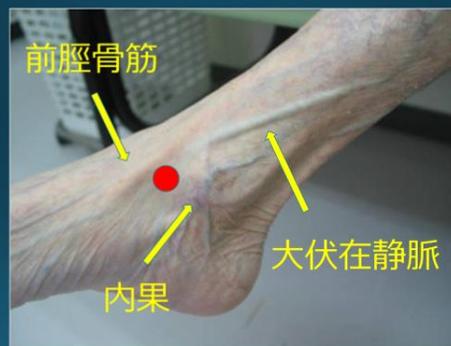
穿刺位置



関節穿刺の場所



足関節穿刺はnotch of Hartyに





運慶・快慶 金剛力士像



天の原ふりさけみれば春日なる
三笠の山にいでし月かも

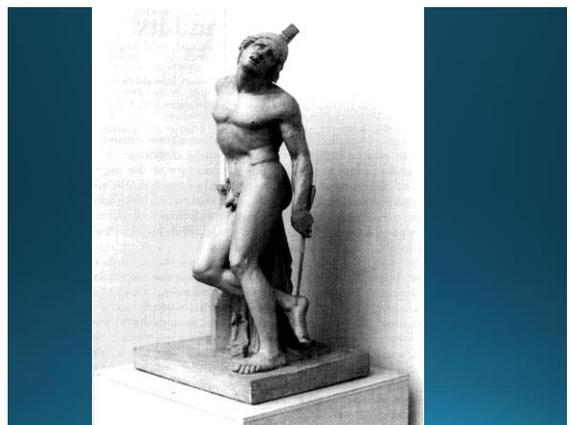
阿倍仲麻呂

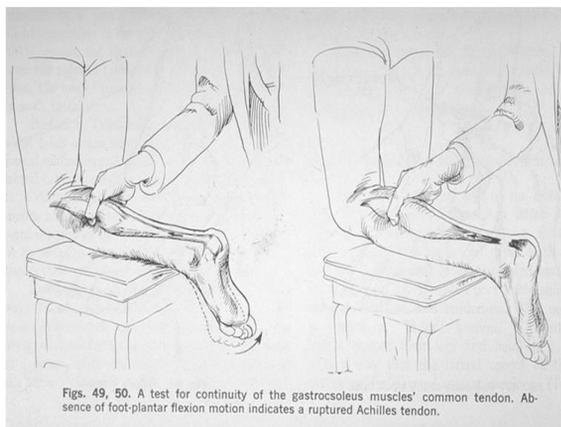
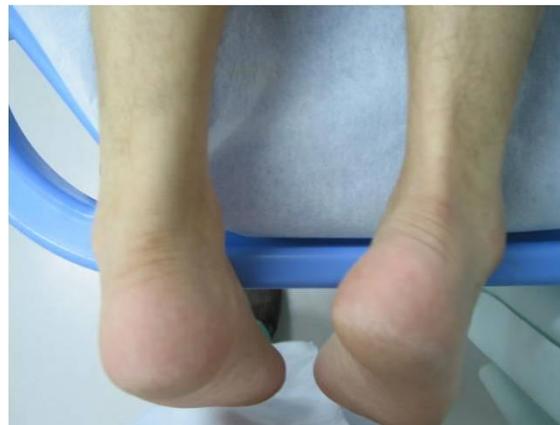
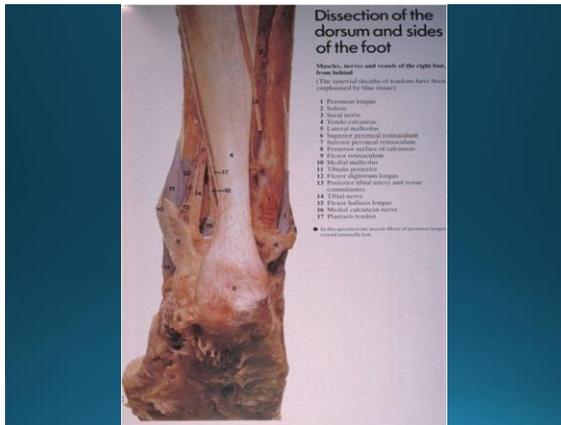


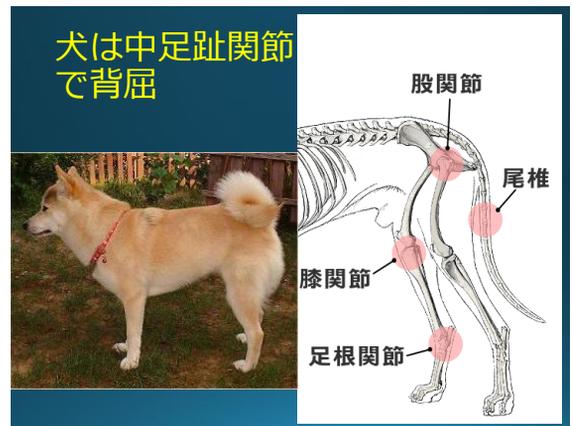
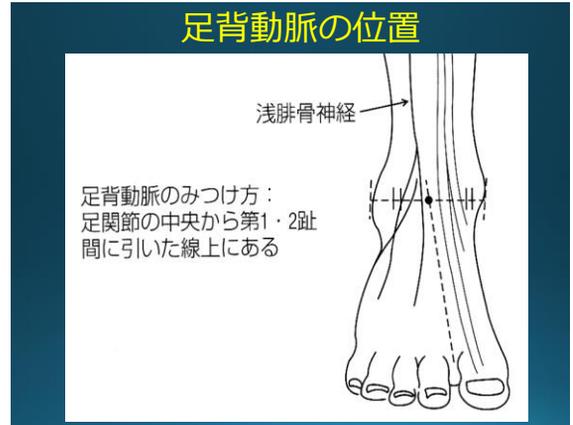
長安(西安)阿房宮



兵馬俑の靴底







熊はヒトと同じ立ち方



登別クマ牧場



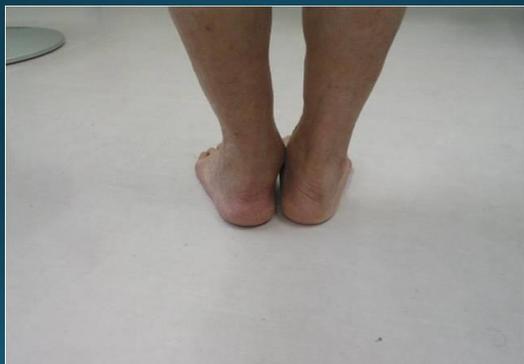
足には縦アーチと横アーチあり



扁平足 (Pes planus)

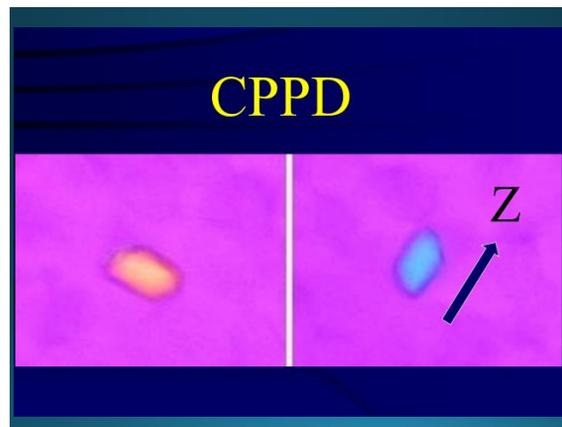
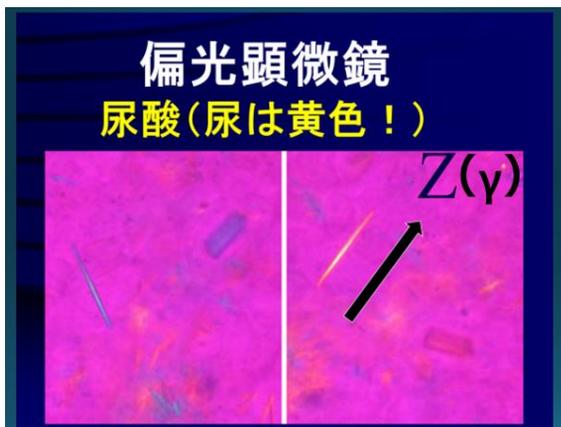


Too-many-toes sign

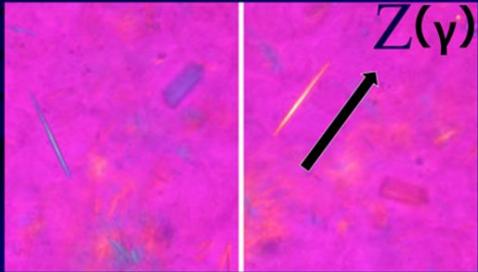


横アーチ崩れ母趾内転筋で基節骨外反





偏光顕微鏡
尿酸(尿は黄色!)



ご清聴ありがとうございました

