

なぜ可動域などのチェックが必要か？

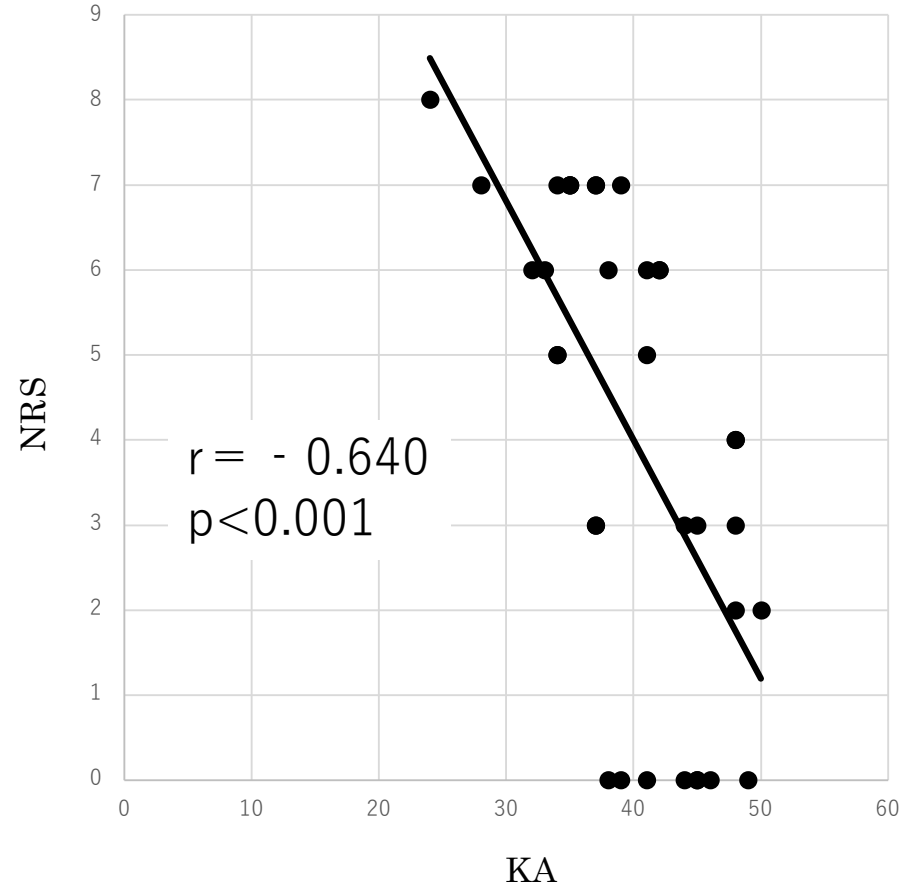
一部の関節の機能障害は代償動作から、他の関節に過度な負担をかけることになり、それが姿勢制御に影響する。その結果、運動中の動き(movement)に影響を与え、痛みや怪我に結びつく。

In biomechanical studies, one joint mobility restriction might lead to excessive mobility at another joint, and postural control deficits might result in undesirable movement. For example, undesirable movement involving joint mobility restrictions and postural control deficits leads to increased pain or injury incidence .”

- Sahrman S. Movement system impairment syndromes of the extremities, cervical and thoracic spines. Elsevier Health Sciences, 2010.
- Panjabi MM. The stabilizing system of the spine. Part I. Function, dysfunction, adaptation, and enhancement. J Spinal Disord. 1992 Dec;5(4):383-9; discussion 397. doi: 10.1097/00002517-199212000-00001. PMID: 1490034.
- Hodges PW: Pain and motor control: From the laboratory to rehabilitation. J Electromyogr Kinesiol 21(2) : 220-228, 2011

1 1項目の機能総合点と痛みの関係

痛みの強さ



50点満点 総合点

Figure 1. Correlation between KOJI AWARENESS™ and NRS scores (N=35). NRS, Numerous Rating Scale.