

Hamstringy

1. Začátek: tuber ischiadicum.





Hamstringy

2. Úpon: pes anserinus (semitendinosus), caput fibulae (musculus biceps femoris), condylus medialis tibiae.

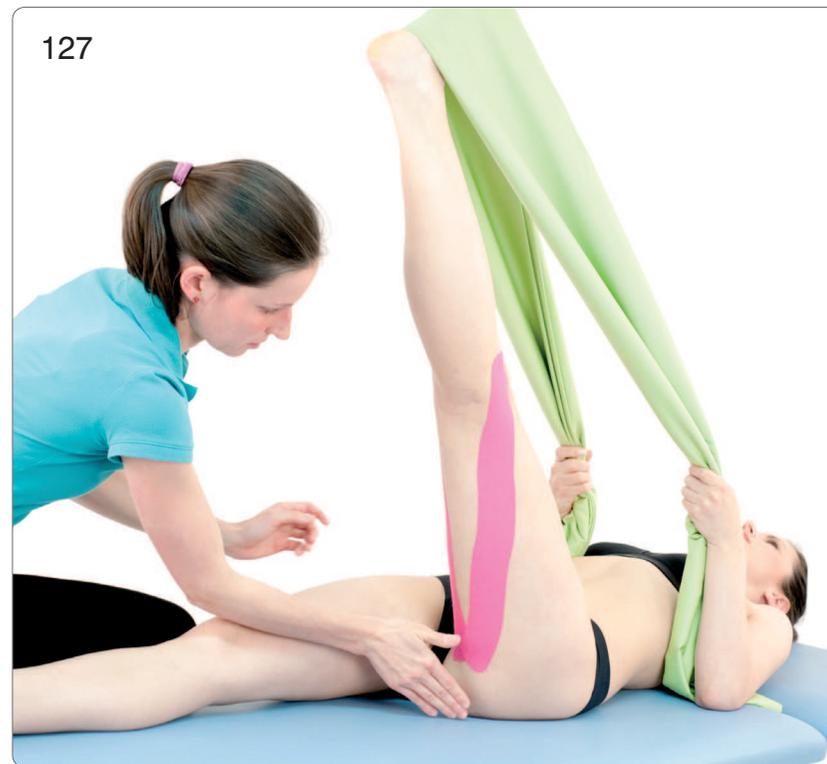
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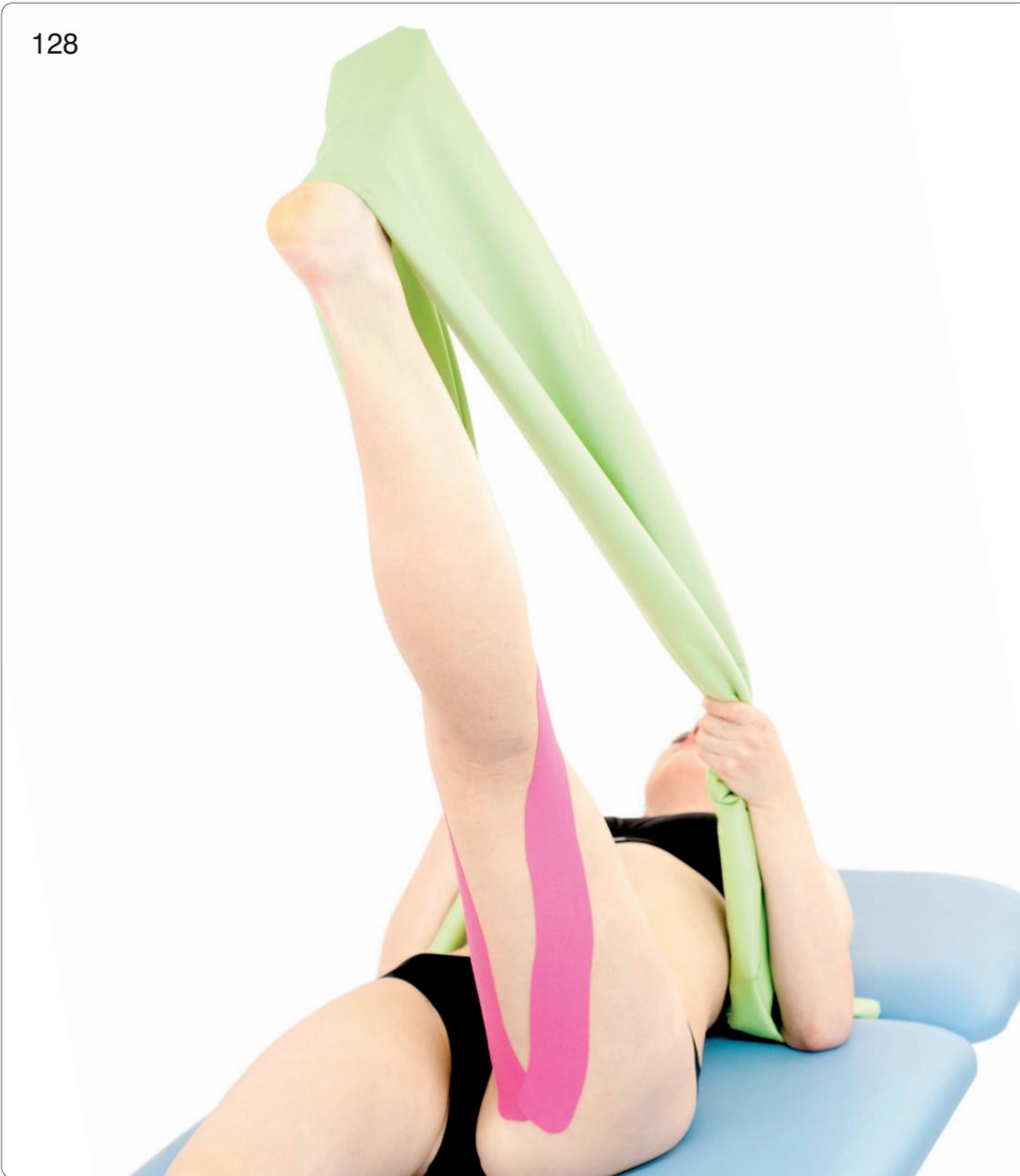


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3. Funkce – flexe kolenního kloubu.
4. Kineziologický aspekt: nutné vyšetřit suspektní blok caput fibulae.