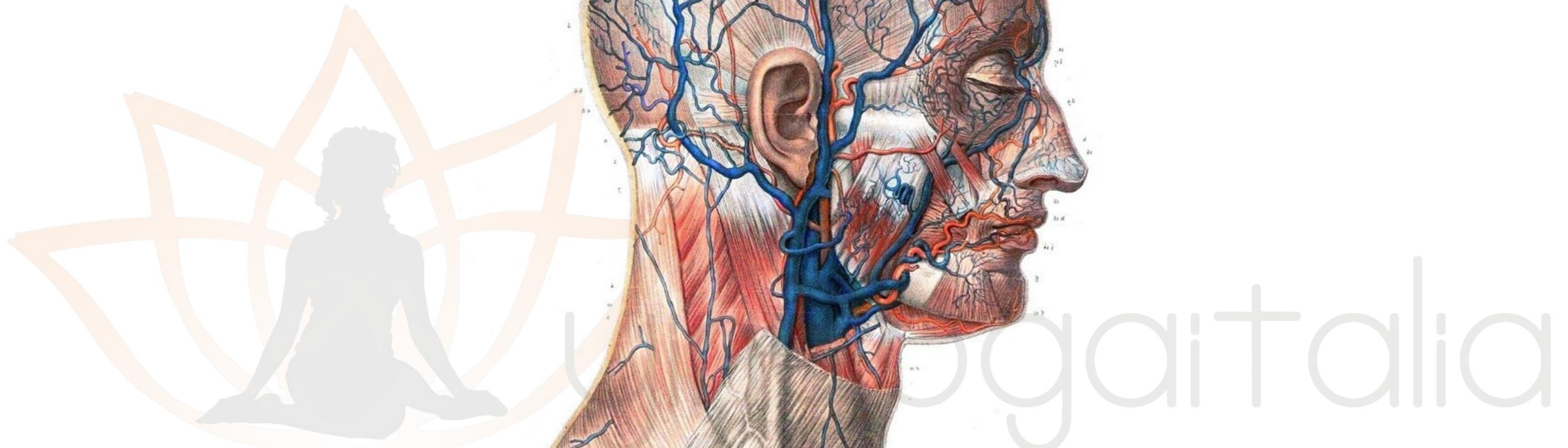
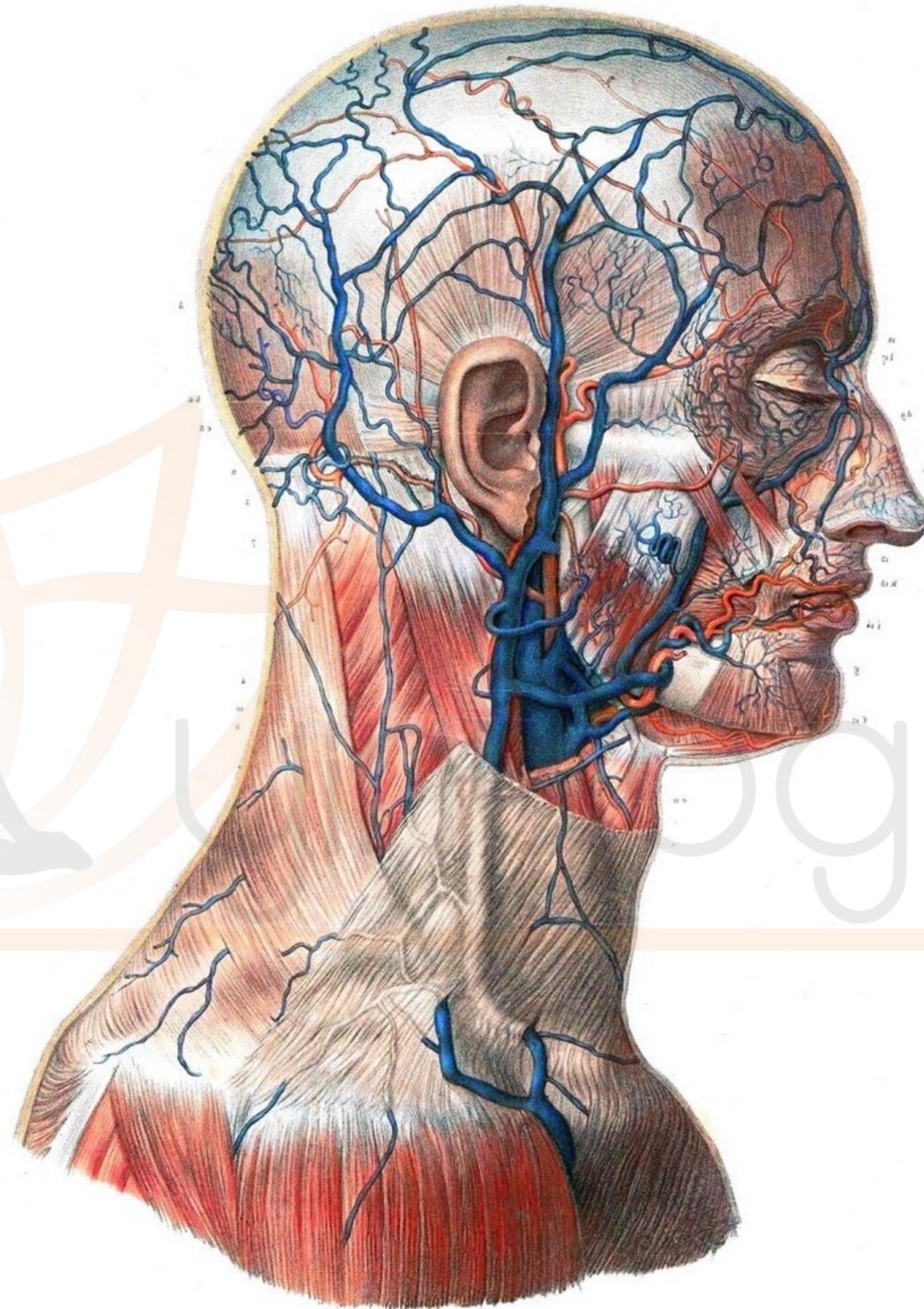




yinyogaitalia

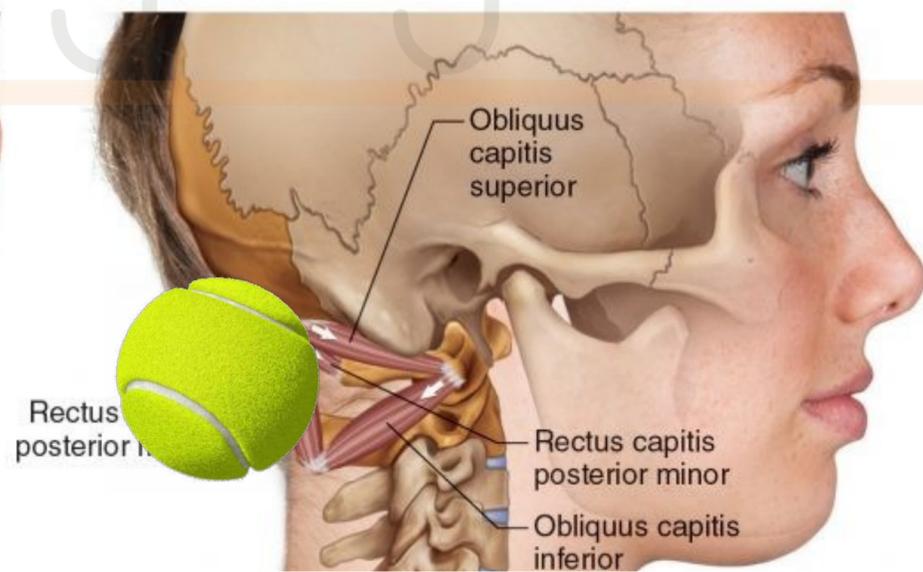
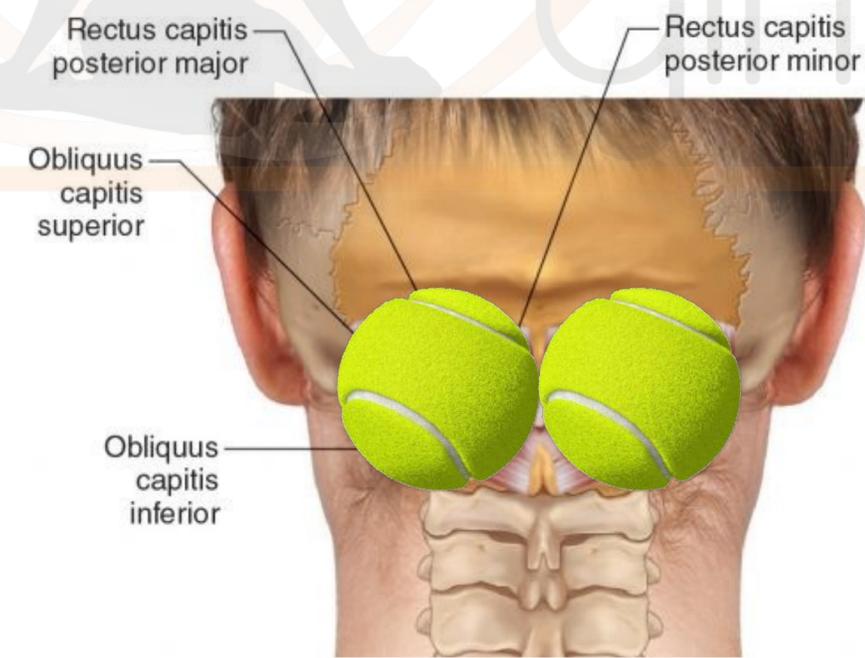
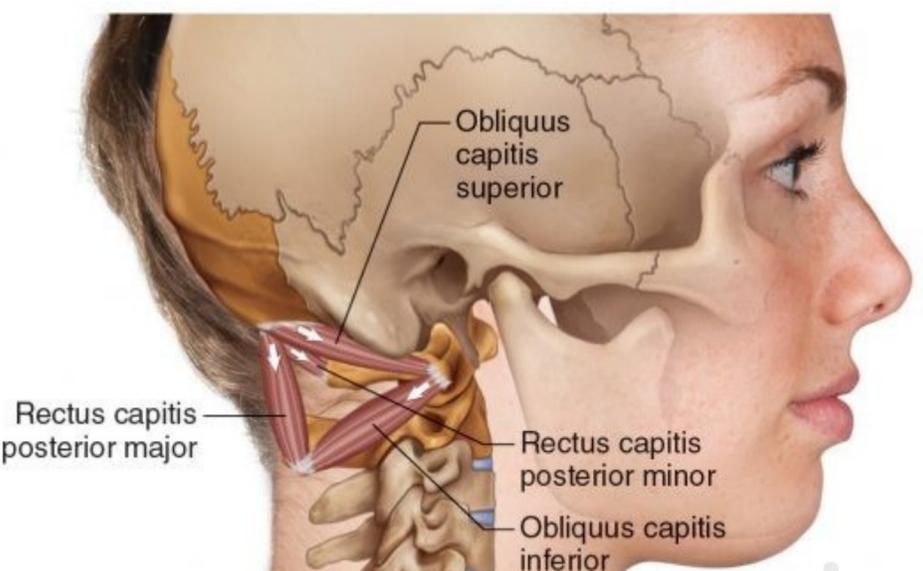
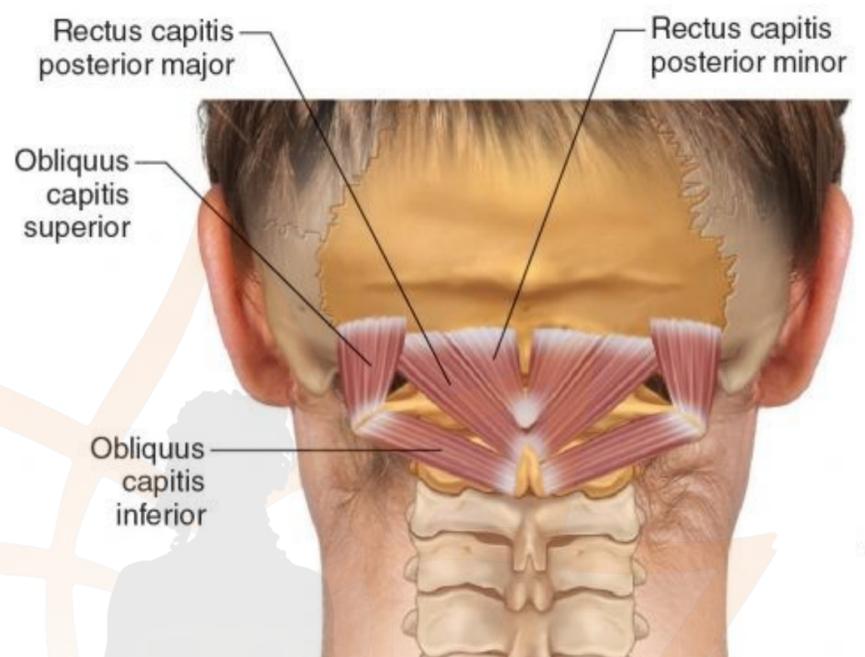
SELF MYOFASCIAL RELEASE (SMFR)

a) Testa



Collo

Sub-occipitali

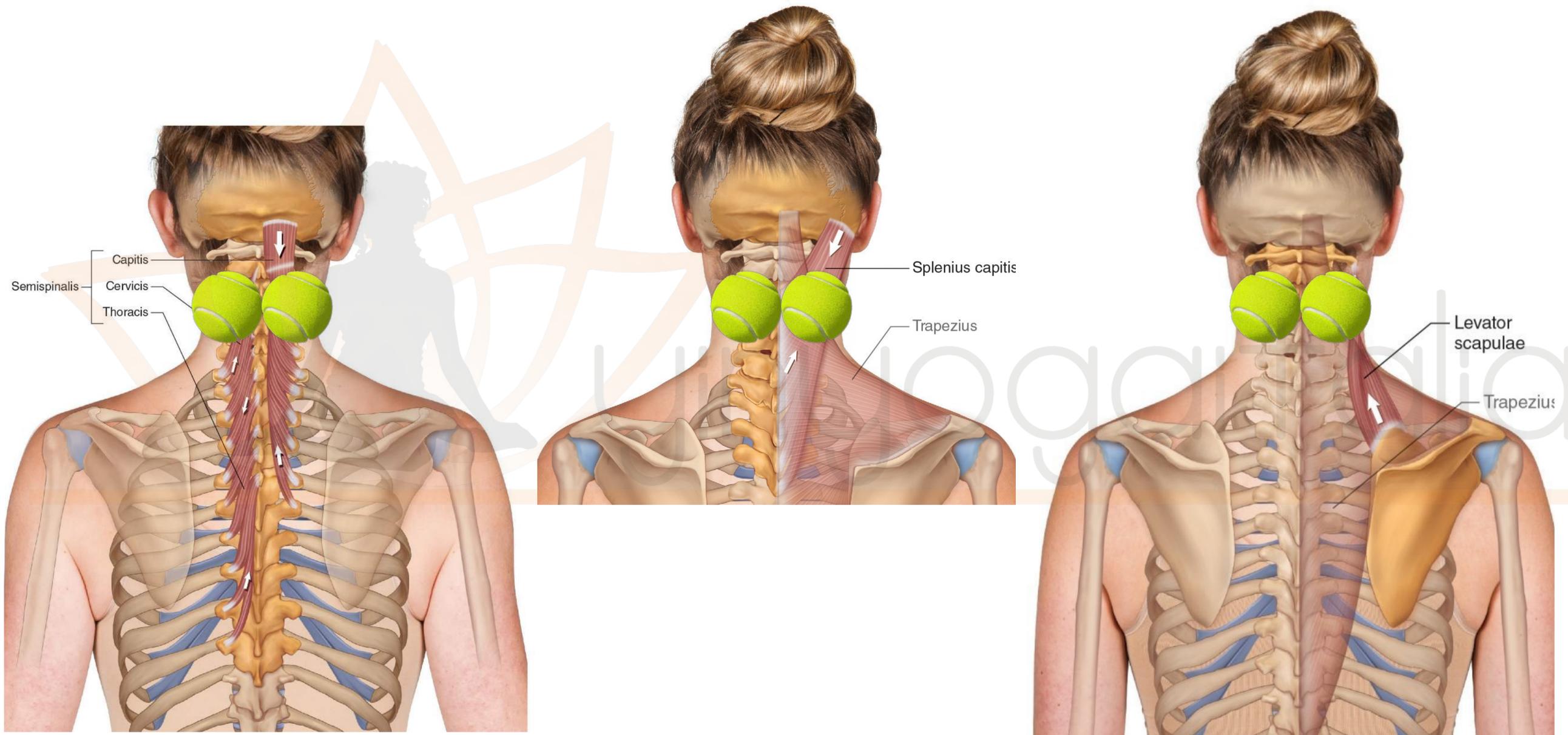


Collo

- Semispinale del capo

- Splenio del capo

- L'elevatore della scapola

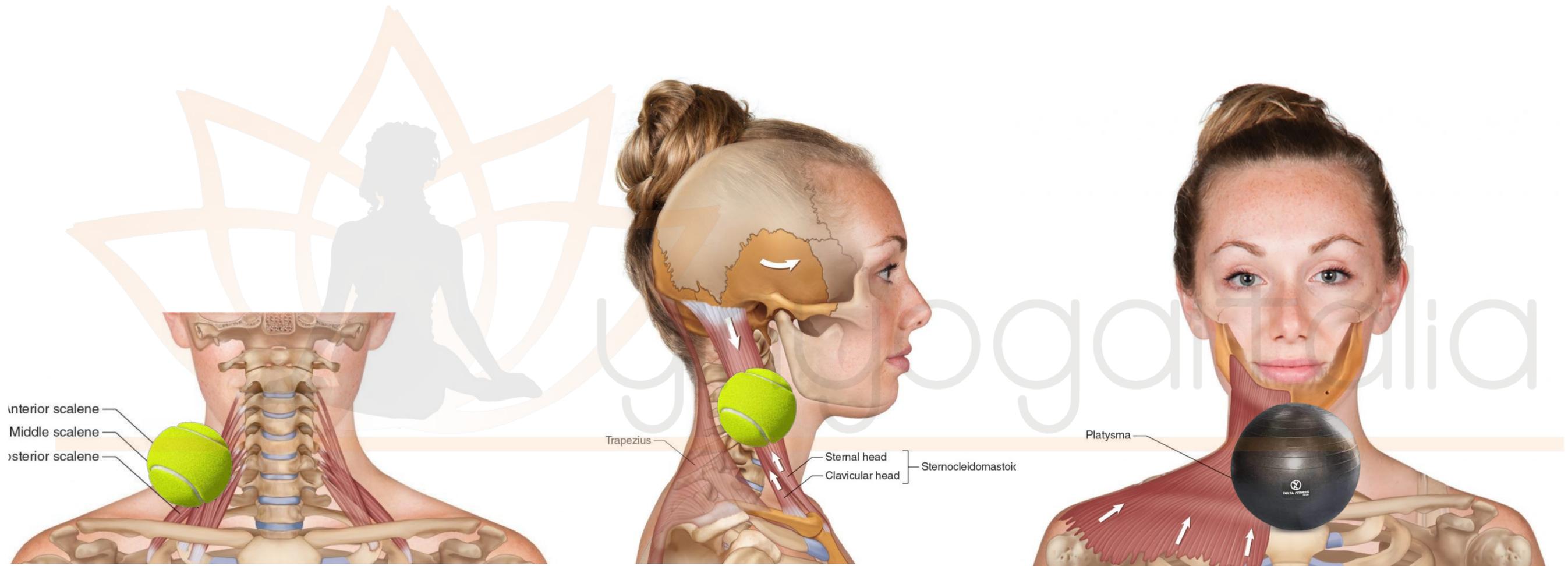


Collo

- Muscoli scaleni

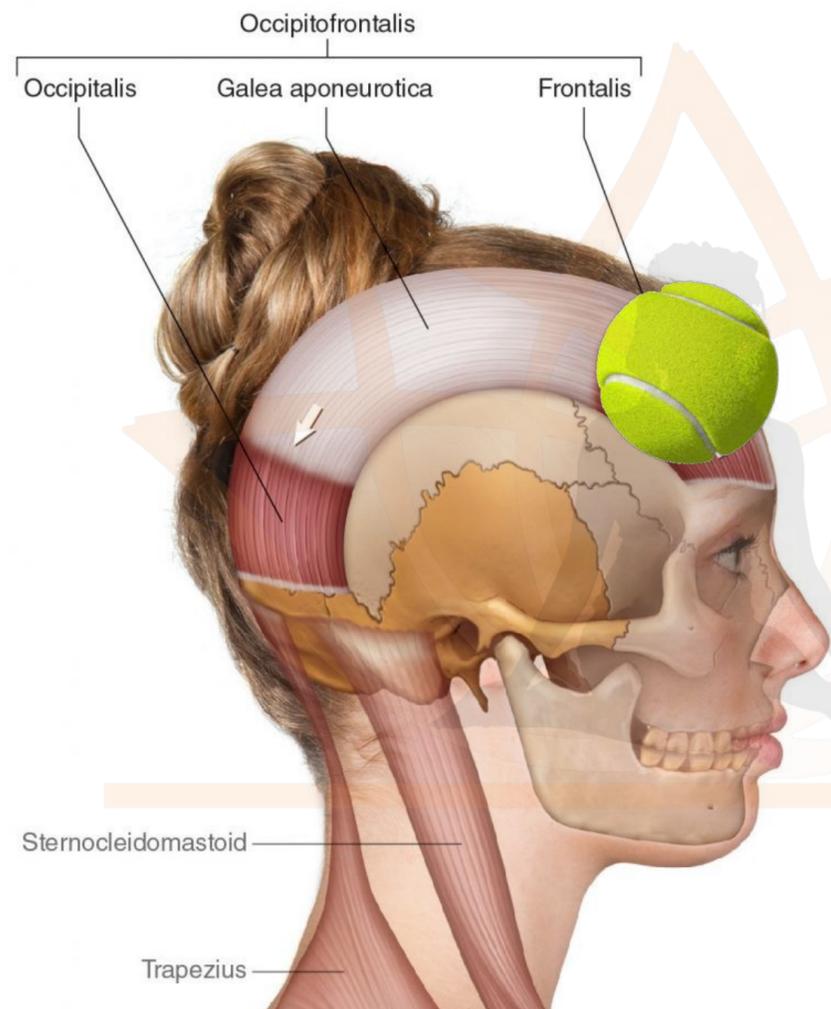
- Muscolo sternocleidomastoideo

- Muscolo platysma

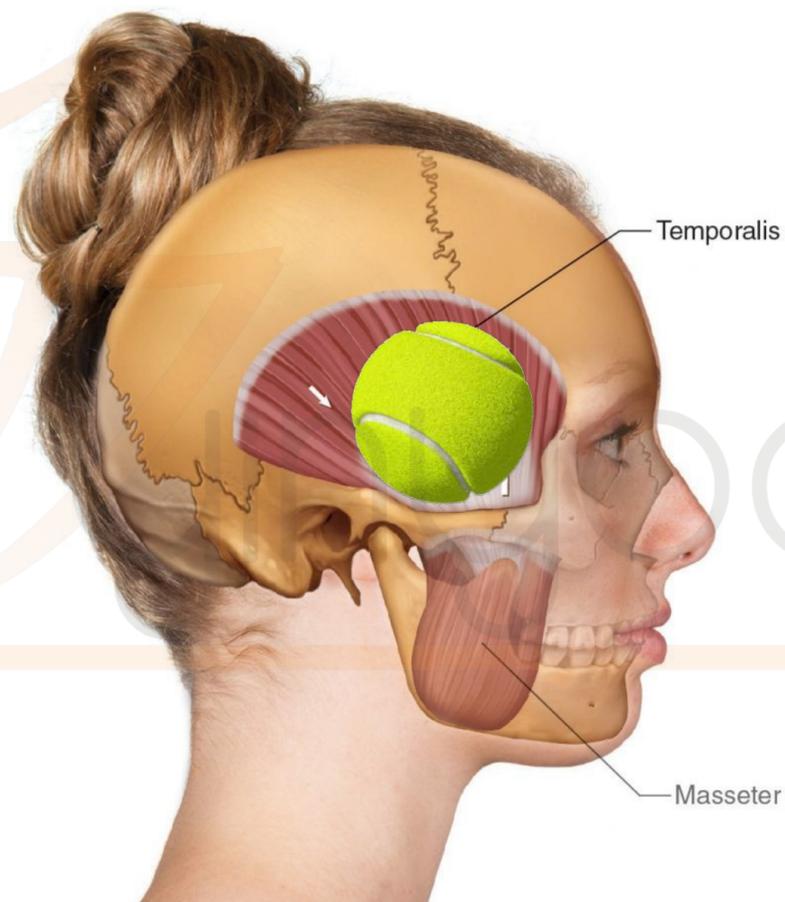


Viso

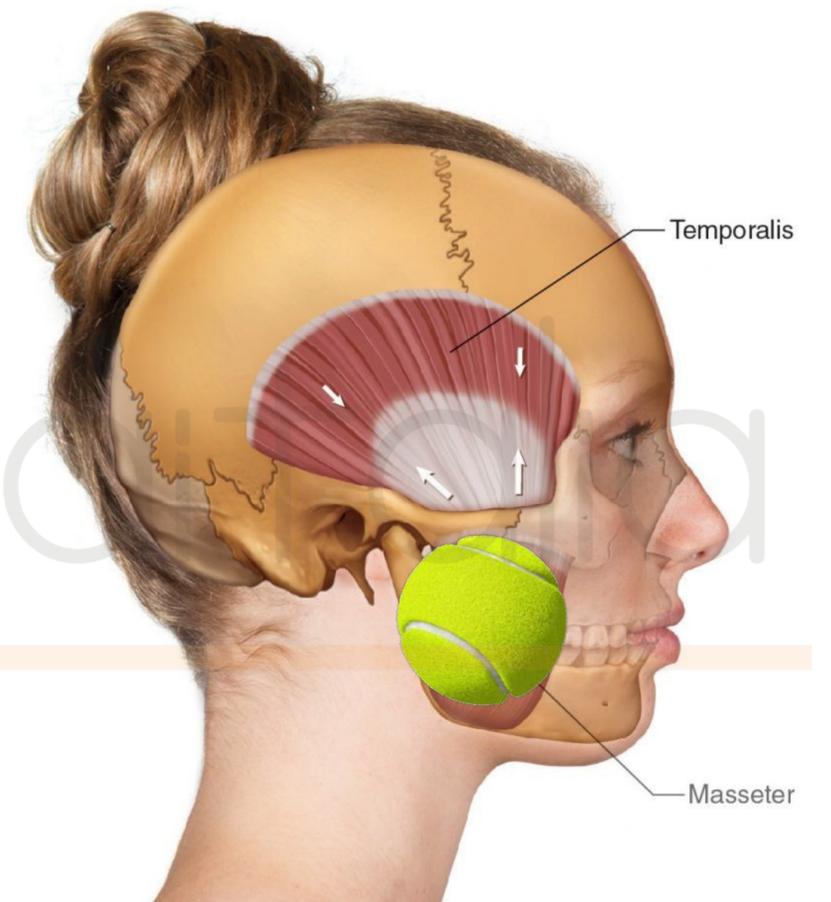
- Frontale



- Temporale



- Massetere

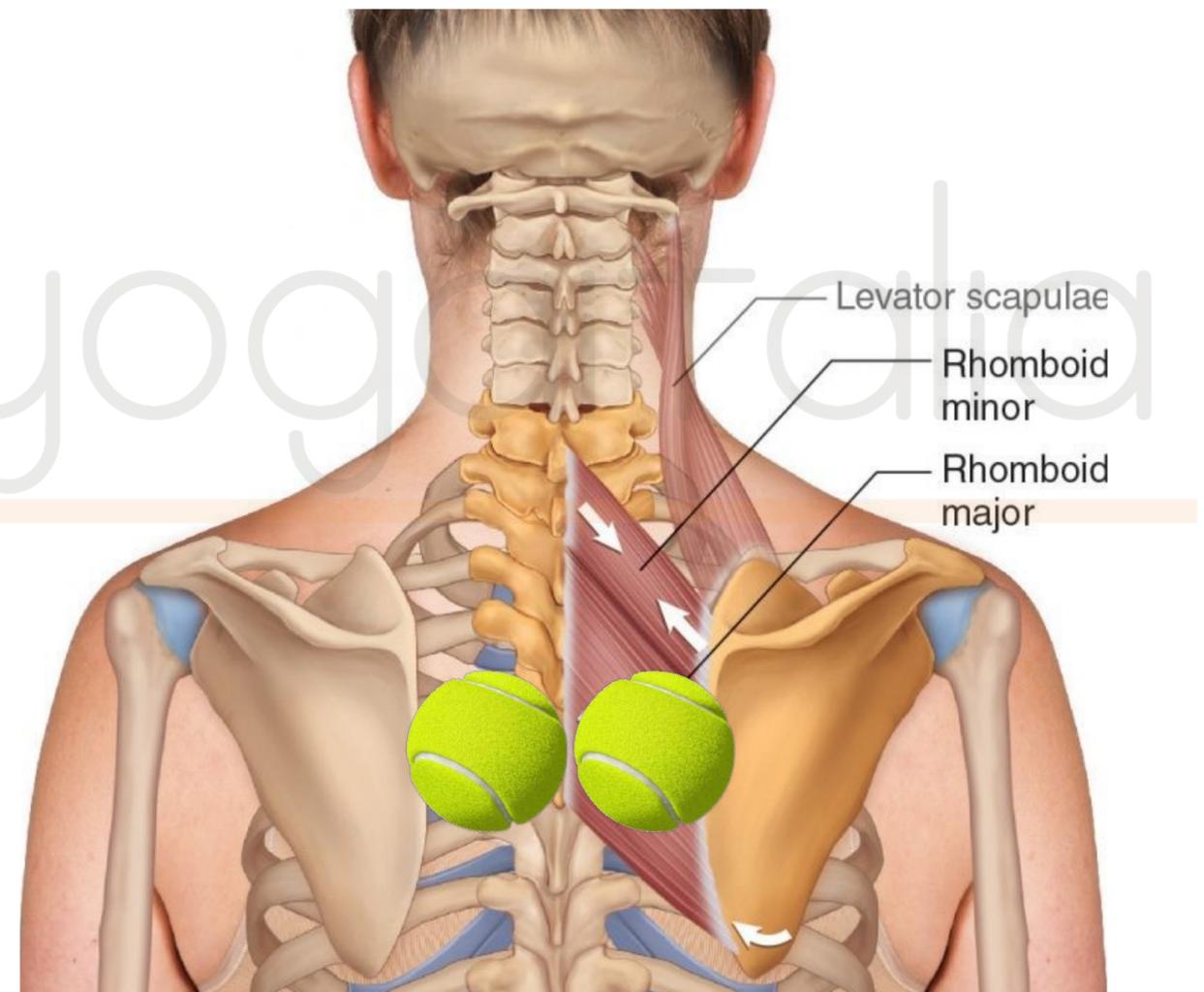
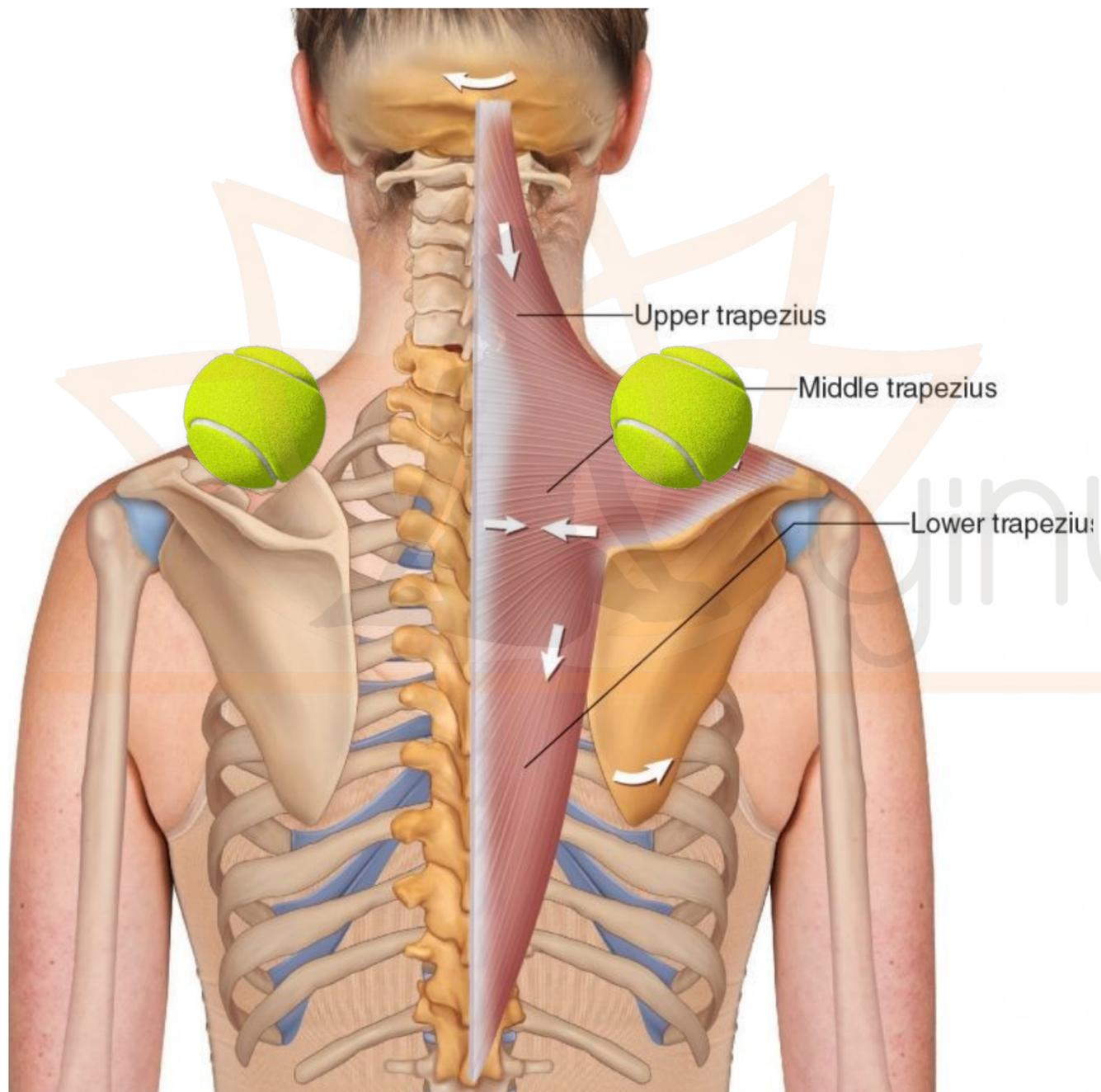


b) Schiena - Addome/Torace

Parte alta della schiena

- Trapezio

- Romboide

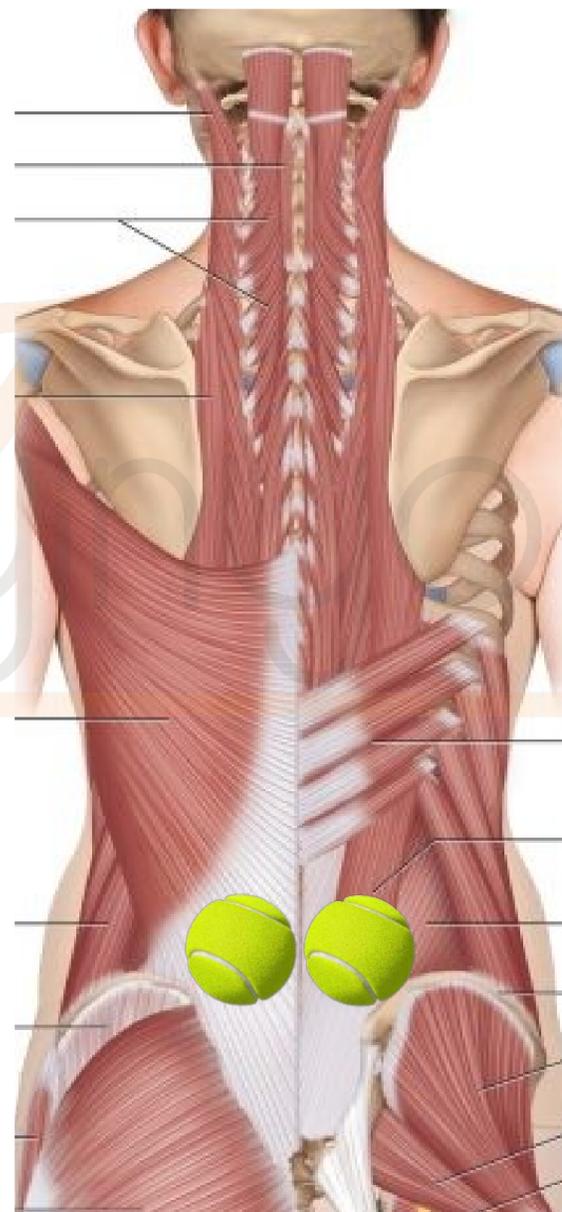
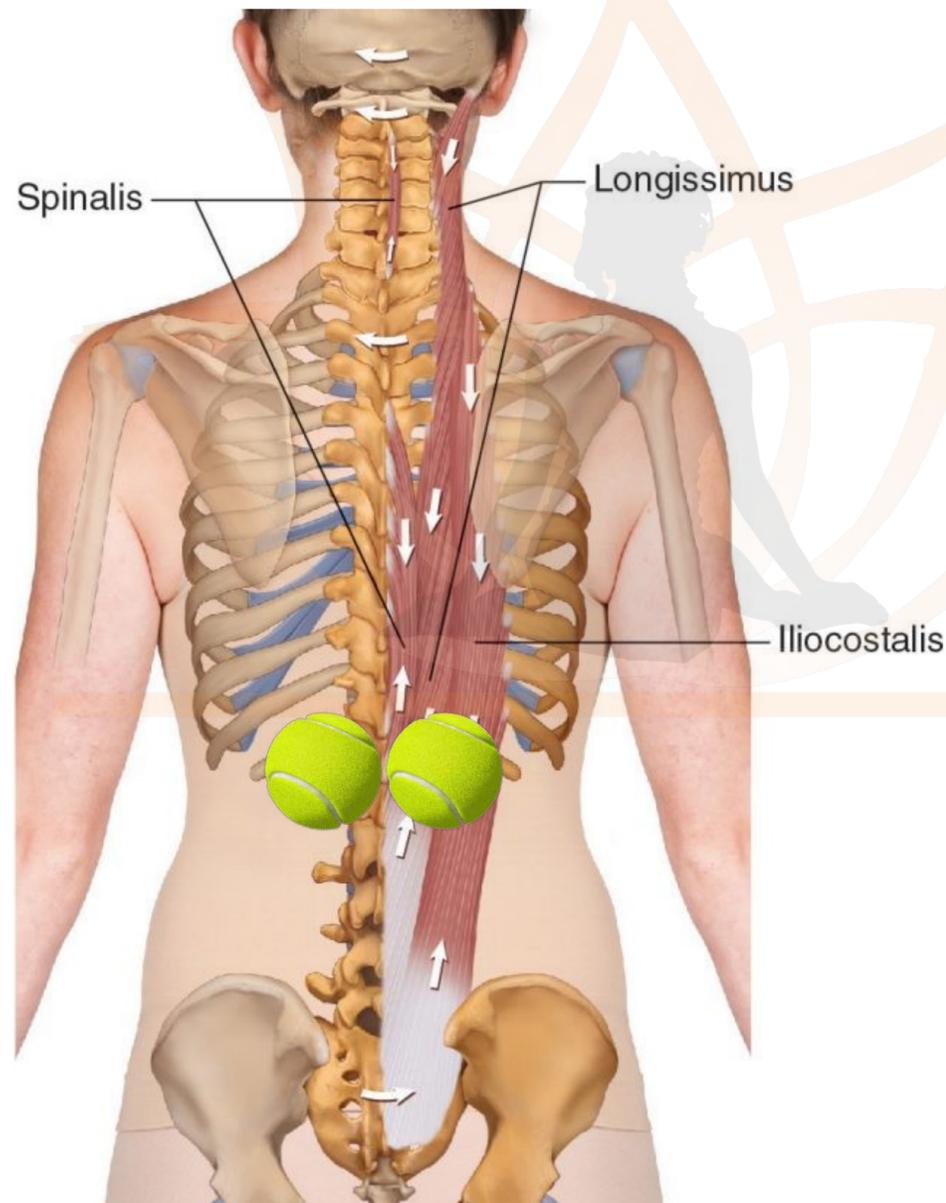


Metà schiena

- Erettori della colonna vertebrale

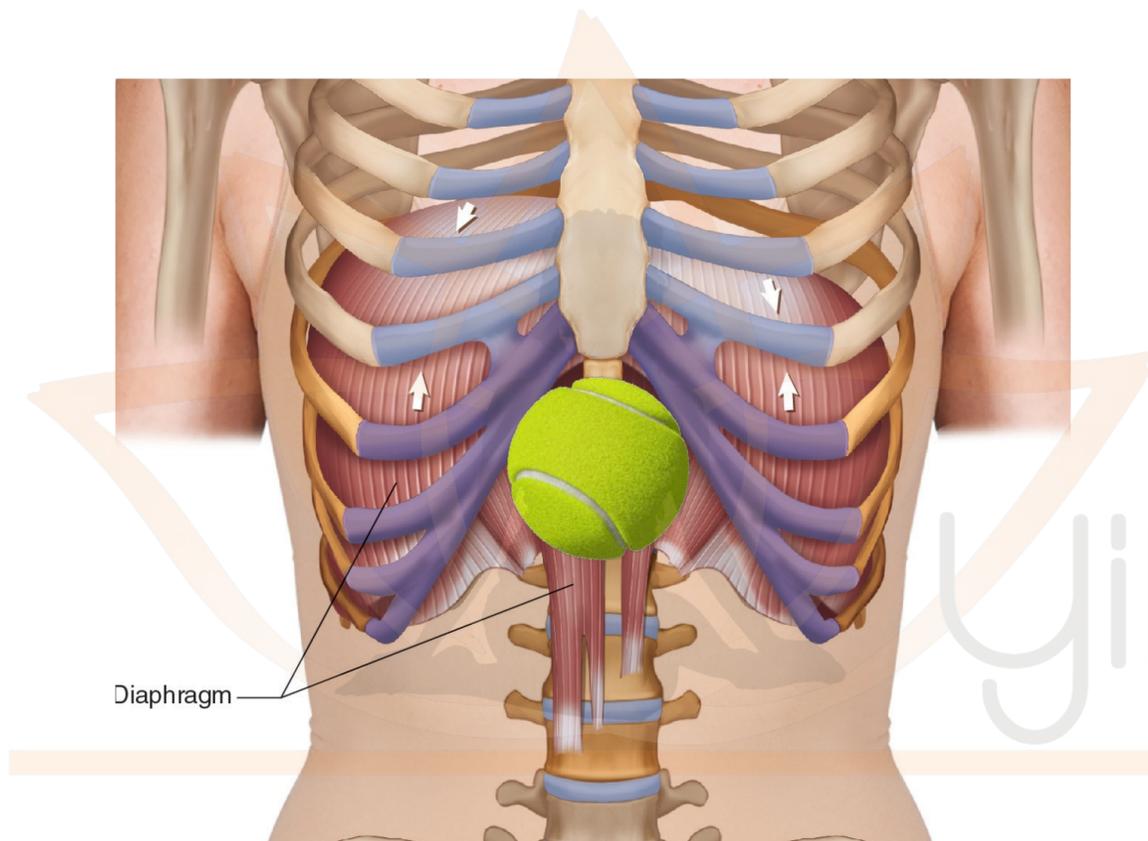
Parte bassa della schiena

- Fascia toracolombare
- Quadrato dei lombi

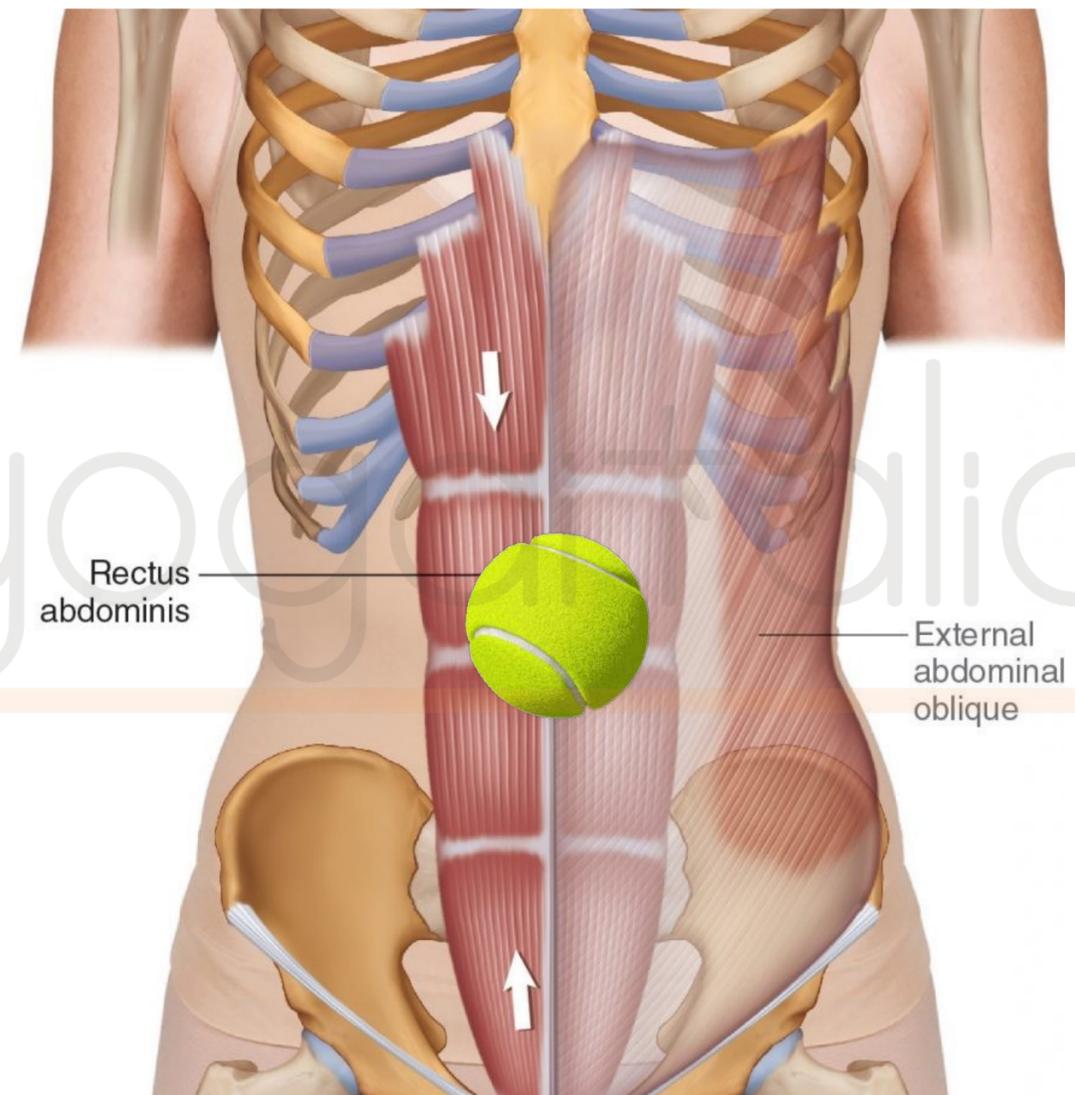


Addome/Torace

- Diaframma



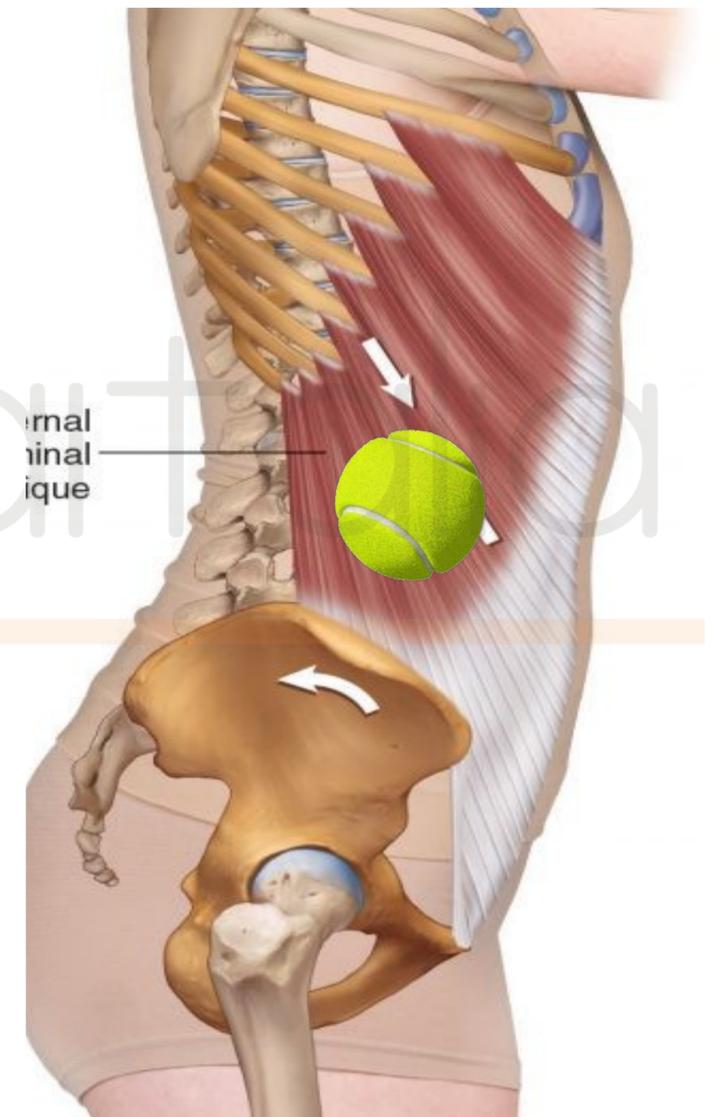
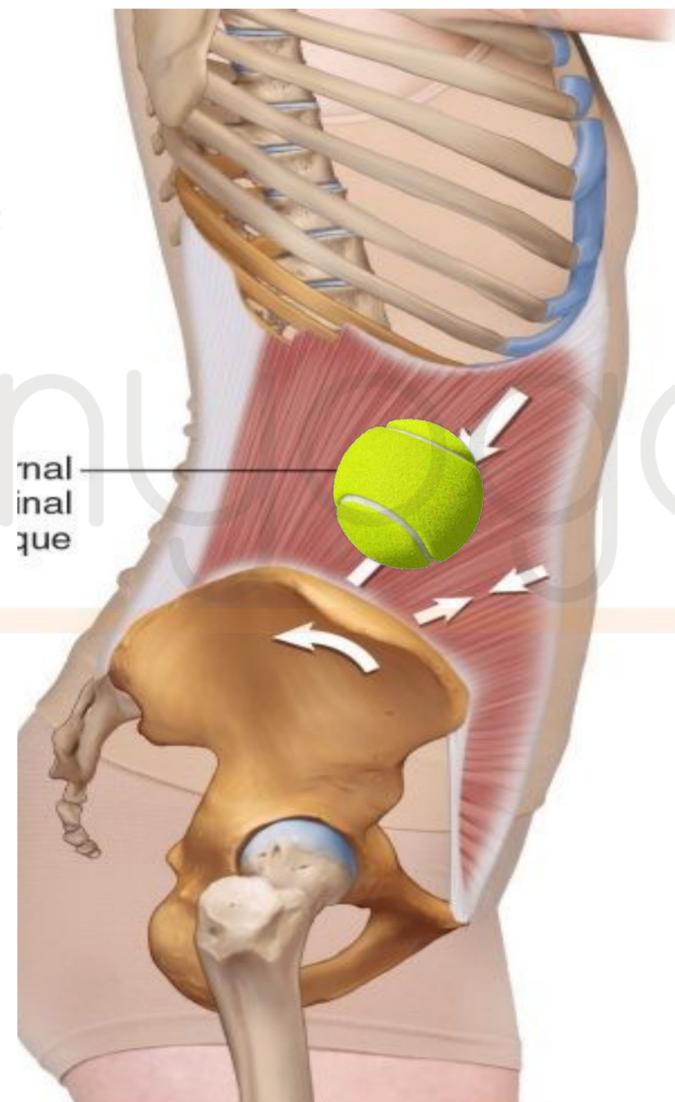
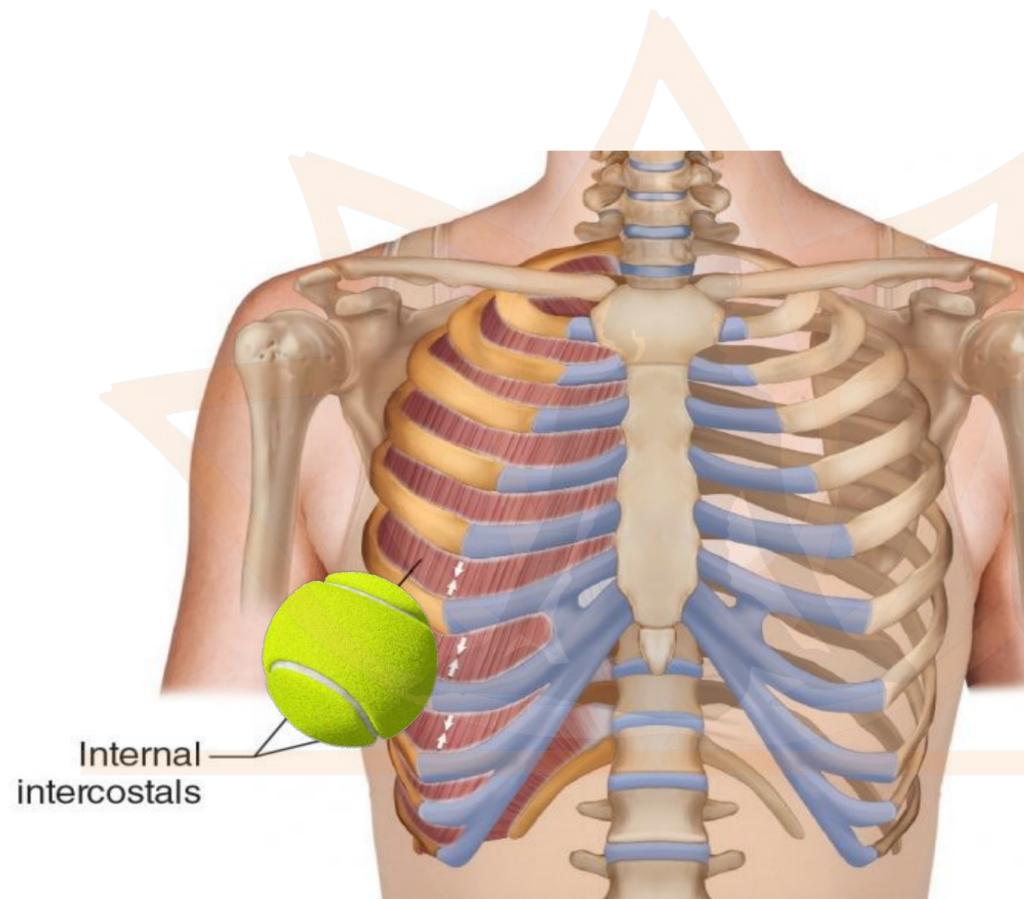
- Retto dell'addome



Addome/Torace

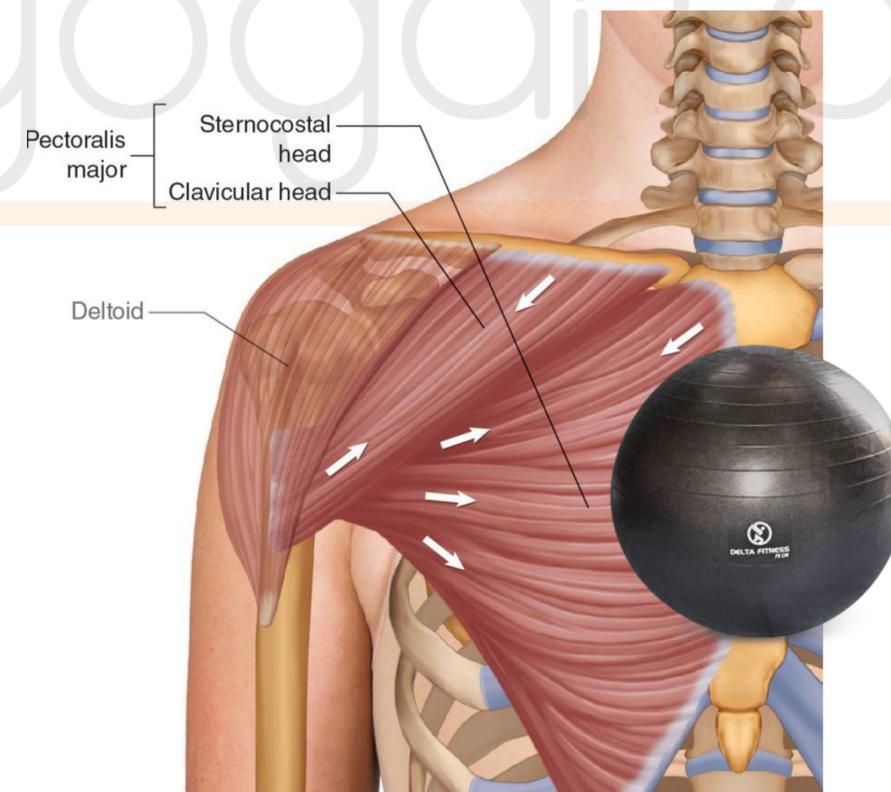
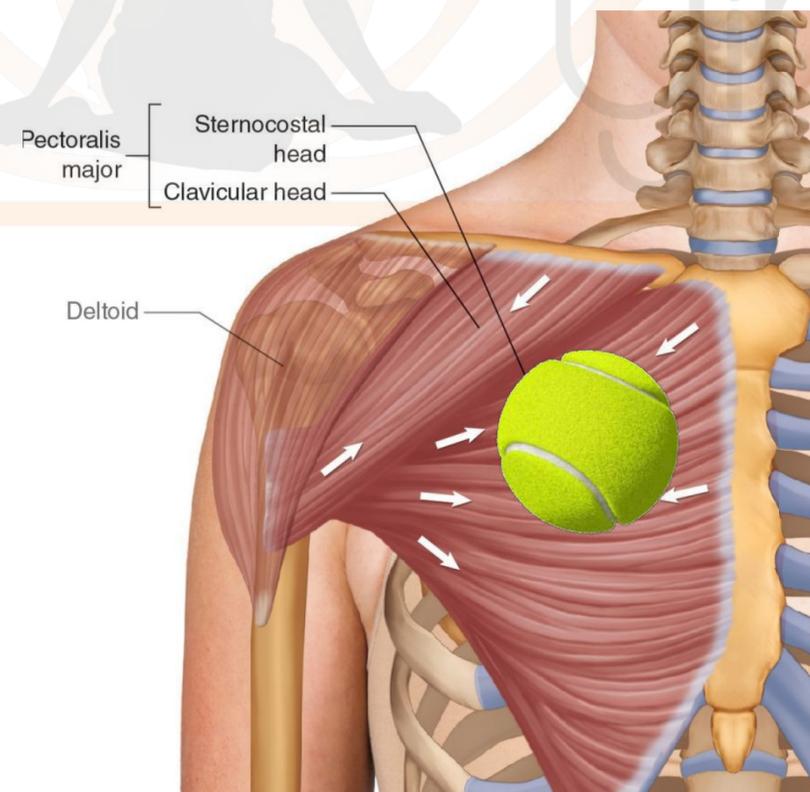
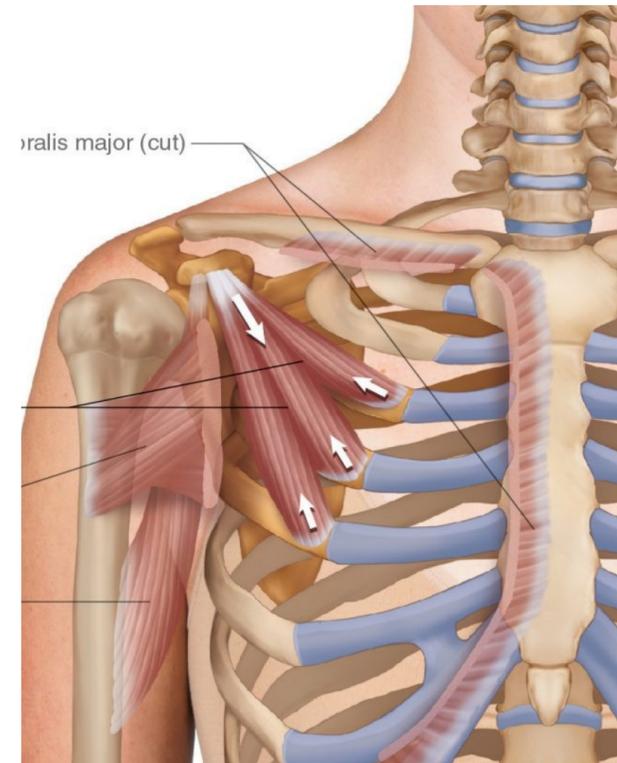
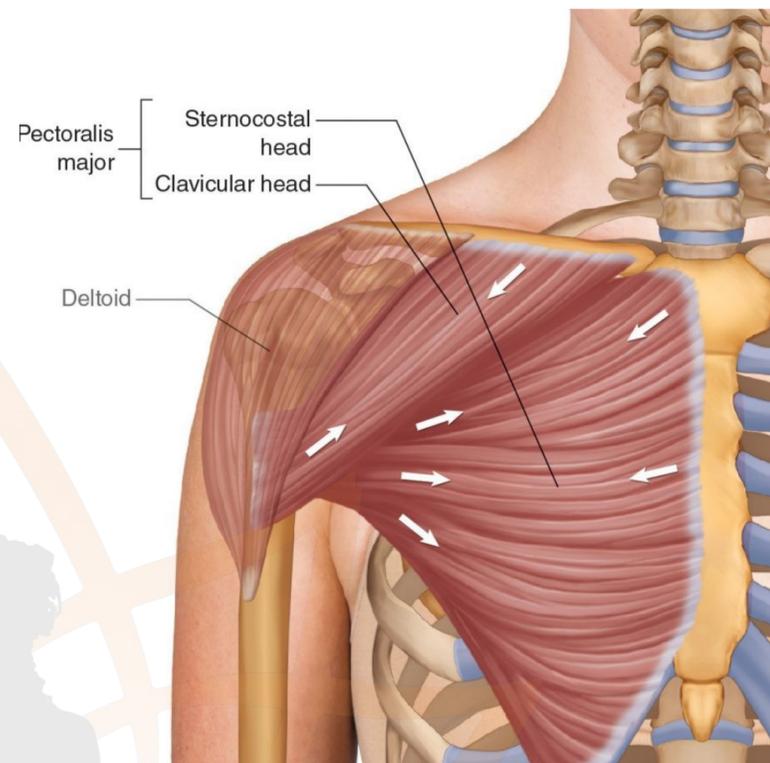
- Muscoli Intercostali

- Obliqui: Interno / Esterno



Addome/Torace

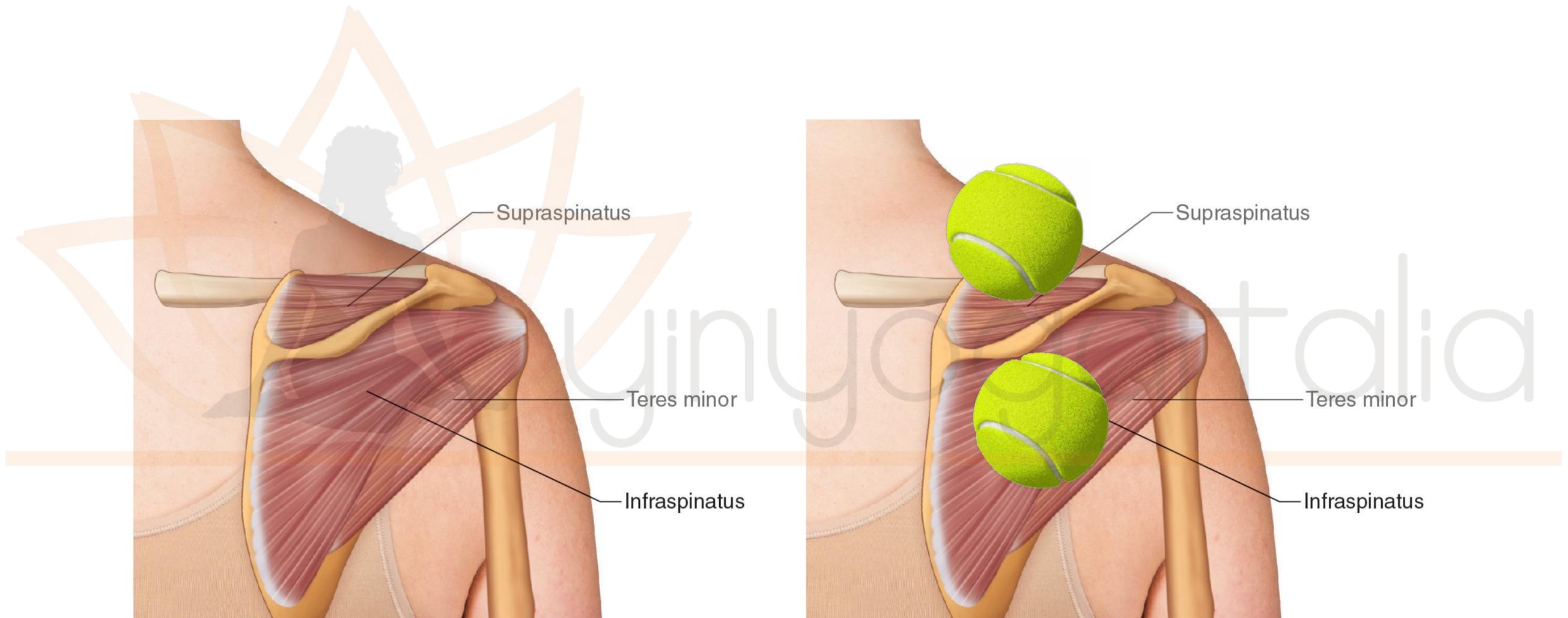
- Grande Pettorale - Piccolo pettorale - Sterno



c) Spalle e Braccia

Scapola

- Infraspinato/Piccolo rotondo - Sovraspinato

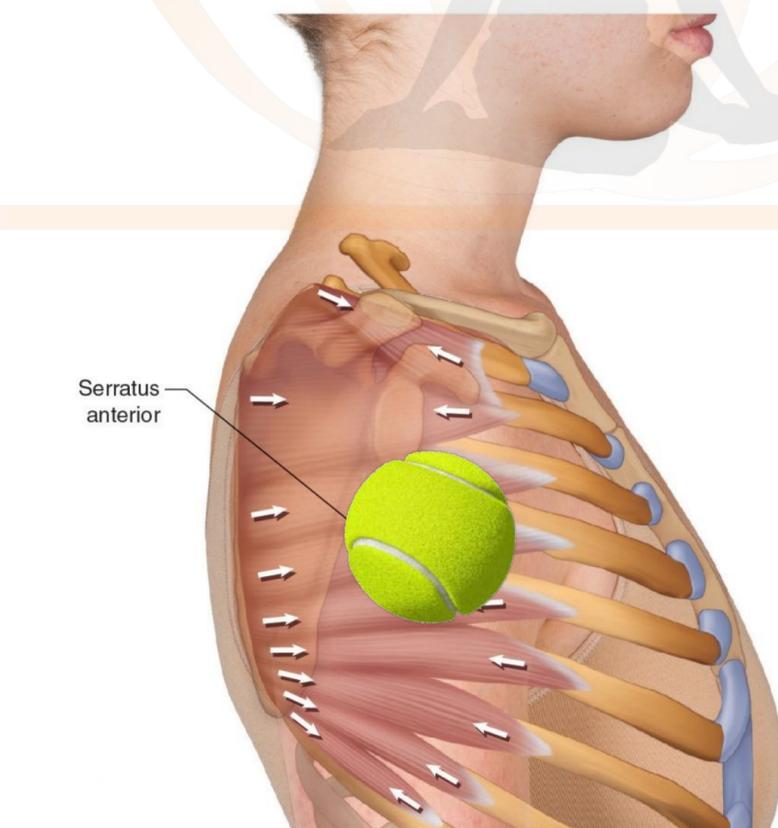
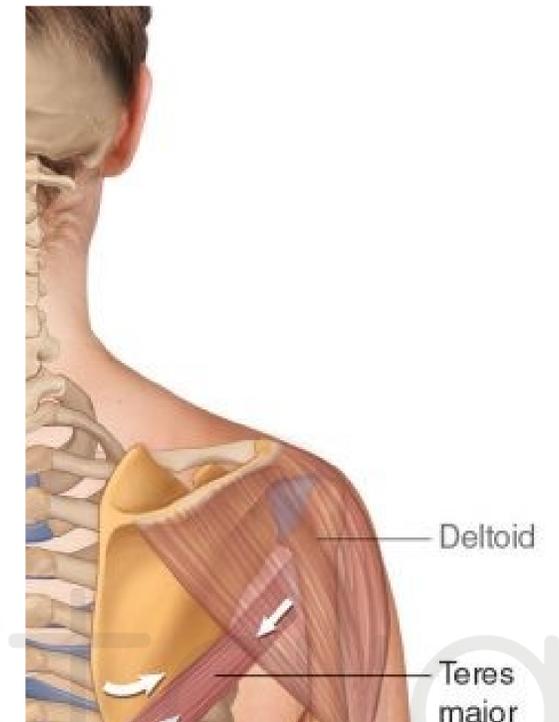
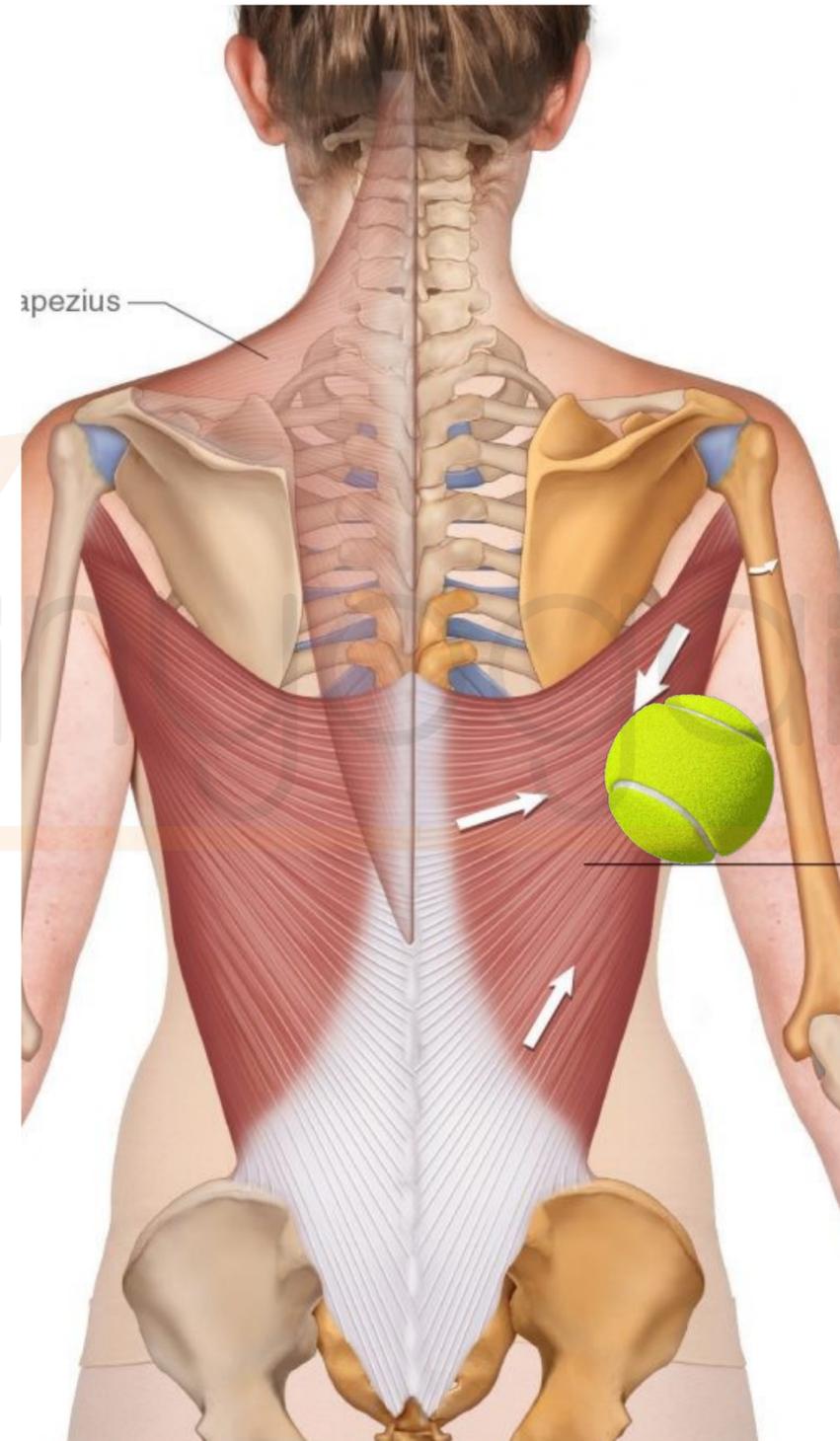
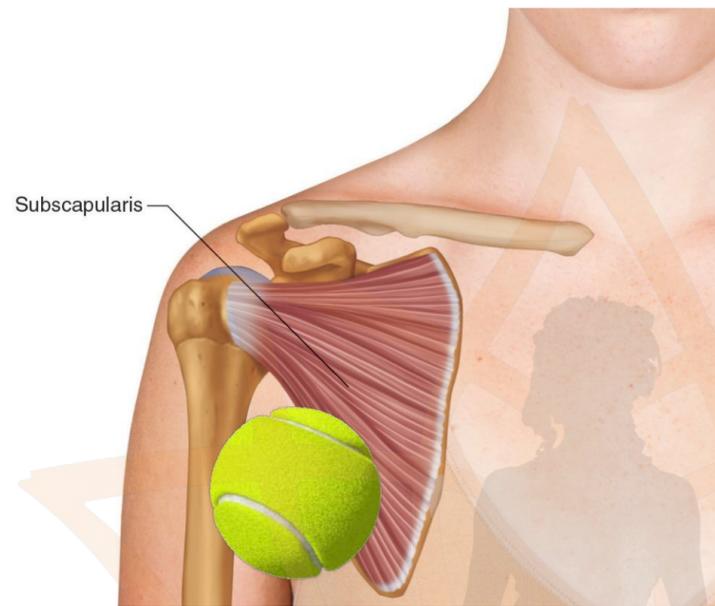


Scapola

- Sottoscapolare + Grande Dentato

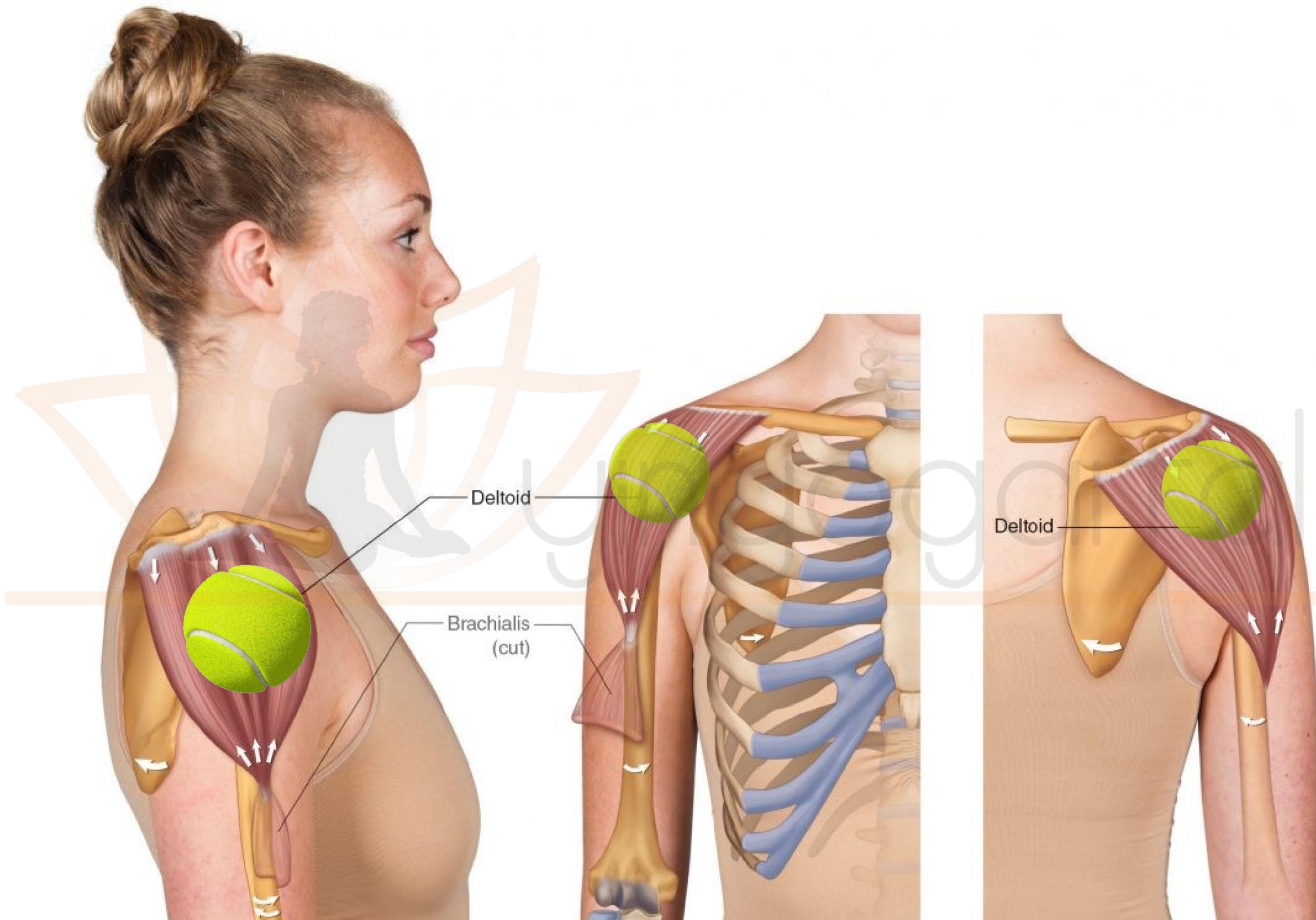
Braccio

- Grande Dorsale e Grande Rotondo



Braccio

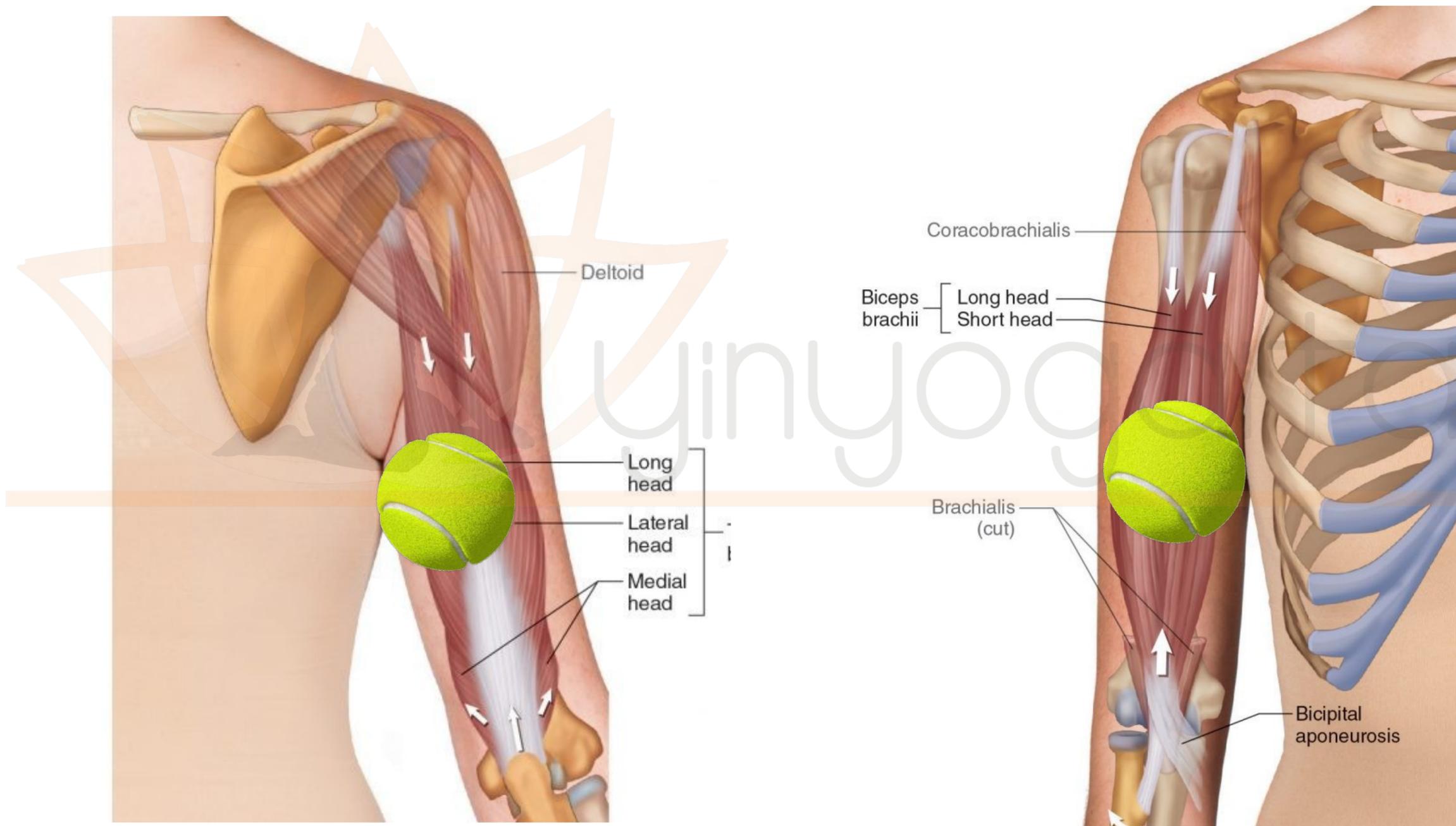
- Deltoide



Braccio

- Tricipite

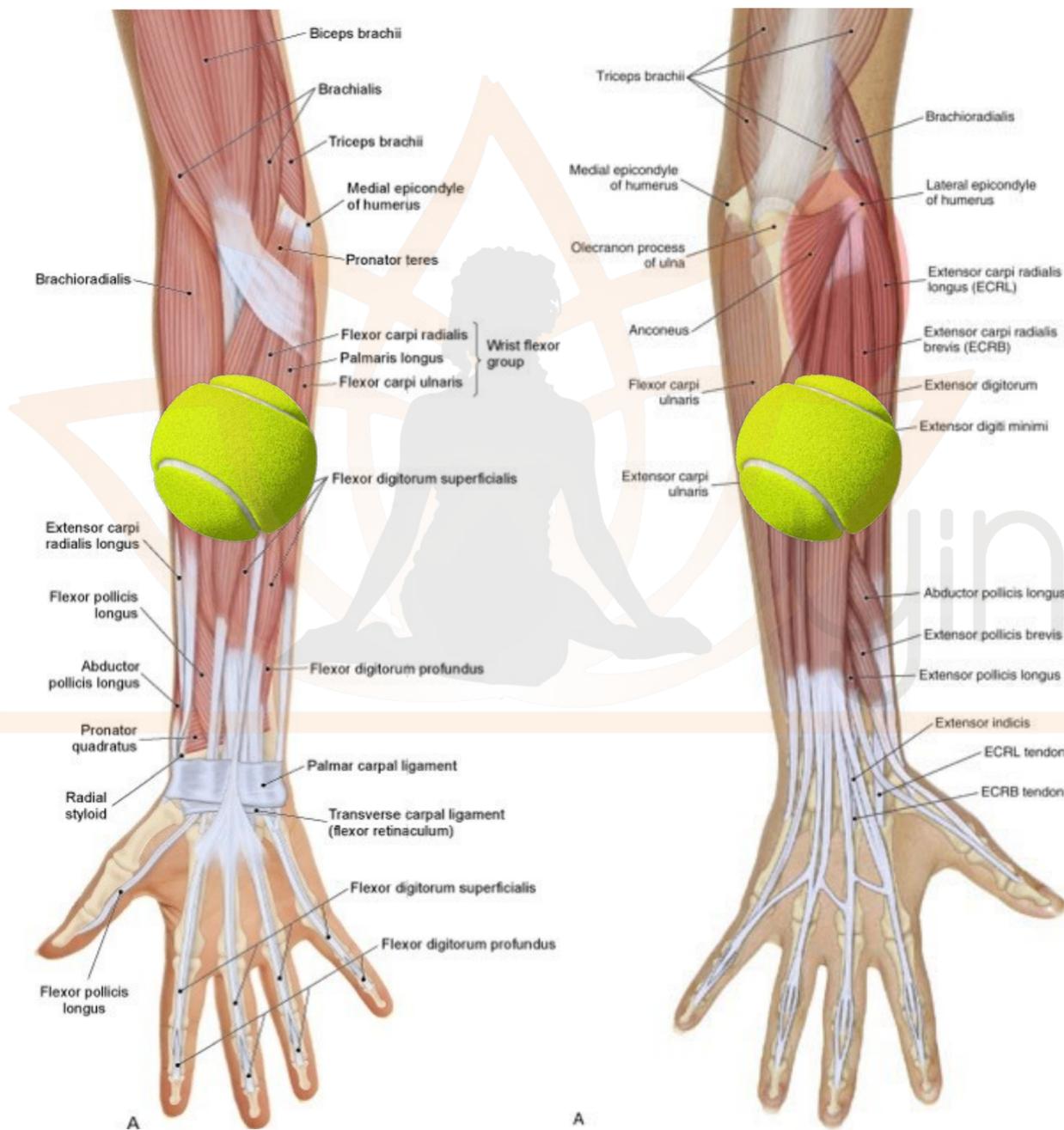
- Bicipite



Avambraccio - Polso / Mano

- Muscoli Estensori / Muscoli Flessori

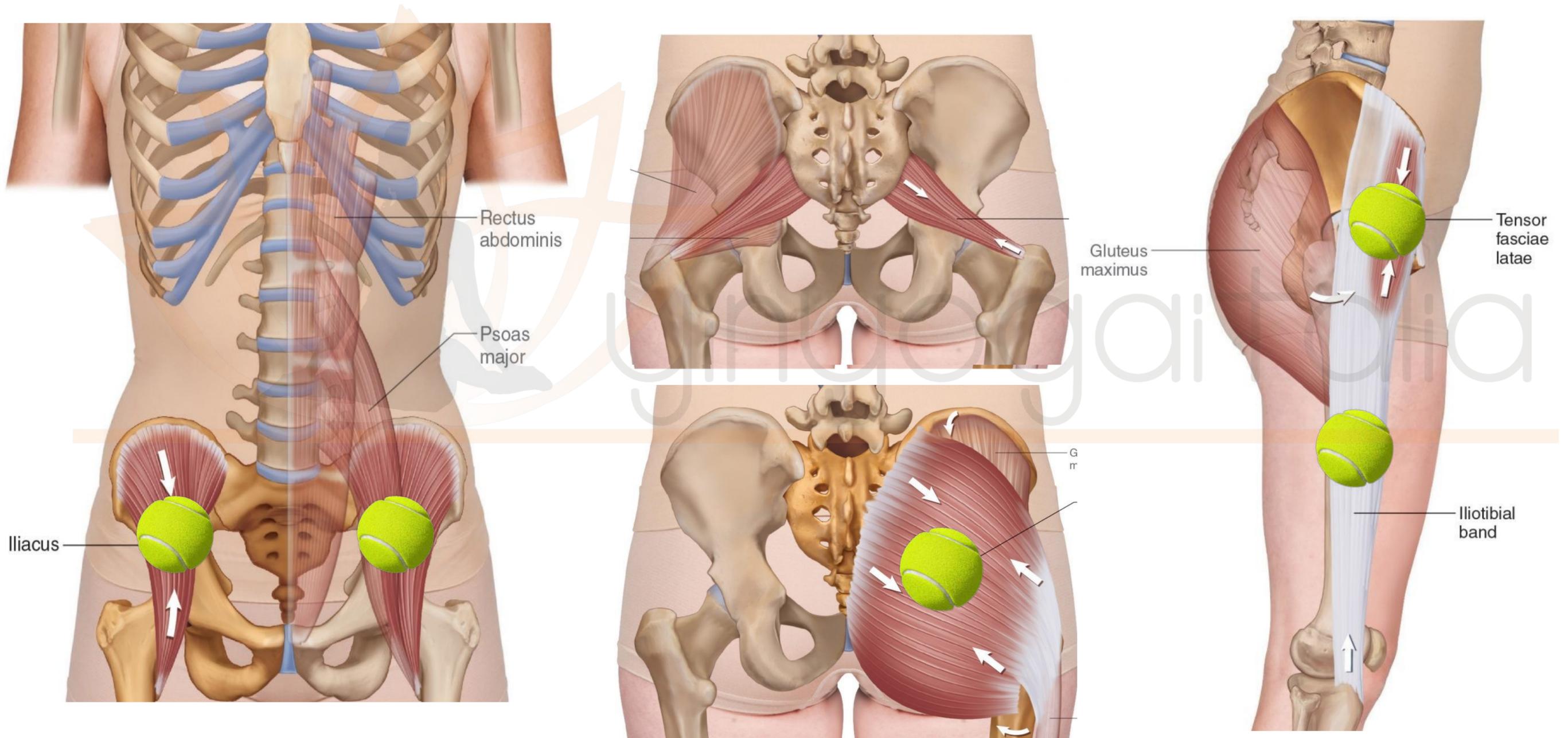
- Muscoli della mano (fascia palmare)



d) Parte bassa del corpo

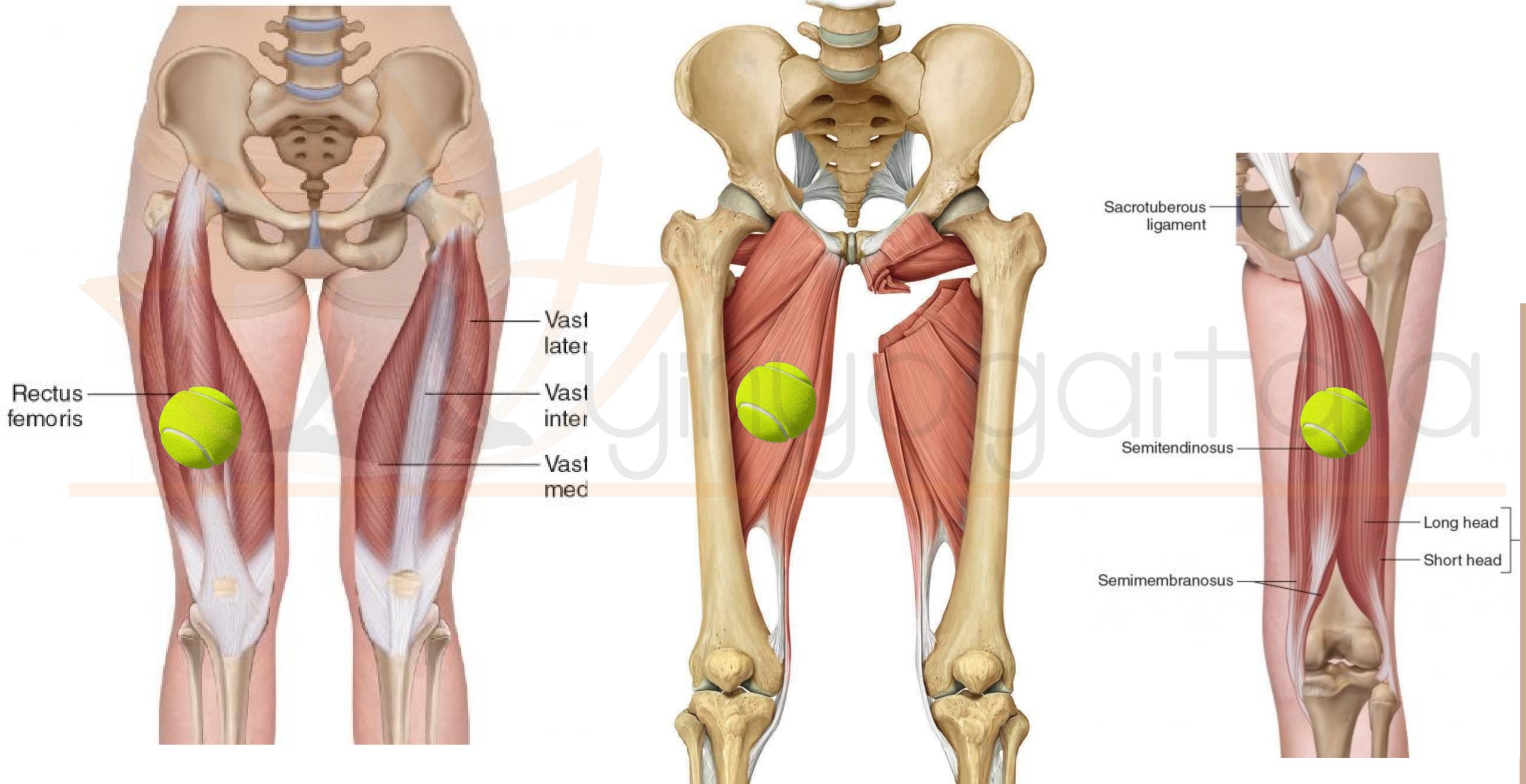
Pelvi

- Grande Psoas / Iliaco
- Glutei (Piriforme)
- Tratto ileobiale / Tensore della Fascia Lata



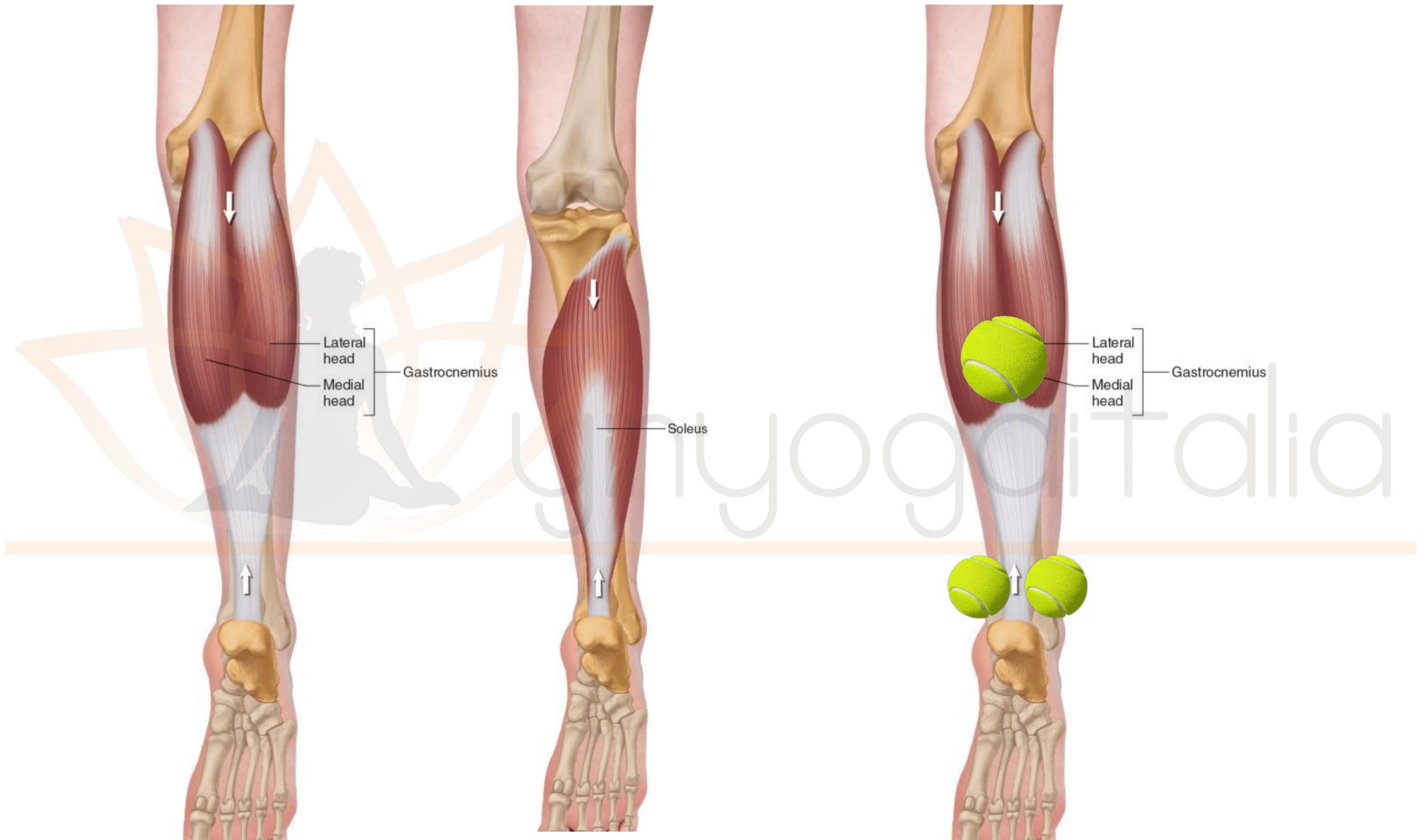
Pelvi

- Quadricipite
- Ischiocrurali
- Adduttori



Gamba - Caviglia - Piede

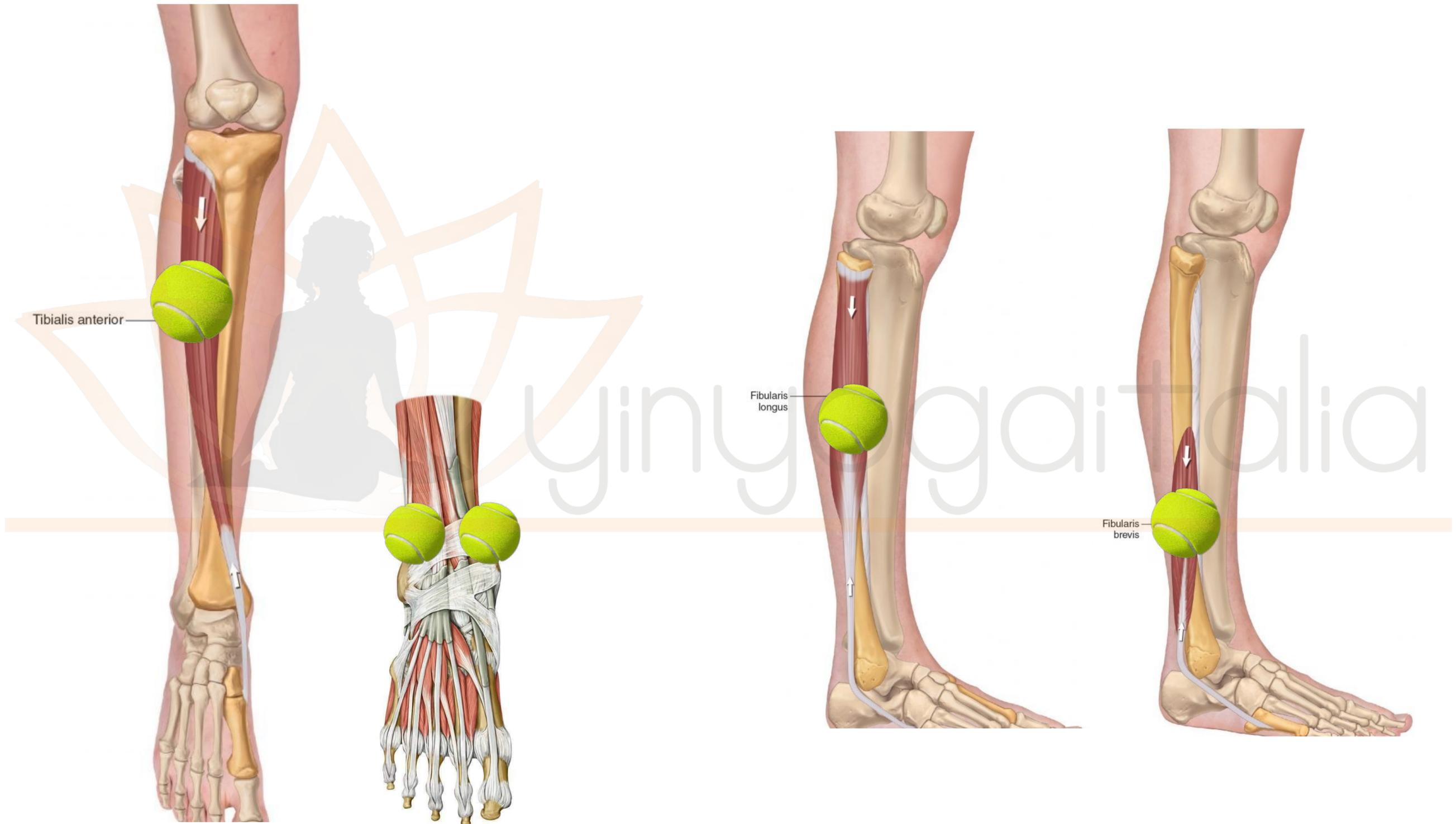
- Gastrocnemio/Soleo



Gamba - Caviglia - Piede

- Tibiale Anteriore

- Peronei



Gamba - Caviglia - Piede

- Piede

