

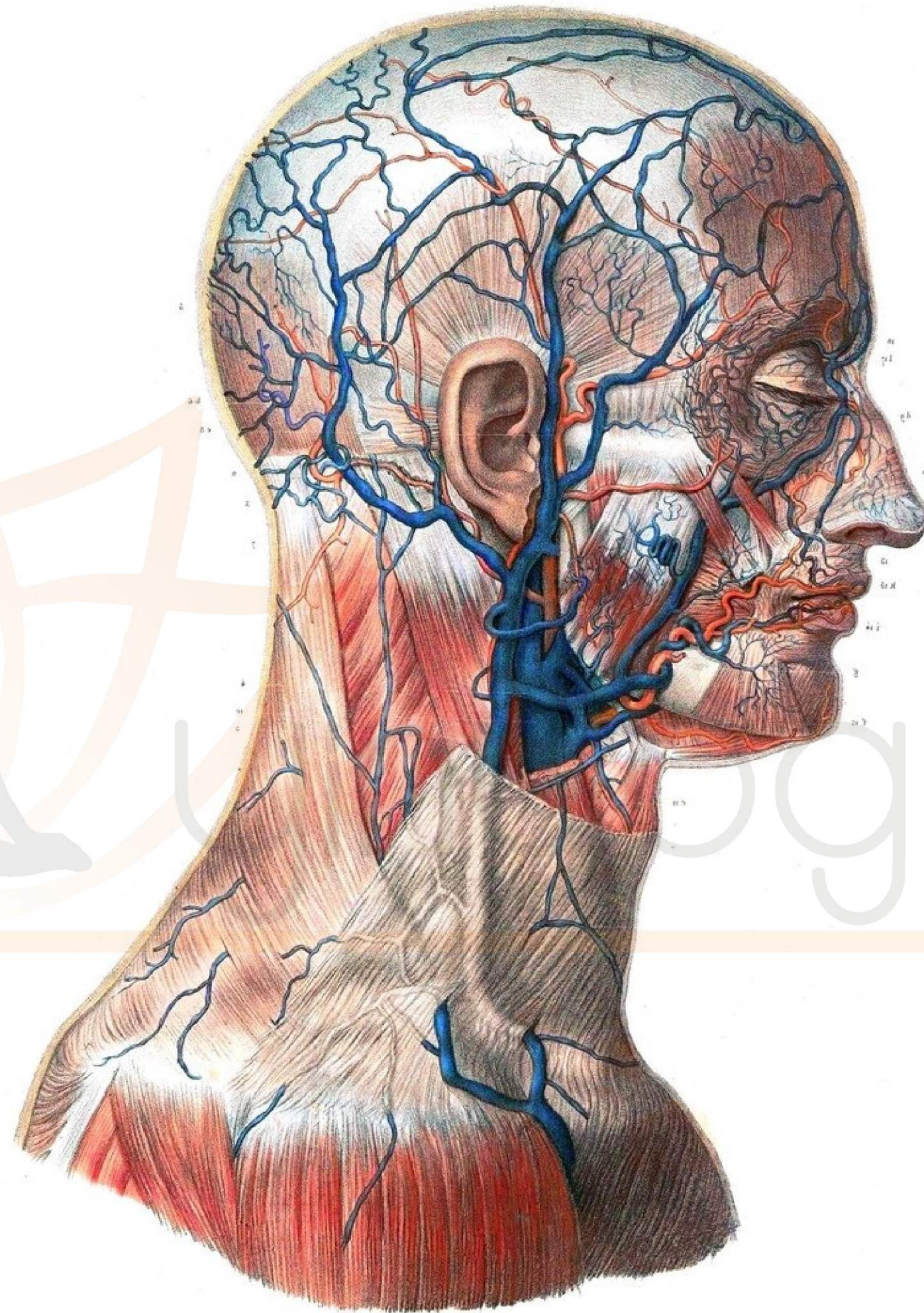


yinyogaitalia

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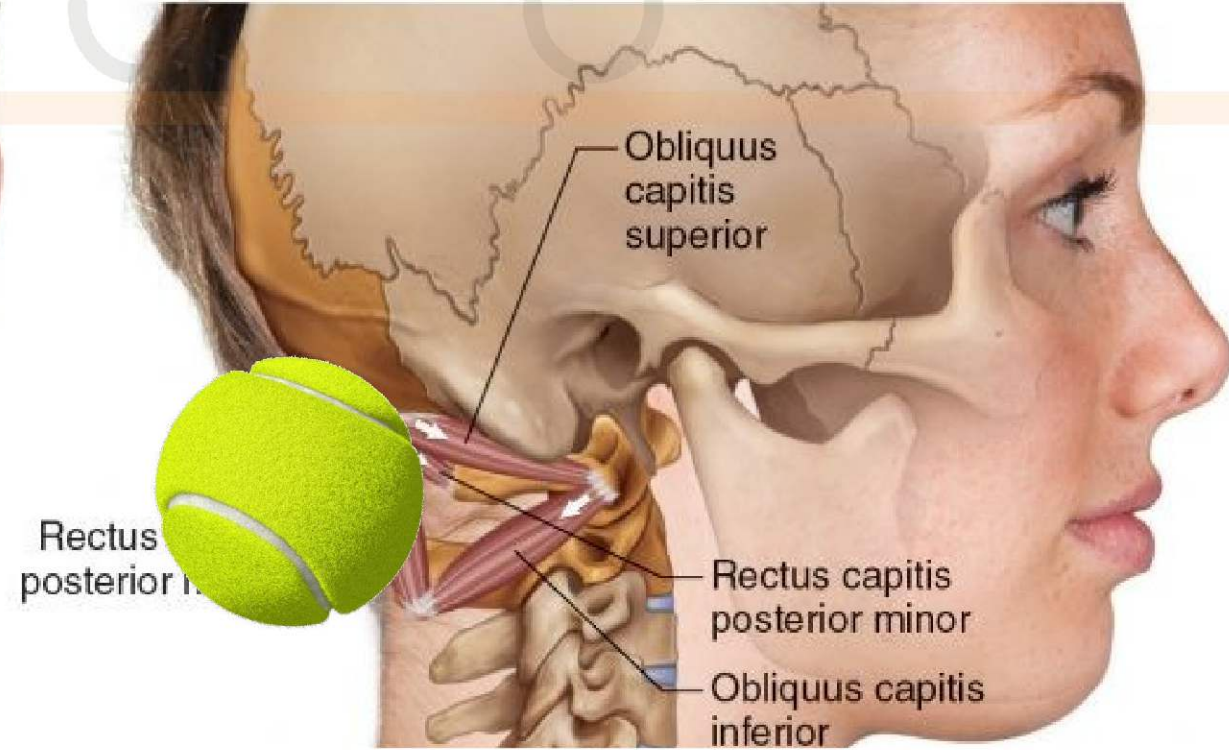
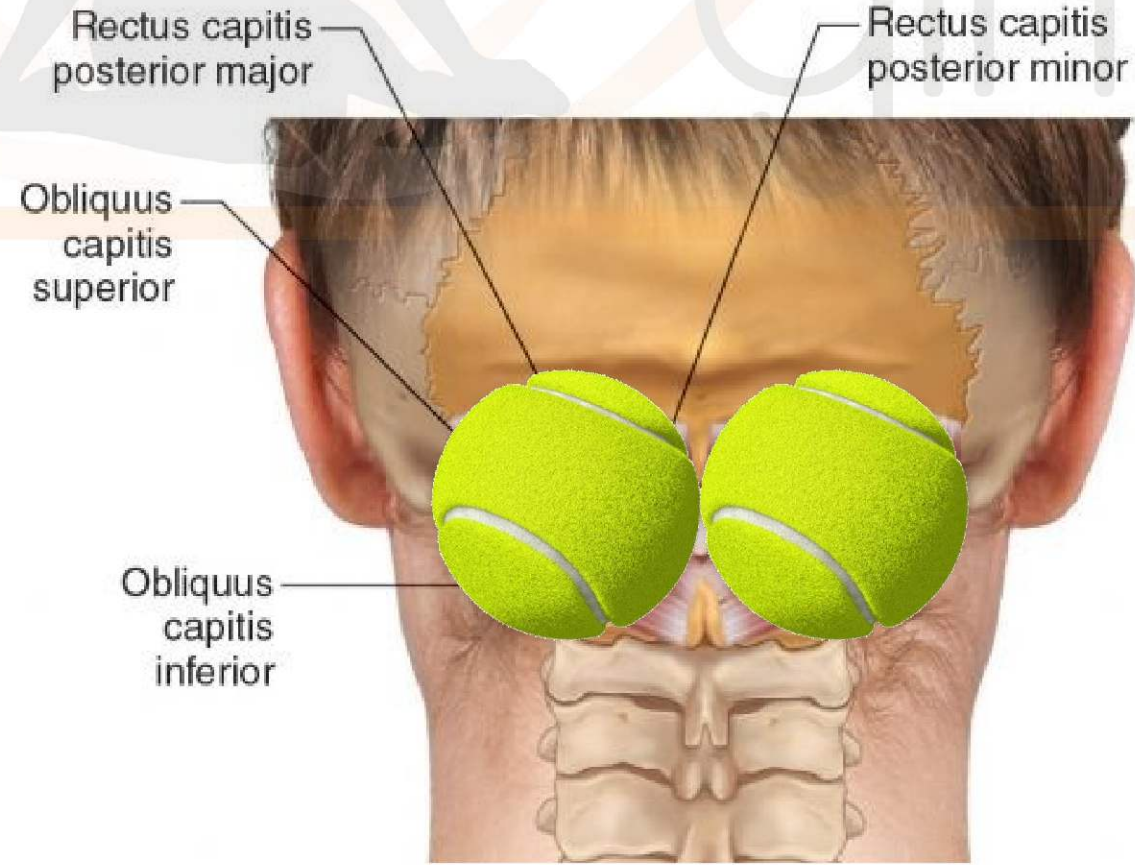
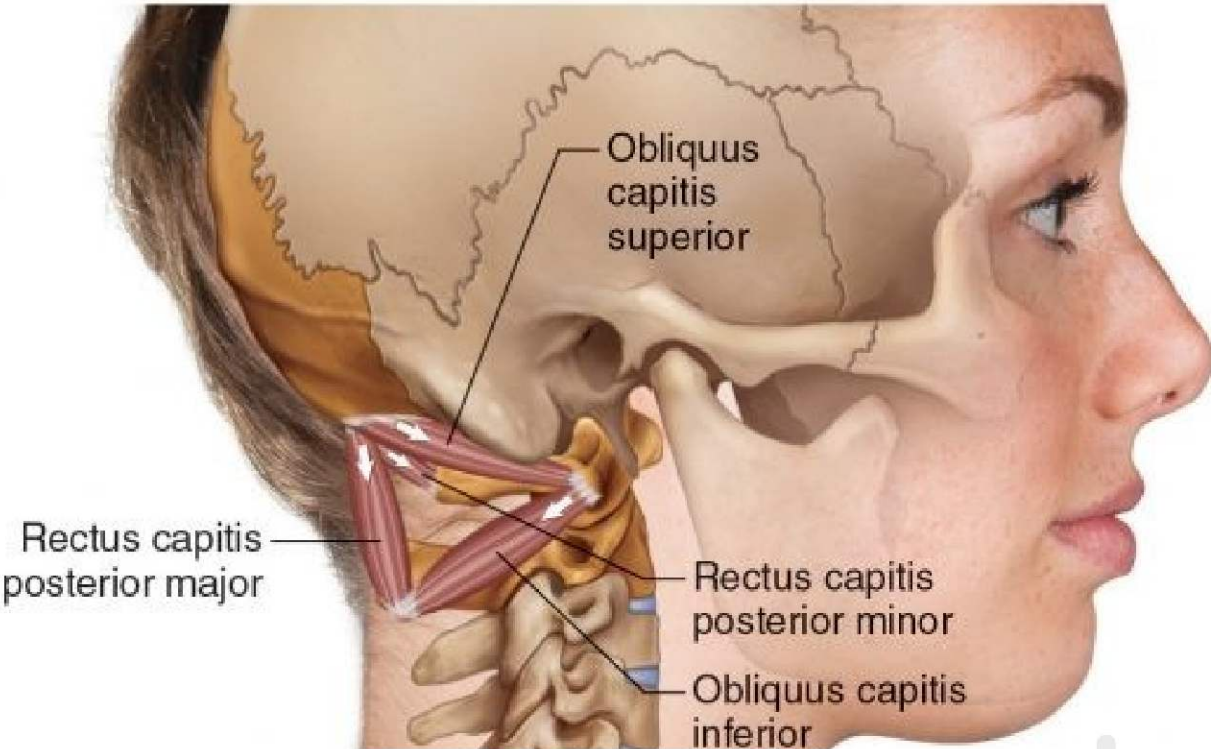
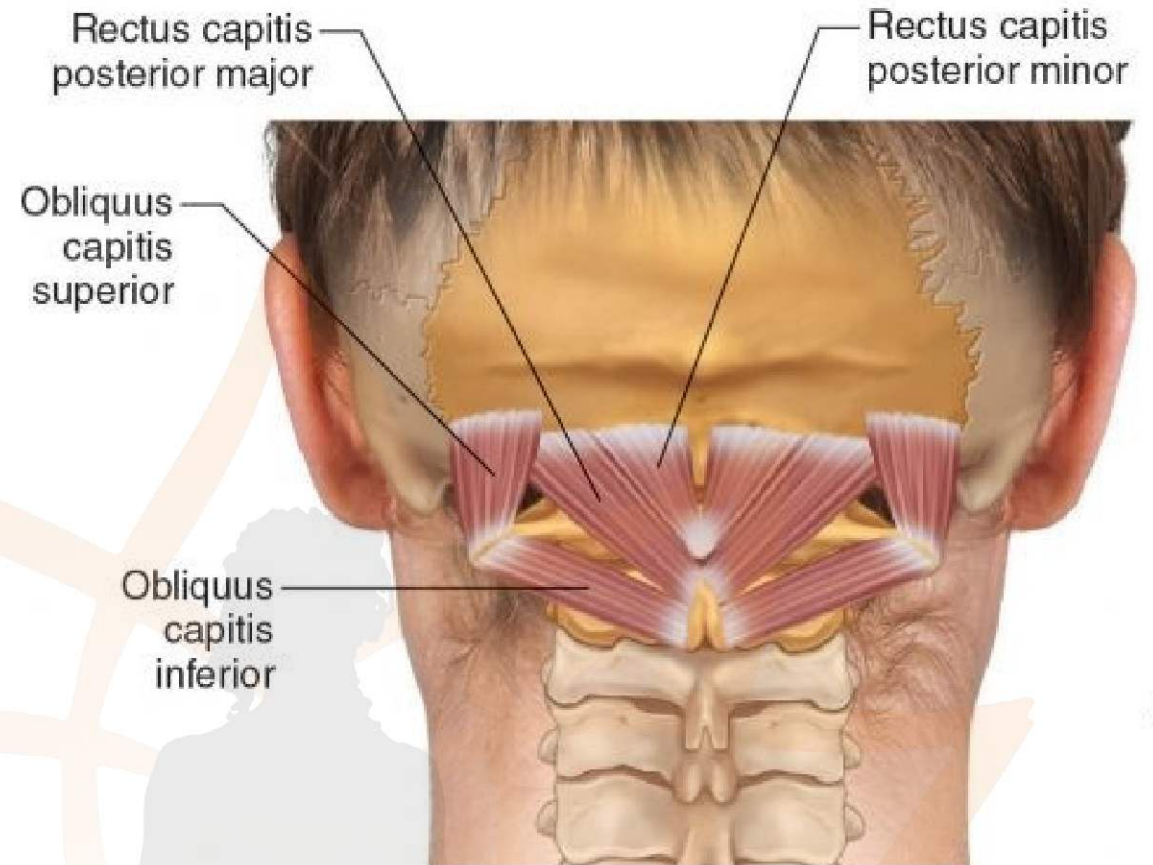
# SELF MYOFASCIAL RELEASE (SMFR)

# a) Testa



# Collo

## Sub-occipitali

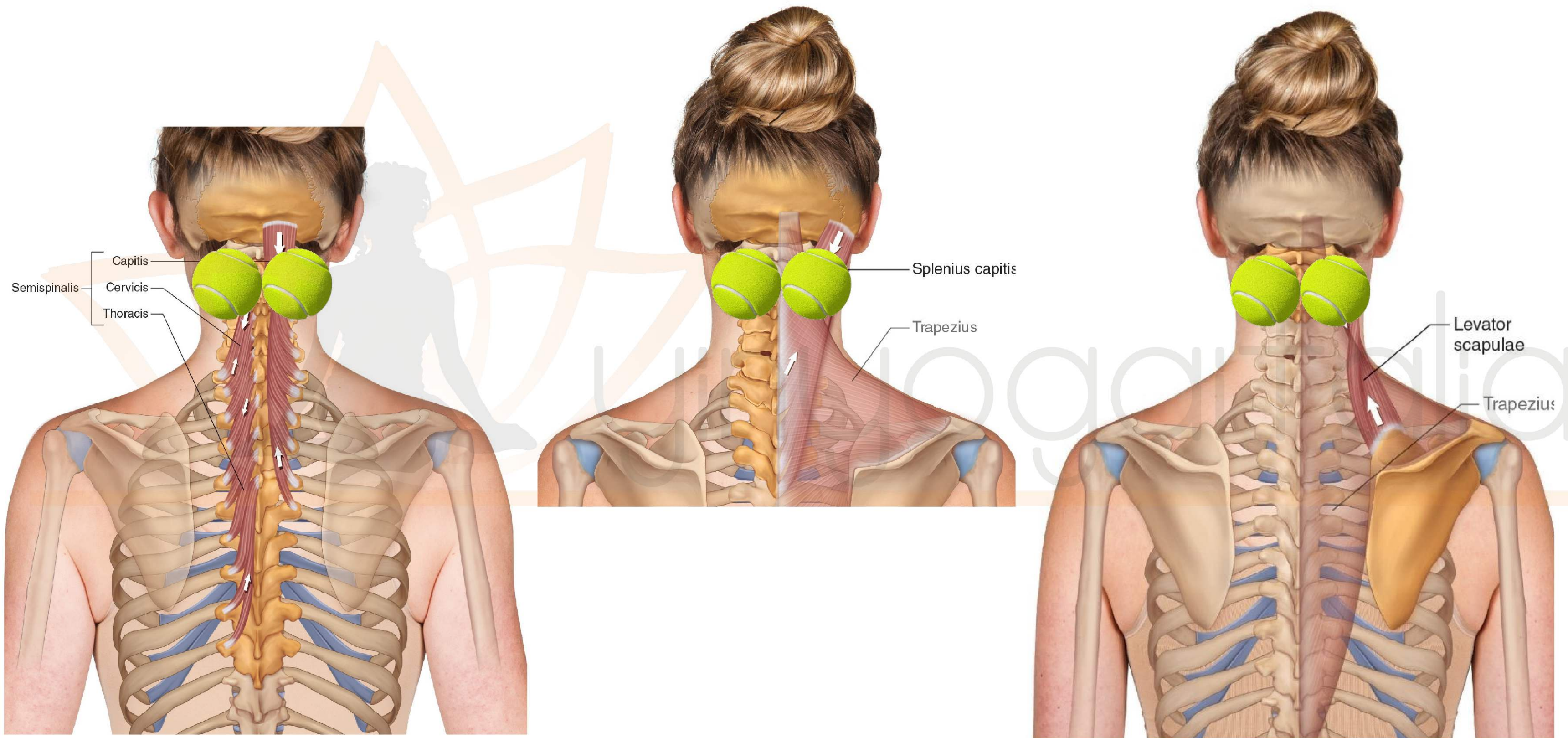


# Collo

- Semispinale del capo

- Splenio del capo

- L'elevatore della scapola

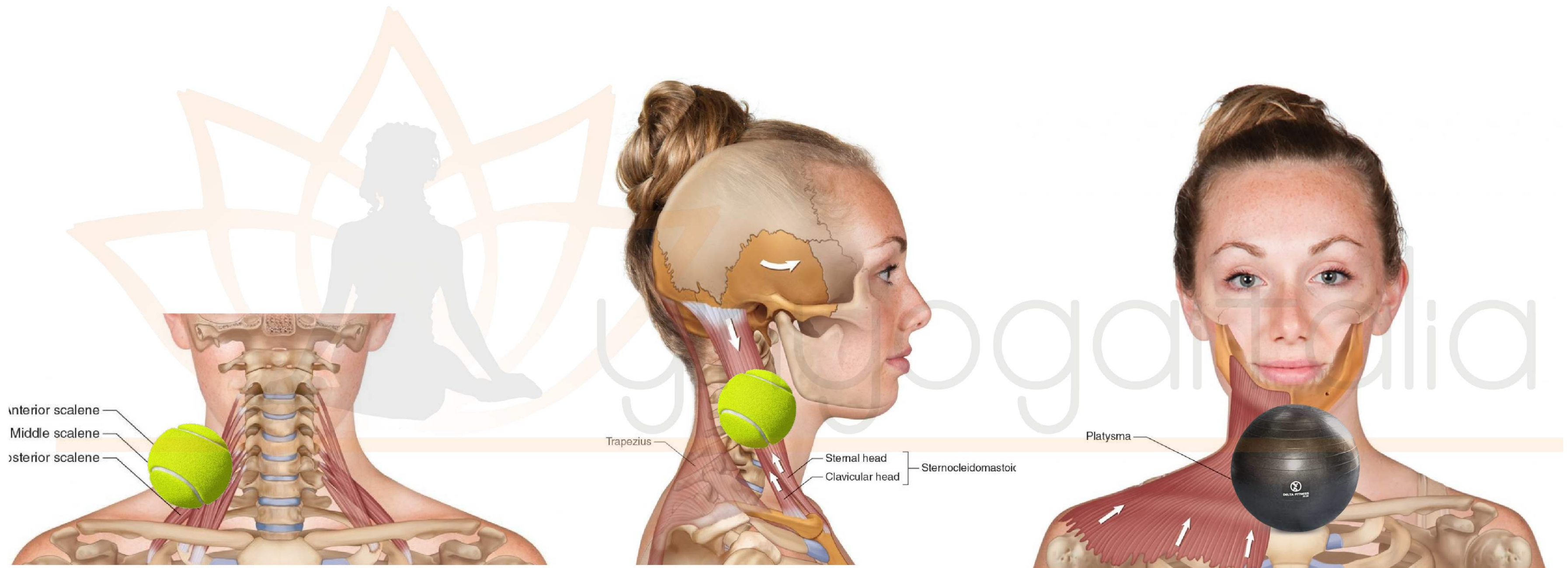


# Collo

- Muscoli scaleni

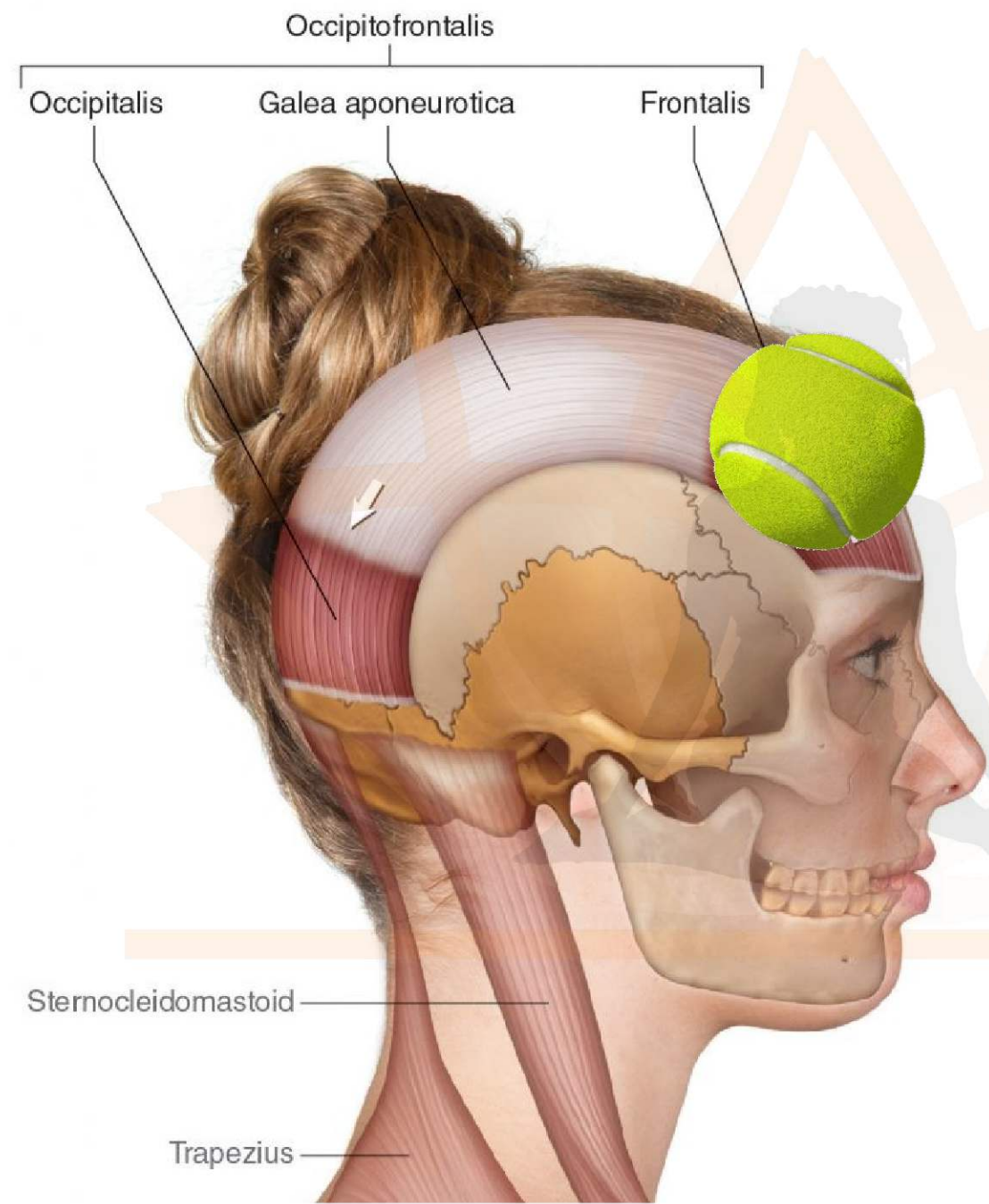
- Muscolo sternocleidomastoideo

- Muscolo platysma

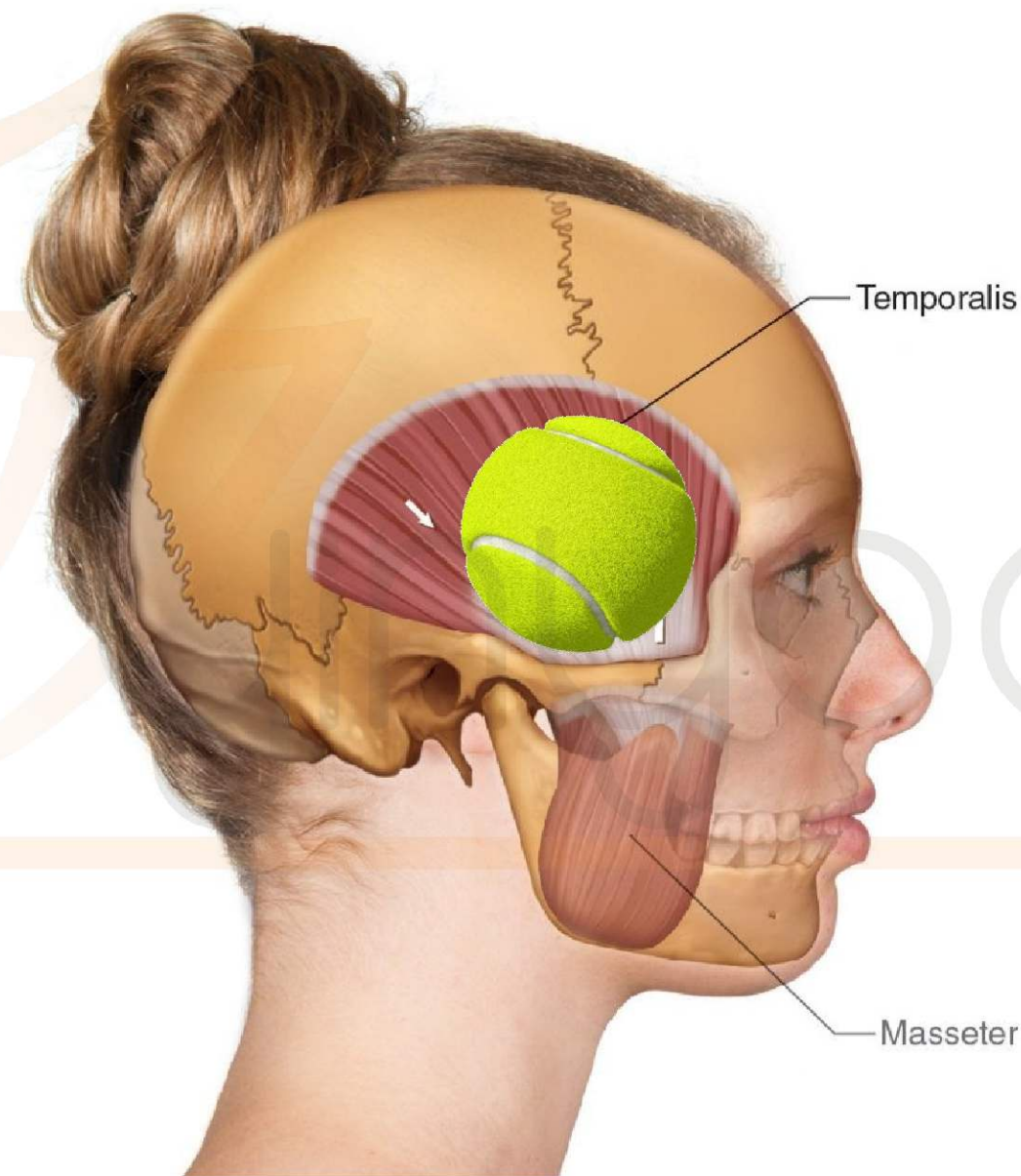


# Viso

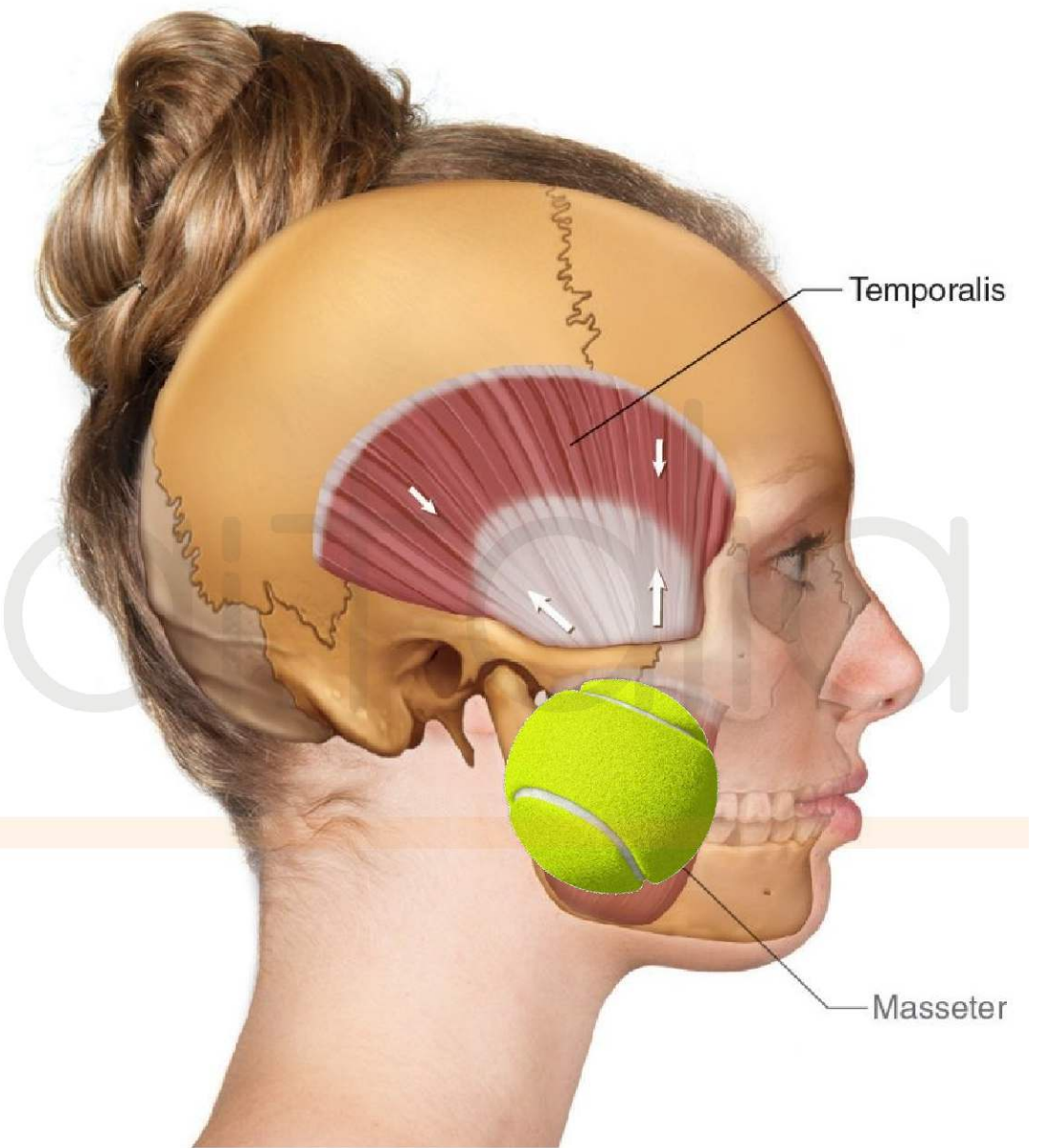
## - Frontale



## -Temporale



## - Massetere

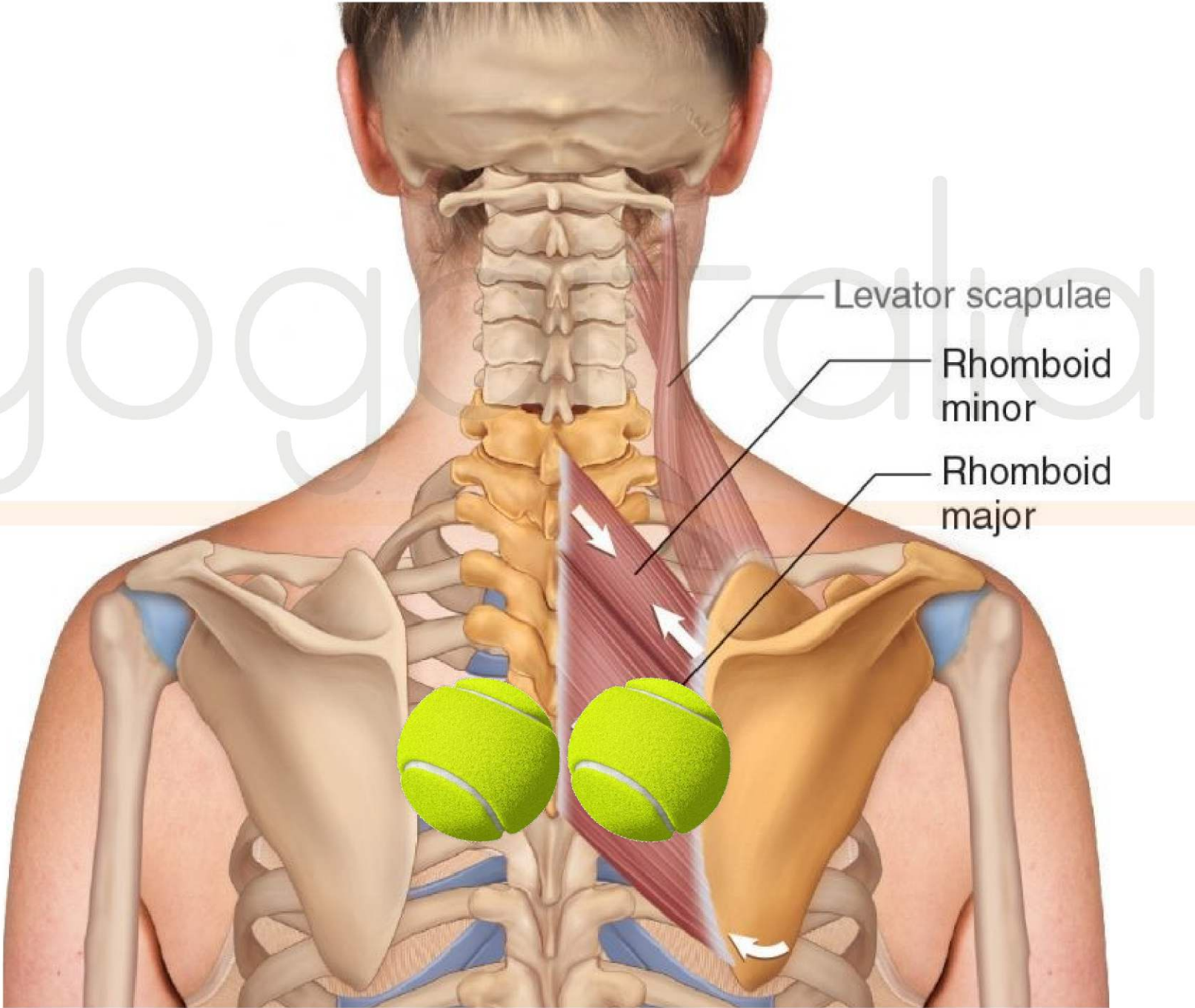
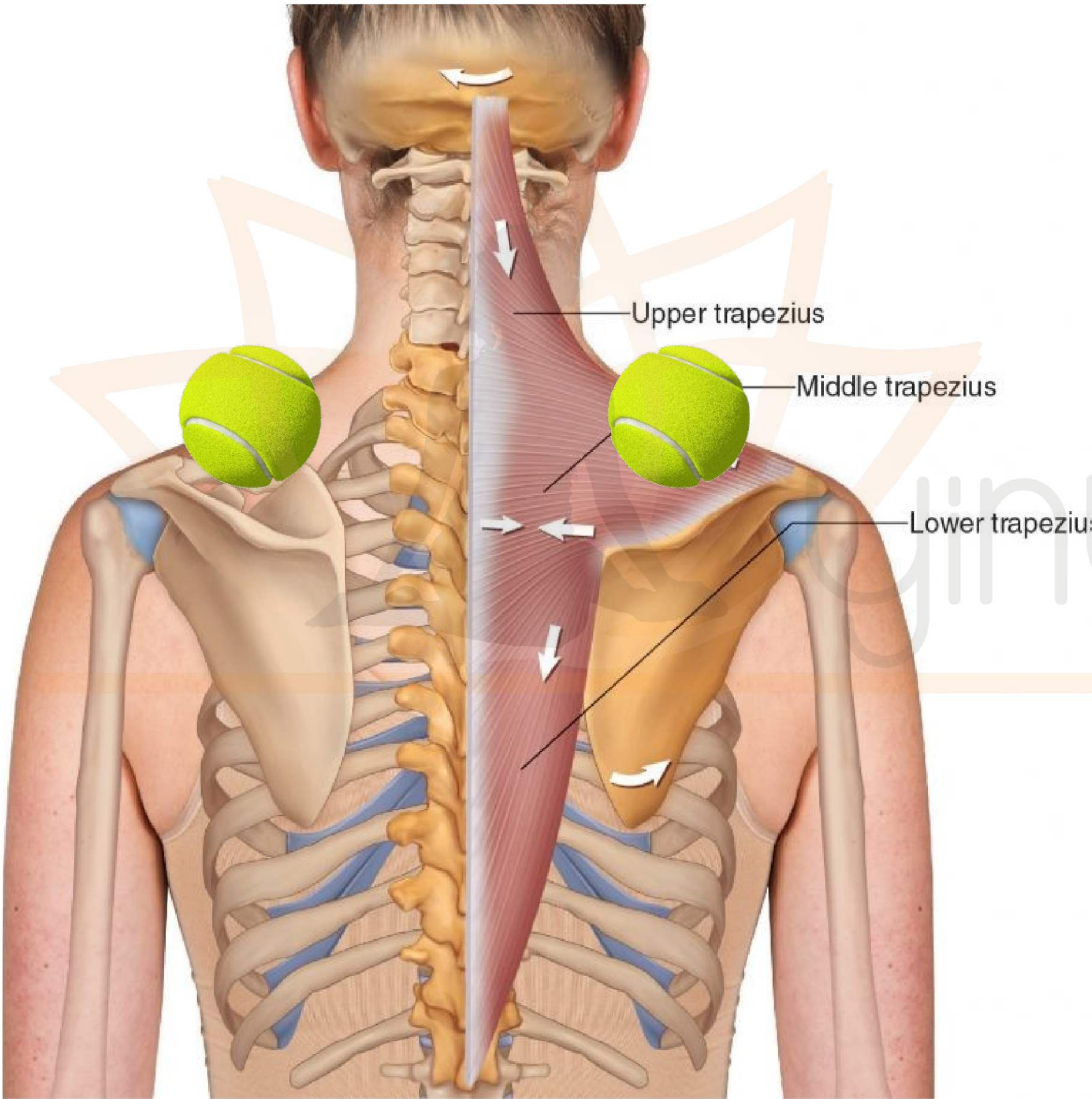


# b) Schiena - Addome - Torace

## Parte alta della schiena

- Trapezio

- Romboide

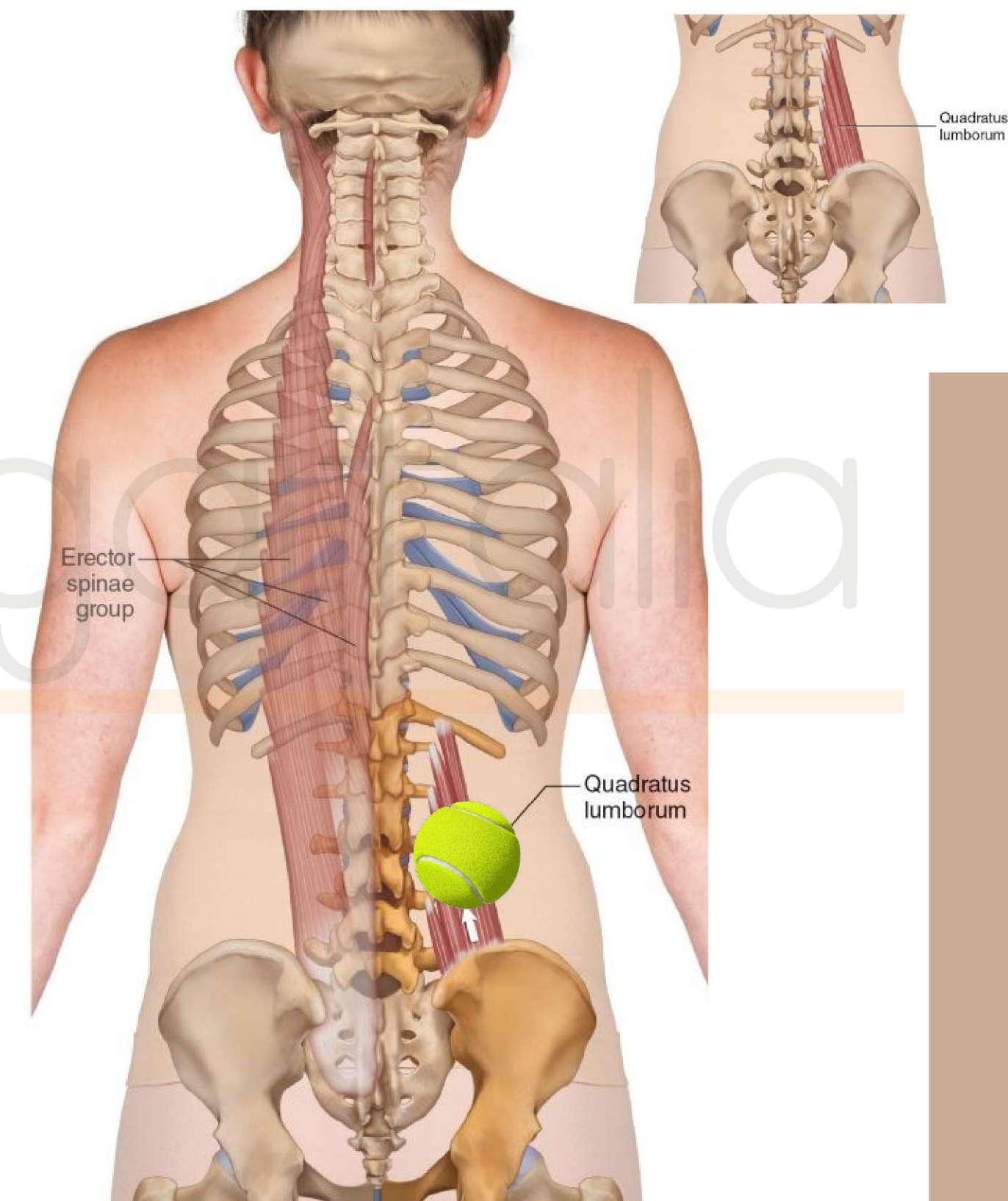
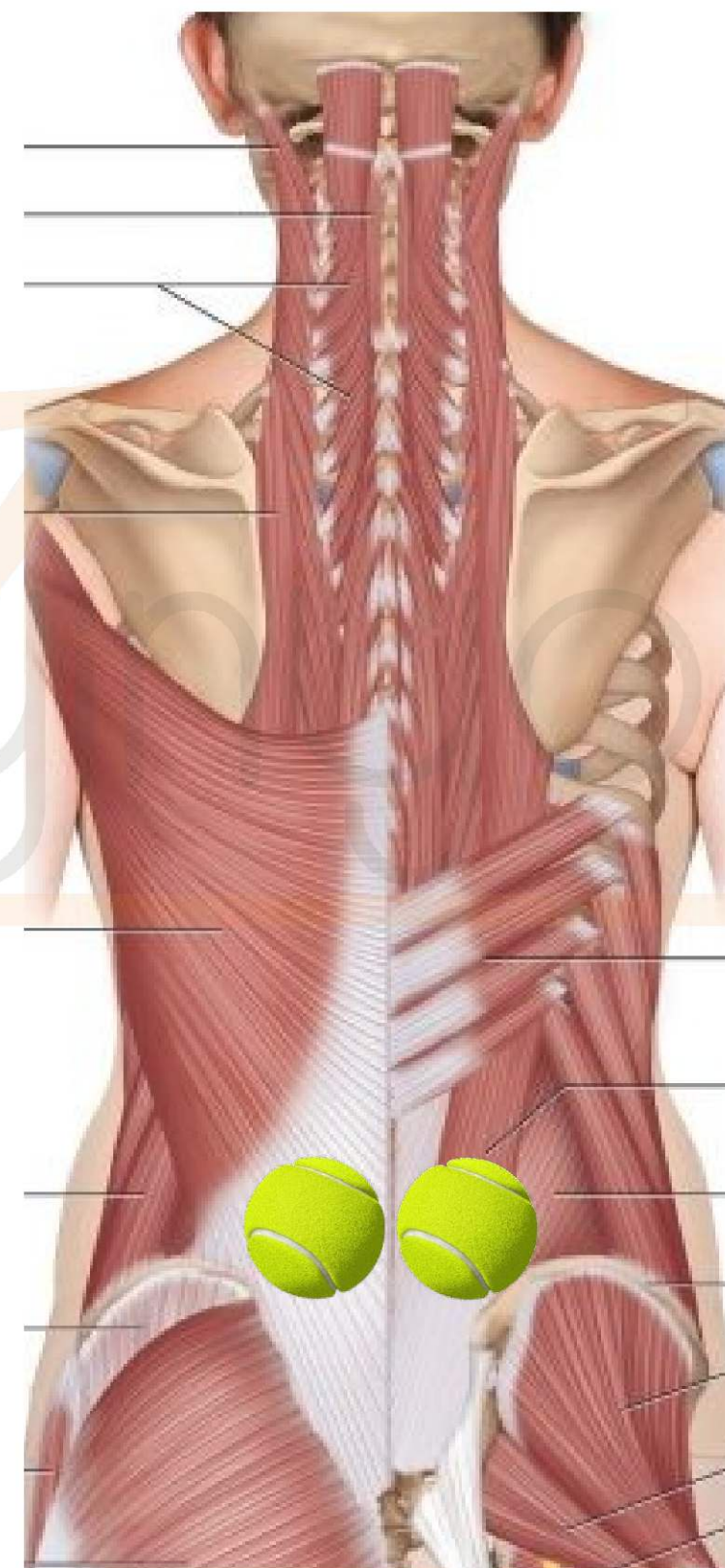
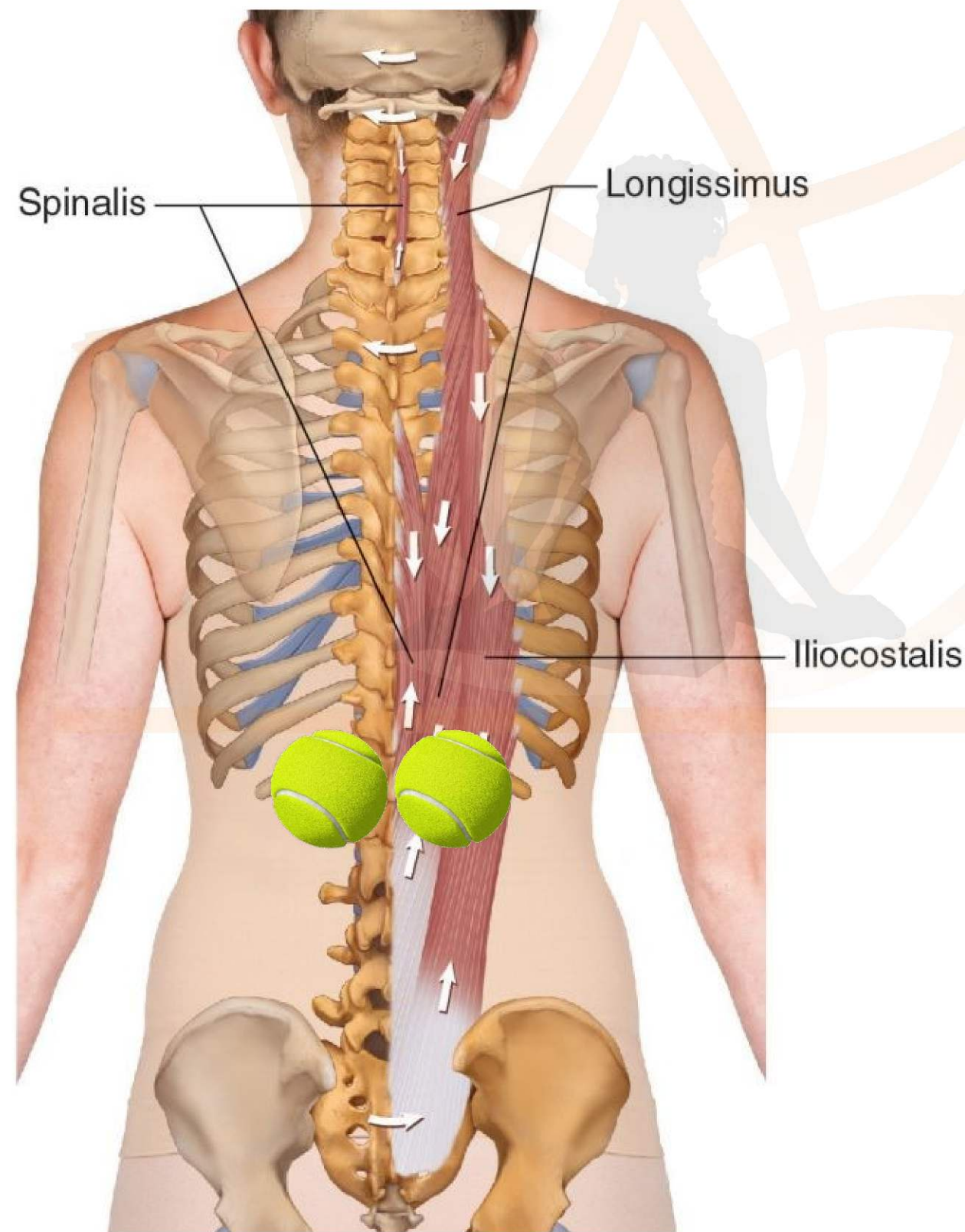


## Metà schiena

- Erettori della colonna vertebrale

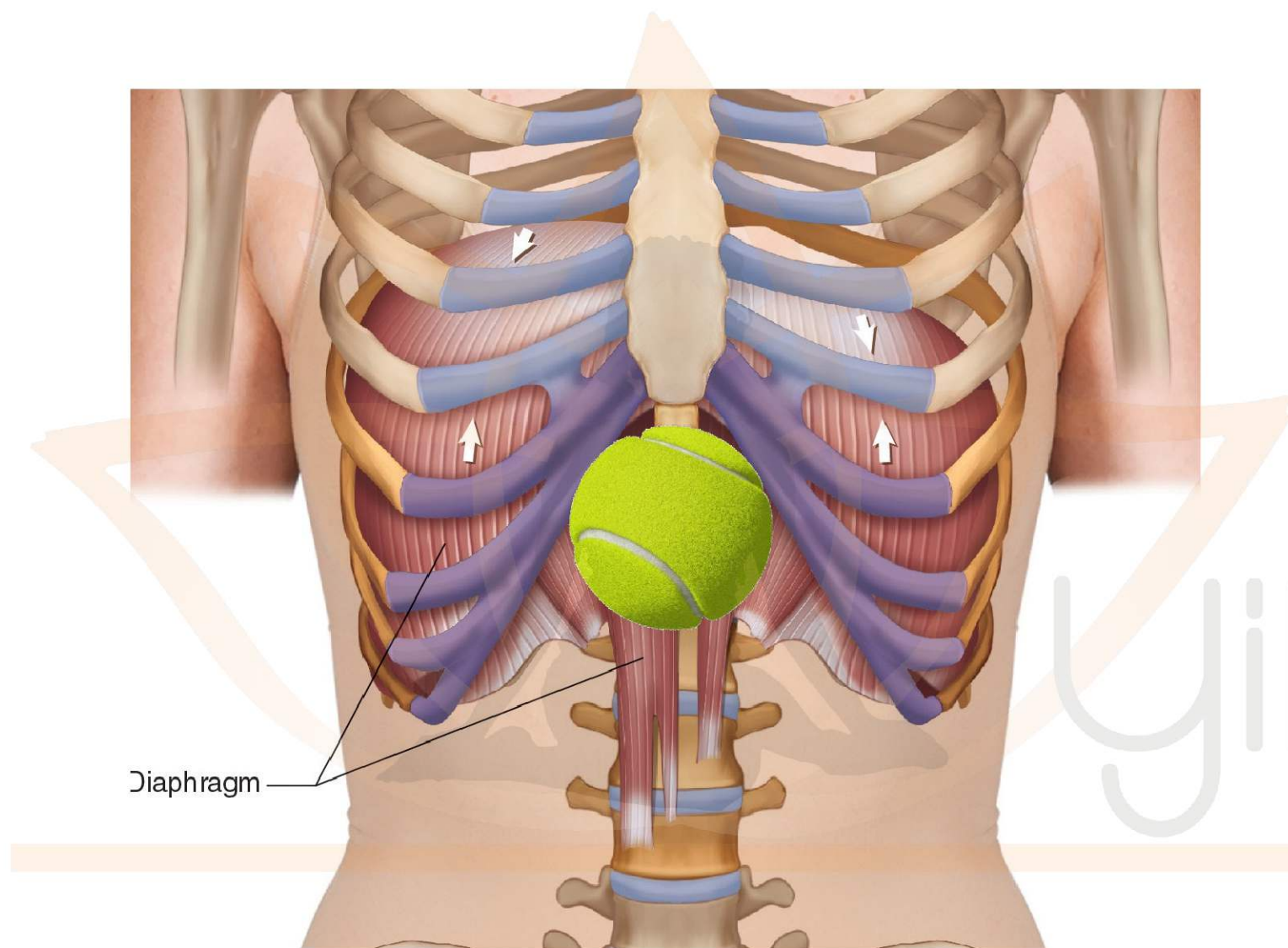
## Parte bassa della schiena

- Fascia toracolombare
- Quadrato dei lombi

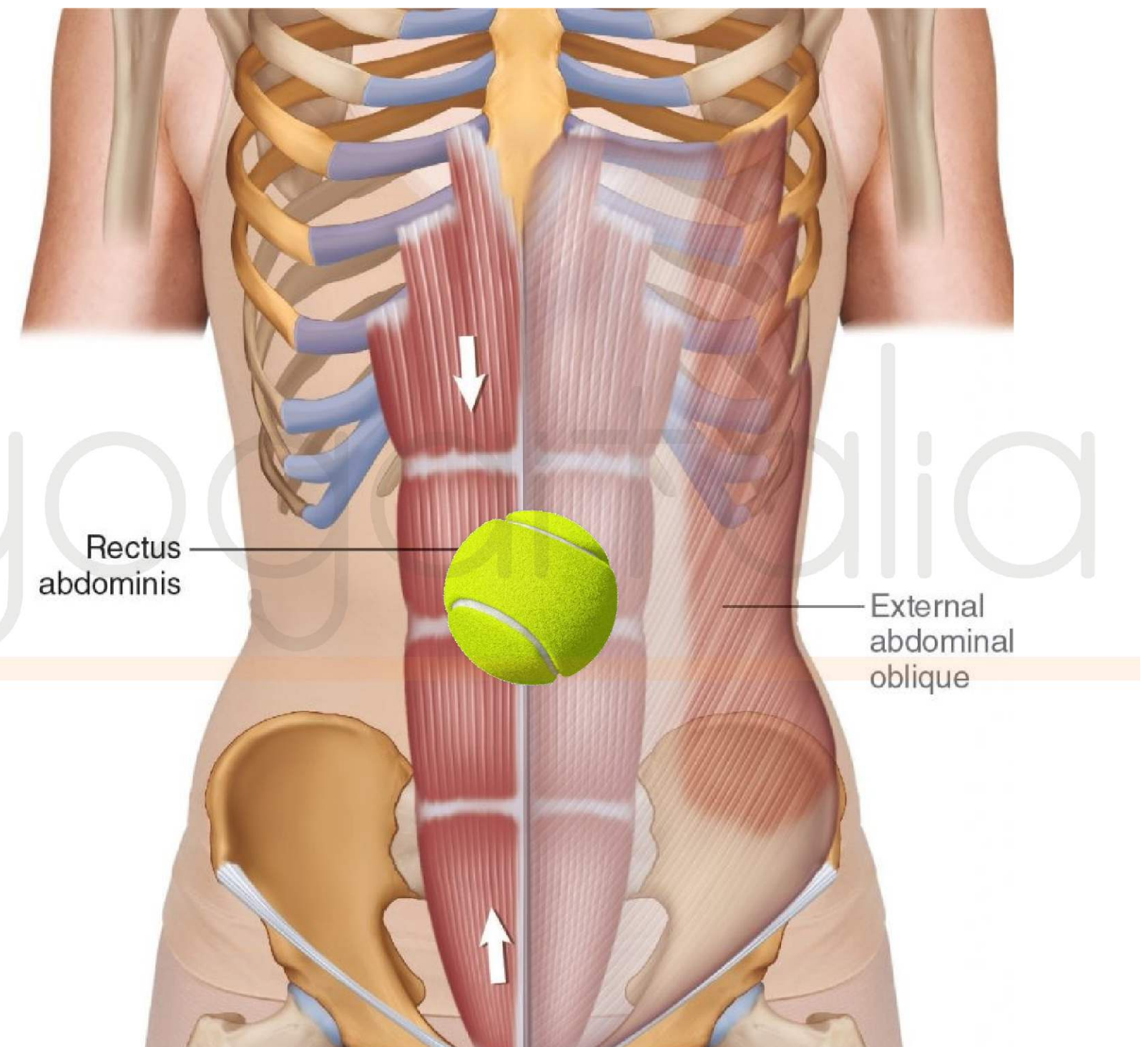


# Addome/Torace

- Diaframma



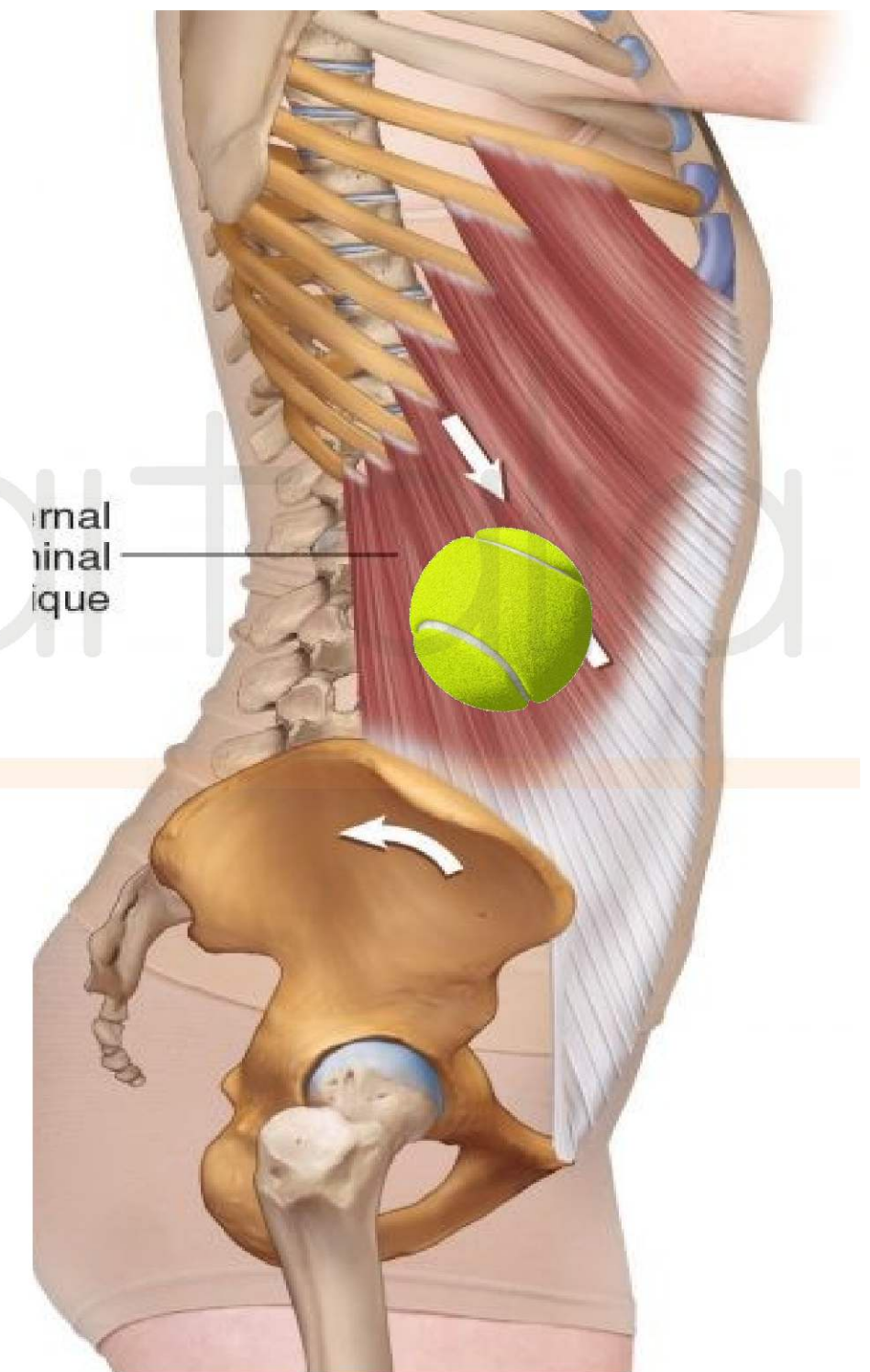
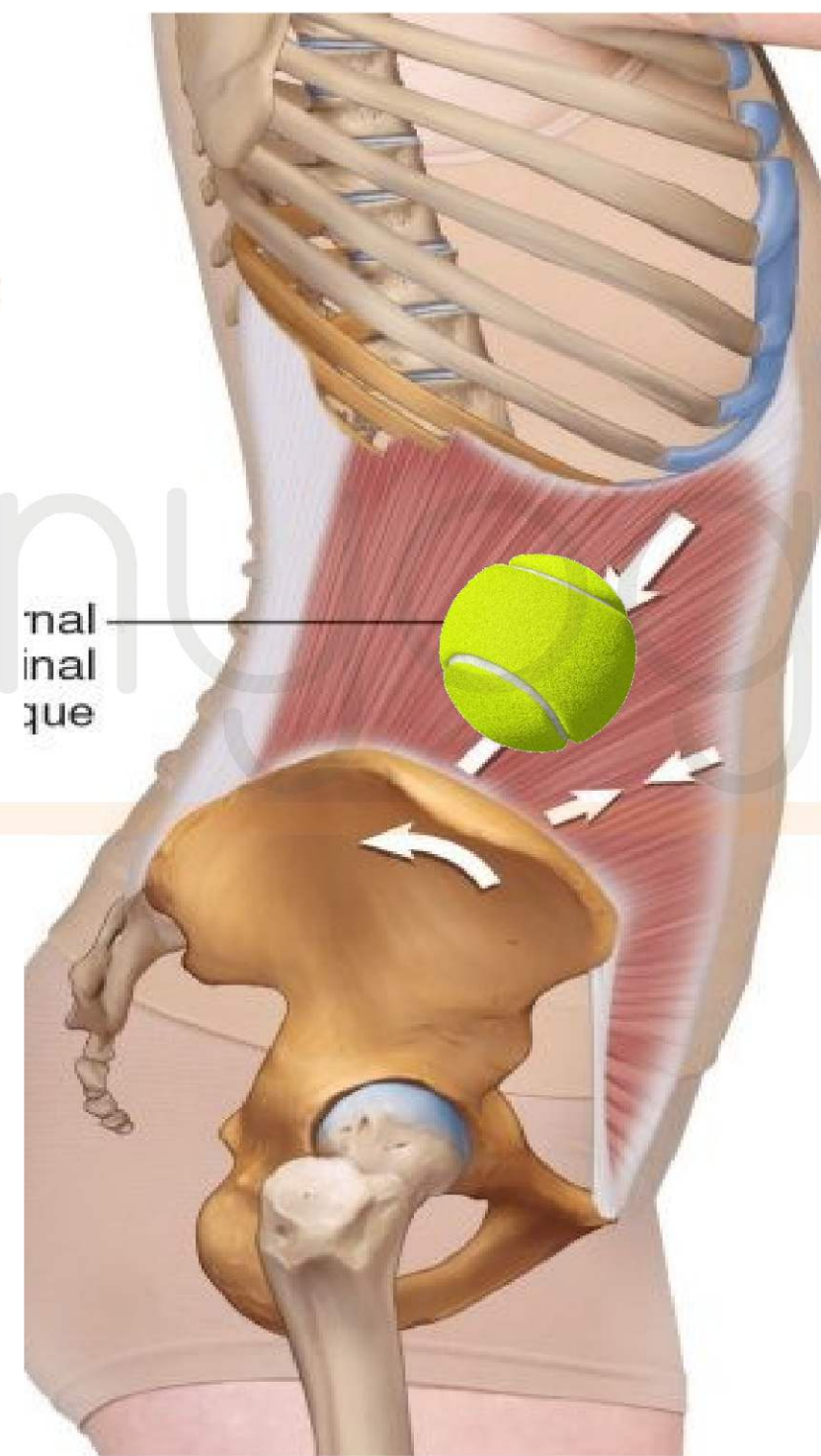
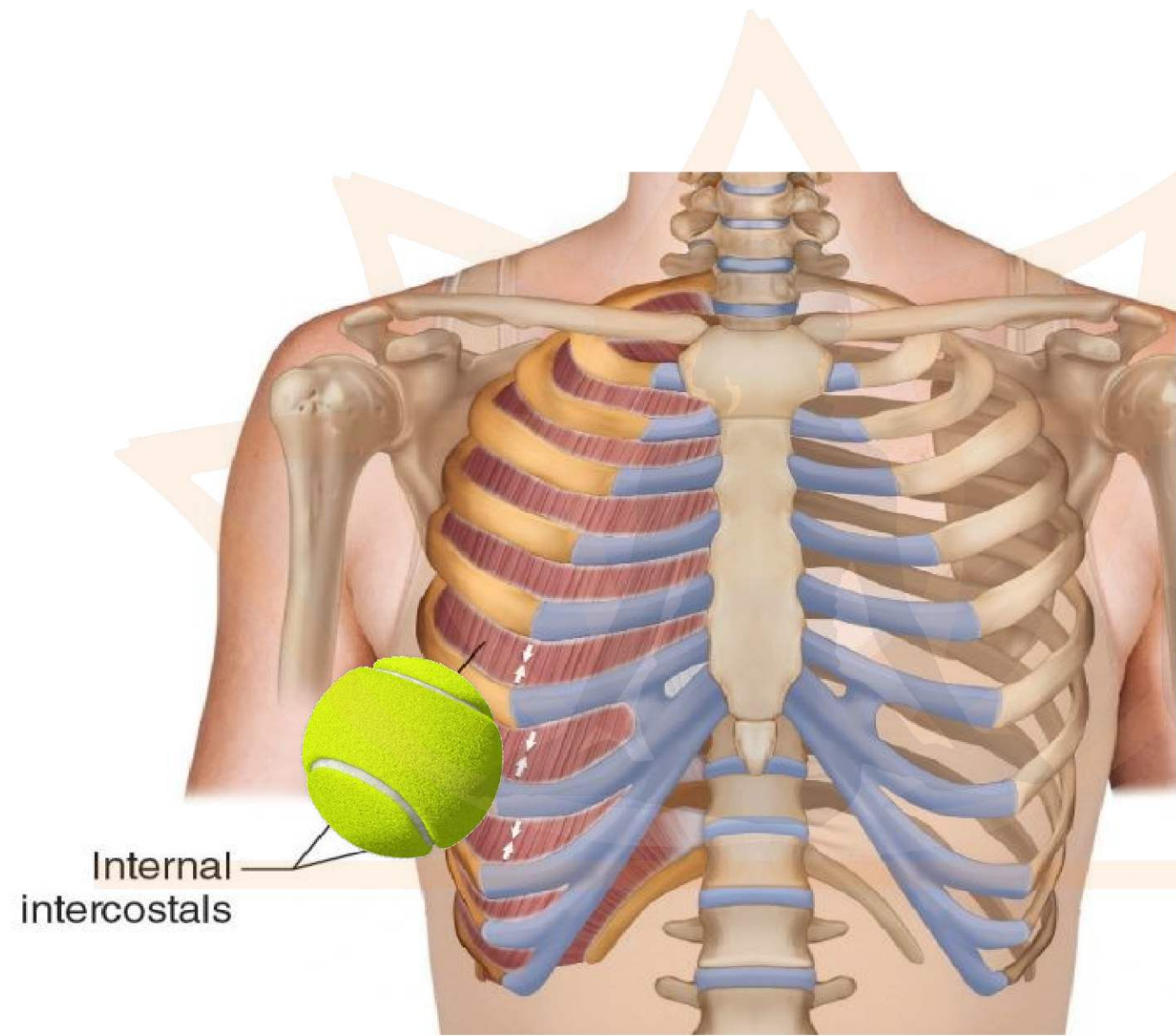
# - Retto dell'addome



# Addome/Torace

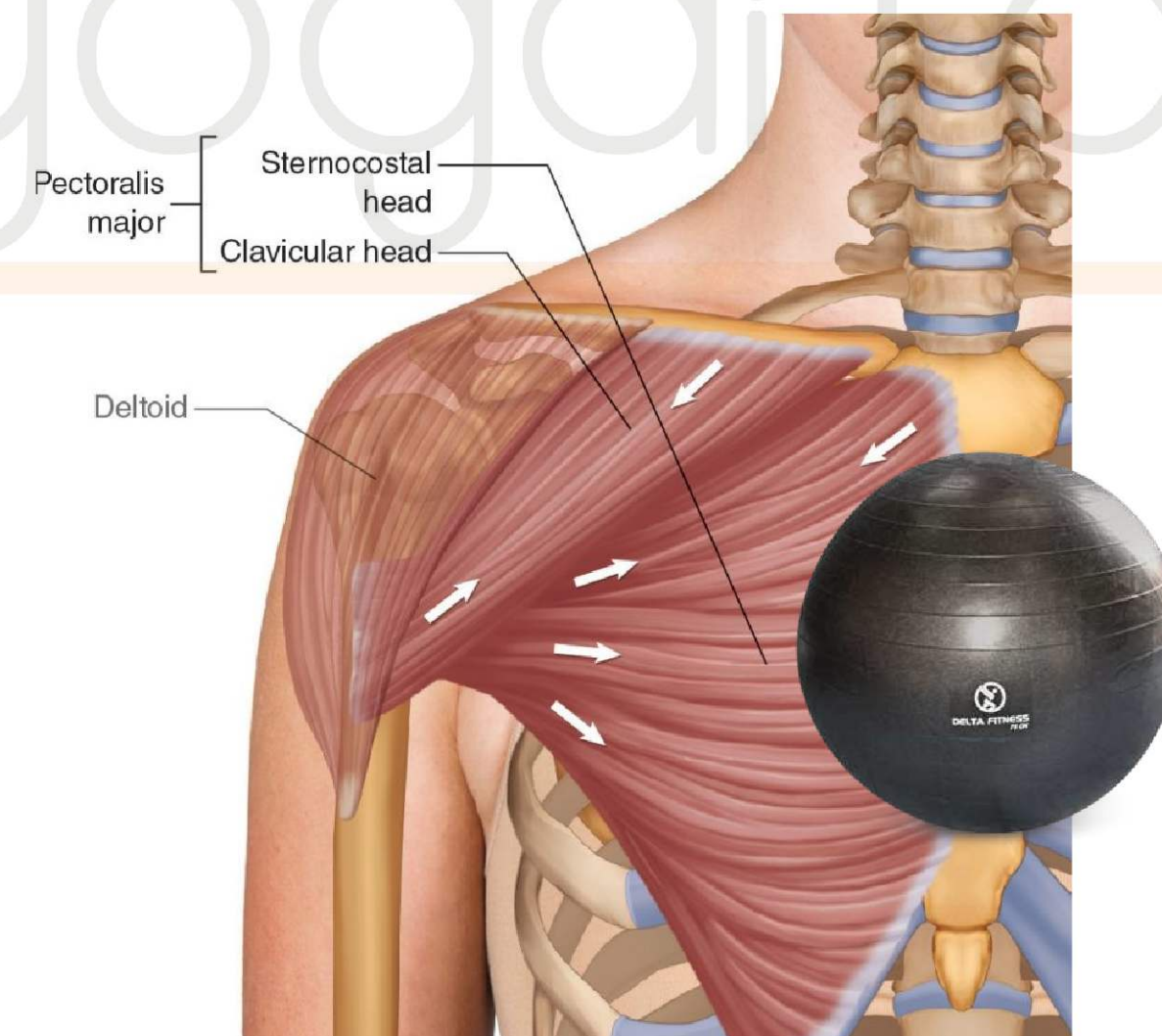
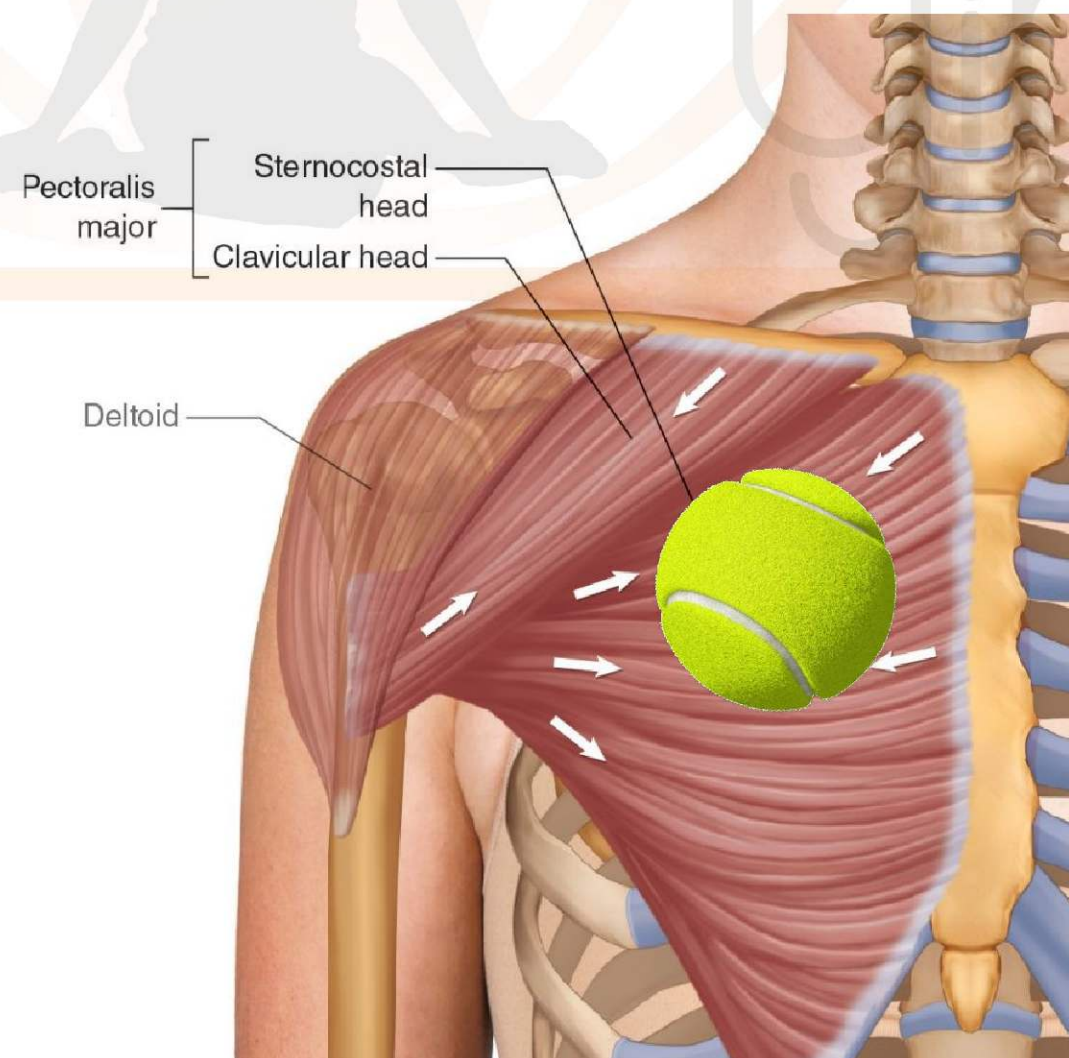
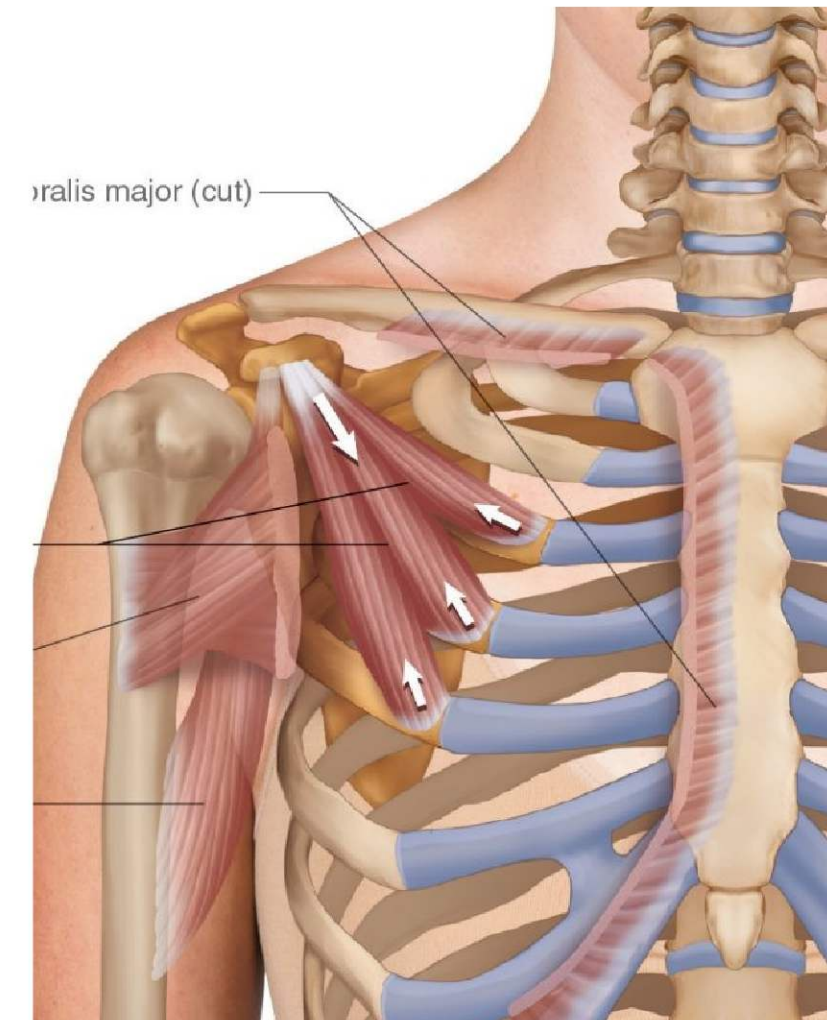
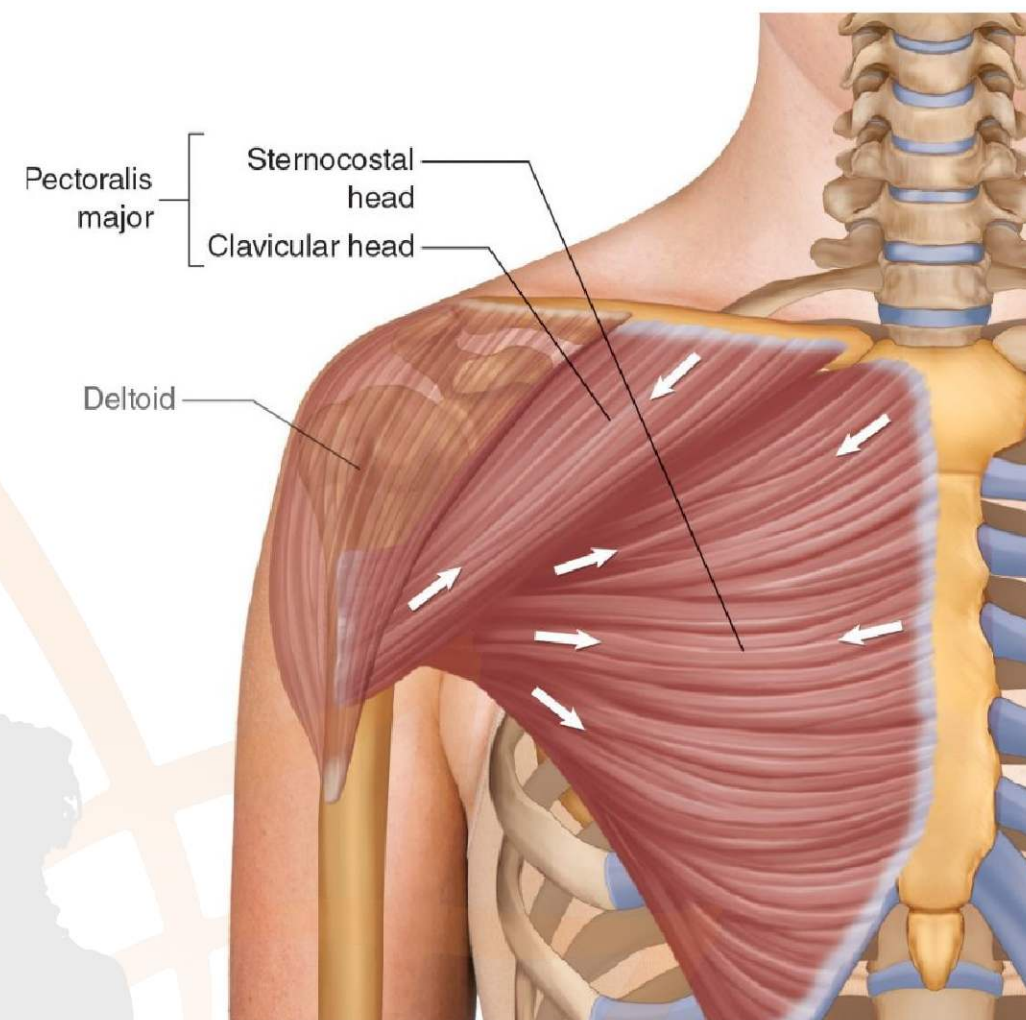
- Muscoli Intercostali

- Obliqui: Interno / Esterno



# Addome/Torace

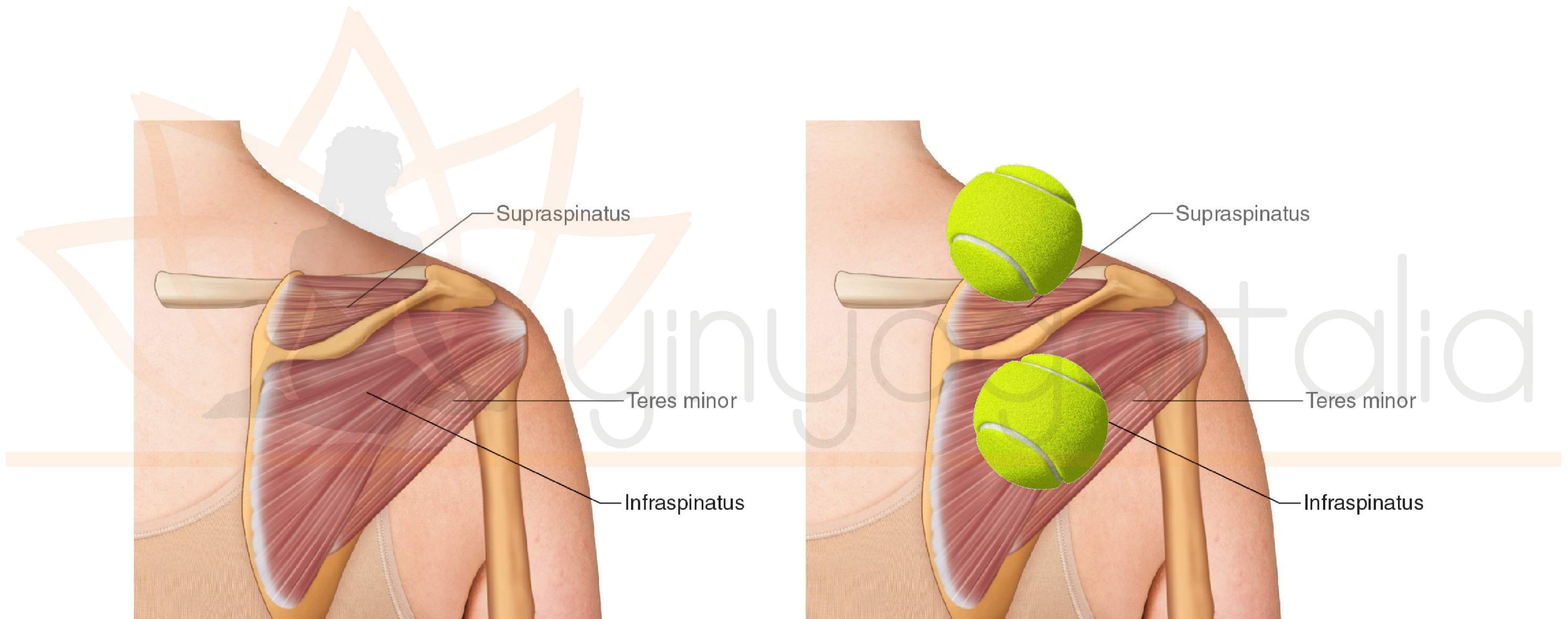
- Grande Pettorale - Piccolo pettorale - Sterno



# c) Spalle - Braccia

## Scapola

- Infraspinato/Piccolo rotondo - Sovraspinato\*

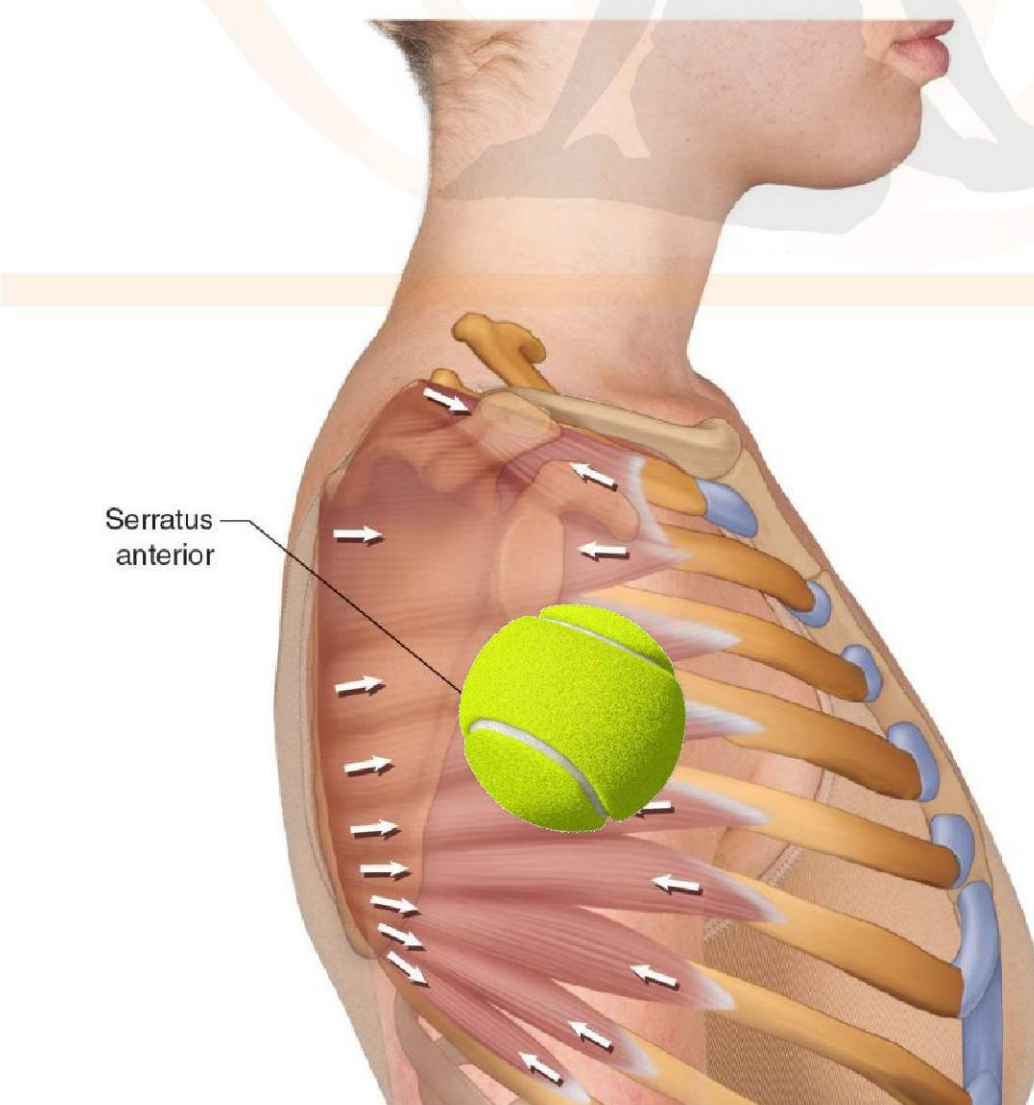
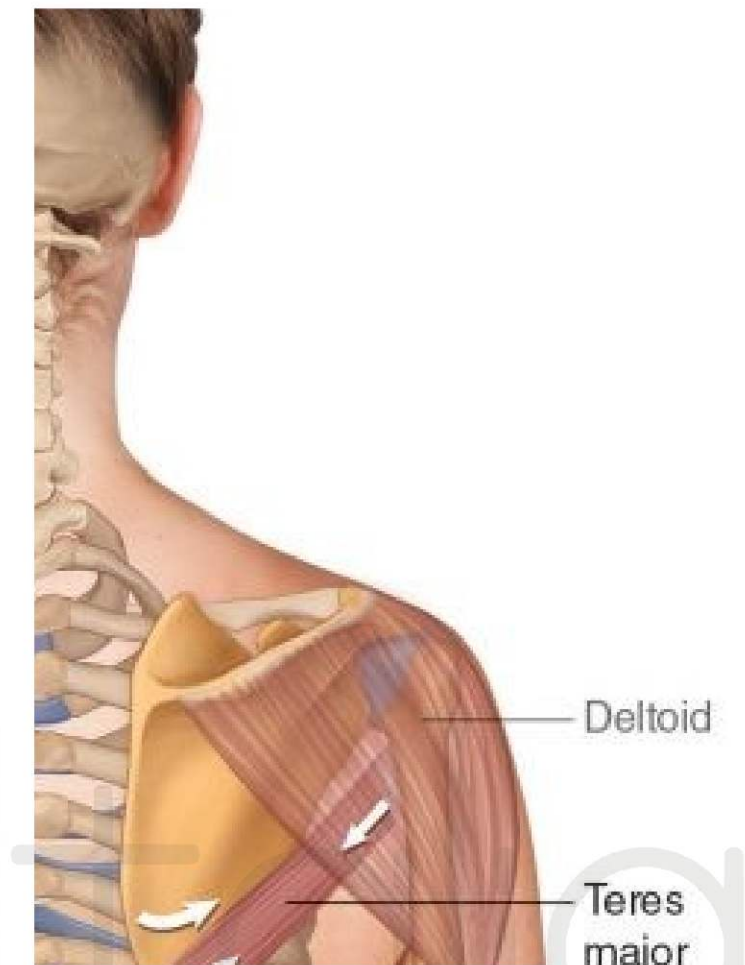
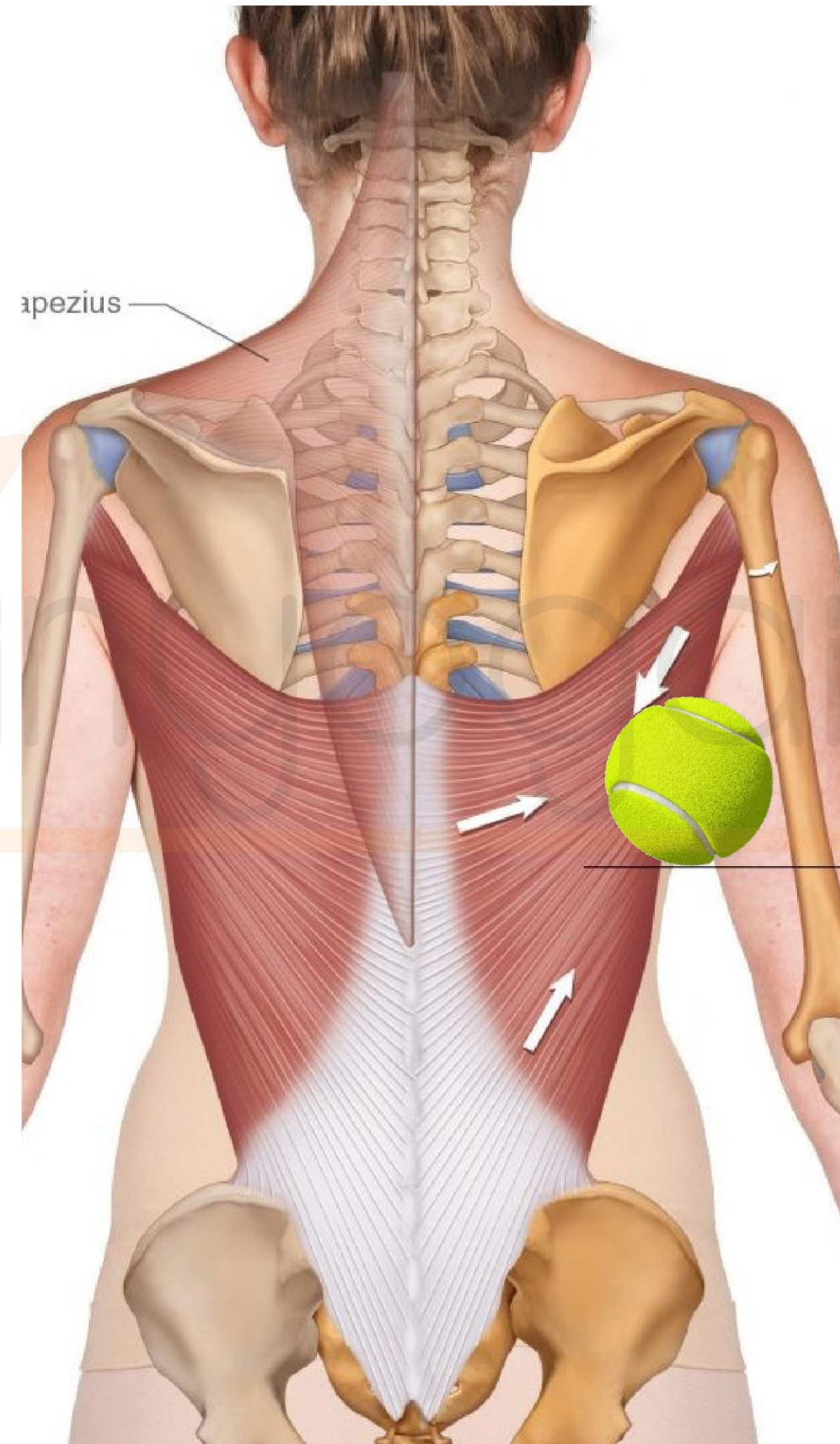
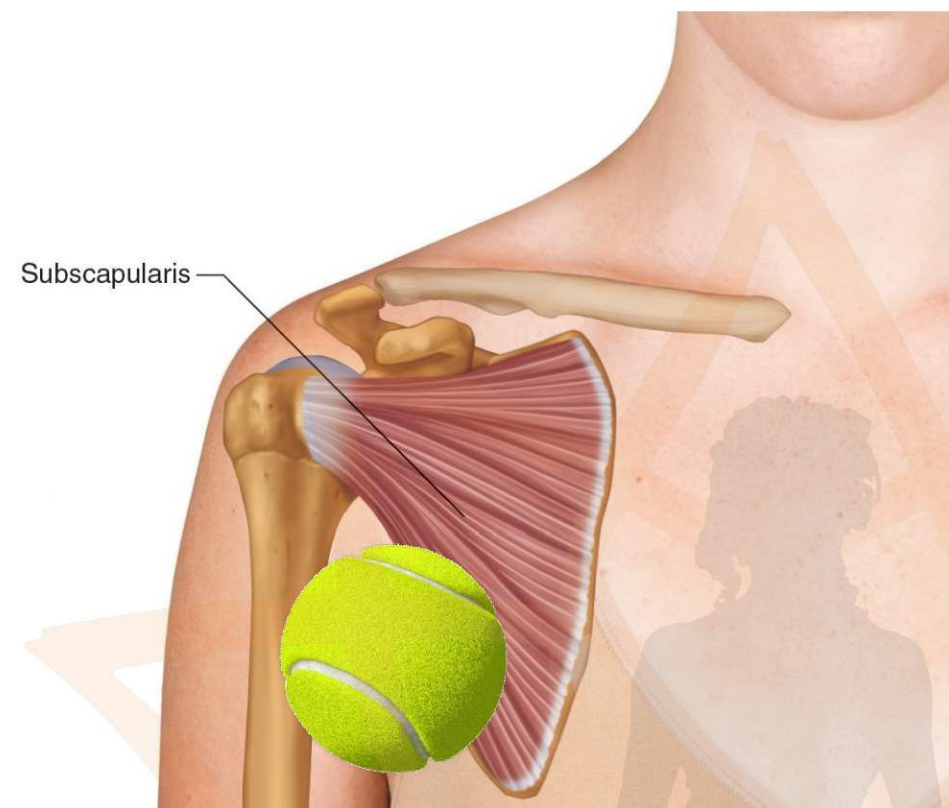


# Scapola

- Sottoscapolare

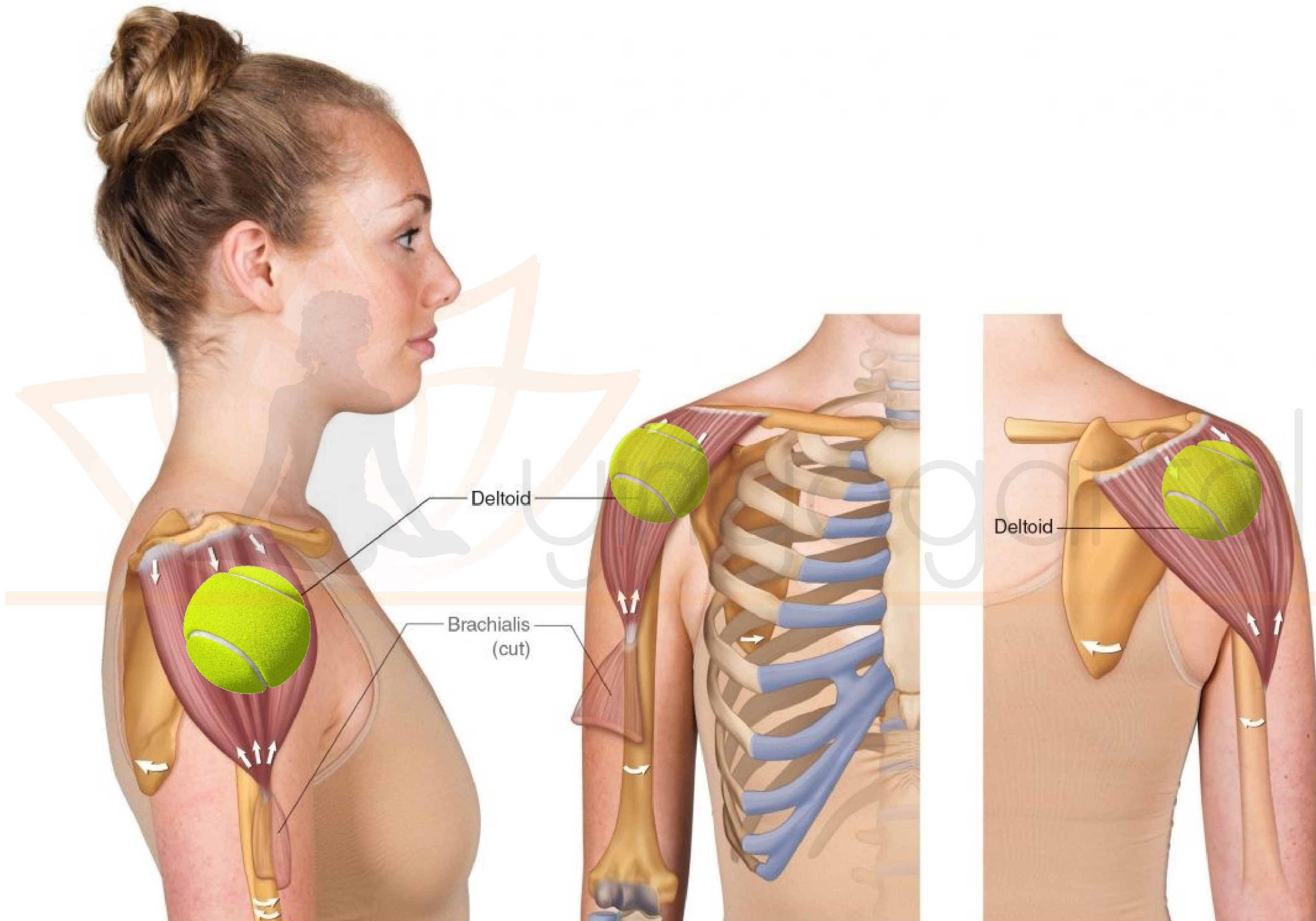
# Braccio

- Grande Dentato. Grande Dorsale e Grande Rotondo



# Braccio

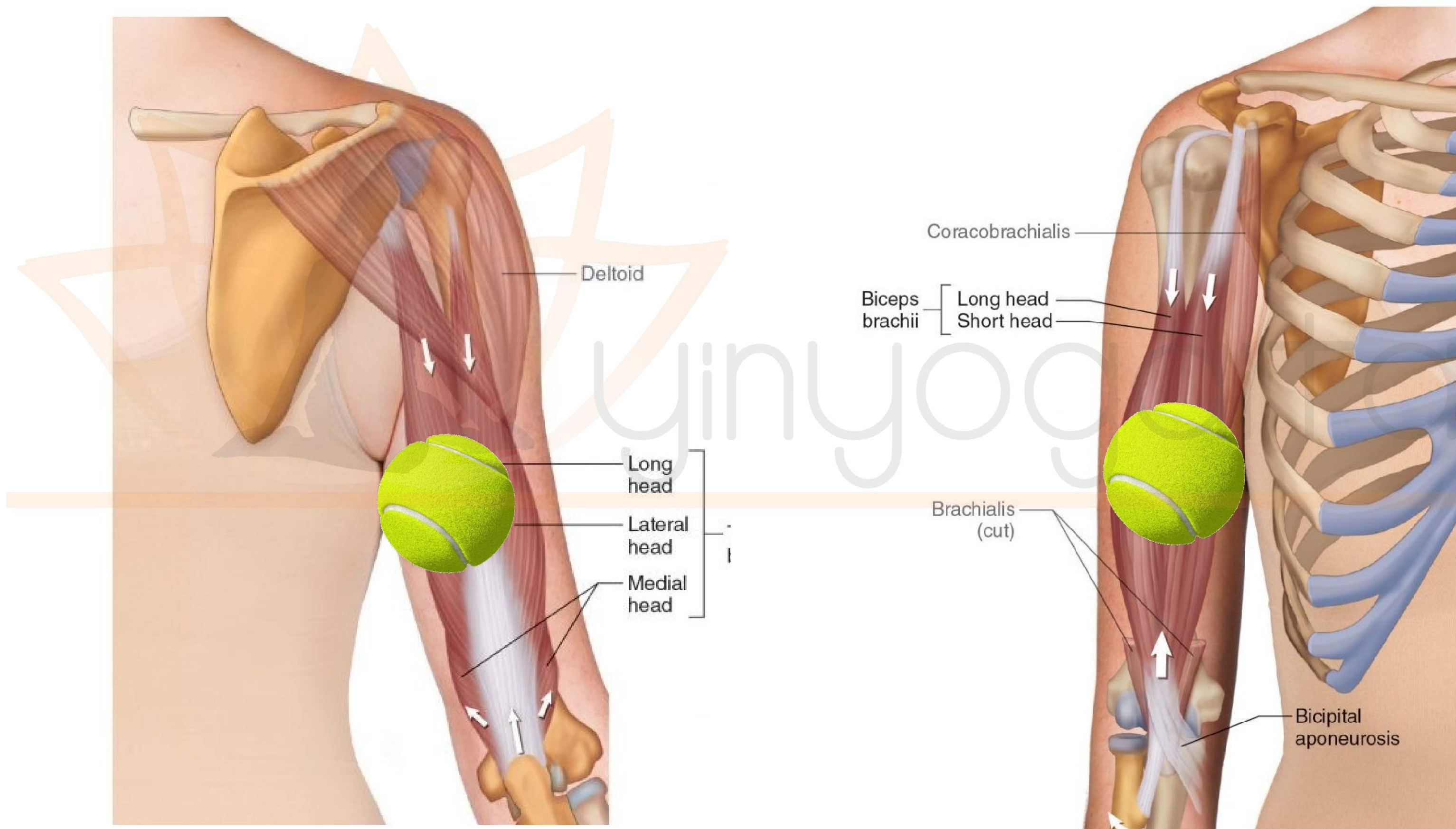
- Deltoide



# Braccio

- Tricipite

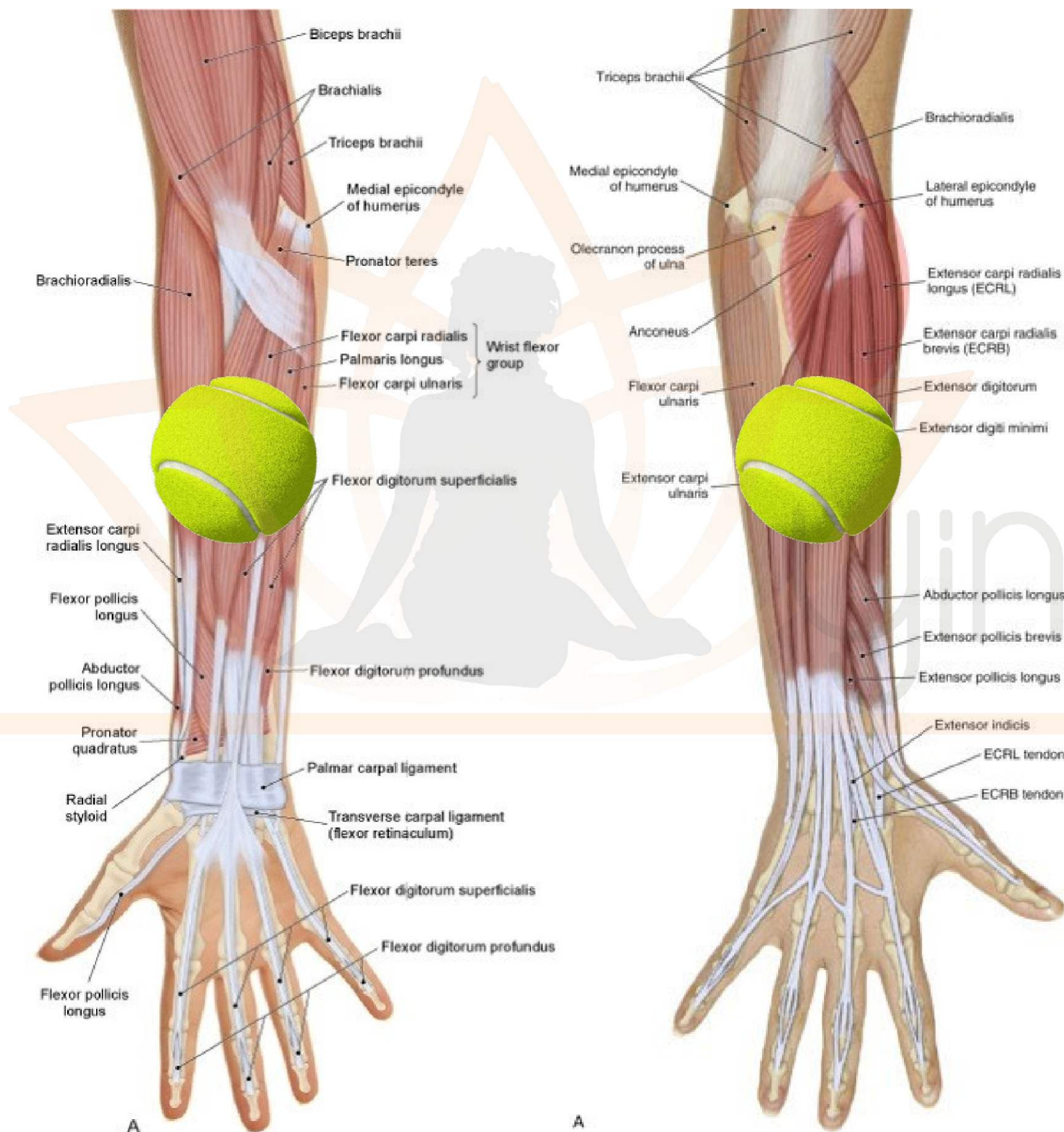
# - Bicipite



# Avambraccio / Polso / Mano

- Muscoli Estensori / Muscoli Flessori

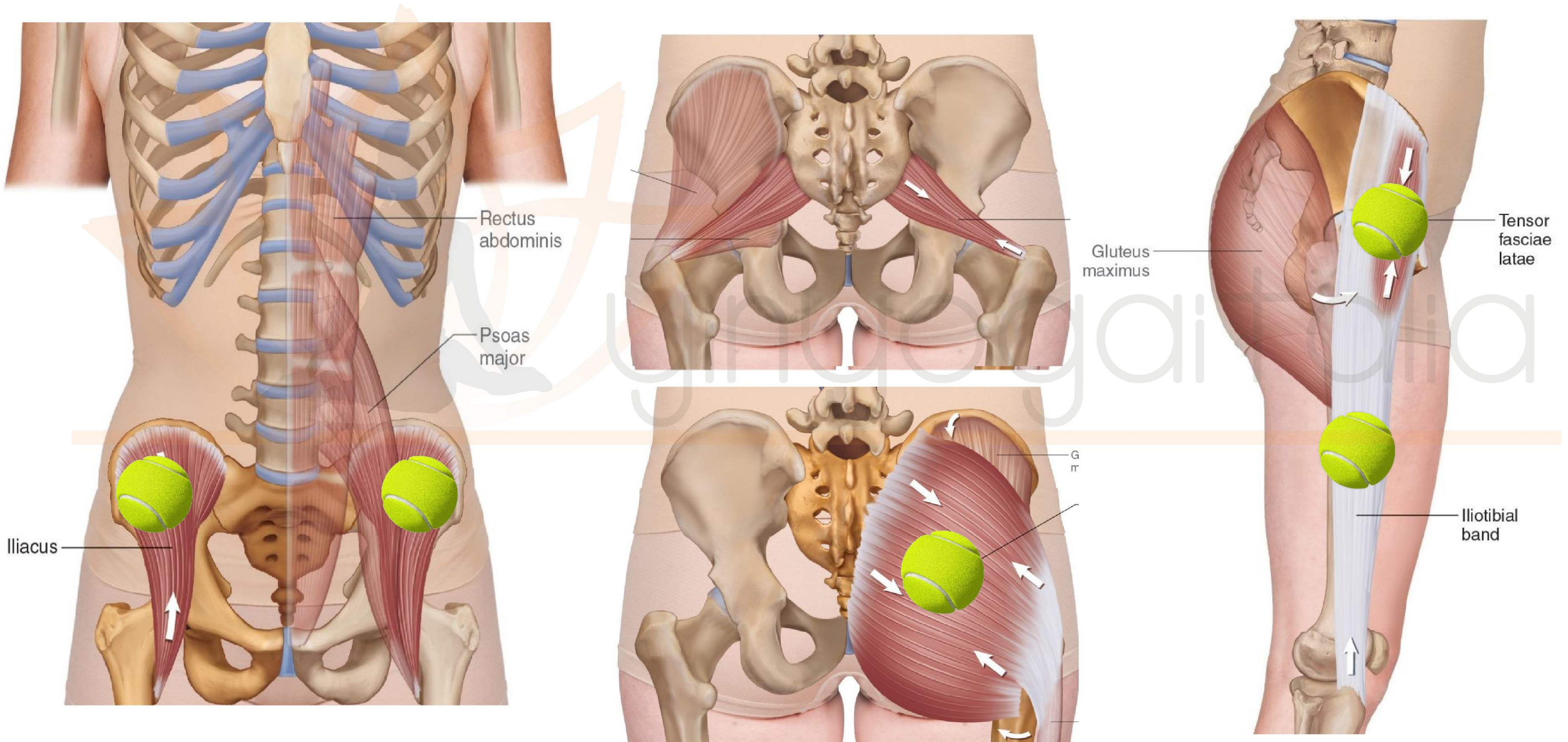
- Muscoli della mano (fascia palmare)



# d) Parte bassa del corpo

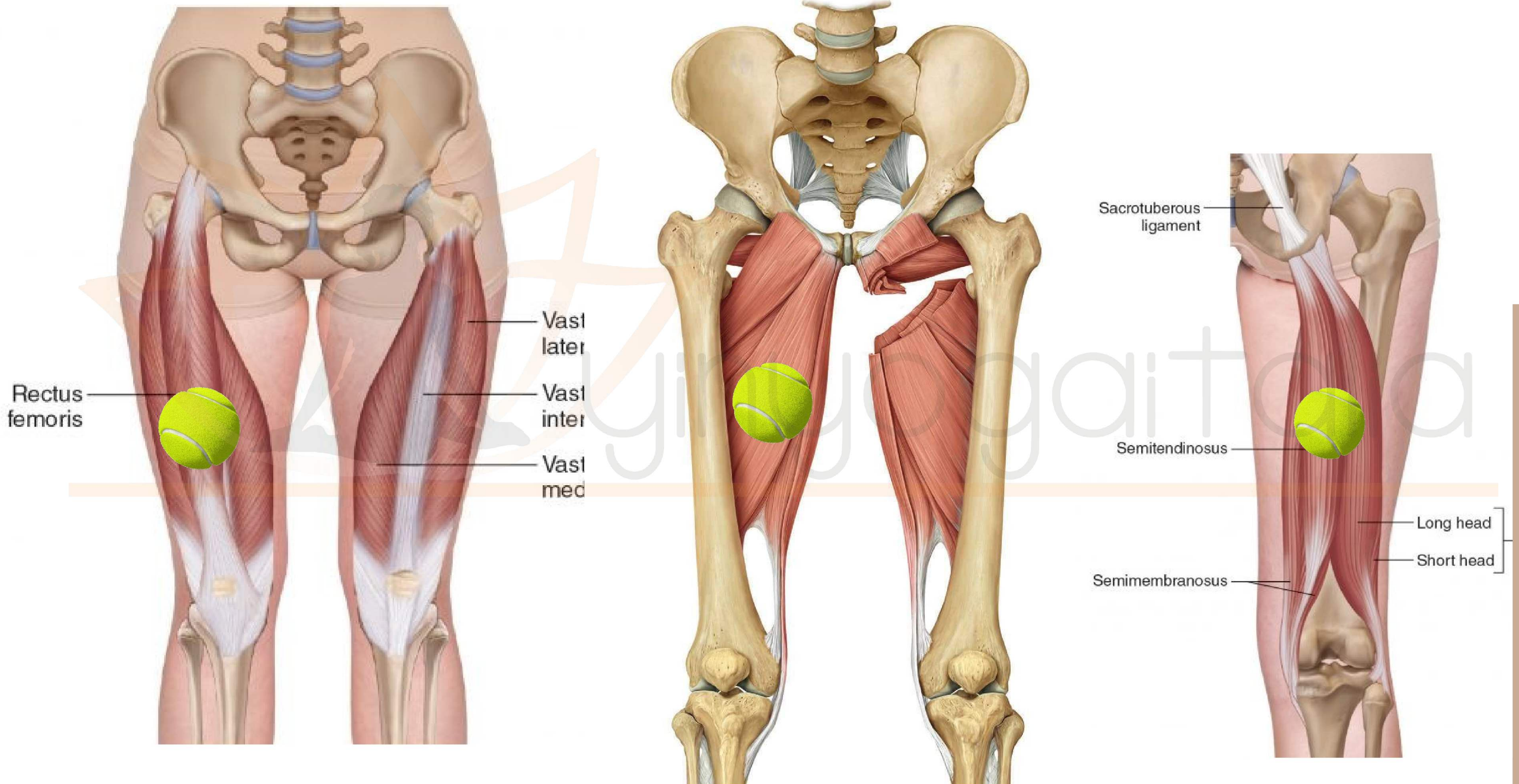
## Pelvi / Coscia

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



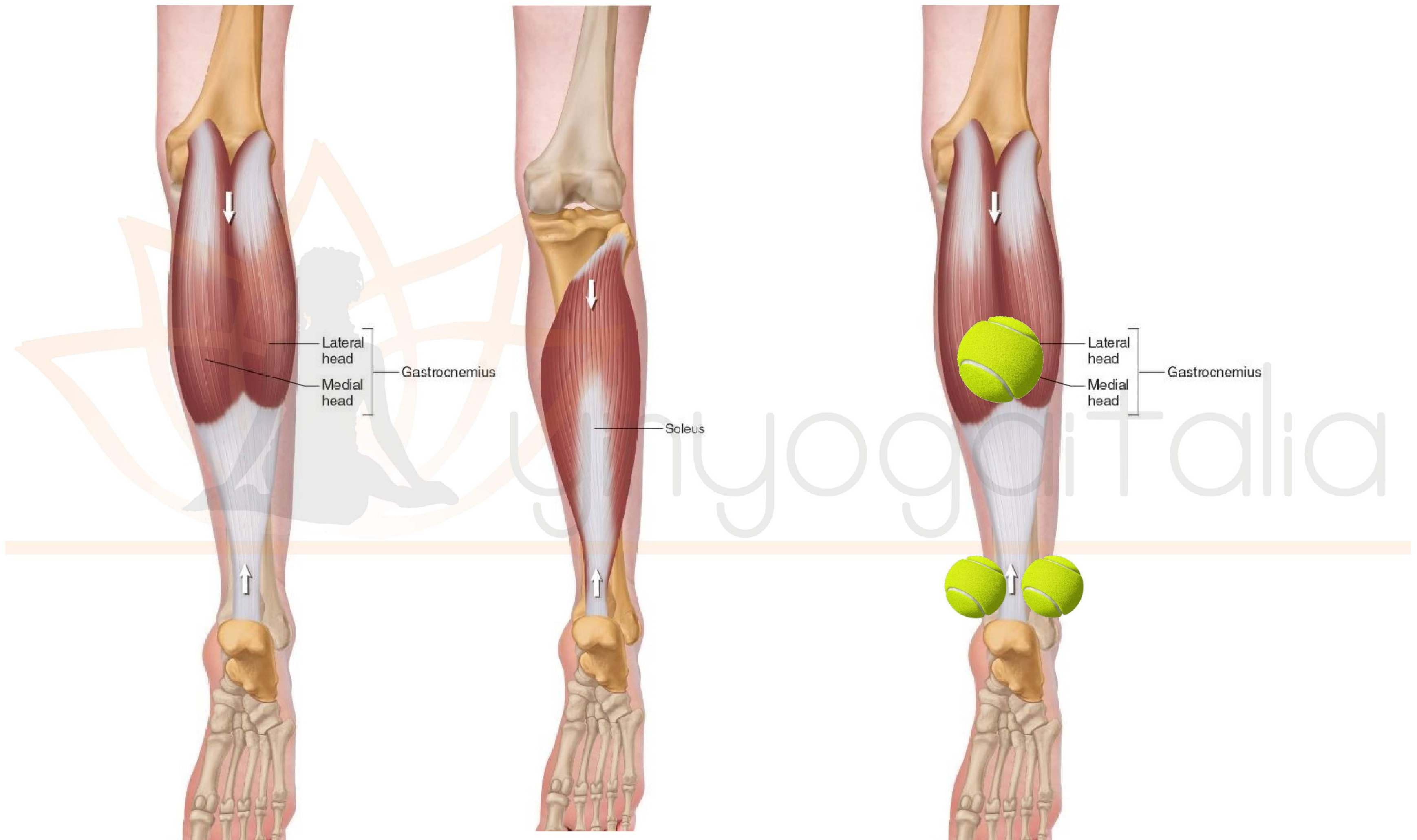
# Coscia

- Quadricipite
- Ischiocrurali
- Adduttori



# Gamba - Caviglia - Piede

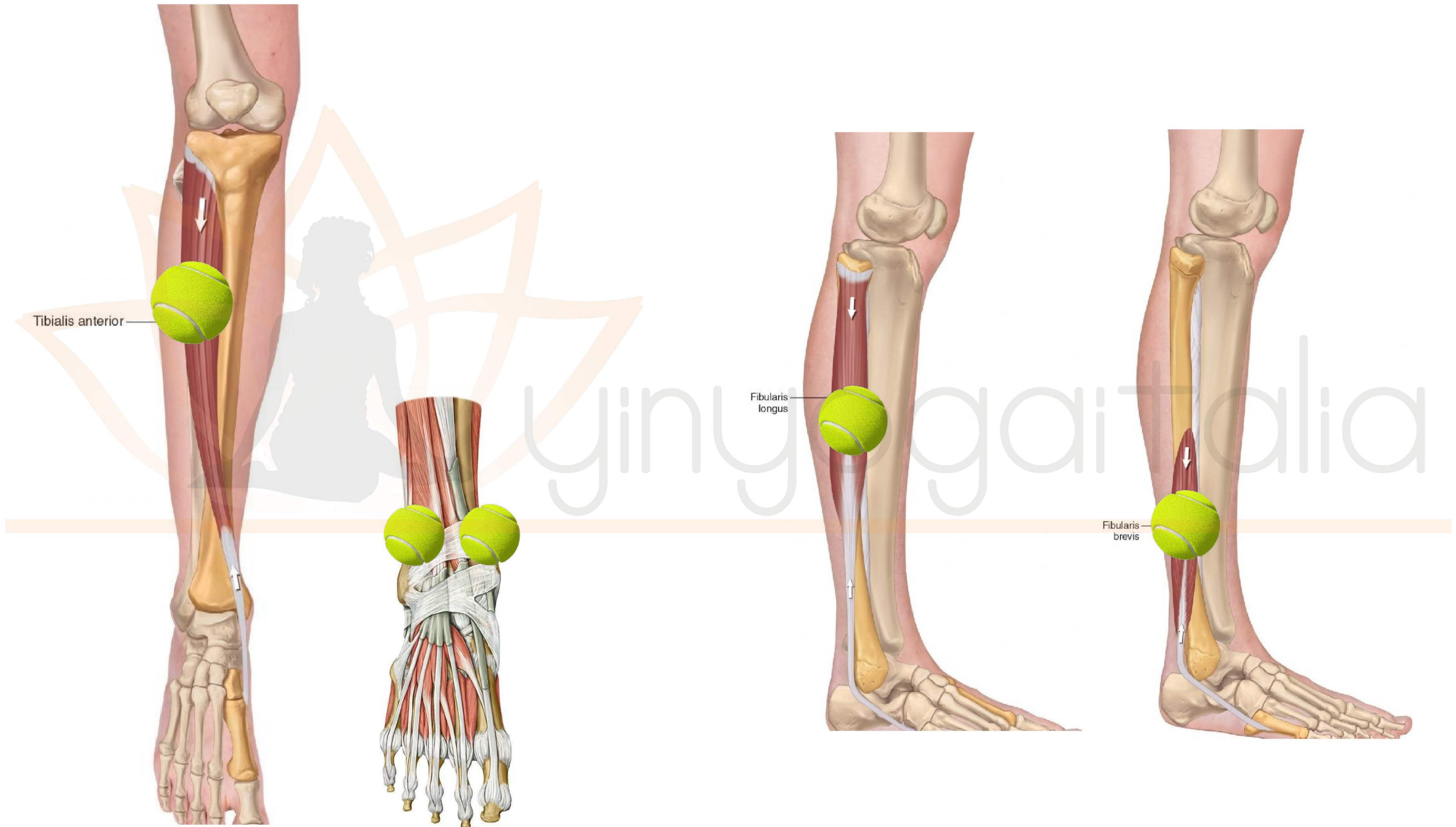
## - Gastrocnemio/Soleo



# Gamba - Caviglia - Piede

- Tibiale Anteriore

- Peronei



# Gamba - Caviglia - Piede

## - Piede

