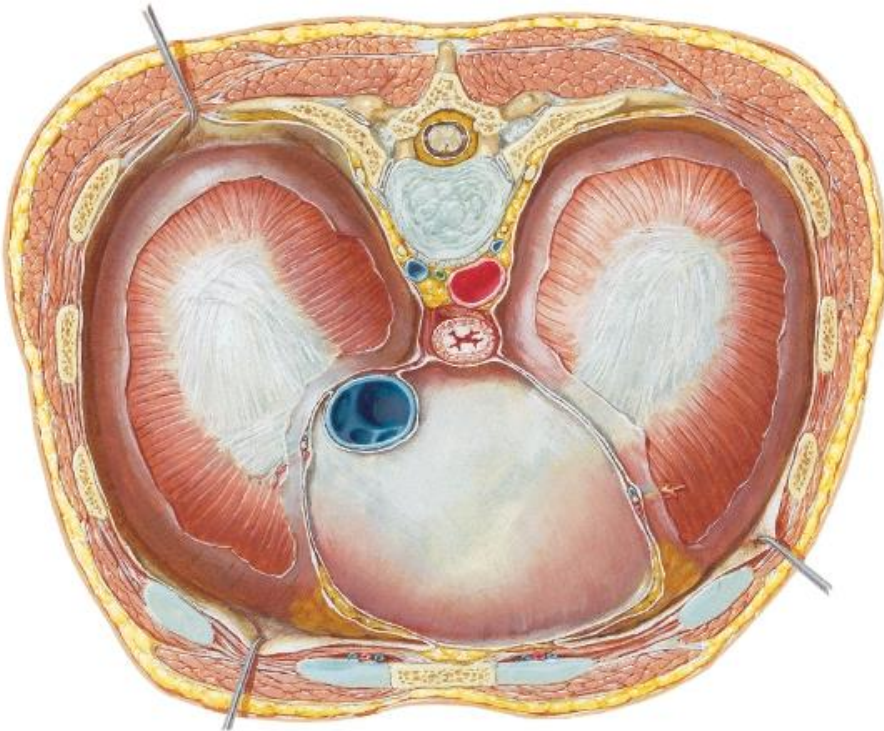


Abdomen

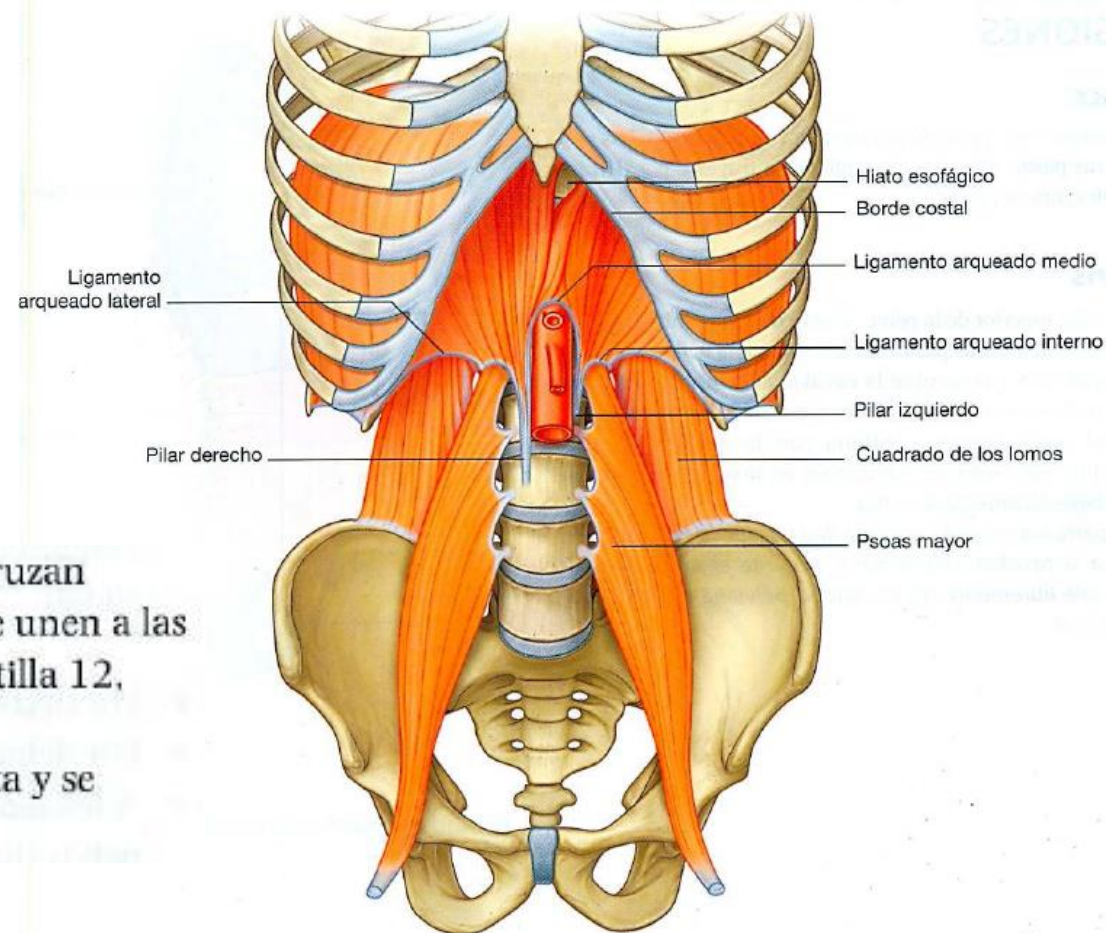
Diafragma

Dos porciones

- Tendinosa central
- Muscular periférica
 - Estial
 - Costocondral
 - Lumbar



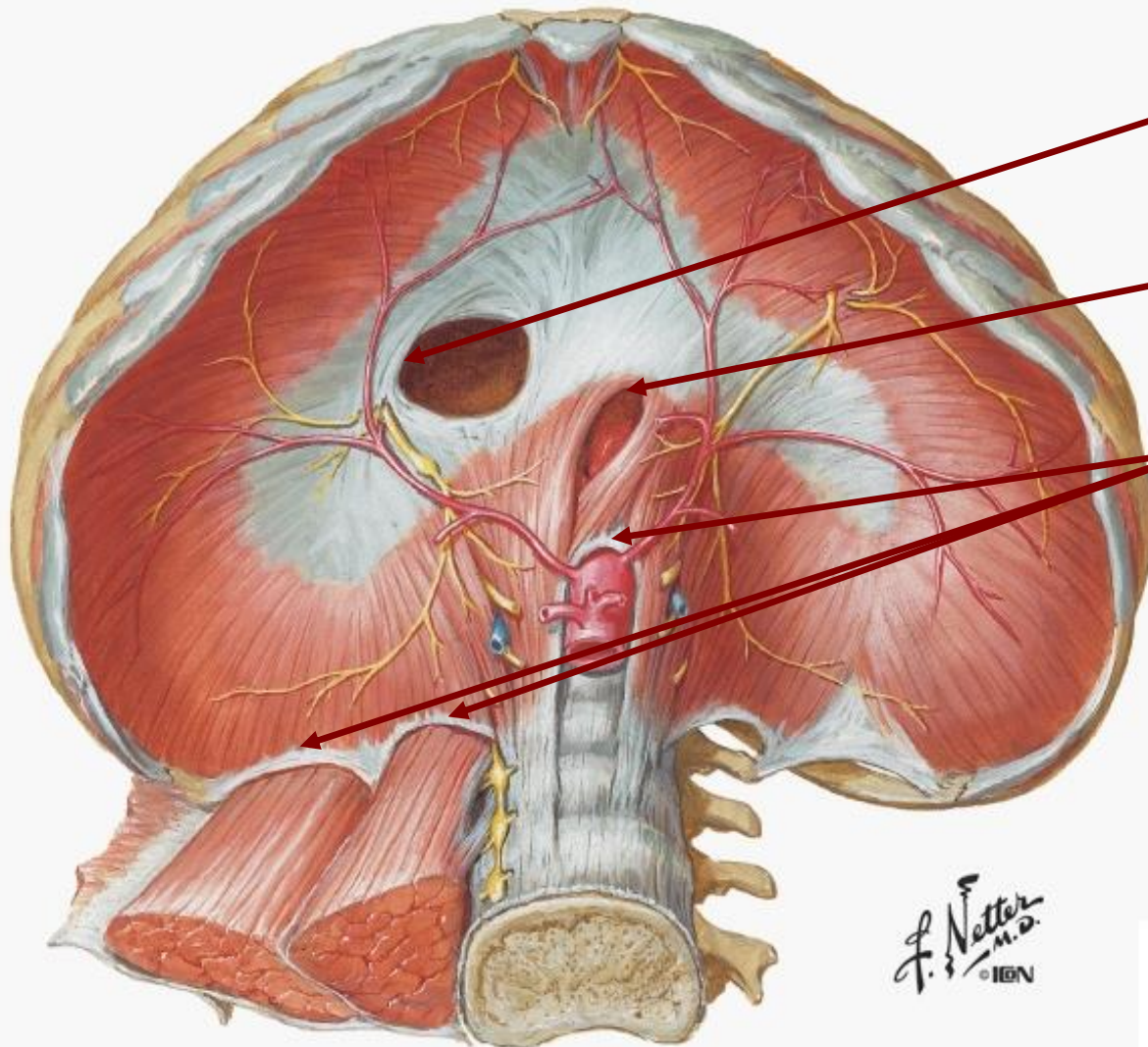
- Pilares (extensiones musculares)
- L3 a derecha
- L2 izquierda



Ligamentos arqueado lateral e interno cruzan músculos de la pared abdominal posterior y se unen a las vértebras, la apófisis transversa de L1 y la costilla 12, respectivamente.

El **ligamento arqueado medio** cruza la aorta y se continúa con los pilares de cada lado.

Diafragma



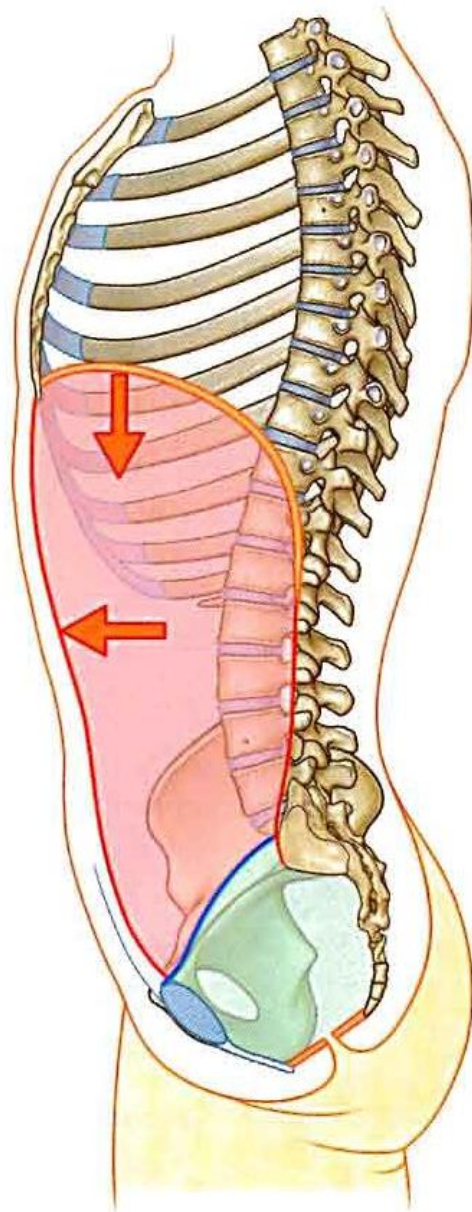
**Apertura
para la VCI**

Hiato Esófagico

**Ligamentos
Arqueados**

Contracción del
diafragma

Relajación de los
músculos del
abdomen

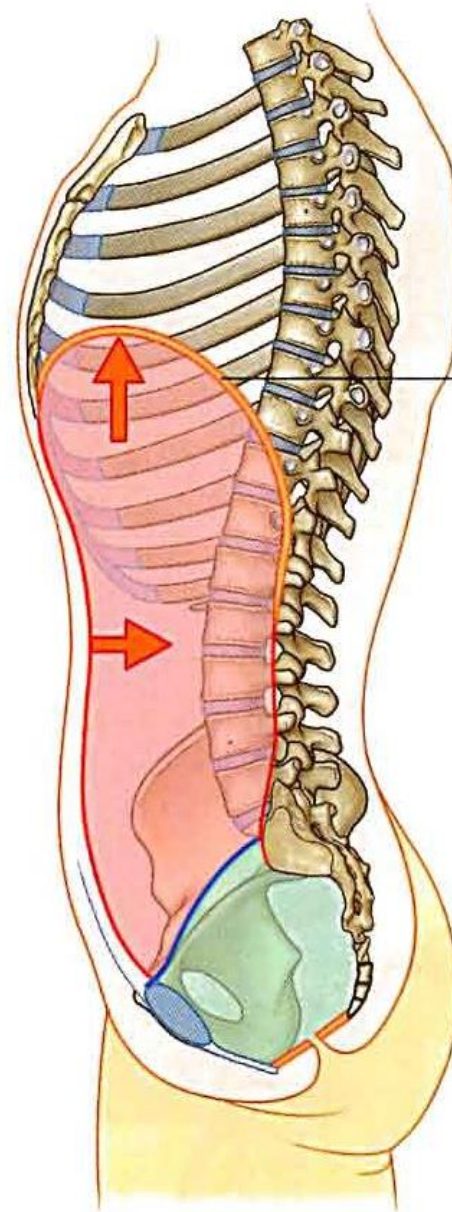


Inspiración

Diafragma

Relajación del
diafragma

Contracción de
los músculos
del abdomen



Espiración

Muscles of inspiration

Accessory

Sternocleidomastoid
(elevates sternum)

Anterior scalenes

Middle scalenes

Posterior scalenes
(elevate and fix
upper ribs)

Principal

External intercostals
(elevate ribs, thus
increasing width of
thoracic cavity)

Interchondral part
of internal intercostals
(also elevates ribs)

Diaphragm
(dome descends, thus
increasing vertical
dimension of thoracic
cavity; also elevates
lower ribs)

Muscles of expiration

Quiet breathing

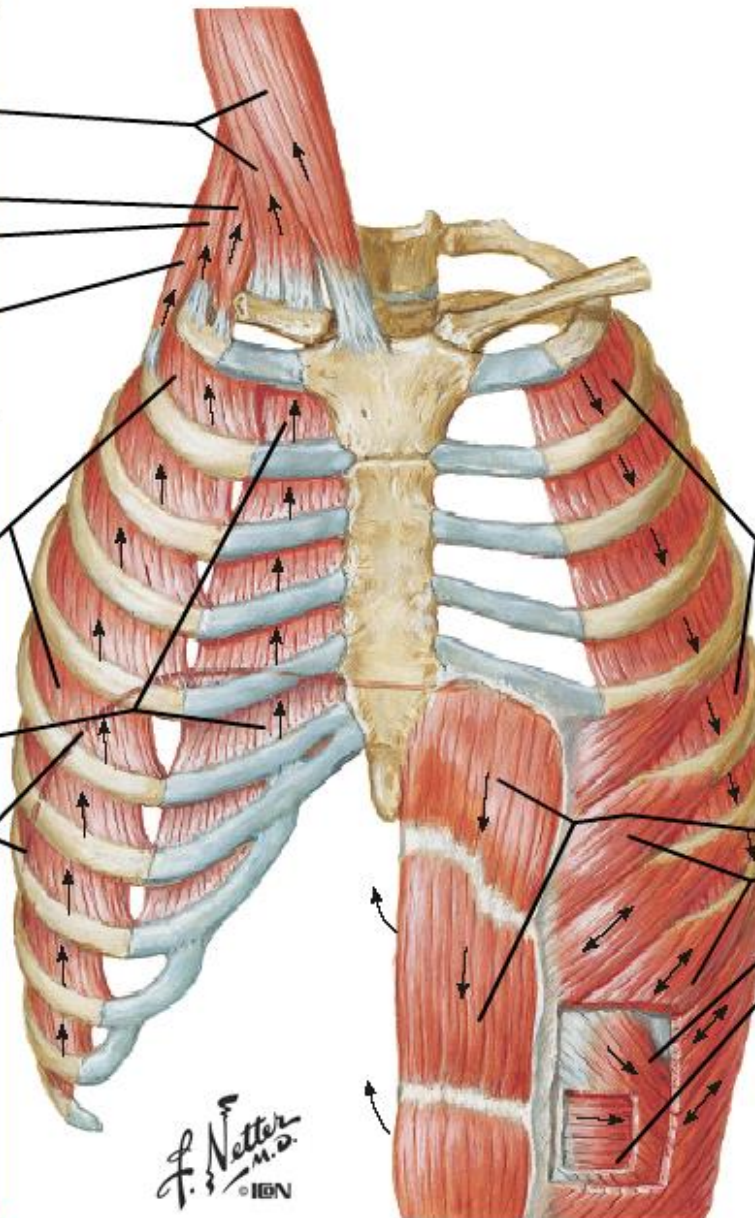
Expiration results from
passive recoil of lungs
and rib cage

Active breathing

Internal intercostals,
except interchondral part

Abdominals
(depress lower ribs,
compress abdominal
contents, thus pushing
up diaphragm)

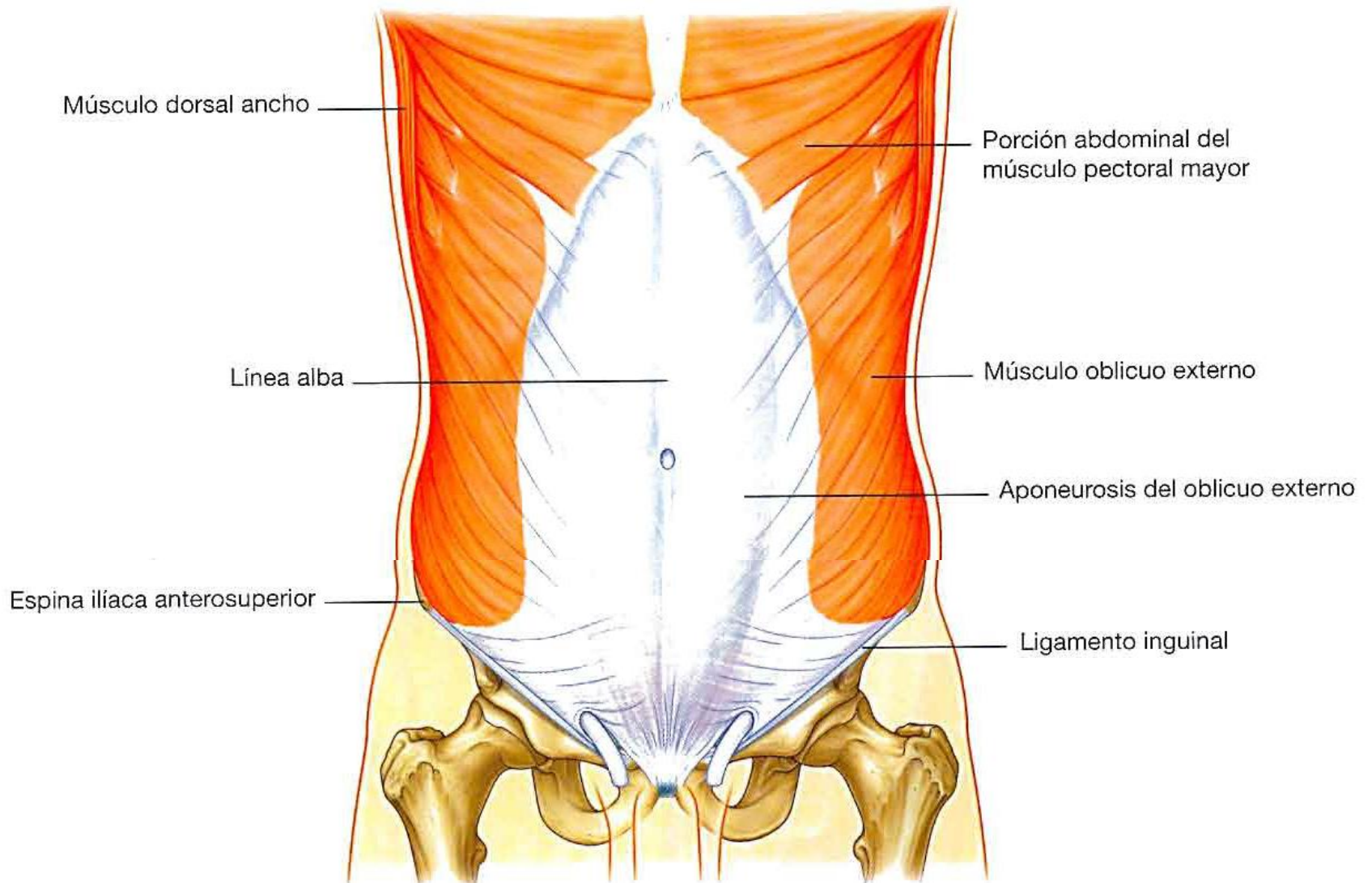
Rectus abdominis
External oblique
Internal oblique
Transversus abdominis



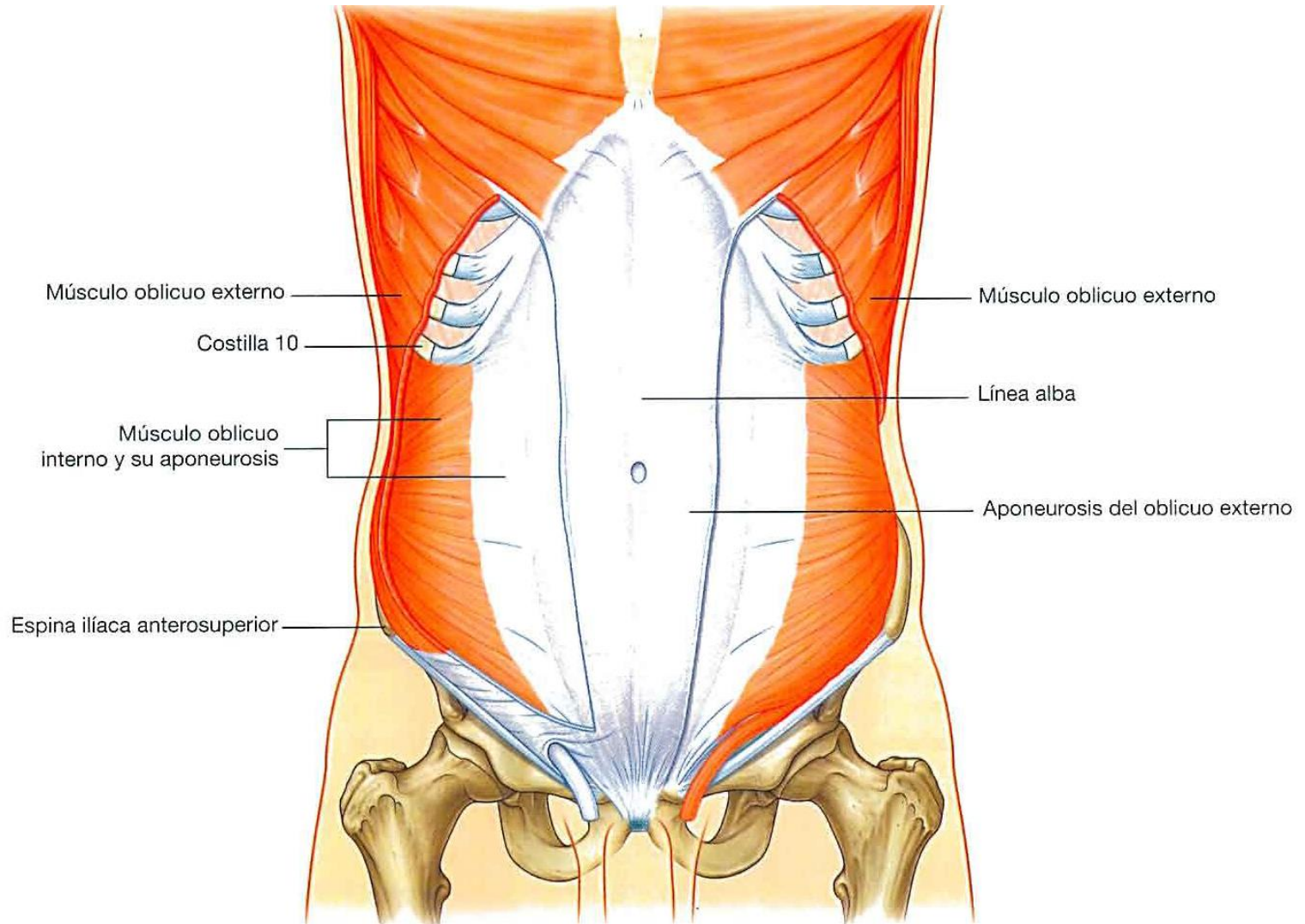
Oblicuo externo, dirección inferointerna

O: costillas 5-12

I: labio lateral cresta iliaca, línea alba



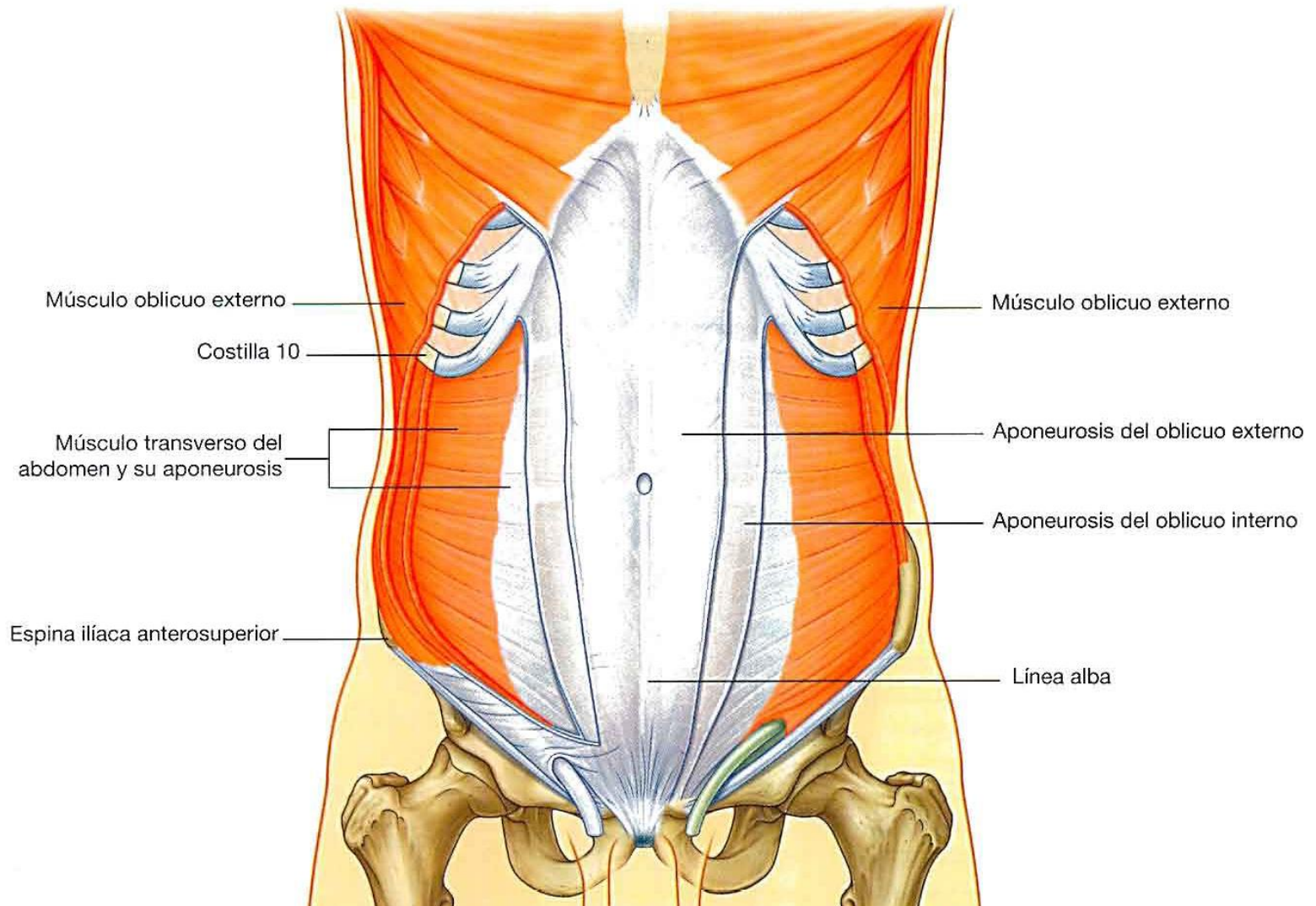
Oblicuo interno, dirección superointerna
O: fascia toracolumbar, cresta iliaca, 2/3 lat. ligamento inguinal
I: 3-4 últimas costillas, línea alba.



Transverso del abdomen

O: fascia toracolumbar, labio interno cresta ilíaca, 1/3 lat. ligamento inguinal, cartílagos costales 7-12.

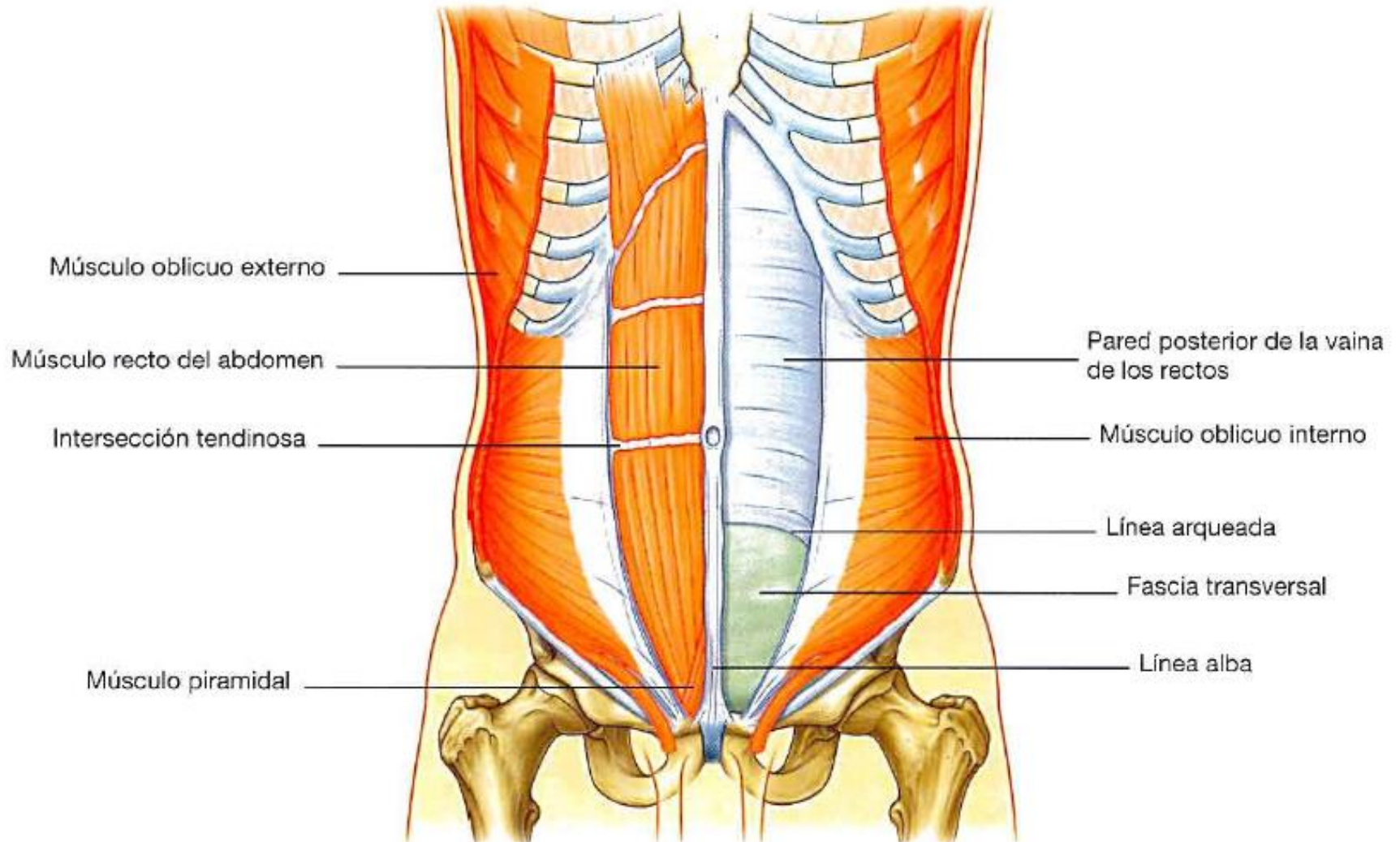
I: línea alba, cresta del pubis.



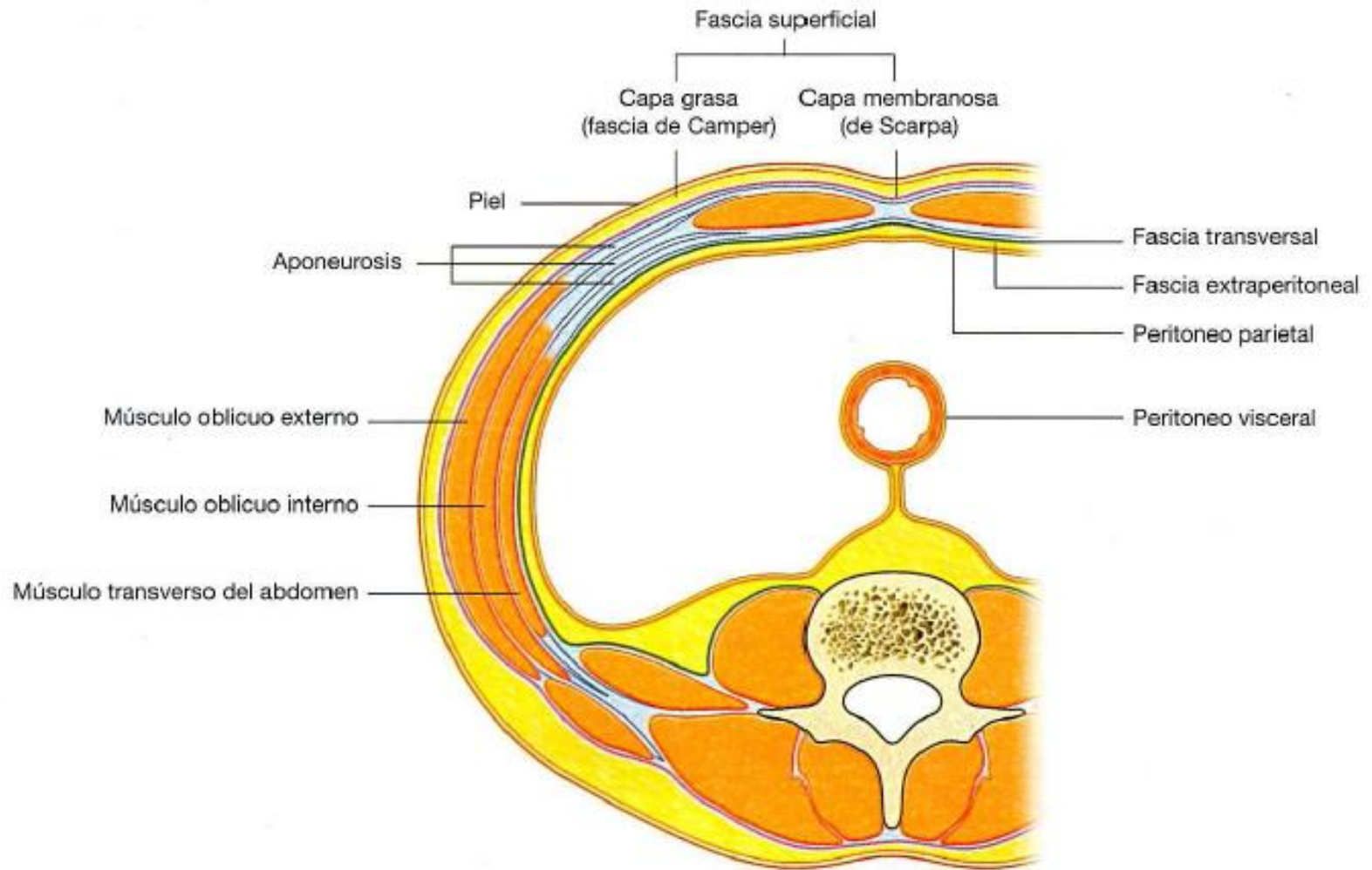
Recto del abdomen

O: Cresta del pubis, tubérculo del pubis.

I: Cartílagos costales 5-7, proceso xifoides.



Pared anterolateral del abdomen



Análisis funcional abdominales









