

NOS PIEDS, NOS FONDATIONS

Rappels anatomiques

Stimuler / Assister



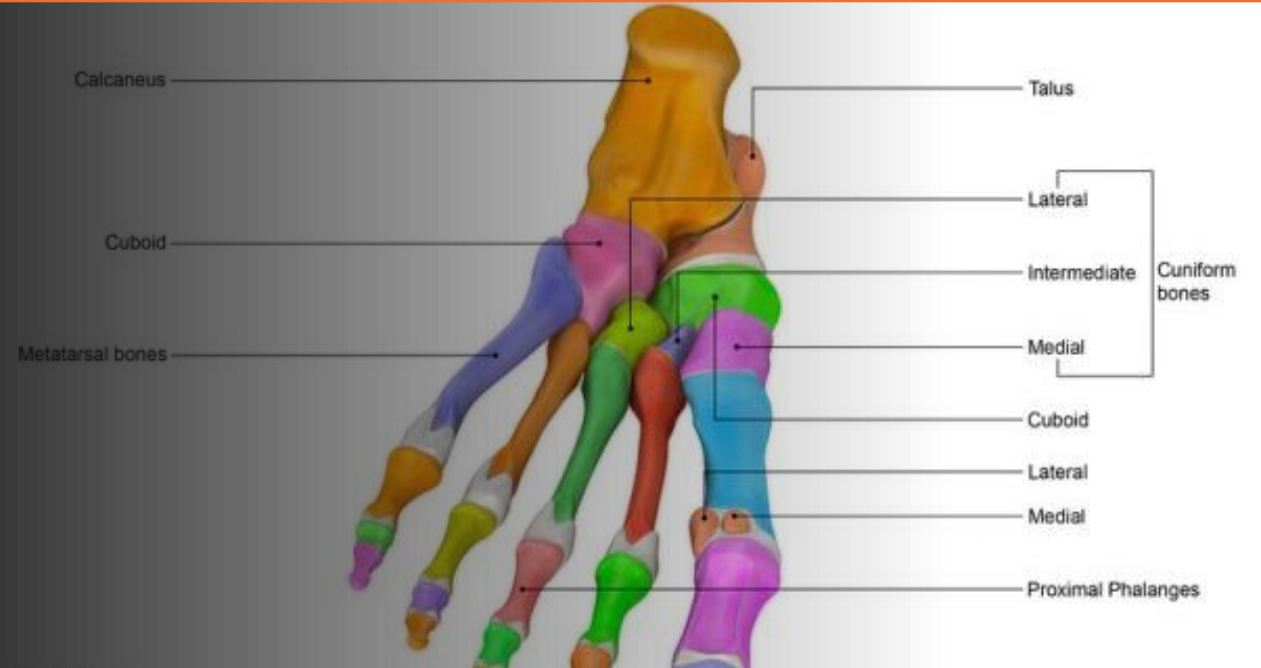
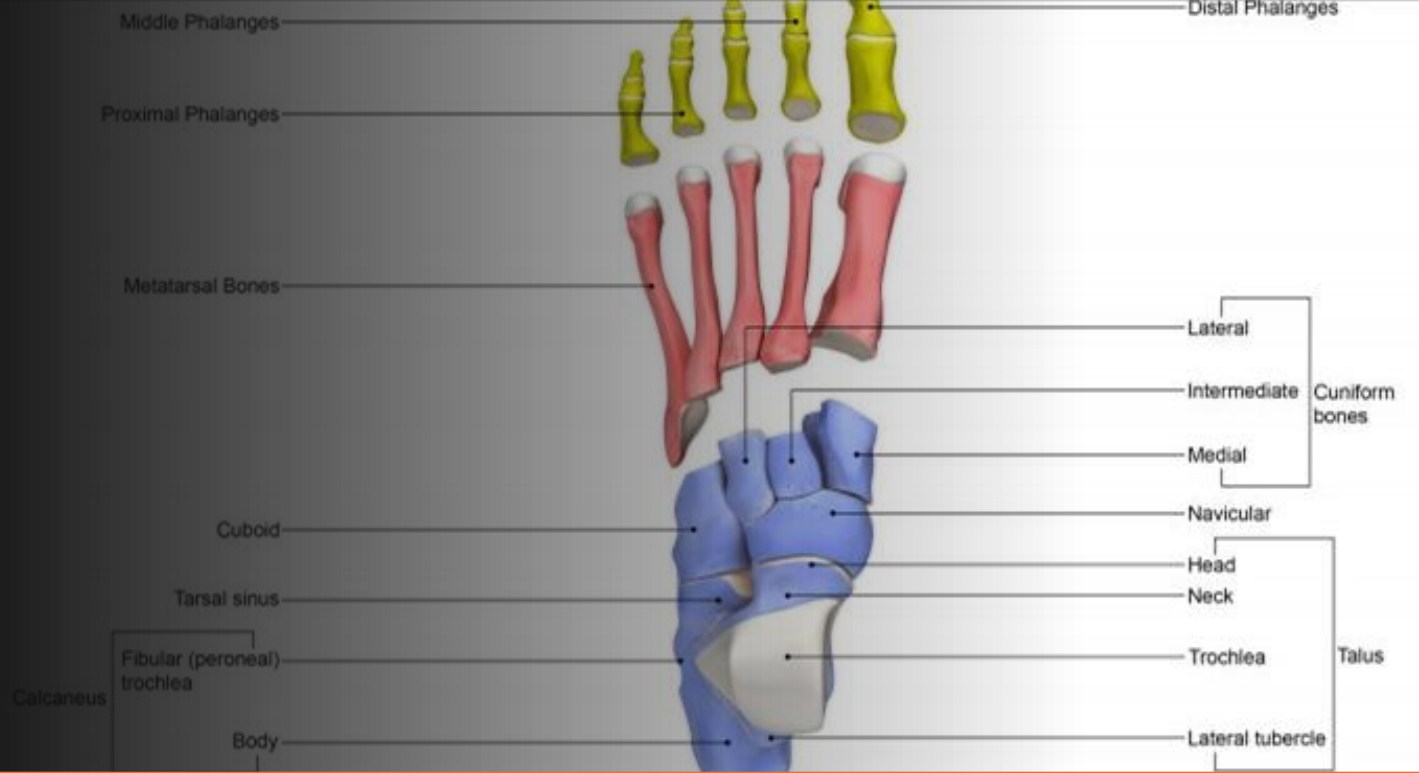
Jonathan Blandin

Bootfitter – Trainer – Coach PT – Neuro Posturo

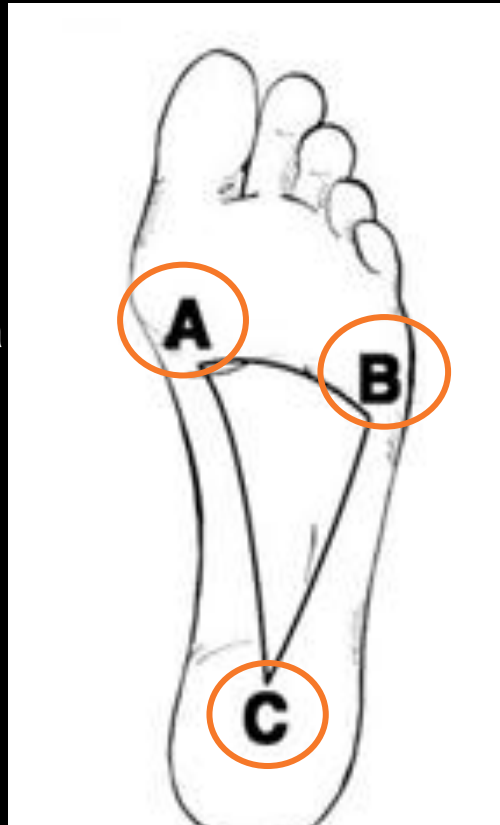
Passionné de biomécanique, mouvement, sport, montagne...

ANATOMIE

28 os
17 articulations



TRIPODE PLANTAIRE

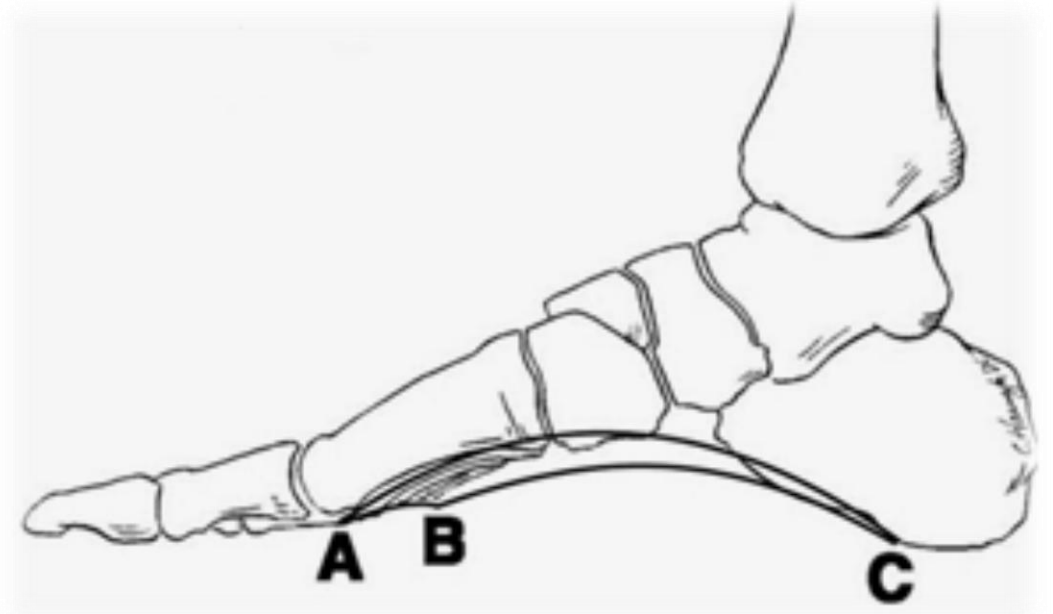


1ère tête méta

5ème tête méta

Calcaneum

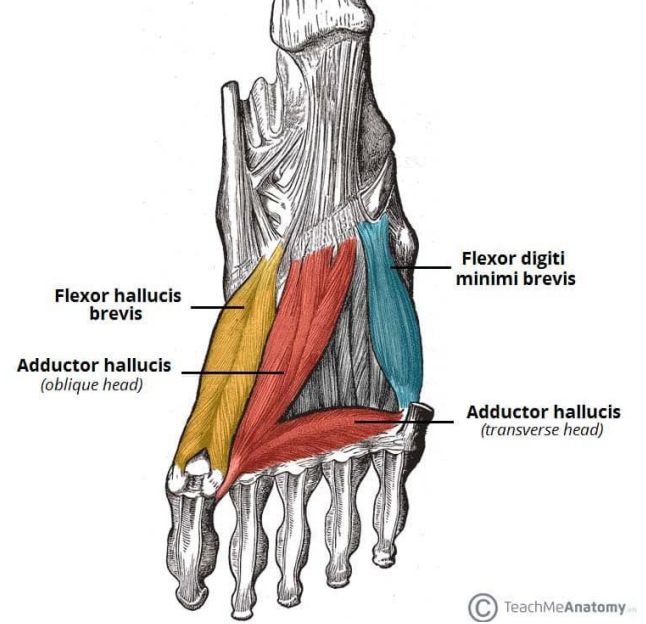
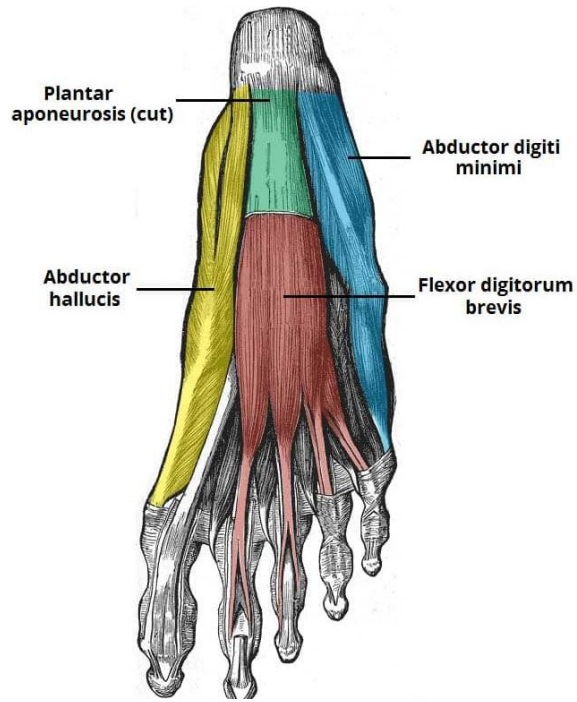
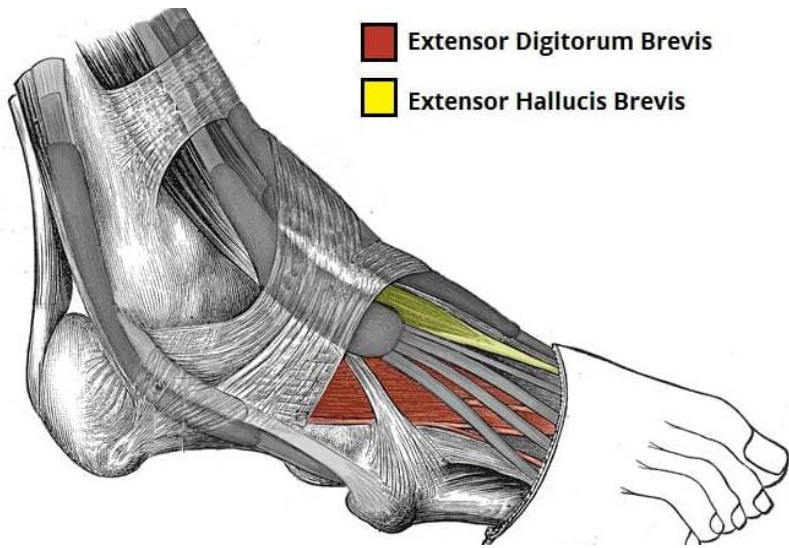
3 VOÛTES PLANTAIRES ?



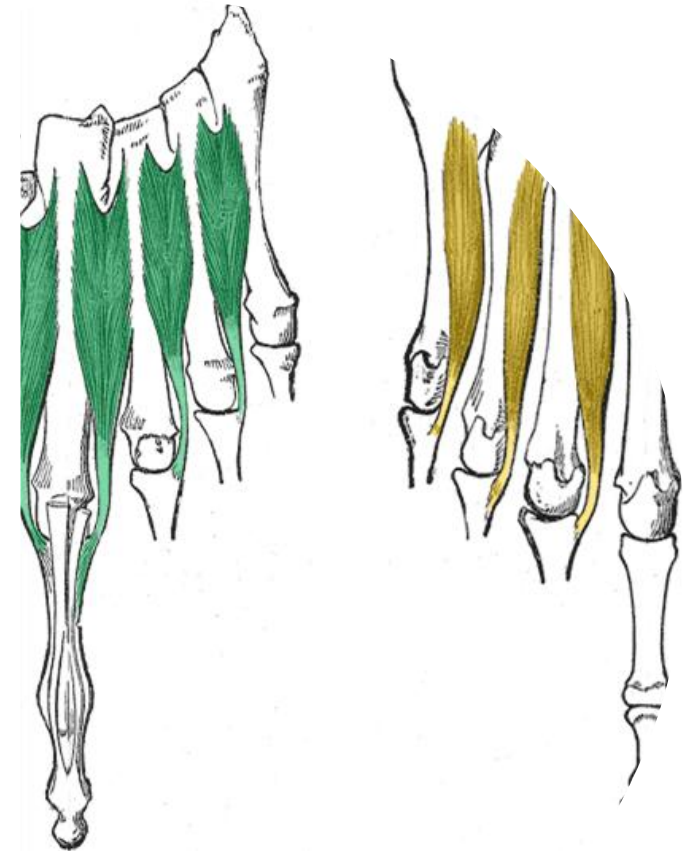
A – B Voute Métatarsienne/transverse

A – C Voute Plantaire Médiale/Arche Souple

B – C Voute Plantaire Latérale/Externe/Arche rigide



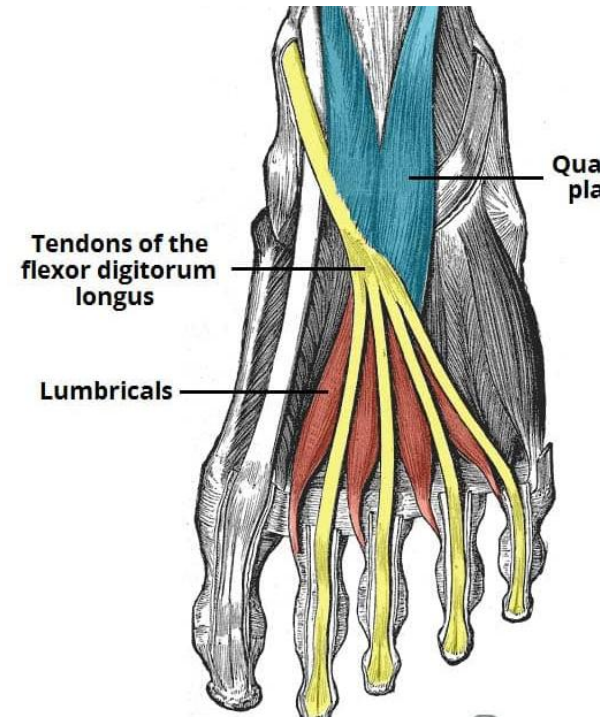
© TeachMeAnatomy



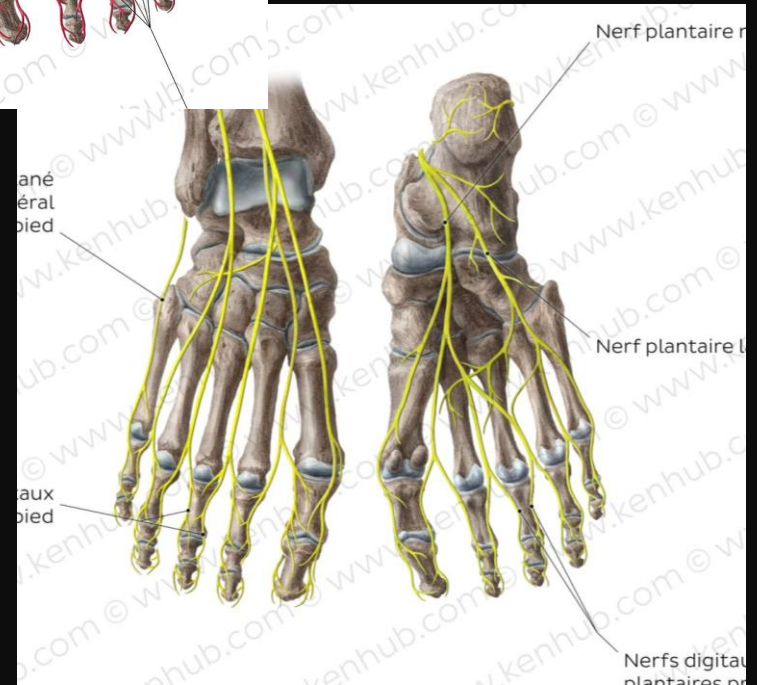
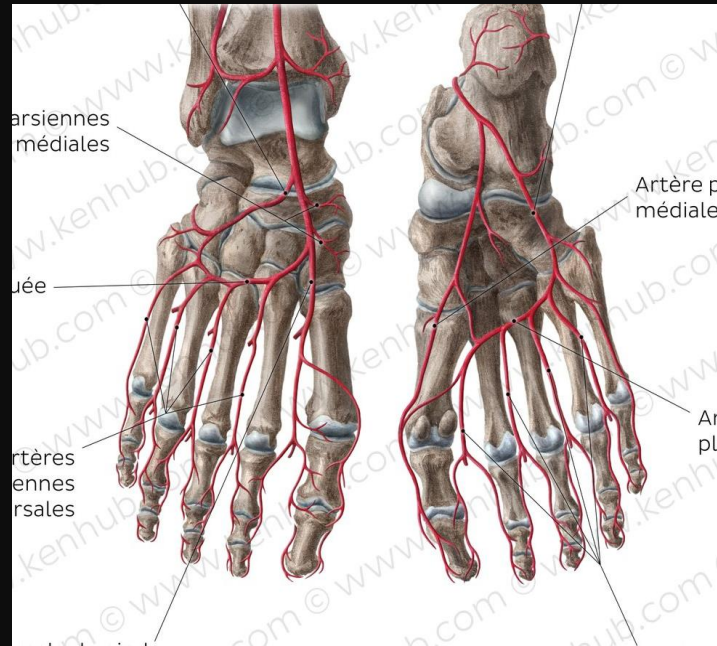
ANATOMIE MUSCULAIRE

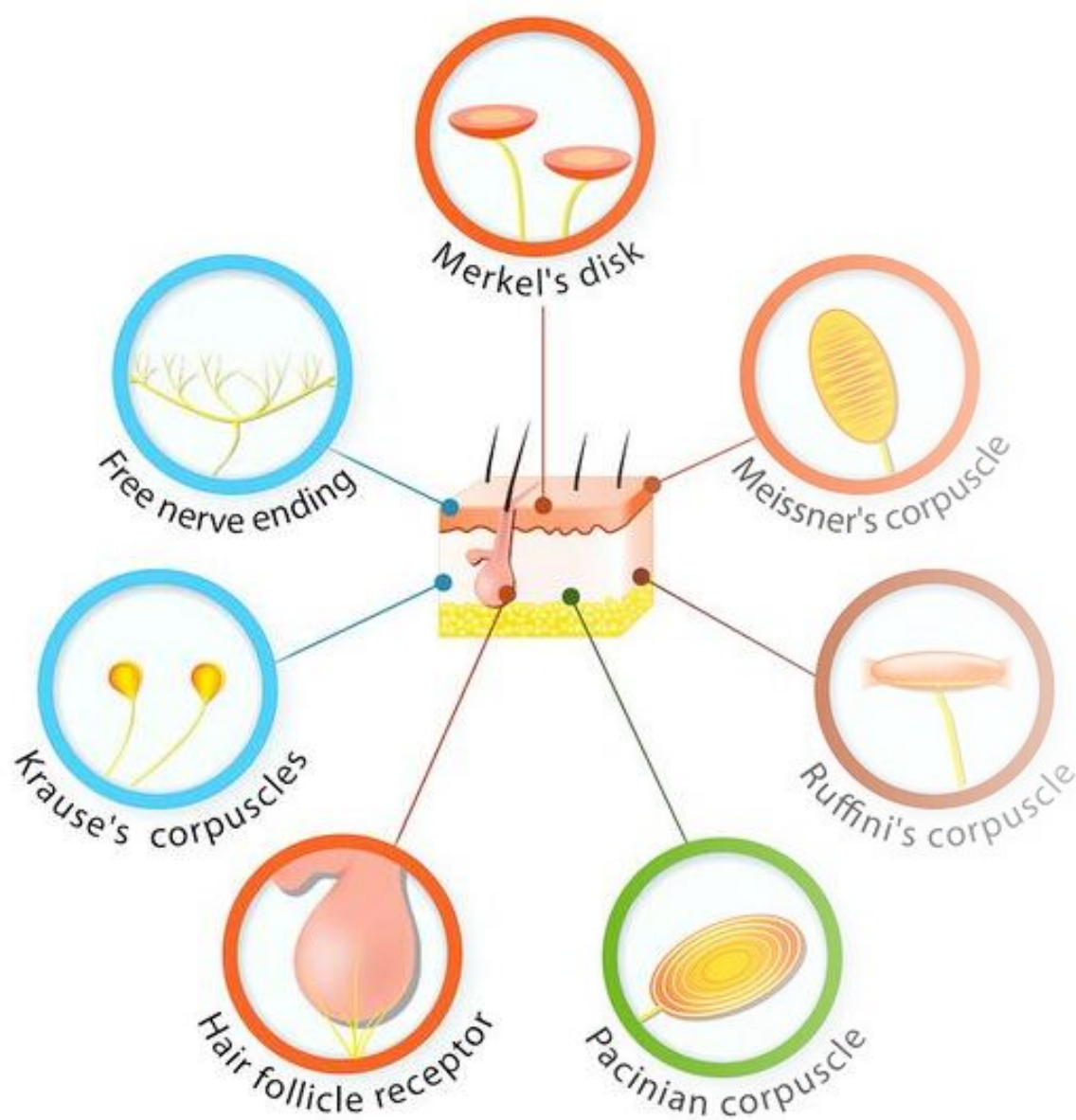
20 MUSCLES INTRINSÈQUES

10 MUSCLES EXTRINSÈQUES



SYSTÈME VASCULAIRE & SYSTÈME NERVEUX





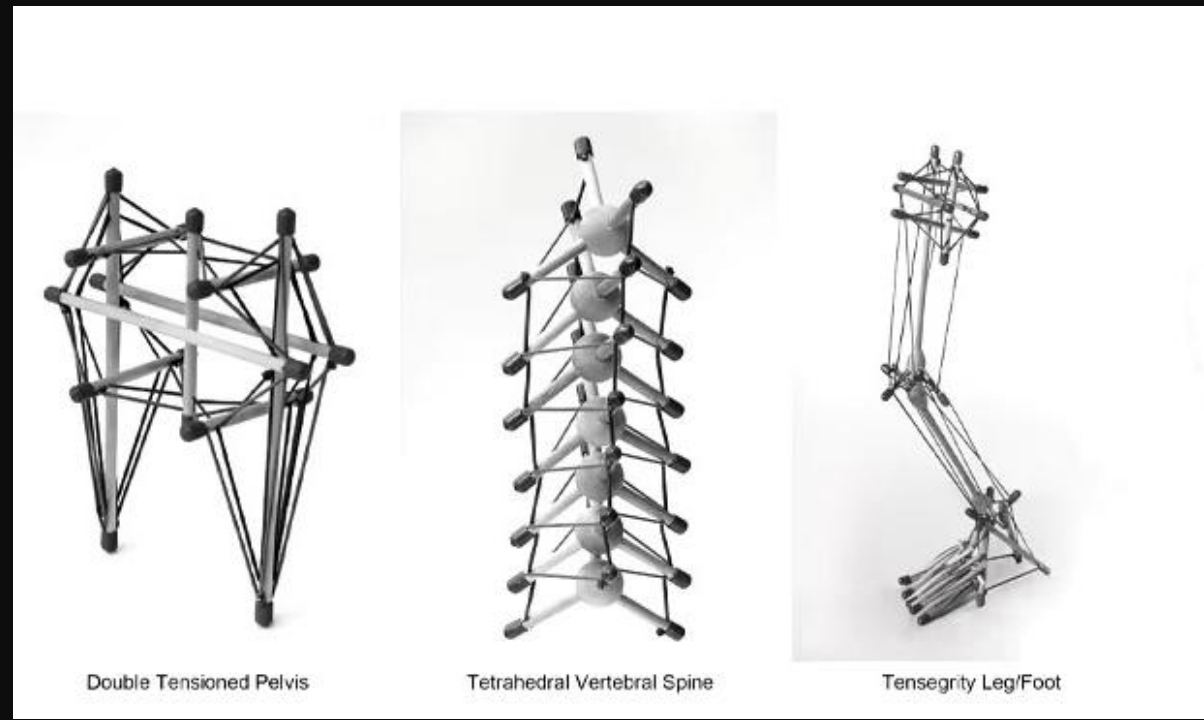
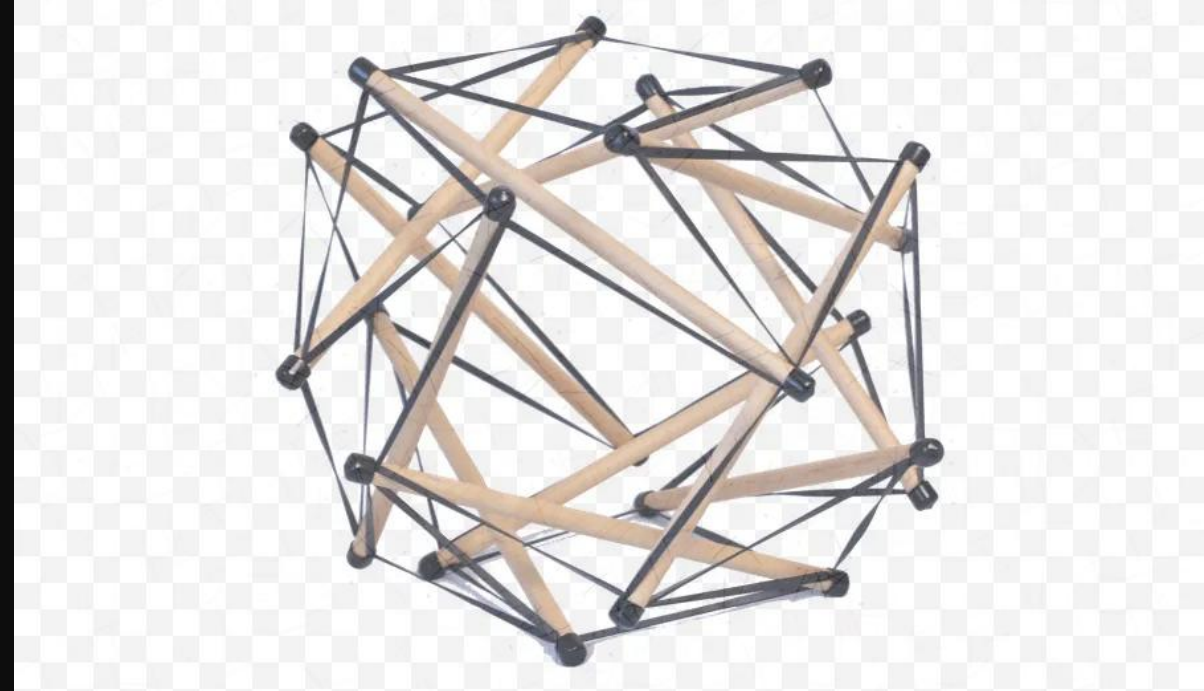
SENSORI-MOTEUR

**RÉCEPTEURS
SENSORIELS**

● - temperature ● - touch ● - vibration ● - stretch

TENSÉGRITÉ

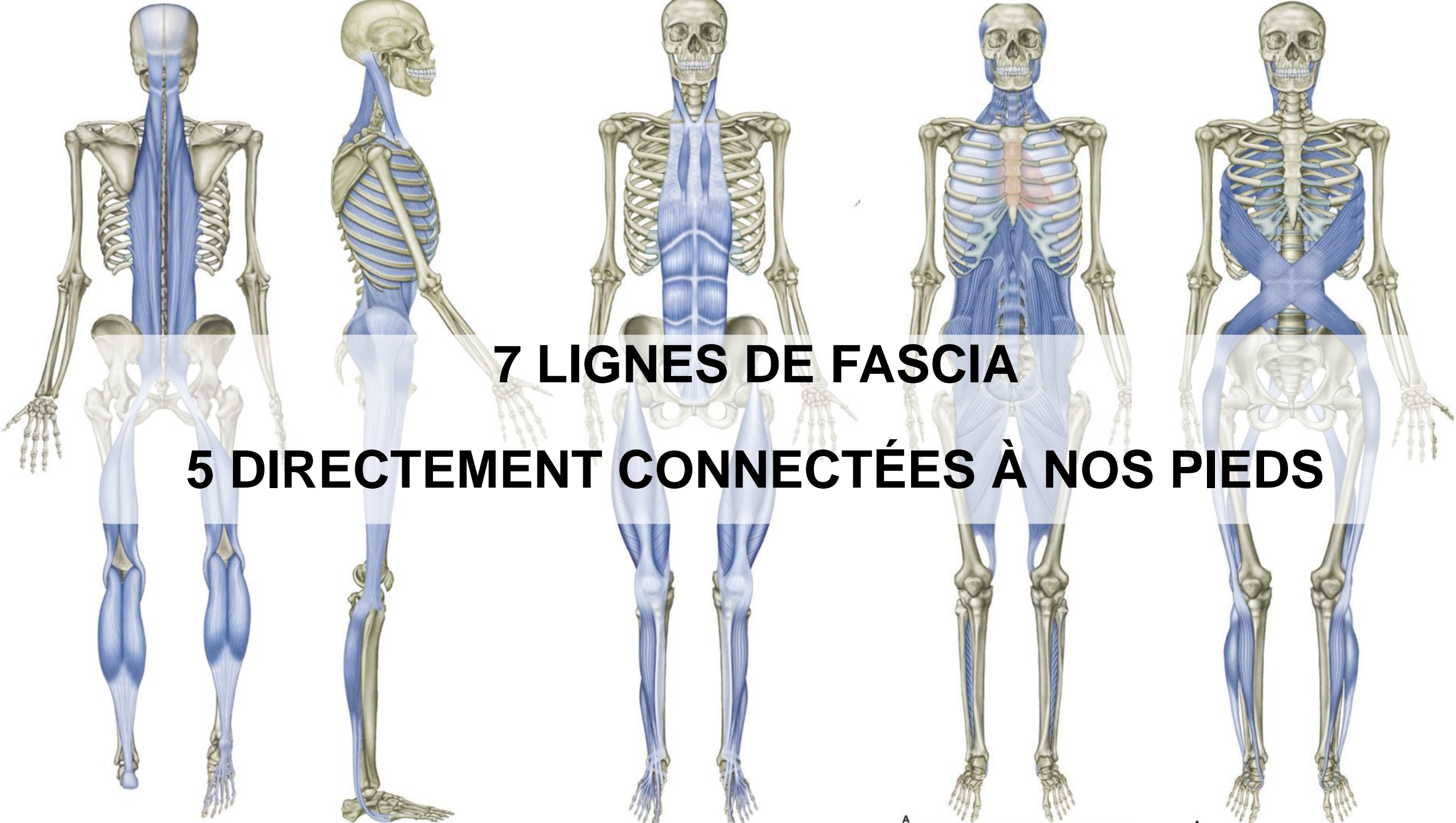
- TENSION-INTÉGRITÉ
 - INTÉGRITÉ EN TENSION (OU COMPRESSION FLOTTANTE)
 - = PRINCIPE STRUCTUREL BASÉ SUR UN SYSTÈME DE COMPOSANTS ISOLÉS EN COMPRESSION À L'INTÉRIEUR D'UN RÉSEAU EN TENSION CONTINUE. ...
-



Double Tensioned Pelvis

Tetrahedral Vertebral Spine

Tensegrity Leg/Foot



7 LIGNES DE FASCIA

5 DIRECTEMENT CONNECTÉES À NOS PIEDS

NOS ORIGINES





NOTRE ACTUALITÉ

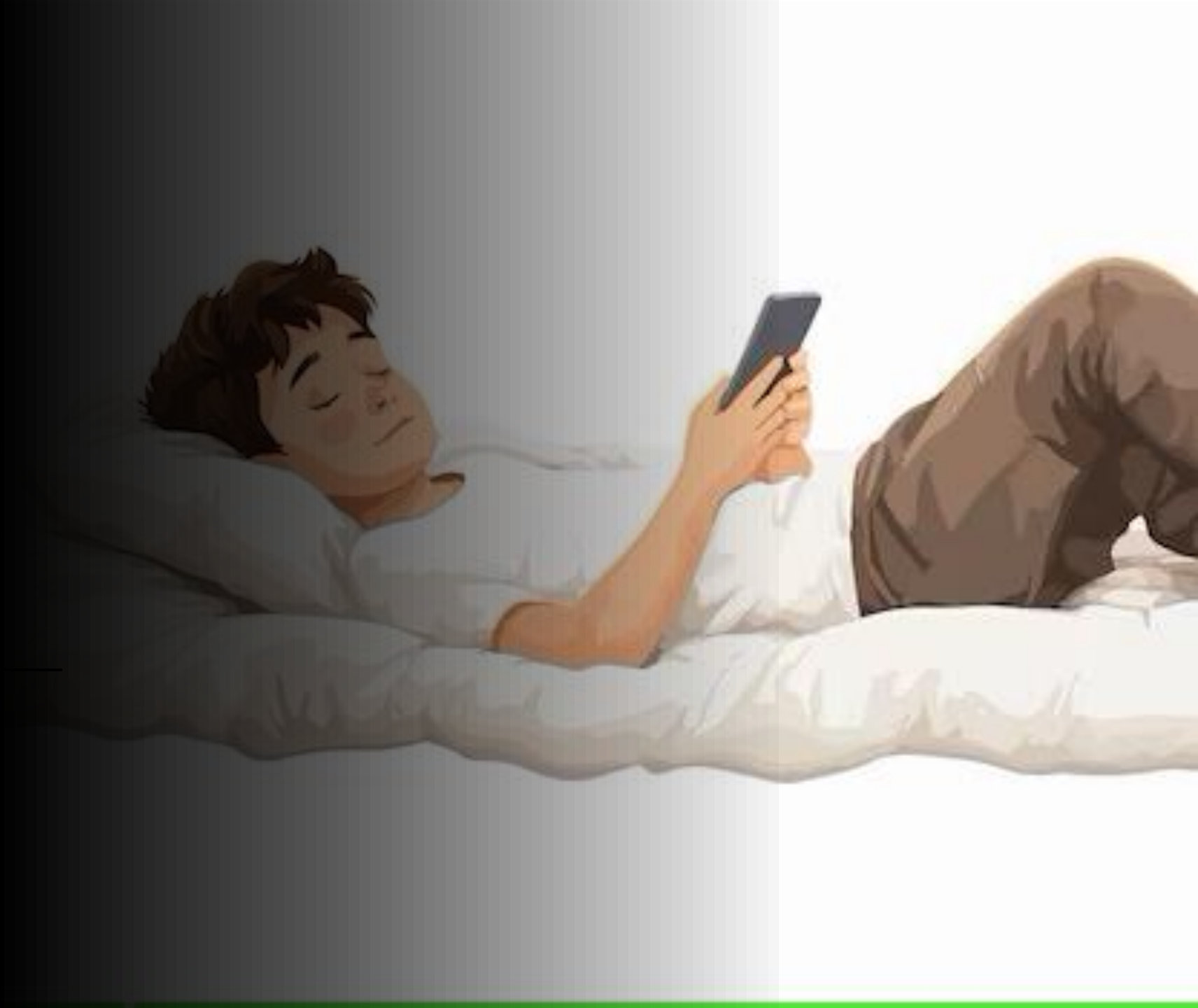


ASSISTANCE VS STIMULATION

**NOS JEUNES
SPORTIFS?**

QUEL MODE DE VIE?

QUELS STIMULIS?







DÉSÉQUILIBRES

BLESSURES

PATHOLOGIES



PRÉVENTION?
CONFORT?
MARKETING?
MODE?
PERFORMANCE
?



**MERCI BEAUCOUP
EXCELLENTE SAISON À VOUS 😊**



JONE.B COACHING
MOVE - BREATH - ENJOY