Взаимосвязь мышца-орган (мото-висцеральные рефлексы)

|  |  |
| --- | --- |
| **Мышца** | **Орган** |
| [Аддукторы (приводящие)](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%BF%D1%80%D0%B8%D0%B2%D0%BE%D0%B4%D1%8F%D1%89%D0%B8%D0%B5/) | [Матка и придатки](https://osteopractiki.ru/wp-content/uploads/2022/04/%D0%BC%D0%B0%D1%82%D0%BA%D0%B0-%D0%B8-%D0%BF%D1%80%D0%B8%D0%B4%D0%B0%D1%82%D0%BA%D0%B8.jpg)[Предстательная железа](https://osteopractiki.ru/wp-content/uploads/2022/04/%D0%9F%D1%80%D0%B5%D0%B4%D1%81%D1%82%D0%B0%D1%82%D0%B5%D0%BB%D1%8C%D0%BD%D0%B0%D1%8F-3D.jpg) |
| [Ягодичные мышцы](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D1%8F%D0%B3%D0%BE%D0%B4%D0%B8%D1%87%D0%BD%D1%8B%D0%B5/%20%E2%80%8E) |
| [Грушевидная мышца](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%B3%D1%80%D1%83%D1%88%D0%B5%D0%B2%D0%B8%D0%B4%D0%BD%D0%B0%D1%8F/) |
| [Двуглавая мышца (бицепс)](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%B4%D0%B2%D1%83%D1%85%D0%B3%D0%BB%D0%B0%D0%B2%D0%B0%D1%8F-%D0%BC%D1%8B%D1%88%D1%86%D0%B0-%D0%BF%D0%BB%D0%B5%D1%87%D0%B0/) | [Желудок](https://osteopractiki.ru/wp-content/uploads/2022/04/%D0%96%D0%B5%D0%BB%D1%83%D0%B4%D0%BE%D0%BA-3D.jpg) |
| [Большая грудная мышца (ключичная порция)](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%B1%D0%BE%D0%BB%D1%8C%D1%88%D0%B0%D1%8F-%D0%B3%D1%80%D1%83%D0%B4%D0%BD%D0%B0%D1%8F-%D0%BA%D0%BB%D1%8E%D1%87%D0%B8%D1%87%D0%BD%D0%B0%D1%8F-%D0%BF%D0%BE%D1%80%D1%86%D0%B8%D1%8F/) |
| Супинатор |
| [Клювовидно-плечевая мышца](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%BA%D0%BB%D1%8E%D0%B2%D0%BE%D0%B2%D0%B8%D0%B4%D0%BD%D0%BE-%D0%BF%D0%BB%D0%B5%D1%87%D0%B5%D0%B2%D0%B0%D1%8F-%D0%BC%D1%8B%D1%88%D1%86%D0%B0/) | [Легкие](https://osteopractiki.ru/wp-content/uploads/2022/04/3d-%D0%BB%D1%91%D0%B3%D0%BA%D0%B8%D0%B5.jpg) |
| [Дельтовидная мышца](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%BF%D0%B5%D1%80%D0%B5%D0%B4%D0%BD%D1%8F%D1%8F-%D0%B4%D0%B5%D0%BB%D1%8C%D1%82%D0%BE%D0%B2%D0%B8%D0%B4%D0%BD%D0%B0%D1%8F-%D0%BC%D1%8B%D1%88%D1%86%D0%B0/) |
| [Передняя зубчатая мышца](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%BF%D0%B5%D1%80%D0%B5%D0%B4%D0%BD%D1%8F%D1%8F-%D0%B7%D1%83%D0%B1%D1%87%D0%B0%D1%82%D0%B0%D1%8F-%D0%BC%D1%8B%D1%88%D1%86%D0%B0/) |
| [Тонкая мышца](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D1%82%D0%BE%D0%BD%D0%BA%D0%B0%D1%8F-%D0%BC%D1%8B%D1%88%D1%86%D0%B0/) | [Надпочечники](https://osteopractiki.ru/wp-content/uploads/2022/04/%D0%9D%D0%B0%D0%B4%D0%BF%D0%BE%D1%87%D0%B5%D1%87%D0%BD%D0%B8%D0%BA%D0%B8-3D.jpg) |
| [Портняжная мышца](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%BF%D0%BE%D1%80%D1%82%D0%BD%D1%8F%D0%B6%D0%BD%D0%B0%D1%8F/) |
| [Икроножная](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%B8%D0%BA%D1%80%D0%BE%D0%BD%D0%BE%D0%B6%D0%BD%D0%B0%D1%8F/) |
| [Задняя большеберцовая мышца](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%B7%D0%B0%D0%B4%D0%BD%D1%8F%D1%8F-%D0%B1%D0%BE%D0%BB%D1%8C%D1%88%D0%B5%D0%B1%D0%B5%D1%80%D1%86%D0%BE%D0%B2%D0%B0%D1%8F-%D0%BC%D1%8B%D1%88%D1%86%D0%B0/) |
| [Хамстринги](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%B4%D0%B2%D1%83%D1%85%D0%B3%D0%BB%D0%B0%D0%B2%D0%B0%D1%8F-%D0%B1%D0%B5%D0%B4%D1%80%D0%B0/) | [Толстая кишка](https://osteopractiki.ru/wp-content/uploads/2022/04/%D0%A2%D0%BE%D0%BB%D1%81%D1%82%D1%8B%D0%B9-3d.jpg) (прямая кишка) |
| [Мышца, напрягающая широкую фасцию бедра](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%BC%D1%8B%D1%88%D1%86%D0%B0-%D0%BD%D0%B0%D0%BF%D1%80%D1%8F%D0%B3%D0%B0%D1%8E%D1%89%D0%B0%D1%8F-%D1%88%D0%B8%D1%80%D0%BE%D0%BA%D1%83%D1%8E-%D1%84%D0%B0%D1%81%D1%86%D0%B8%D1%8E-%D0%B1%D0%B5%D0%B4/) (справа) | [Толстая кишка](https://osteopractiki.ru/wp-content/uploads/2022/04/%D0%A2%D0%BE%D0%BB%D1%81%D1%82%D1%8B%D0%B9-3d.jpg) (илеоцекальныйклапан (ICV)) |
| [Мышца, напрягающая широкую фасцию бедра](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%BC%D1%8B%D1%88%D1%86%D0%B0-%D0%BD%D0%B0%D0%BF%D1%80%D1%8F%D0%B3%D0%B0%D1%8E%D1%89%D0%B0%D1%8F-%D1%88%D0%B8%D1%80%D0%BE%D0%BA%D1%83%D1%8E-%D1%84%D0%B0%D1%81%D1%86%D0%B8%D1%8E-%D0%B1%D0%B5%D0%B4/) (слева) | [Толстая кишка](https://osteopractiki.ru/wp-content/uploads/2022/04/%D0%A2%D0%BE%D0%BB%D1%81%D1%82%D1%8B%D0%B9-3d.jpg) (сигма) |
| [Квадратная мышца поясницы](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%BA%D0%B2%D0%B0%D0%B4%D1%80%D0%B0%D1%82%D0%BD%D0%B0%D1%8F-%D0%BC%D1%8B%D1%88%D1%86%D0%B0-%D0%BF%D0%BE%D1%8F%D1%81%D0%BD%D0%B8%D1%86%D1%8B/) | [Толстая кишка](https://osteopractiki.ru/wp-content/uploads/2022/04/%D0%A2%D0%BE%D0%BB%D1%81%D1%82%D1%8B%D0%B9-3d.jpg) (аппендикс) |
| [Квадрицепс](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%BF%D1%80%D1%8F%D0%BC%D0%B0%D1%8F-%D0%B1%D0%B5%D0%B4%D1%80%D0%B0/) | [Тонкий кишечник](https://osteopractiki.ru/wp-content/uploads/2022/04/%D0%A2%D0%BE%D0%BD%D0%BA%D0%B8%D0%B9-3D.jpg) |
| [Прямая мышца живота](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%BF%D1%80%D1%8F%D0%BC%D0%B0%D1%8F-%D0%BC%D1%8B%D1%88%D1%86%D0%B0-%D0%B6%D0%B8%D0%B2%D0%BE%D1%82%D0%B0/) |
| [Подвздошно-поясничная мышца](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%BF%D0%BE%D0%B4%D0%B2%D0%B7%D0%B4%D0%BE%D1%88%D0%BD%D0%BE-%D0%BF%D0%BE%D1%8F%D1%81%D0%BD%D0%B8%D1%87%D0%BD%D0%B0%D1%8F-%D0%BC%D1%8B%D1%88%D1%86%D0%B0/) | [Почки](https://osteopractiki.ru/wp-content/uploads/2022/04/3d%D0%BF%D0%BE%D1%87%D0%BA%D0%B8.jpg) |
| [Подостная мышца](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%BF%D0%BE%D0%B4%D0%BE%D1%81%D1%82%D0%BD%D0%B0%D1%8F-%D0%BC%D1%8B%D1%88%D1%86%D0%B0/) | Вилочковая железа (тимус) |
| [Широчайшая мышца спины](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D1%88%D0%B8%D1%80%D0%BE%D1%87%D0%B0%D0%B9%D1%88%D0%B0%D1%8F-%D0%BC%D1%8B%D1%88%D1%86%D0%B0-%D1%81%D0%BF%D0%B8%D0%BD%D1%8B/) | [Поджелудочная железа](https://osteopractiki.ru/wp-content/uploads/2022/04/%D0%9F%D0%BE%D0%B4%D0%B6%D0%B5%D0%BB%D1%83%D0%B4%D0%BE%D1%87%D0%BD%D0%B0%D1%8F-3D.jpg) |
| [Трехглавая мышца плеча](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D1%82%D1%80%D0%B5%D1%85%D0%B3%D0%BB%D0%B0%D0%B2%D0%B0%D1%8F-%D0%BC%D1%8B%D1%88%D1%86%D0%B0-%D0%BF%D0%BB%D0%B5%D1%87%D0%B0/) |
| [Леватор лопатки](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%BF%D0%BE%D0%B4%D0%BD%D0%B8%D0%BC%D0%B0%D1%8E%D1%89%D0%B0%D1%8F-%D0%BB%D0%BE%D0%BF%D0%B0%D1%82%D0%BA%D1%83/) | Паращитовидная(околощитовидная) железа или эпителиальное тельце |
| Мышцы-разгибатели шеи ([ременная](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D1%80%D0%B5%D0%BC%D0%B5%D0%BD%D0%BD%D0%B0%D1%8F-%D0%BC%D1%8B%D1%88%D1%86%D0%B0/)) | Придаточные пазухи носа (синусы) |
| Мышцы-сгибатели шеи |
| [Грудино-ключично-сосцевидные мышцы](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%B3%D1%80%D1%83%D0%B4%D0%B8%D0%BD%D0%BE-%D0%BA%D0%BB%D1%8E%D1%87%D0%B8%D1%87%D0%BD%D0%BE-%D1%81%D0%BE%D1%81%D1%86%D0%B5%D0%B2%D0%B8%D0%B4%D0%BD%D1%8B%D0%B5-%D0%BC%D1%8B%D1%88%D1%86%D1%8B/) |
| [Большая грудная мышца (грудинная порция)](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D1%81%D1%80%D0%B5%D0%B4%D0%BD%D1%8F%D1%8F-%D0%B8-%D0%BD%D0%B8%D0%B6%D0%BD%D1%8F%D1%8F-%D0%BF%D0%BE%D1%80%D1%86%D0%B8%D1%8F-%D1%82%D1%80%D0%B0%D0%BF%D0%B5%D1%86%D0%B8%D0%B5%D0%B2%D0%B8%D0%B4%D0%BD/) | [Печень](https://osteopractiki.ru/wp-content/uploads/2022/04/%D0%9F%D0%B5%D1%87%D0%B5%D0%BD%D1%8C-3D.jpg) |
| [Подколенная мышца](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%BF%D0%BE%D0%B4%D0%BA%D0%BE%D0%BB%D0%B5%D0%BD%D0%BD%D0%B0%D1%8F-%D0%BC%D1%8B%D1%88%D1%86%D0%B0/) | [Желчный пузырь](https://osteopractiki.ru/wp-content/uploads/2022/04/%D0%96%D0%B5%D0%BB%D1%87%D0%BD%D1%8B%D0%B9-3D.jpg) |
| Малоберцовая группа | [Мочевой пузырь](https://osteopractiki.ru/wp-content/uploads/2022/04/%D0%9C%D0%BE%D1%87%D0%B5%D0%B2%D0%BE%D0%B9-3D.jpg) |
| [Передняя большеберцовая мышца](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%BF%D0%B5%D1%80%D0%B5%D0%B4%D0%BD%D1%8F%D1%8F-%D0%B1%D0%BE%D0%BB%D1%8C%D1%88%D0%B5%D0%B1%D0%B5%D1%80%D1%86%D0%BE%D0%B2%D0%B0%D1%8F-%D0%BC%D1%8B%D1%88%D1%86%D0%B0/) |
| [Подлопаточная мышца (слева)](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%BF%D0%BE%D0%B4%D0%BB%D0%BE%D0%BF%D0%B0%D1%82%D0%BE%D1%87%D0%BD%D0%B0%D1%8F-%D0%BC%D1%8B%D1%88%D1%86%D0%B0/) | [Сердце](https://osteopractiki.ru/wp-content/uploads/2022/04/3d-%D1%81%D0%B5%D1%80%D0%B4%D1%86%D0%B5.jpg) (перикард) |
| [Надостная мышца (справа)](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%BD%D0%B0%D0%B4%D0%BE%D1%81%D1%82%D0%BD%D0%B0%D1%8F-%D0%BC%D1%8B%D1%88%D1%86%D0%B0/) | Мозг |
| [Малая круглая мышца](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%BC%D0%B0%D0%BB%D0%B0%D1%8F-%D0%BA%D1%80%D1%83%D0%B3%D0%BB%D0%B0%D1%8F-%D0%BC%D1%8B%D1%88%D1%86%D0%B0/) | [Щитовидная железа](https://osteopractiki.ru/wp-content/uploads/2022/04/%D0%A9%D0%B8%D1%82%D0%BE%D0%B2%D0%B8%D0%B4%D0%BD%D0%B0%D1%8F-3D.jpg) |
| [Средняя и нижняя порция трапециевидной мышцы](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D1%81%D1%80%D0%B5%D0%B4%D0%BD%D1%8F%D1%8F-%D0%B8-%D0%BD%D0%B8%D0%B6%D0%BD%D1%8F%D1%8F-%D0%BF%D0%BE%D1%80%D1%86%D0%B8%D1%8F-%D1%82%D1%80%D0%B0%D0%BF%D0%B5%D1%86%D0%B8%D0%B5%D0%B2%D0%B8%D0%B4%D0%BD/) | [Селезенка](https://osteopractiki.ru/wp-content/uploads/2022/04/%D0%A1%D0%B5%D0%BB%D0%B5%D0%B7%D1%91%D0%BD%D0%BA%D0%B0-3D.jpg) |
| [Верхняя порция трапециевидной мышцы](https://osteopractiki.ru/wpm/%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%B2%D0%B5%D1%80%D1%85%D0%BD%D1%8F%D1%8F-%D0%BF%D0%BE%D1%80%D1%86%D0%B8%D1%8F-%D1%82%D1%80%D0%B0%D0%BF%D0%B5%D1%86%D0%B8%D0%B5%D0%B2%D0%B8%D0%B4%D0%BD%D0%BE%D0%B9-%D0%BC%D1%8B%D1%88%D1%86%D1%8B/) | Глаз, ухо |