

## 2 - LES REFLEXES

### 2.a) Le réflexe myotatique = réflexe d'étirement

La cause :

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Activation alerte:

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Conséquence :

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Explication :

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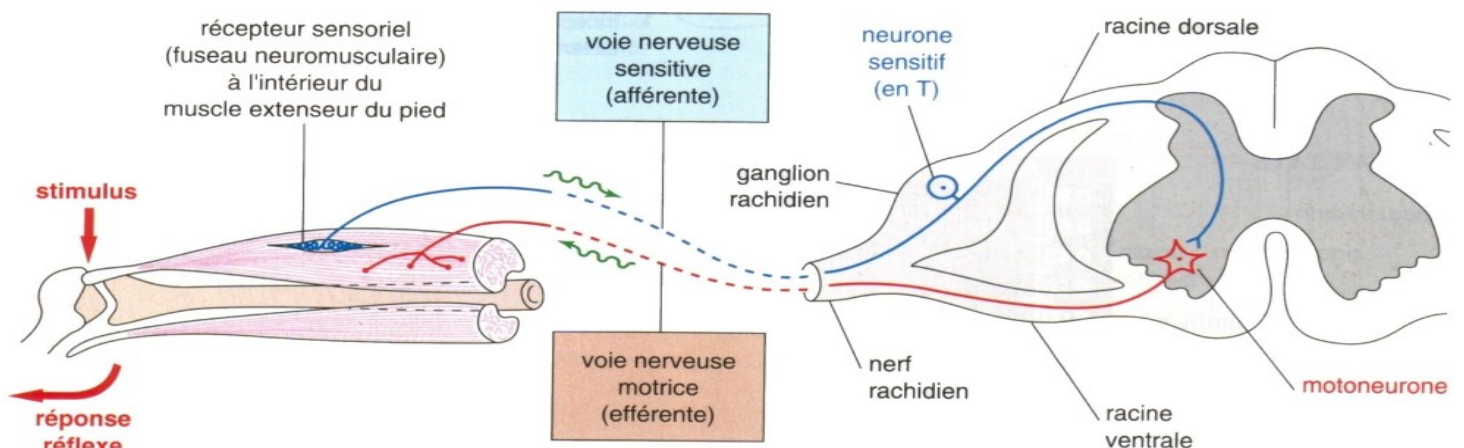
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Utilisation du principe :

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## 2.b) **Le réflexe myotatique inverse = réflexe de contraction**

**La cause :**

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**Activation alerte:**

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**Conséquence :**

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**Explication :**

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**Utilisation du principe :**

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## 2.c) **Le réflexe d'inhibition réciproque**

**La cause :**

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**Activation alerte:**

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**Conséquence :**

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**Explication :**

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**Utilisation du principe :**

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# RELEXES / ETIREMENTS

