

CONTENTS

1	What Is Biomechanics?	1
	Biomechanics: Definition and Perspective	2
	What Problems Are Studied by Biomechanists?	4
	Why Study Biomechanics?	11
	Problem-Solving Approach	12
	Quantitative versus Qualitative Problems	12
	Solving Qualitative Problems	13
	Formal versus Informal Problems	14
	Solving Formal Quantitative Problems	14
	Units of Measurement	16
	Summary	17
	Introductory Problems	17
	Additional Problems	18
	Laboratory Experiences	21
2	Kinematic Concepts for Analyzing Human Motion	29
	Forms of Motion	30
	Linear Motion	30
	Angular Motion	30
	General Motion	31
	Mechanical Systems	31
	Standard Reference Terminology	32
	Anatomical Reference Position	32
	Directional Terms	33
	Anatomical Reference Planes	34
	Anatomical Reference Axes	34
	Joint Movement Terminology	37
	Sagittal Plane Movements	37
	Frontal Plane Movements	38
	Transverse Plane Movements	40
	Other Movements	40
	Spatial Reference Systems	42
	Qualitative Analysis of Human Movement	42
	Prerequisite Knowledge for a Qualitative Analysis	43
	Planning a Qualitative Analysis	44
	Conducting a Qualitative Analysis	47
	Tools for Measuring Kinematic Quantities	50
	Video and Film	50
	Other Movement-Monitoring Systems	51
	Summary	51
	Introductory Problems	51
	Additional Problems	52
	Laboratory Experiences	55

3 Kinetic Concepts for Analyzing Human Motion 61

Basic Concepts Related to Kinetics	62
Inertia	62
Mass	63
Force	63
Center of Gravity	64
Weight	64
Pressure	66
Volume	66
Density	68
Torque	68
Impulse	69
Mechanical Loads on the Human Body	70
Compression, Tension, and Shear	70
Mechanical Stress	71
Torsion, Bending, and Combined Loads	72
The Effects of Loading	72
Repetitive versus Acute Loads	74
Tools for Measuring Kinetic Quantities	75
Electromyography	75
Dynamography	75
Vector Algebra	76
Vector Composition	76
Vector Resolution	77
Graphic Solution of Vector Problems	78
Trigonometric Solution of Vector Problems	78
Summary	80
Introductory Problems	80
Additional Problems	81
Laboratory Experiences	83

4 The Biomechanics of Human Bone Growth and Development 87

Composition and Structure of Bone Tissue	88
Material Constituents	88
Structural Organization	88
Types of Bones	90
Bone Growth and Development	92
Longitudinal Growth	92
Circumferential Growth	93
Adult Bone Development	93
Bone Response to Stress	94
Bone Modeling and Remodeling	94
Bone Hypertrophy	96
Bone Atrophy	96
Osteoporosis	98
Postmenopausal and Age-Associated Osteoporosis	99
Female Athlete Triad	99
Preventing and Treating Osteoporosis	100

Common Bone Injuries	101
Fractures	101
Epiphyseal Injuries	103
Summary	104
Introductory Problems	104
Additional Problems	105
Laboratory Experiences	107

5 The Biomechanics of Human Skeletal Articulations 117

Joint Architecture	118
Immovable Joints	118
Slightly Movable Joints	118
Freely Movable Joints	119
Articular Cartilage	121
Articular Fibrocartilage	122
Articular Connective Tissue	123
Joint Stability	123
Shape of the Articulating Bone Surfaces	123
Arrangement of Ligaments and Muscles	124
Other Connective Tissues	125
Joint Flexibility	125
Measuring Joint Range of Motion	126
Factors Influencing Joint Flexibility	126
Flexibility and Injury	127
Techniques for Increasing Joint Flexibility	129
Neuromuscular Response to Stretch	129
Active and Passive Stretching	131
Ballistic and Static Stretching	131
Proprioceptive Neuromuscular Facilitation	132
Common Joint Injuries and Pathologies	133
Sprains	134
Dislocations	134
Bursitis	134
Arthritis	134
Rheumatoid Arthritis	134
Osteoarthritis	135
Summary	135
Introductory Problems	136
Additional Problems	136
Laboratory Experiences	139

6 The Biomechanics of Human Skeletal Muscle 147

Behavioral Properties of the Musculotendinous Unit	148
Extensibility and Elasticity	148
Irritability and the Ability to Develop Tension	149
Structural Organization of Skeletal Muscle	149
Muscle Fibers	150
Motor Units	153
Fiber Types	154
Fiber Architecture	156

Skeletal Muscle Function	159
Recruitment of Motor Units	160
Change in Muscle Length with Tension Development	160
Roles Assumed by Muscles	161
Two-Joint and Multijoint Muscles	162
Factors Affecting Muscular Force Generation	163
Force–Velocity Relationship	164
Length–Tension Relationship	165
Stretch–Shortening Cycle	165
Electromechanical Delay	166
Muscular Strength, Power, and Endurance	167
Muscular Strength	167
Muscular Power	170
Muscular Endurance	171
Muscle Fatigue	171
Effect of Muscle Temperature	173
Common Muscle Injuries	173
Strains	173
Contusions	173
Cramps	173
Delayed-Onset Muscle Soreness	174
Compartment Syndrome	174
Summary	174
Introductory Problems	174
Additional Problems	175
Laboratory Experiences	177
7 The Biomechanics of the Human Upper Extremity	185
Structure of the Shoulder	186
Sternoclavicular Joint	186
Acromioclavicular Joint	186
Coracoclavicular Joint	187
Glenohumeral Joint	187
Scapulothoracic Joint	189
Bursae	189
Movements of the Shoulder Complex	190
Muscles of the Scapula	191
Muscles of the Glenohumeral Joint	192
Flexion at the Glenohumeral Joint	194
Extension at the Glenohumeral Joint	194
Abduction at the Glenohumeral Joint	194
Adduction at the Glenohumeral Joint	194
Medial and Lateral Rotation of the Humerus	195
Horizontal Adduction and Abduction at the Glenohumeral Joint	196
Loads on the Shoulder	197
Common Injuries of the Shoulder	200
Dislocations	200
Rotator Cuff Damage	200
Rotational Injuries	201
Subscapular Neuropathy	202

Structure of the Elbow	202
Humeroulnar Joint	202
Humeroradial Joint	202
Proximal Radioulnar Joint	203
Carrying Angle	203
Movements at the Elbow	204
Muscles Crossing the Elbow	204
Flexion and Extension	204
Pronation and Supination	205
Loads on the Elbow	207
Common Injuries of the Elbow	209
Sprains and Dislocations	209
Overuse Injuries	209
Structure of the Wrist	210
Movements of the Wrist	211
Flexion	211
Extension and Hyperextension	212
Radial and Ulnar Deviation	212
Structure of the Joints of the Hand	213
Carpometacarpal and Intermetacarpal Joints	214
Metacarpophalangeal Joints	214
Interphalangeal Joints	215
Movements of the Hand	215
Common Injuries of the Wrist and Hand	217
Summary	218
Introductory Problems	218
Additional Problems	219
Laboratory Experiences	221

8 The Biomechanics of the Human Lower Extremity 229

Structure of the Hip	230
Movements at the Hip	231
Muscles of the Hip	231
Flexion	232
Extension	233
Abduction	234
Adduction	234
Medial and Lateral Rotation of the Femur	235
Horizontal Abduction and Adduction	235
Loads on the Hip	236
Common Injuries of the Hip	237
Fractures	237
Contusions	238
Strains	238
Structure of the Knee	238
Tibiofemoral Joint	238
Menisci	239
Ligaments	240
Patellofemoral Joint	241
Joint Capsule and Bursae	241

Movements at the Knee	242
Muscles Crossing the Knee	242
Flexion and Extension	242
Rotation and Passive Abduction and Adduction	243
Patellofemoral Joint Motion	244
Loads on the Knee	244
Forces at the Tibiofemoral Joint	244
Forces at the Patellofemoral Joint	245
Common Injuries of the Knee and Lower Leg	246
Anterior Cruciate Ligament Injuries	247
Posterior Cruciate Ligament Injuries	248
Medial Collateral Ligament Injuries	248
Prophylactic Knee Bracing	248
Meniscus Injuries	249
Iliotibial Band Friction Syndrome	249
Breaststroker's Knee	249
Patellofemoral Pain Syndrome	250
Shin Splints	251
Structure of the Ankle	251
Movements at the Ankle	252
Structure of the Foot	253
Subtalar Joint	253
Tarsometatarsal and Intermetatarsal Joints	254
Metatarsophalangeal and Interphalangeal Joints	255
Plantar Arches	255
Movements of the Foot	256
Muscles of the Foot	256
Toe Flexion and Extension	256
Inversion and Eversion	257
Pronation and Supination	257
Loads on the Foot	257
Common Injuries of the Ankle and Foot	258
Ankle Injuries	258
Overuse Injuries	259
Alignment Anomalies of the Foot	260
Injuries Related to High and Low Arch Structures	261
Summary	261
Introductory Problems	262
Additional Problems	262
Laboratory Experiences	265

9 The Biomechanics of the Human Spine 275

Structure of the Spine	276
Vertebral Column	276
Vertebrae	277
Intervertebral Discs	278
Ligaments	282
Spinal Curves	283
Movements of the Spine	285
Flexion, Extension, and Hyperextension	286
Lateral Flexion and Rotation	286

Muscles of the Spine	287
Anterior Aspect	287
Posterior Aspect	290
Lateral Aspect	292
Loads on the Spine	294
Common Injuries of the Back and Neck	300
Low Back Pain	300
Soft-Tissue Injuries	302
Acute Fractures	302
Stress Fractures	303
Disc Herniations	304
Whiplash Injuries	305
Summary	305
Introductory Problems	306
Additional Problems	306
Laboratory Experiences	309

10 Linear Kinematics of Human Movement 319

Linear Kinematic Quantities	320
Distance and Displacement	321
Speed and Velocity	322
Acceleration	326
Average and Instantaneous Quantities	329
Kinematics of Projectile Motion	330
Horizontal and Vertical Components	331
Influence of Gravity	331
Influence of Air Resistance	332
Factors Influencing Projectile Trajectory	333
Projection Angle	334
Projection Speed	335
Relative Projection Height	336
Optimum Projection Conditions	337
Analyzing Projectile Motion	339
Equations of Constant Acceleration	341
Summary	346
Introductory Problems	346
Additional Problems	347
Laboratory Experiences	349

11 Angular Kinematics of Human Movement 355

Observing the Angular Kinematics of Human Movement	356
Measuring Angles	356
Relative versus Absolute Angles	356
Tools for Measuring Body Angles	357
Instant Center of Rotation	358
Angular Kinematic Relationships	360
Angular Distance and Displacement	361
Angular Speed and Velocity	363
Angular Acceleration	368
Angular Motion Vectors	369
Average versus Instantaneous Angular Quantities	369

Relationships Between Linear and Angular Motion	370
Linear and Angular Displacement	370
Linear and Angular Velocity	370
Linear and Angular Acceleration	372
Summary	375
Introductory Problems	375
Additional Problems	377
Laboratory Experiences	379
12 Linear Kinetics of Human Movement	383
Newton's Laws	384
Law of Inertia	384
Law of Acceleration	384
Law of Reaction	385
Law of Gravitation	387
Mechanical Behavior of Bodies in Contact	388
Friction	389
Momentum	394
Impulse	395
Impact	399
Work, Power, and Energy Relationships	402
Work	402
Power	402
Energy	403
Conservation of Mechanical Energy	405
Principle of Work and Energy	406
Summary	409
Introductory Problems	409
Additional Problems	410
Laboratory Experiences	411
13 Equilibrium and Human Movement	417
Equilibrium	418
Torque	418
Resultant Joint Torques	421
Levers	424
Anatomical Levers	427
Equations of Static Equilibrium	430
Equations of Dynamic Equilibrium	431
Center of Gravity	433
Locating the Center of Gravity	434
Locating the Human Body Center of Gravity	435
Stability and Balance	439
Summary	441
Introductory Problems	441
Additional Problems	442
Laboratory Experiences	445
14 Angular Kinetics of Human Movement	449
Resistance to Angular Acceleration	450
Moment of Inertia	450

Determining Moment of Inertia	452
Human Body Moment of Inertia	453
Angular Momentum	454
Conservation of Angular Momentum	456
Transfer of Angular Momentum	457
Change in Angular Momentum	460
Angular Analogues of Newton's Laws of Motion	464
Newton's First Law	464
Newton's Second Law	464
Newton's Third Law	464
Centripetal Force	465
Summary	467
Introductory Problems	468
Additional Problems	468
Laboratory Experiences	471

15 Human Movement in a Fluid Medium 475

The Nature of Fluids	476
Relative Motion	476
Laminar versus Turbulent Flow	478
Fluid Properties	478
Buoyancy	479
Characteristics of the Buoyant Force	479
Flotation	479
Flotation of the Human Body	480
Drag	480
Skin Friction	483
Form Drag	484
Wave Drag	487
Lift Force	488
Foil Shape	489
Magnus Effect	490
Propulsion in a Fluid Medium	494
Propulsive Drag Theory	494
Propulsive Lift Theory	495
Vortex Generation	495
Stroke Technique	495
Summary	496
Introductory Problems	497
Additional Problems	497
Laboratory Experiences	499

Appendices

A	Basic Mathematics and Related Skills	505
B	Trigonometric Functions	510
C	Common Units of Measurement	513
D	Anthropometric Parameters for the Human Body	514
	Glossary	516
	Index	525