

Contents

1	Introduction	1
1.1	Biomechanics Versus Mechanobiology	1
1.2	Origins of Mechanobiology	2
1.3	Mathematical Modeling in Biology	3
1.3.1	Some of the Challenges	3
1.3.2	Using Mathematical Models to Predict Future Behavior	4
1.3.3	The Art of Modeling	5
1.4	Developmental Biology Background	6
1.4.1	Cells, Tissues, and Organs	6
1.4.2	Development	8
1.5	Mechanotransduction	14
1.6	Topics Covered and Not Covered by This Book	15
	References	15
2	Vector and Tensor Analysis	19
2.1	Notation and the Summation Convention	20
2.2	Vectors	21
2.2.1	Base Vectors	22
2.2.2	Dot and Cross Products	23
2.3	Dyadics and Tensors	25
2.3.1	Dyadics	25
2.3.2	Tensors	27
2.4	Some Properties of Tensors	28
2.4.1	Transpose, Trace, and Determinant	28
2.4.2	Identity Tensor and Inverse	31
2.4.3	Eigenvalues and Eigenvectors	31
2.4.4	Orthogonal Tensors	33
2.5	Coordinate Transformation	35

2.6	Vector and Tensor Calculus	41
2.6.1	Differentiation with Respect to Spatial Coordinates	41
2.6.2	Differentiation with Respect to Vectors and Tensors	42
2.6.3	Gradient Operator	44
2.7	Integral Relations	47
	Problems	48
	References	48
3	Continuum Mechanics and Nonlinear Elasticity	51
3.1	Basic Strategy	53
3.2	Motion of a Continuum	53
3.2.1	Motion in 1D	54
3.2.2	Motion in 3D	58
3.2.3	Time Rates of Change	60
3.3	Analysis of Deformation	66
3.3.1	Deformation in 1D	67
3.3.2	Deformation in 2D	68
3.3.3	Deformation in 3D	73
3.4	Analysis of Stress	83
3.4.1	Stress in 1D	83
3.4.2	Stress in 2D	84
3.4.3	Stress in 3D	88
3.4.4	Stress Transformation	103
3.5	Balance Laws	104
3.5.1	Balance of Mass	104
3.5.2	Balance of Linear Momentum	109
3.5.3	Balance of Angular Momentum	114
3.5.4	Balance of Energy	117
3.5.5	Entropy Inequality	126
3.6	Constitutive Relations	129
3.6.1	Hyperelasticity	131
3.6.2	Incompressible Material	133
3.6.3	Strain-Energy Density Function	135
3.7	Boundary Value Problems	143
3.7.1	Governing Equations in Tensor Form	144
3.7.2	Governing Equations in Cartesian Coordinates	145
3.7.3	Governing Equations in Principal Coordinates	145
	Problems	148
	References	153
4	Problems in Soft Tissue Biomechanics	155
4.1	Uniaxial Extension of a Bar	156
4.1.1	Problem Statement	156
4.1.2	Solution	157
4.1.3	Illustrative Results	160

4.2	Biaxial Extension of a Membrane	161
4.2.1	Problem Statement	161
4.2.2	Solution	162
4.2.3	Illustrative Results	163
4.3	Shear of a Block	165
4.3.1	Problem Statement	165
4.3.2	Solution	166
4.3.3	Illustrative Results	173
4.4	Extension and Inflation of a Circular Tube	174
4.4.1	Problem Statement	174
4.4.2	Analysis	175
4.4.3	Illustrative Results	179
4.5	Extension and Torsion of a Cylindrical Bar	181
4.5.1	Problem Statement	181
4.5.2	Analysis	182
4.5.3	Illustrative Results	186
4.6	Inflation of a Spherical Shell	188
4.6.1	Problem Statement	188
4.6.2	Analysis	189
4.6.3	Illustrative Results	193
4.7	Bending of a Block	195
4.7.1	Problem Statement	195
4.7.2	Analysis	196
4.7.3	Illustrative Results	201
	Problems	203
	References	208
5	Contraction	209
5.1	Contractile Structures	210
5.2	Kinematics of Contraction	210
5.2.1	Unconstrained Contraction of a Contractile Element	210
5.2.2	Constrained Contraction of a Contractile Element	211
5.2.3	Configurations for a Contractile Element	212
5.3	Model for a Contractile Fiber	214
5.4	Mechanical Properties of Contractile Fibers	219
5.4.1	Fundamental Contractile Behavior	219
5.4.2	Time-Varying Elasticity	221
5.4.3	Constitutive Relation for a Contractile Element	224
5.4.4	Alternative Models for Contraction	232
5.5	Case Study: Cardiac Mechanics	232
5.5.1	Pressure-Volume Loops	233
5.5.2	Time-Varying Elastance	234
5.5.3	Energetics	236
5.5.4	Model for the Left Ventricle	237
5.5.5	Analysis	239

5.5.6	Illustrative Results	184
	Problems	184
	References	184
6	Growth	184
6.1	Types of Growth	184
6.2	A Few Words About Growth Theories	184
6.3	Equations for a Growing Bar	184
6.3.1	Configurations for Volumetric Growth	184
6.3.2	Growth Equations in Principal Cartesian Coordinates	184
6.4	Fundamental Growth Mechanics	184
6.4.1	Growth of an Unconstrained Bar	184
6.4.2	Growth of a Constrained Bar	184
6.4.3	Stresses Generated by Differential Growth in an Unconstrained Bar	184
6.5	Residual Stress	184
6.5.1	Historical Background	184
6.5.2	Determining Residual Stress in Soft Tissues	184
6.6	General Theory for Growth in 3D	184
6.6.1	Configurations for a Growing Body	184
6.6.2	Governing Equations for 3D Growth	184
6.6.3	Equations for Residual Stress	184
6.6.4	Growth Equations in Principal Cylindrical Coordinates	184
6.6.5	Growth Equations in Principal Spherical Coordinates	184
6.7	Growth-Induced Residual Stress in Tubes	184
6.8	Case Study: Growth of a Spherical Brain Tumor	184
6.8.1	Tumor Models	184
6.8.2	Analysis	184
6.8.3	Illustrative Results	184
6.9	Mechanical Feedback	184
6.9.1	Mechanical Growth Laws	184
6.9.2	Formulating Growth Laws: Fundamental Hypotheses	184
6.9.3	Growth Laws for Muscle	184
6.10	Theory for Combined Growth and Contraction	184
6.11	Case Study: Functional Adaptation in Arteries	184
6.11.1	Fundamental Adaptive Behavior of Arteries	184
6.11.2	Model for an Artery	184
6.11.3	Analysis of Growing and Contracting Artery	184
6.11.4	Computation of Opening Angles	184
6.11.5	Illustrative Results	184
	Problems	184
	References	184
7	Remodeling	184
7.1	Determinants of Material Properties in Soft Tissues	184
7.2	Fundamental Remodeling Mechanics	184

7.3	Theory for Remodeling in 1D	346
7.3.1	Changes in Fiber Volume	346
7.3.2	Kinematics of Turnover	350
7.3.3	Constitutive Relations for Remodeling	353
7.4	Examples: Remodeling in 1D	354
7.4.1	Bar with Prescribed Stretch	354
7.4.2	Bar with Prescribed Load	358
7.4.3	Remodeling of Connective Tissue	361
7.5	General Theory for Growth and Remodeling in 3D	365
7.5.1	Growth	365
7.5.2	Kinematics	367
7.5.3	Equilibrium and Constitutive Equations	369
7.5.4	Growth and Remodeling Laws	370
7.6	Case Study: Growth and Remodeling of Arteries	370
7.6.1	Residual Stress and Opening Angles	371
7.6.2	Aneurysm Development	379
7.7	An Alternative Remodeling Theory	383
7.8	Case Study: Changing Fiber Orientation During Cyclic Stretch	387
7.8.1	Model	387
7.8.2	Analysis	389
7.8.3	Solution Procedure	390
7.8.4	Illustrative Results	391
	Problems	393
	References	398
8	Morphogenesis	401
8.1	Cellular Mechanisms of Epithelial Morphogenesis	402
8.1.1	Structure of Epithelia	403
8.1.2	Stretching Morphogenesis	403
8.1.3	Bending Morphogenesis	406
8.2	Approach Going Forward	407
8.3	Linear Theory for Growing Beams and Plates	409
8.3.1	Beam Theory	409
8.3.2	Plate Theory	414
8.3.3	A Few Examples	416
8.4	Gastrulation	430
8.4.1	Invagination Mechanics	430
8.4.2	Gastrulation in <i>Drosophila</i>	434
8.4.3	Gastrulation in Sea Urchins	436
8.4.4	Gastrulation in Sea Squirts	438
8.4.5	The Mystery of <i>Volvox</i>	439
8.5	Early Heart Development	440
8.5.1	Head Fold Formation	441
8.5.2	Formation of Heart Tube and Foregut	443
8.5.3	Cardiac Looping	447

8.6	Neural Development	455
8.6.1	Neural Tube Formation	455
8.6.2	Eye Development	457
8.6.3	Early Brain Development	463
8.6.4	Detour to Buckling	469
8.6.5	Folding of the Cerebral Cortex	478
8.7	Intestinal Development	483
8.7.1	Gut Looping	484
8.7.2	Villus Formation	485
8.8	Early Lung Development	487
8.9	Mechanical Regulation of Morphogenesis	490
8.9.1	Hyper-Restoration Hypothesis	491
8.9.2	Morphomechanical Laws	492
8.9.3	HR: Uniaxial Extension of a Bar	493
8.9.4	HR: Cylindrical Bending of a Plate	497
8.9.5	HR: Sea Urchin Gastrulation	498
8.10	Mesenchymal Morphogenesis	500
8.10.1	Murray-Oster Theory for Mesenchymal Morphogenesis	500
8.10.2	Model for Vasculogenesis	503
	Problems	505
	References	510
A	Elasticity Equations in Special Coordinate Systems	519
A.1	Cartesian Coordinates	519
A.1.1	Deformation Gradient	519
A.1.2	Equations of Motion	520
A.2	Cylindrical Polar Coordinates	520
A.2.1	Deformation Gradient	520
A.2.2	Equations of Motion	520
A.3	Spherical Polar Coordinates	521
A.3.1	Deformation Gradient	521
A.3.2	Equations of Motion	521
B	Fourier Series	523
	Index	527