

Preface		xi
Acknowled	gments	xvii
Reviewers		xix
001 15.1	The Shoulder Couples how	
Lesson 1	Introduction and hap a see M to many and show more and	1
1.1	Biomechanics: Understanding the Rules Governing Movement	- 1
1.2	How to Use This Book	6
PART I	The Whole Body Level	9
Lesson 2	Describing Motion: Linear Kinematics in One Dimension	11
2.1	Linear Kinematics in One Direction	11
2.2	Linear Kinematics in Two Directions	22
2.3	Gait and a state of the same a	30
Lesson 3	Describing Motion: Linear Kinematics in Two Dimensions	34
3.1	Frame of Reference	34
3.2	Resultants and Components	35
3.3	Net Values	39
3.4	Projectile Motion	42
Lesson 4	Describing Motion: Angular Kinematics	49
68J 4.1	Angular Kinematics	49
4.2	Relating Angular Kinematics to Linear Kinematics	
Lesson 5	Describing Motion: Inertia and Momentum	15
5.1	Inertia for a Body at Rest: Mass	00
5.2	Inertia for a Body Moving Linearly: Linear Momentum	67

5.3	Inertia for Angular Motion	71
5.4	Comparing Measures of Inertia	76
4	P. I. C. M. C. T. I. C. Willed	79
Lesson 6	Explaining Motion I: Linear Kinetics	79
6.1	Newton's First Law	
6.2	Newton's Second Law	79
6.3	Contact Forces and Newton's Third Law	85
6.4	Revisiting Newton's Second Law	90
6.5	Types of Linear Resistances Used in Exercise	97
Lesson 7	Explaining Motion II: Angular Kinetics	101
7.1	The Angular Equivalent of the First Law	101
7.2	The Angular Equivalent of the Second Law	106
7.3	The Angular Equivalent of the Third Law	111
7.4	Angular Impulse and an Alternate View of the Second Law	115
7.5	Applications of Angular Kinetics	117
Lesson 8	Work-Energy	124
		124
8.1	Energy Work	126
8.2		120
8.3	Locomotor Work, the Center of Mass Equation, and the First Law of Thermodynamics	132
0.4		135
8.4	Efficiency and Economy	139
8.5	Power Isval vboll slodly adi'	139
Lesson 9	Collisions, Impacts, and the Conservation Laws	141
9.1	Simple Collisions of Point-Masses	141
9.2	More Complicated Collisions of Point-Masses	147
9.3	Effective Mass	150
PART II	Tissue Level	155
Lesson 10	Mechanics of the Human Frame	157
10.1	Basic Mechanics of Materials	158
10.1	Properties of Viscoelastic Materials	166
10.2	General Mechanics of Injury	168
10.3	Biomechanics of the Human Frame: Bone, Cartilage, and Ligaments	172
0.4	Antimonia migana acutos percenti	
Lesson 11	Muscle-Tendon Mechanics	180
11.1	The Function of the Muscle–Tendon Complex (MTC)	181
11.2	The Individual Components	185
11.3	Factors Affecting MTC Mechanics	191
11.4	Injury Biomechanics	204

PART III	Joint Level		209
Lesson 12 12.1	Single Joint Concepts Clinical Reference Frames		211 211
12.2	Kinematics		215
12.3	Kinetics		220
12.4	Joint Stability		233
Lesson 13	Lower Extremity Biomechanics		239
13.1	The Foot and Ankle Complex		239
13.2	Knee Complex		250
13.3	Hip		256
Lesson 14	Biomechanics of the Axial Skeleton		
14.1	Basic Function and Structure		262
14.2	Region-Specific Mechanics		267
14.3	Spinal Injuries		275
Lesson 15	Upper Extremity Biomechanics		281
15.1	The Shoulder Complex		281
15.2	The Elbow and Forearm		290
15.3	The Wrist and Hand		294
PART IV	Limb Level		301
Lesson 16	Multijoint Concepts		303
16.1	Kinematics	The selection from the control of the control of the	305
16.2	Kinetics		317
PART V	Integrating the Levels		325
Lesson 17	Putting It All Together		327
17.1	Analyzing and Improving Human Movement		327
17.2	Analyses of Select Basic Movements		333
Glossary			355
Index			360