Contents

Preface		ix
Acknowledgmen	ts	xi
	t Muscle Parameters Are Controlled by the	
Nerv	vous System?	1
	ies of an Isolated Muscle	7
Muscle and Its		9
• • • •	ies of an Intact Muscle	15
Merton's Servo-Hypothesis of Motor Control		21
The α -Model		23
The λ-Model		26
The Notion of Shifting Invariant Characteristics		33
Preprogrammi	ng in Motor Control	37
Chapter 2 Anal	ysis of Joint Compliance	49
Equations of Mass-Spring Systems		49
At Least Three Springs!		52
Introducing Central Control		56
Reconstruction of Static Joint Compliant Characteristics		58
	struct Joint Compliant Characteristics	
	ntary Movements	59
	Compliant Characteristics During Slow	15
Movements	Secoliar Change Initia Davis Fast	65
	Compliant Characteristics During Fast	71
Movements		71
N-Shaped Virtual Trajectories		74
virtual Trajecto	ories of Oscillatory Movements	75
Chapter 3 The	Equilibrium-Point Hypothesis and	
Move	ement Dynamics	81
Phase Plane an	d Activation Zones	81
Is λ a Measure of α -Motoneuron Membrane Depolarization?		
Muscle Reactions to Length Changes		
Reciprocal and Renshaw Inhibition		
How Do the El	ectromyograms Emerge?	98

v

Chapter 4 Patterns of Single-Joint Movements	103	
Kinematic and Electromyographic Patterns of Single-Joint		
Isotonic Movements	103	
Kinetic and Electromyographic Characteristics of Single-Joint		
Isometric Contractions	116	
Hypotheses and Models	120	
Excitation Pulse and the Dual-Strategy Hypothesis	127	
Chapter 5 Emergence of Electromyographic Patterns	139	
Basic Assumptions and Notions of the Model	140	
Initiation of an Isotonic Movement		
Termination of an Isotonic Movement		
Initiation of an Isometric Contraction		
Divergence of Isometric and Isotonic Patterns		
Correspondence of the Model to the Data	164	
Standard Motor Programs Can Lead to Different Peripheral		
Patterns	166	
Chapter 6 Issues of Variability and Motor Learning	173	
Is There a Motor Program?	173	
Variability of Single-Joint Movements	182	
Variability in the λ -Language		
Relation to Motor Learning	190 199	
Chapter 7 Multijoint Movements	205	
The Bernstein Problem	205	
Kinematic Characteristics of Multijoint Movements	210	
Attempts to Solve the Bernstein Problem	222	
The Problem of Postural Stability	234	
Problems of Multilimb Coordination	239	
Chapter 8 Optimization	245	
System Dynamics and Cost Functions	246	
Minimizing Indices of Performance	247	
Minimizing "Effort" and Maximizing "Comfort"	252	
Relativistic Motor Control	255	
Chapter 9 Examples of Motor Disorders	263	
Spasticity	265	
Motor Disorders in Parkinson's Disease		
General Characteristics of Movements in Down Syndrome		
Some General Implications for Rehabilitation	283 290	

Chapter 10 Language and Movement	293
On the Laws of Coordination	
Deep Structure	
Transformation	
Surface Structure	
Tonic Stretch Reflex—An Example of Transformation	
Concluding Comments	
Chapter 11 What to Do Next?	311
Epilogue	315
References	319
Index	371