

Contents

Chapter 1	Introduction	1
1.1	Mechanics / 3	
1.2	Biomechanics / 5	
1.3	Basic Concepts / 6	
1.4	Newton's Laws / 6	
1.5	Dimensional Analysis / 7	
1.6	Systems of Units / 9	
1.7	Conversion of Units / 11	
1.8	Mathematics / 12	
1.9	Scalars and Vectors / 13	
1.10	Modeling and Approximations / 13	
1.11	Generalized Procedure / 14	
1.12	Scope of the Text / 14	
1.13	Notation / 15	
	References, Suggested Reading, and Other Resources / 16	
Chapter 2	Force Vector	21
2.1	Definition of Force / 23	
2.2	Properties of Force as a Vector Quantity / 23	
2.3	Dimension and Units of Force / 23	
2.4	Force Systems / 24	
2.5	External and Internal Forces / 24	
2.6	Normal and Tangential Forces / 25	
2.7	Tensile and Compressive Force / 25	
2.8	Coplanar Forces / 25	
2.9	Collinear Forces / 26	
2.10	Concurrent Forces / 26	
2.11	Parallel Force / 26	
2.12	Gravitational Force or Weight / 26	
2.13	Distributed Force Systems and Pressure / 27	
2.14	Frictional Forces / 29	
2.15	Exercise Problems / 31	
Chapter 3	Moment and Torque Vectors	37
3.1	Definitions of Moment and Torque Vectors / 39	
3.2	Magnitude of Moment / 39	
3.3	Direction of Moment / 39	
3.4	Dimension and Units of Moment / 40	

3.5	Some Fine Points About the Moment Vector / 41
3.6	The Net or Resultant Moment / 42
3.7	The Couple and Couple-Moment / 47
3.8	Translation of Forces / 47
3.9	Moment as a Vector Product / 48
3.10	Exercise Problems / 53

Chapter 4 Statics: Systems in Equilibrium 61

4.1	Overview / 63
4.2	Newton's Laws of Mechanics / 63
4.3	Conditions for Equilibrium / 65
4.4	Free-Body Diagrams / 67
4.5	Procedure to Analyze Systems in Equilibrium / 68
4.6	Notes Concerning the Equilibrium Equations / 69
4.7	Constraints and Reactions / 71
4.8	Simply Supported Structures / 71
4.9	Cable-Pulley Systems and Traction Devices / 78
4.10	Built-In Structures / 80
4.11	Systems Involving Friction / 86
4.12	Center of Gravity Determination / 88
4.13	Exercise Problems / 93

Chapter 5 Applications of Statics to Biomechanics 101

5.1	Skeletal Joints / 103
5.2	Skeletal Muscles / 104
5.3	Basic Considerations / 105
5.4	Basic Assumptions and Limitations / 106
5.5	Mechanics of the Elbow / 107
5.6	Mechanics of the Shoulder / 112
5.7	Mechanics of the Spinal Column / 116
5.8	Mechanics of the Hip / 121
5.9	Mechanics of the Knee / 128
5.10	Mechanics of the Ankle / 133
5.11	Exercise Problems / 135
	References / 139

Chapter 6 Introduction to Dynamics 141

6.1	Dynamics / 143
6.2	Kinematics and Kinetics / 143
6.3	Linear, Angular, and General Motions / 144
6.4	Distance and Displacement / 145
6.5	Speed and Velocity / 145
6.6	Acceleration / 145
6.7	Inertia and Momentum / 146
6.8	Degree of Freedom / 146
6.9	Particle Concept / 146
6.10	Reference Frames and Coordinate Systems / 147
6.11	Prerequisites for Dynamic Analysis / 147
6.12	Topics to Be Covered / 147

Chapter 7	Linear Kinematics	149
7.1	Uniaxial Motion / 151	
7.2	Position, Displacement, Velocity, and Acceleration / 151	
7.3	Dimensions and Units / 153	
7.4	Measured and Derived Quantities / 154	
7.5	Uniaxial Motion with Constant Acceleration / 155	
7.6	Examples of Uniaxial Motion / 157	
7.7	Biaxial Motion / 163	
7.8	Position, Velocity, and Acceleration Vectors / 163	
7.9	Biaxial Motion with Constant Acceleration / 166	
7.10	Projectile Motion / 167	
7.11	Applications to Athletics / 170	
7.12	Exercise Problems / 175	
Chapter 8	Linear Kinetics	179
8.1	Overview / 181	
8.2	Equations of Motion / 181	
8.3	Special Cases of Translational Motion / 183	
8.3.1	Force Is Constant / 183	
8.3.2	Force Is a Function of Time / 184	
8.3.3	Force Is a Function of Displacement / 184	
8.4	Procedure for Problem Solving in Kinetics / 185	
8.5	Work and Energy Methods / 187	
8.6	Mechanical Work / 188	
8.6.1	Work Done by a Constant Force / 188	
8.6.2	Work Done by a Varying Force / 189	
8.6.3	Work as a Scalar Product / 189	
8.7	Mechanical Energy / 190	
8.7.1	Potential Energy / 190	
8.7.2	Kinetic Energy / 191	
8.8	Work–Energy Theorem / 191	
8.9	Conservation of Energy Principle / 191	
8.10	Dimension and Units of Work and Energy / 192	
8.11	Power / 192	
8.12	Applications of Energy Methods / 193	
8.13	Exercise Problems / 198	
Chapter 9	Angular Kinematics	203
9.1	Polar Coordinates / 205	
9.2	Angular Position and Displacement / 205	
9.3	Angular Velocity / 206	
9.4	Angular Acceleration / 206	
9.5	Dimensions and Units / 207	
9.6	Definitions of Basic Concepts / 208	
9.7	Rotational Motion About a Fixed Axis / 217	
9.8	Relationships Between Linear and Angular Quantities / 218	
9.9	Uniform Circular Motion / 219	
9.10	Rotational Motion with Constant Acceleration / 219	
9.11	Relative Motion / 220	

9.12	Linkage Systems / 222	
9.13	Exercise Problems / 226	
Chapter 10	Angular Kinetics	231
10.1	Kinetics of Angular Motion / 233	
10.2	Torque and Angular Acceleration / 239	
10.3	Mass Moment of Inertia / 240	
10.4	Parallel-Axis Theorem / 242	
10.5	Radius of Gyration / 242	
10.6	Segmental Motion Analysis / 243	
10.7	Rotational Kinetic Energy / 247	
10.8	Angular Work and Power / 248	
10.9	Exercise Problems / 250	
Chapter 11	Impulse and Momentum	253
11.1	Introduction / 255	
11.2	Linear Momentum and Impulse / 255	
11.3	Applications of the Impulse-Momentum Method / 257	
11.4	Conservation of Linear Momentum / 264	
11.5	Impact and Collisions / 264	
11.6	One-Dimensional Collisions / 265	
	11.6.1 Perfectly Inelastic Collision / 266	
	11.6.2 Perfectly Elastic Collision / 267	
	11.6.3 Elastoplastic Collision / 268	
11.7	Two-Dimensional Collisions / 270	
11.8	Angular Impulse and Momentum / 273	
11.9	Summary of Basic Equations / 274	
11.10	Kinetics of Rigid Bodies in Plane Motion / 275	
11.11	Exercise Problems / 276	
Chapter 12	Introduction to Deformable Body Mechanics	279
12.1	Overview / 281	
12.2	Applied Forces and Deformations / 282	
12.3	Internal Forces and Moments / 282	
12.4	Stress and Strain / 283	
12.5	General Procedure / 284	
12.6	Mathematics Involved / 285	
12.7	Topics to Be Covered / 285	
	Suggested Reading / 286	
Chapter 13	Stress and Strain	287
13.1	Basic Loading Configurations / 289	
13.2	Uniaxial Tension Test / 289	
13.3	Load-Elongation Diagrams / 290	
13.4	Simple Stress / 291	
13.5	Simple Strain / 292	
13.6	Stress-Strain Diagrams / 294	

13.7	Elastic Deformations / 295	
13.8	Hooke's Law / 297	
13.9	Plastic Deformations / 297	
13.10	Necking / 298	
13.11	Work and Strain Energy / 299	
13.12	Strain Hardening / 299	
13.13	Hysteresis Loop / 299	
13.14	Properties Based on Stress–Strain Diagrams / 300	
13.15	Idealized Models of Material Behavior / 300	
13.16	Mechanical Properties of Materials / 301	
13.17	Example Problems / 302	
13.18	Exercise Problems / 309	
Chapter 14 Multiaxial Deformations and Stress Analyses		317
14.1	Poisson's Ratio / 319	
14.2	Biaxial and Triaxial Stresses / 320	
14.3	Stress Transformation / 325	
14.4	Principal Stresses / 326	
14.5	Mohr's Circle / 327	
14.6	Failure Theories / 330	
14.7	Allowable Stress and Factor of Safety / 332	
14.8	Factors Affecting the Strength of Materials / 333	
14.9	Fatigue and Endurance / 334	
14.10	Stress Concentration / 335	
14.11	Torsion / 337	
14.12	Bending / 344	
14.13	Combined Loading / 354	
14.14	Exercise Problems / 356	
Chapter 15 Mechanical Properties of Biological Tissues		361
15.1	Viscoelasticity / 363	
15.2	Analogies Based on Springs and Dashpots / 364	
15.3	Empirical Models of Viscoelasticity / 365	
15.3.1	Kelvin-Voight Model / 365	
15.3.2	Maxwell Model / 366	
15.3.3	Standard Solid Model / 367	
15.4	Time-Dependent Material Response / 368	
15.5	Comparison of Elasticity and Viscoelasticity / 369	
15.6	Common Characteristics of Biological Tissues / 371	
15.7	Biomechanics of Bone / 373	
15.7.1	Composition of Bone / 373	
15.7.2	Mechanical Properties of Bone / 374	
15.7.3	Structural Integrity of Bone / 376	
15.7.4	Bone Fractures / 377	
15.8	Tendons and Ligaments / 378	
15.9	Skeletal Muscles / 379	
15.10	Articular Cartilage / 381	
15.11	Discussion / 382	
15.12	Exercise Problems / 383	

Appendix A: Plane Geometry	389
A.1 Angles / 391	
A.2 Triangles / 391	
A.3 Law of Sines / 392	
A.4 Law of Cosine / 392	
A.5 The Right Triangle / 392	
A.6 Pythagorean Theorem / 392	
A.7 Sine, Cosine, and Tangent / 393	
A.8 Inverse Sine, Cosine, and Tangent / 394	
A.9 Exercise Problems / 397	
Appendix B: Vector Algebra	401
B.1 Definitions / 403	
B.2 Notation / 403	
B.3 Multiplication of a Vector by a Scalar / 404	
B.4 Negative Vector / 404	
B.5 Addition of Vectors: Graphical Methods / 404	
B.6 Subtraction of Vectors / 405	
B.7 Addition of More Than Two Vectors / 405	
B.8 Projection of Vectors / 406	
B.9 Resolution of Vectors / 406	
B.10 Unit Vectors / 407	
B.11 Rectangular Coordinates / 407	
B.12 Addition of Vectors: Trigonometric Method / 409	
B.13 Three-Dimensional Components of Vectors / 414	
B.14 Dot (Scalar) Product of Vectors / 415	
B.15 Cross (Vector) Product of Vectors / 416	
B.16 Exercise Problems / 419	
Appendix C: Calculus	423
C.1 Functions / 425	
C.1.1 Constant Functions / 426	
C.1.2 Power Functions / 426	
C.1.3 Linear Functions / 428	
C.1.4 Quadratic Functions / 428	
C.1.5 Polynomial Functions / 429	
C.1.6 Trigonometric Functions / 429	
C.1.7 Exponential and Logarithmic Functions / 431	
C.2 The Derivative / 432	
C.2.1 Derivatives of Basic Functions / 432	
C.2.2 The Constant Multiple Rule / 433	
C.2.3 The Sum Rule / 434	
C.2.4 The Product Rule / 435	
C.2.5 The Quotient Rule / 435	
C.2.6 The Chain Rule / 436	
C.2.7 Implicit Differentiation / 438	
C.2.8 Higher Derivatives / 438	
C.3 The Integral / 439	
C.3.1 Properties of Indefinite Integrals / 441	
C.3.2 Properties of Definite Integrals / 442	
C.3.3 Methods of Integration / 444	

- C.4 Trigonometric Identities / 445
- C.5 The Quadratic Formula / 446
- C.6 Exercise Problems / 447

Index

449