

Contents

CHAPTER 1	Basic Principles of Kinesiology,	1
CHAPTER 2	Structure and Function of Joints,	20
CHAPTER 3	Structure and Function of Skeletal Muscle,	34
CHAPTER 4	Structure and Function of the Shoulder Complex,	50
CHAPTER 5	Structure and Function of the Elbow and Forearm Complex,	90
CHAPTER 6	Structure and Function of the Wrist,	122
CHAPTER 7	Structure and Function of the Hand,	142
CHAPTER 8	Structure and Function of the Vertebral Column,	175
CHAPTER 9	Structure and Function of the Hip,	228
CHAPTER 10	Structure and Function of the Knee,	272
CHAPTER 11	Structure and Function of the Ankle and Foot,	304
CHAPTER 12	Fundamentals of Human Gait,	344
CHAPTER 13	Kinesiology of Mastication and Ventilation,	361

Answers to Review Questions, 379

Glossary, 381

internal moment arm	pronation
internal rotation	prone
internal torque	protraction
inversion	proximal
kinematics	radial deviation
kinesiology	resultant force
kinetics	retraction
lateral	rotation
leverage	sagittal plane
line of pull	superficial
medial	superior
midline	supination
open-chain motion	supine
origin	torque
osteokinematics	translation
passive movements	ulnar deviation
plantar flexion	vector
posterior	