

## Biomechanics Study Guides

### Quiz 1 Information

#### Definitions:

Human Anatomy: Science of shape and structure of the human body

Physiology: Study of functions in the body

Biomechanics: The physics behind how the body moves

Kinesiology: Study of movement

Orthopedics: Branch of medicine dealing with the corrections and deformities in bone and muscles

Arthrology: the study of anatomy, function, and dysfunction of joints/articulations

Force: the mechanical action or effect applied to a body or produced by the body that tends to produce acceleration

Vector: a quantity that can be completely described by magnitude and direction

- In order to understand how the body moves abnormally, we need to know how the body moves normally
- There are 2 major ways to approach dynamic kinesiology:
  - Kinetics is the study of the movement in the body with external forces applied (ex. Gravity)
  - Kinematics is the study of the way human move but taking out the effect external forces apply to the body
- There are 3 cardinal planes of movement and they each have 3 associated axes and 3 associated degrees of freedom
  - Sagittal plane splits the body into left and right halves, and it is associated with the M-L axis. The associated DOF is flexion and extension
  - Frontal plane splits the body into front and back halves, and it is associated with the A-P axis. The associated DOF is ABD and ADD
  - Horizontal plane splits the body into top and bottom halves at the belly button and is associated with the vertical axis. The associated DOF is INT EXT rotation
- There is a concept within dynamic kinesiology that describes two different subcategories of kinetics and kinematics
  - Linear is when there is a point moving around a line
  - Angular is when the body moves around a pivot joint
- There are two different ways to describe joints in the human body and they are called osteo kinematics and arthrokinematics
  - osteo kinematics is when you use the three cardinal planes of movement to describe the motion of a joint
  - arthrokinematics is when you were describing the role glide and spin associated with the movement of the joint
- In clinical practice there are two different ways to describe the movement of the human body in relation to ground force reaction and they are closed kinematic chain and open kinematic chain. There is also a third way to describe these, and it is called hybrid chain which is a mix of open and closed kinematic chain
  - in open kinematic chain the feet of the patient or not touching the ground. An advantage of this is you can isolate different muscles individually and work them

# Biomechanics Study Guide

**JR Anderson**



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