PART II

Biological/Structural Bases

The study of biomechanics requires an understanding of the structure of musculoskeletal systems and their mechanical properties. The three-dimensional computer model depicted here provides a good representation of the main structures of the ankle, but the response of these tissues to forces and the subsequent movement allowed requires an understanding of mechanics. The chapters in part II review key concepts of anatomy used in biomechanics and summarize key mechanical properties of the skeletal and neuromuscular systems. Part II lab activities show how biomechanics identifies the fascinating actions of muscles and joints in human movement.

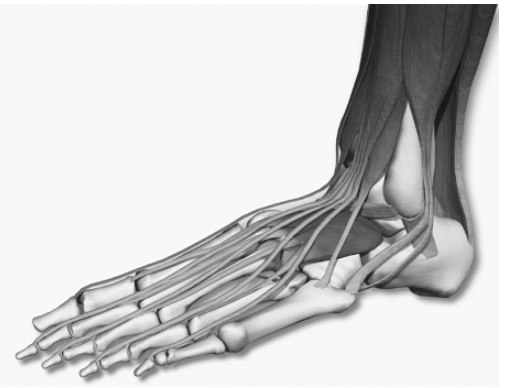

Image courtesy of Scott Barker, ATC.