

CONTENTS

Dedication, v
Preface, xii
About the Authors, xiii
Contributors, xv
Acknowledgements, xvi

1 Introduction, 1

Andy Kerr and Philip Rowe

Movement, 1

Understanding Movement, 1

Understanding Movement for
Rehabilitation, 2

Structure of the Book, 3

*Section 1: How Things Move and Flow:
Chapters 2 to 5*

*Section 2: Human Movement: Chapters 6
to 10*

*Section 3: Measurement of Movement:
Chapters 11 to 14*

*Section 4: Restoring and Optimising Human
Movement: Chapters 15 to 17*

Notice About Maths and Physics, 4

About the Supporting Information, 4

SECTION I How Things Move and Flow

2 Force, 6

Andy Kerr and Philip Rowe

Introduction, 6

What Is Force?, 6

What Does a Mechanical Force Do?, 7

Scalar or Vector?, 7

Drawing Vectors, 9

Point of Application, 10

Force Magnitude and Change in Motion, 11

What You Need to Remember So Far, 12

The Force of Muscles, 12

Magnitude of Moments, 14

Direction of Moments, 15

*What You Have to Remember About
Moments, 15*

Analysing Force, 15

How Do Forces Combine?, 15

Analysing Muscle Force Application, 18

Q Angle and Knee Pain, 18

Measuring Force, 21

Using Mathematics to Resolve Force, 23

Summary Part Two, 25

Applying a Mobilisation Technique to the
Back, 26

Answers to Questions Posed in the Text, 29

3 Stability and Balance, 30

Andy Kerr and Philip Rowe

Introduction, 30

Gravity: The Ultimate Force, 30

Centre of Mass, 32

Calculating the Centre of Mass, 33

*What Should You Remember About
Mass?, 35*

Moments Created by Mass, 35

Moments and Posture, 38

Stability, 38

Local and General Stability, 41

Standing Balance, 43

What You Need to Remember, 48

Answers to Questions Posed in the Text, 49

Answer 1, 49

Answer 2, 49

Answer 3, 49

Answer 4, 49

Answer 5, 50

Answer 6, 50

4 Energy and Movement, 51

Andy Kerr and Philip Rowe

Introduction, 52

Quick Revision, 52

Newton's First Law (Inertia), 52

Moment of Inertia, 53

Linear Momentum, 54

Rotational Momentum, 55

Centripetal and Centrifugal Force, 56

Conservation of Angular Momentum, 56

Newton's Second Law: Impulse and

Momentum, 58

What About Trying a Patient Problem?, 60

- Newton's Third Law: Action and Reaction, 60
 Summary of Newton's Laws of Motion, 61
 Pressure and Friction: Bodies in Contact, 61
 Centre of Pressure, 62
 Friction, 62
 Summary of Friction and Pressure, 63
 Work, 63
 Example of Work in a Straight Line, 64
 Example of Angular Work, 64
 Muscles at Work, 64
 Question 1, 65
 Question 2, 65
 Question 3, 65
 Direction of Work, 65
 Using Machines to Do Work, 66
 Categories of Levers, 69
 Movement Ratio, 70
 More Advanced Machines, 71
 Pulleys, 71
 Pulleys in the Human Body, 72
 The Power of Work, 73
 Efficiency, 74
 What You Need to Remember From That Bit, 75
 Practical Problems on Force and Human Movement, 75
 Energy During Movement, 77
 Elastically Stored Potential Energy, 79
 Energy Conservation, 82
 The Determinants of Gait, 82
 Stance Phase Knee Flexion, 82
 Pelvic List, 83
 What You Need to Remember About Energy?, 83
 Answers to Questions Posed in Text, 83
 Answer to Question 2, 83
 Answer to Question 3, 83
 Answer to Question 4, 83
 Answer to Question 5, 84
 Answer to Activity Box 4.6, 84
 Answers to Practical Problems on Force and Human Movement, 84
- 5 Flow, 87**
Andy Kerr and Philip Rowe
 Introduction, 88
 Basics of Material Science, 88
 Stress, 88
 Strain, 92
 Stress–Strain Relationship and Stiffness, 94
 Other Properties of Materials, 96
 Summary of Material Science Basics, 96
 Connective Tissue, 96
 Composition and Mechanical Properties of Connective Tissue, 96
 Fibres, 97
 Cells, 98
 Skin, 98
 Muscle, 99
 Tendon, 99
 The Muscle Harness, 101
 Bone, 101
 Articular Cartilage, 102
 Tissue Remodelling, 102
 Inactivity (Immobilisation), 103
 Maturation, 104
 Effect of Ageing, 104
 The Science of a Stretch, 105
 Summary of Connective Tissue, 106
- Fluids and Gases, 107**
 Relative Density, 107
 Hydrostatic Pressure, 108
 Archimedes Principle, Buoyancy and Pascal's Law, 111
 Pressure, 111
 Mechanics of Flow, 112
 Drag, 113
 Bernoulli's Principle, 113
 Blood Flow: Haemodynamics, 114
 Summary Fluid Dynamics, 115
 Therapeutic Flow, 115
 Dynamic Wrist Splints, 115
 Hydrotherapy, 116
 Respiratory Technique, 117
 Answers to Questions Posed in Text, 119
 A. The Foot While Jogging, 119
 B. A Blow to Back of Knee, 119
 Creep, 119
 Hydrotherapy Question, 119
- SECTION II Human Movement**
- 6 Skeletal Muscle, Muscle Work, Strength, Power and Endurance, 122**
Tim Sharp
 Introduction, 123
 Protein Filaments, 123
 The Sarcomere, 125

- The Difference Between Muscle Force and Muscle Strength, 128
- Muscle Work, 128
- Muscle Strength, 129
- Recruitment, 129
- Muscle Fibre Types, 130
- Gradation of Muscle Force, 130
- Length-Tension Relationship, 131
- Active and Passive Tension, 132
- Force-Velocity Relationship, 132
- Angle of Pull, 133
- Stability and Sequencing, 133
- Anatomy, 133
- Age and Sex, 134
- Psychological Factors, 134
- Muscle Power, 134
- Muscle Endurance, 134
- Fatigue, 135
- Measuring Muscle Work, 135
 - Measuring Muscle Strength, 135
 - Measuring Endurance, 136
- When Things Go Wrong, 137
- Increasing Strength and Endurance, 137
 - Muscle Strength, 137
 - Physiological Processes, 137
 - Increased Vascularisation, 137
 - Increase in Size, 137
 - Increasing Strength, 138
 - Increasing Endurance, 140
- Conclusion, 141
- 7 Joint Mobility, 144**
 - Andy Kerr
 - Introduction, 144
 - Range of Movement, 147
 - Factors Involved in Assisting and Restricting Range of Movement, 148
 - Normal Range, 149
 - Normal Joint Constraint in an Intact (Healthy) System, 149
 - Abnormal Limitation, 150
 - Effects of Decreased Range of Movement, 152
 - Treatment, 152
 - Types of Therapeutic Movement of Joints, 153
 - Passive Movement, 153
 - Active Movement, 161
 - Conclusion, 162
- 8 Posture and Balance, 165**
 - Clare Kell and Andy Kerr
 - Introduction, 165
 - Human Posture, 166
 - Adaptations to Bipedalism, 166
 - Adaptations of the Spine, 166
 - Adaptations of the Foot, 166
 - Development of the S-Shaped Spine Across the Lifespan, 167
 - 'Ideal' Alignment of Segments, 167
 - Upright Stance, 168
 - Sitting, 169
 - Lying, 170
 - Requirements for Achieving the 'Ideal' Posture, 171
 - Postural Alignment in the Real World, 172
 - Factors Influencing Segmental Alignment, 172
 - Defined Postural Deviations From the 'Ideal', 174
 - Maintaining a Functional Posture, 176
 - Introduction, 176
 - Definitions, 176
 - How Does Balance Work?, 177
 - Postural Control Synergies in Standing, 180
 - Factors That Affect Postural Control, 182
 - Relevance to Practice, 183
 - Symptomatic Postural Alignment, 183
 - Balance Reeducation, 183
 - Conclusion, 184
- 9 Motor Control, 187**
 - Kristen Hollands
 - Introduction, 187
 - Overview of the Motor Control System, 188
 - Communication Across Neurons and Transmission of Motor Impulse, 189
 - The Role of Sensation and Afferent Receptors in Motor Control, 191
 - The Muscle Spindle, 192
 - Golgi Tendon Organ, 194
 - Theories of Motor Control, 194
 - How Do We Control Movement?, 194
 - Basic Movements—Open and Closed Loop Control, 195
 - Complex Movements and Central Pattern Generators (A Special Kind of Motor Programme), 196
 - The Damaged Motor System, 200

10 Development and Decline of Movement, 204*Jennifer Muhaidat and Andy Kerr***Introduction, 204****Part One: Development of Movement, 204***Introduction to Child Development, 204**Typical Development of Physical Skills, 205***Part Two: Decline of Movement, 213***Introduction, 213**Ageing, 213**Age-Related Changes in Cognition and Psychology, 213**Age-Related Anxiety and Depression, 215**Age-Related Changes in Motivation and Self-Regulation, 215**The Impact of Ageing on Mobility, 215**Activities of Daily Living, 215**Gait, 216**Age-Related Changes in Other Functional Movements, 216**Ageing and Physical Activity, 218**Geriatric Rehabilitation Case Study, 218**The Motivation to Move, 219***SECTION III Measurement of Movement****11 Nine Key Things That Define Physical Movement, 226***Philip Rowe***Introduction, 226****What Is Motion and How Do We Describe It?, 227****Time, 228****Linear Kinematics, 230****Angular Kinematics, 232****Forces and Moments, 234***Newton's First Law of Motion, 234**Newton's Second Law of Motion, 235**Newton's Third Law of Motion, 235***Derived Variables, 236****12 Biomechanical Measurements Including Three-Dimensional Motion Analysis Systems, 238***Philip Rowe***Introduction, 238****Full Three-Dimensional Motion Capture, 238****Movement Assessment Systems, 246***Visual Movement Evaluation, 246**Timing, 246**Linear Displacement, 247**Angular Displacement, 248**Accelerometers and Inertial Measurement Units, 249**Force Transducers, 249**Moments, 250**Other Scientific Measures of Human Movement, 250***13 Clinical Measures of Mobility Within the International Classification of Functioning, Disability and Health Framework, 254***Andy Kerr***Introduction, 254****The International Classification of Functioning, Disability and Health, 255**
*Movement and Mobility, 255**Body Functions, 256**Body Structures, 256**Activities and Participation, 256**Participation, 257**Environmental Factors, 257**The International Classification of Functioning, Disability and Health Mobility Model, 257***Measuring Mobility Across the International Classification of Functioning, Disability and Health, 257***Case Study #1: Treadmill Training to Improve Walking Function in Parkinson's Disease, 257**Case Study #2: The Effect of Spinal Mobilisation Techniques on Non-Specific Low Back Pain, 261***14 Physical (In)Activity, 267***Daniel Rafferty***Introduction, 267****Energy, 268****Promoting Physical Activity to Improve Health, 268****Moderate to Vigorous Physical Activity, 269**
*So What Is Moderate to Vigorous Physical Activity?, 269***Walking and Metabolic Activities, 270**
*Some Final Thoughts on Moderate to Vigorous Physical Activity, 271**If It Is Not Moderate to Vigorous Physical Activity, Does This Mean It Is Has No Health Benefit?, 271*

- Vigorous Physical Activity*, 271
Banding of Physical Activities, 272
Sedentary Behaviour, 272
- Is Sedentary Behaviour Bad for Us?, 272
- How DO We Measure the Energy Expenditure of Physical Activity?, 273
- Physical Activity in Free Living, 274
- Objectively Measuring Free Living Physical Activity, 275
Activity Monitor Placement and Attaching It, 276
Activity Monitors Incorporating Physiological Measurement, 277
- Importance of Walking in Physical Activity, 277
- Changing Physical (In)Activity Behaviour, 278
Scenario 1, 278
Scenario 2, 281
Scenario 3, 281
Scenario 4, 281
- Answers to Questions Posed in Text, 282
Answer to Activity Box 14.2, Ranked Lowest to Highest in Energy Cost (Metabolic Activity), 282
Some Suggestions for Activity Box 14.5, 282
- SECTION IV Restoring and Optimising Human Movement**
- 15 Motor Relearning Principles, 286**
Madeleine A. Grealy and Andy Kerr
- Principles of Motor Learning, 286
- Theories of Skill Learning, 286
Three-Stage Model (Fitts and Posner, 1967), 287
Two-Stage Model (Gentile, 1972), 287
Lifespan Model (Starkes et al., 2004), 287
- Mental Practice, 291
- Feedback, 292
- Guidance Hypothesis, 292
- Attentional Focus, 292
Spotlight on the Use of Virtual Reality Technology in Skill Acquisition, 293
Optimal Performance, 294
- 16 Ergonomics: The Influence of the Environment on Human Movement, 296**
Philippa Coales
- Introduction, 296
- What Is the Environment?, 296
- Why Do We Need to Consider the Environment?, 297
- A Systematic Approach, 297
- The Environment's Impact on Movement Systems, 298
- The Balance Theory Model, 299
The Task Environment, 299
The Task Design, 299
Technology, 301
The Organisation, 302
The Individual, 303
- 17 Case Studies in Human Movement, 306**
Seda Bilaloglu, Roy Bowers, Bruce Carse, Megan Caughey, Konstantinos Kaliarntas, Andy Kerr, Andrew Murphy, Preeti Raghavan, Jennifer Stone and Alvin Tang
- Introduction, 307
- Case Study One: Gait of a Child With Cerebral Palsy Before and After Corrective Surgery, 307
Background, 307
The Movement, 307
Case Study, 307
Results, 308
- Case Study Two: Spinal Biomechanics Case Study—Spinal Responses During Walking and Low Back Pain, 309
Introduction, 309
Analysing Walking, 309
Case Study, 312
- Case Study Three: Using an Ankle-Foot Orthosis to Correct Hemiplegic Gait in Stroke Patients, 313
Introduction, 313
Background, 314
Walking After Stroke, 315
Orthotic Intervention, 315
Case Study, 315
- Case Study Four: the Sit-to-Stand Movement, 316
Background, 316
The Movement, 316
Case Study, 317
- Case Study Five: Upper Limb Impairment After Stroke, 318
Introduction, 318
Medical History and Evaluation of Motor Impairment and Functional Limitation, 319

Motion Analysis, 319
*Shoulder Flexion/Extension/
Abduction*, 321
Elbow Flexion/Extension, 321
*Forearm Supination/
Pronation*, 321
Wrist Flexion/Extension, 321
Summary, 321

Case Study Six: The Rowing Stroke, 323
Background, 323
The Movement, 324
Case Study, 325

Appendix, 330
Index, 340

