

Contents

1 Introduction	1
1.1 About the contents of this book	2
1.2 Historical remarks.....	7
2 Methods in Trauma-Biomechanics	15
2.1 Statistics, field studies, databases	15
2.2 Injury criteria, injury scales and injury risk	19
2.3 Basic technical definitions and accident reconstruction	23
2.4 Experimental models	29
2.5 Standardised test procedures	34
2.5.1 Anthropomorphic test devices	40
2.6 Numerical methods	48
2.7 References	52
3 Head Injuries	55
3.1 Anatomy of the head	55
3.2 Injuries and injury mechanisms	57
3.3 Mechanical response of the head	62
3.4 Injury criteria for head injuries	66
3.4.1 Head Injury Criterion (HIC)	67
3.4.2 Head Protection Criterion (HPC)	68
3.4.3 3 ms criterion (a_{3ms})	69
3.4.4 Generalized Acceleration Model for Brain Injury Threshold ...	69
3.5 Head injuries in sports.....	71
3.6 Head injury prevention.....	73
3.6.1 Head injury prevention in pedestrians.....	75
3.7 References	78
4 Spinal Injuries	83
4.1 Anatomy of the spine	84
4.2 Injury mechanisms	87

4.3 Biomechanical response and tolerances	95
4.4 Injury criteria	99
4.4.1 Neck injury criterion NIC	100
4.4.2 N_{ij} neck injury criterion	101
4.4.3 Neck protection criterion N_{km}	103
4.4.4 Intervetebral neck injury criterion (IV-NIC)	106
4.4.5 Neck displacement criterion (NDC)	106
4.4.6 Lower Neck Load Index (LNL)	107
4.4.7 Neck injury criteria in ECE and FMVSS	107
4.4.8 Correlating neck injury criteria to the injury risk	109
4.5 Spinal injuries in sports.....	111
4.6 Prevention of soft tissue neck injury.....	112
4.6.1 Head restraint geometry and padding material.....	114
4.6.2 Controlling head restraint position.....	115
4.6.3 Controlling seat back motion.....	117
4.7 References	119
5 Thoracic Injuries	127
5.1 Anatomy of the thorax	127
5.2 Injury mechanisms	129
5.2.1 Rib fractures	131
5.2.2 Lung injuries	132
5.2.3 Injuries to other thoracic organs	133
5.3 Biomechanical response	135
5.3.1 Frontal loading	135
5.3.2 Lateral loading	141
5.4 Injury tolerances and criteria	143
5.4.1 Acceleration and force	143
5.4.2 Thoracic Trauma Index (TTI)	143
5.4.3 Compression Criterion (C)	144
5.4.4 Viscous Criterion (VC)	144
5.4.5 Combined Thoracic Index (CTI)	145
5.4.6 Other criteria	146
5.5 Thoracic injuries in sports.....	146
5.6 References	147
6 Abdominal Injuries	149
6.1 Anatomy of the abdomen	149
6.2 Injury mechanisms	150
6.3 Testing the biomechanical response	153
6.4 Injury tolerance	155

6.4.1 Injury criteria	156
6.5 Influence of seat belt use	157
6.6 Abdominal injuries in sports.....	157
6.7 References	158
7 Injuries of the Pelvis and the Lower Extremities	161
7.1 Anatomy of the lower limbs	161
7.2 Injury mechanisms	163
7.2.1 Injuries of the pelvis and the proximal femur	168
7.2.2 Leg, knee and foot injury	170
7.3 Impact tolerance of the pelvis and the lower extremities	172
7.4 Injury criteria	176
7.4.1 Compression force	176
7.4.2 Femur Force Criterion (FFC)	176
7.4.3 Tibia Index (TI)	177
7.4.4 Other criteria	177
7.5 Pelvic and lower extremity injuries in sports.....	178
7.6 Prevention of lower extremity injuries	181
7.6.1 Pedestrian injury countermeasures.....	182
7.7 References	183
8 Injuries of the Upper Extremities	187
8.1 Anatomy of the upper limbs	188
8.2 Injury incidences and mechanisms	189
8.3 Impact tolerance	191
8.4 Injury criteria and evaluation of injury risk from airbags	193
8.5 Upper extremity injuries in sports.....	194
8.6 References	198
9 Impairment and injuries resulting from chronic mechanical exposure...201	
9.1 Occupational health.....	204
9.2 Sports.....	206
9.2.1 Non contact sports.....	206
9.2.2 Contact sports.....	208
9.3 Household work.....	208
9.4 Conclusions.....	208
9.5 References.....	209