Mechanical Engineering Seminar (U-Grad) Special Topics in Mechano-Informatics II (Grad) "Biomechanics of Human Movement" May 9th, 2014 Dr. Emel Demircan



Announcements

- HW1 average score 82.7/100
- HW2 out today, due on 5/23, 5pm (Only Questions of I-IV)
- Project Teams/Topics:

Socially Assistive Robots I:

Tomoyuki Maekawa
 Emiko Uchiyama
 Tianwei Zhang

Exoskeleton Robots & Rehabilitation Robotics:

Haruyuki Sanuki
 Shunsuke Sato
 Tatsuya Ichikawa

Socially Assistive Robots II:

Veerachant Srisamosarn
 Park Huijun

Animation and Simulation:

1) Taira Miyatake
 2) Yumiko Furuhata
 3) Itsuki Ichikawa

Human Motion Tracking I:

Wu Cheng
 Liang Boshen

Human Motion Tracking II:

1) Rie Hitsuyu
 2) Heewon Park

Schedule

4/18: Introduction

4/25: Spatial Descriptions, Kinematics, Introduction to Biomechanical Simulation

5/2: Skeletal Muscle Structure, Force Generation, Musculoskeletal Geometry

5/9: Production of Movement

5/23: Motion Tracking Techniques

6/6: Inverse Dynamics, Control, Operational Space Formulation

- 6/27: Human Articulated Body Model, Dynamics, and Motion Control
- 7/4: Advanced Topics in Human Motion Analysis, Student Presentations

Agenda

- Muscle Physiology
- Muscle-Tendon Unit
- Force-Velocity, Force-Length Relationship
- Muscle Jacobian
- Muscle/Task Relationship
- Production of Movement
- Gait Cycle
- Determinants of Gait
- Gait Analysis
- Gait Abnormalities: A Case Study

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Muscle Physiology

- Muscles
 - Force Production
 - Support



wikipedia.org

Muscle Structure



Agonist/Antagonist Muscles

- Muscles pull, do not push!
- Muscles come in pairs:
- Agonists are referred to, interchangeably, as "prime movers" (skeletal muscles)
- Antagonist muscles oppose a specific movement
- Antagonism is a role, played depending or the motion. If the motion is reversed, agonist and antagonist switch roles. A flexor muscle is always flexor. But in flexion, it is always agonist and in extension, it is always antagonist. An extensor muscle is agonist in extension and antagonist in flexion.



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Muscle-Tendon Unit



Muscle-Tendon Unit



Hill-Type Equilibrium Model (1938)

Mechanical Model of Musculotendon Unit



http://jeb.biologists.org/content/216/11/2150/F2.expansion.html

CE: contractile element LMT: muscle-tendon length LM: muscle fiber length LT: tendon length Alpha: pennation angle Fm: muscle force Ft: tendon force

Hill-Type Equilibrium Model (1938)

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Represents the active force production in sarcomere

Hill-Type Equilibrium Model Mechanical Model of Musculotendon Unit



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Represents the connective tissues / Soft Tissue Mechanical Behavior

Represents the active force production in sarcomere



Represents the tendon Soft tissue response Energy Storing Mechanism CE: contractile element LMT: muscle-tendon length LM: muscle fiber length LT: tendon length Alpha: pennation angle Fm: muscle force Ft: tendon force

Represents the connective tissues / Soft Tissue Mechanical Behavior

Represents the active force production in sarcomere

Muscle Architecture

Arrangement of Muscle Fibers Relative to the Axis of Force Generation





I = optimal fiber length
F = force produced at optimal fiber length
PCSA = physiological cross-sectional area
V = muscle volume
Alpha = pennation angle

- Physiologic cross-sectional area (PCSA) is the sum of the areas of each fiber in the muscle.
- Muscle force is proportional to physiologic cross-sectional area (PCSA), and muscle velocity is proportional to muscle fiber length.

Muscle Types





- Muscles can be described by the direction that the muscle fibers run in.
- Physiologic cross-sectional area (PCSA) is the sum of the areas of each fiber in the muscle.

Muscle Force Generation Force-Length Relationship

- Muscle force generation depends on velocity and length
- Muscle fibers have a small operating range where they produce maximal force. Skeletal muscle can produce approx. 30N of force per square cm of muscle.



Muscle Force Generation Force-Velocity Relationship

- Muscle force generation depends on velocity and length
- Muscle fibers have a small operating range where they produce maximal force. Skeletal muscle can produce approx. 30N of force per square cm of muscle.



Effect of Muscle Architecture on Muscle Function

 Comparison of two muscles with same fiber lengths and pennation angles but different physiologic cross-sectional areas (and different mass):



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Definition: Muscle Jacobian, L. In human musculoskeletal models all musculotendon lengths, I, can be uniquely determined from the joint angle, θ , and differential changes, dl, are given by:

$$dl = Ld\theta$$

Moment Arm Calculation

Example: Muscle Moment Arms



Source: OpenSim



Source: OpenSim

Moment Arm Calculation Example: Muscle Moment Arms



Source: OpenSim

Muscle/Task RelationshipTask Dynamics:
$$\Gamma = J^T F$$
Muscle Dynamics: $\Gamma = L^T m$

Muscle-induced Joint Torques / Task:

$$J^T F = L^T m$$

where
$$J$$
 : skeleton Jacobian F : task Forces L : muscle Jacobian

m : muscle Forces

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From Neural Command to Motion Human Motion Production



(Adapted from: Buchanan et al. 2004. Neuromusculoskeletal modeling: estimation of muscle forces and joint moments and movements from measurements of neural command. Journal of Applied Biomechanics)

*: equations of motions

Anatomical Planes



Image Courtesy: <u>http://commons.wikimedia.org/wiki/</u>

Body Movements



(a) and (b) Angular movements: flexion and extension at the shoulder and knees

(c) Angular movements: flexion and extension of the neck



Body Movements



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Human Gait balance | weight bearing | forward propulsion



Gait Terminology

Stride: complete cycle of locomotory movement

- sequence of right plus left steps
 Step Length : distance between R and L heel strikes
- normal adult step length : 80 cm

Cadence: rhythm of locomotion

• normal adult cadence: 101-120 steps/minute

Walking Velocity = cadence * step length

• normal adult walking velocity:1.5 m/s



Clinical biomechanics of gait, Stephen Robinovitch

Gait Cycle

The gait cycle is the basis for understanding normal and pathological human walking



Gait Cycle



Stance phase takes up 60% of the stride Swing phase takes up the remaining 40%

http://www.oandp.org/jpo/library/popup.asp?xmlpage=1991_02_059&type=image&id=f1
Gait Cycle



http://www.jeios.com/spler/wp-content/uploads/2014/01/Kinematics.jpg

Ground Reaction Forces during Normal Gait

Information from the force plates Fx, Fy, Fz & Mx, My, Mz





http://www.sheffield.ac.uk/research/impact/stories/fce/5

Ground Reaction Forces during Normal Gait



http://www.hindawi.com/journals/rerp/2011/586412/fig4/

Vertical GRF goes above and falls below body weight



Ankle plantar flexor force production is an important determinant of the preferred walk-to-run transition speed, J Exp Biol, March 2005

Horizontal GRF pushes back at initial contact and forward at the end of single stance.

Determinants of Gait

i. Displacement of center of gravity

ii. Factors responsible for minimizing the displacement of center of gravity



From Saunders, Inman, and Eberhart, The Journal of Bone and Joint Surgery

Determinants of Gait

i. Displacement of center of gravity

During normal pattern of gait within each gait cycle, the center of gravity is displaced:

- Twice in vertical direction, in sagittal Plane.
- Twice in lateral direction, in horizontal Plane.



From Saunders, Inman, and Eberhart, The Journal of Bone and Joint Surgery

Displacement of Center of Gravity Vertical Displacement (Sagittal Plane)

Movement of the lowest displacement

occurs at heel strike and double support.

Movement of the highest displacement

occurs at mid-stance.

Average: 1.8 inch.

Pathway: sinusoidal curve.



Displacement of Center of Gravity Lateral Displacement (Horizontal Plane)

The displacement occurs over the right then over the left leg during walking. **The maximum displacement** is at midstance

Average: one and 3/4 inches.

Pathway: sinusoidal curve.



Displacement of Center of Gravity The Combination of Displacements

When the vertical and lateral displacement of center of gravity of body are combined and projected on the coronal plane:

- It occupies approximately "2" inches square.
- The amount of up-down and sideways motion during walking – uses up precious energy

Displacement of Center of Gravity The Combination of Displacements

• At the maximum vertical displacement of center of gravity, it still lies slightly below the level of same center of gravity when the subject is standing. that means the person is slightly shorter when he is walking than in standing.

Determinants of Gait

i. Displacement of center of gravity

ii. Factors responsible for minimizing the displacement of center of gravity



From Saunders, Inman, and Eberhart, The Journal of Bone and Joint Surgery

Displacement of Center of Gravity Determinants

Definition: Determinant is a various movement that occurs in the body including pelvis, knee and ankle to maintain center of gravity of the body in a horizontal plane and ensure the smoothing pathway of gait.

Determinants of gait:

- 1) Pelvic rotation
- 2) Pelvic tilting
- 3) Knee flexion in stance phase
- 4) & 5) Foot and knee mechanism
- 6) Lateral displacement of the body

<u>Goals:</u>

- 1. Decrease the max. height of the body COM during the mid-stance
- 2. Increase the min. height of the body COM during the heel strike and toe off.

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Determinants of Gait 1) Pelvic Rotation

- The pelvis rotates alternatively to right and to left in relation to the line of progression in transverse plane about the vertical axis.
- The average magnitude of this rotation is approximately four degrees (4°) on either side of the central axis. The total equal "8" degrees.
- Associated hip movement: Internal and external rotation during stance phase.
- Function: Pelvic rotation during normal gait decreases the vertical displacement of COG 3/8 inches



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- Associated hip movement: Internal and external rotation during stance phase.
- Function: Pelvic rotation during normal gait decreases the vertical displacement of COG 3/8 inches (~0.9cm)



Determinants of Gait 2) Pelvic Tilting

- The pelvis tilts downward on swing leg (On the side which is opposite to that of weight bearing leg) along the frontal plane around sagittal axis. The maximum tilting is at mid-swing.
- The average magnitude: The average of the angular displacement is (5°) five degrees.
- Associated hip movement: There are relative hip adduction in stance phase and hip abduction in the swing phase.
- Function: Pelvic tilting helps to decrease vertical displacement of center of gravity 1/8 inch.



Determinants of Gait 2) Pelvic Tilting

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- Associated hip movement: There are relative hip adduction in stance phase and hip abduction in the swing phase.
- Function: Pelvic tilting helps to decrease vertical displacement of center of gravity 1/8 inch (~0.3cm)



Determinants of Gait 3) Knee Flexion in the Stance Phase

- At initial contact, the knee is almost (0 ±5°).
- At loading response, the knee begins the first excursion of flexion after the heel strike (= 15° – 20°)
- It has 3 functions:
- 1) Shock absorption.
- 2) Minimize displacement of COG.
- 3) Decrease energy expenditure.



Determinants of Gait 3) Knee Flexion in the Stance Phase

In normal pattern of walking:

- At initial contact, the knee is almost fully-extended (0 ±5°)
- At loading response, the knee begins the first excursion of flexion after the heel strike (= 15° – 20°)
- It has 3 functions:
- 1) Shock absorption.
- 2) Minimize displacement of COG.
- 3) Decrease energy expenditure.



---- With no knee flexion — With knee flexion

Determinants of Gait 4) & 5) Foot and Knee Mechanism

In normal pattern of walking:

Early in the stance phase:

 The foot is dorsiflexed while the knee is almost fully extended. So, the extremity is at its maximum length and the center of gravity reaches its lowest point in a downward displacement.

Late in the stance phase:

 The foot is plantar flexed while the knee is in the beginning of flexion. That will maintain the center of gravity in its beginning of progression with minimum displacement.



Determinants of Gait 4) & 5) Foot and Knee Mechanism

Functions:

At heel-strike:

- If the ankle were immobile, the COG would rise (dashed arrow) as if the leg were a stilt
- Dorsiflexion at the ankle lowers the trajectory of the COG (solid arrow)

At heel-off:

- If the heel was not permitted to elevate, the leg would rotate forward about the ankle joint and the COG trajectory would fall abruptly (dashed arrow)
- Raising the heel off the ground by plantarflexion provides for a more horizontal COG trajectory (solid arrow)



Dorsi-flexion during heel strike



Plantar-flexion during heel off

Determinants of Gait 6) Lateral Displacement of body and COG

In normal pattern of walking:

- The center of gravity is displaced laterally over the weight bearing extremity twice during the cycle of motion in the horizontal plane.
- The motion is produced by the horizontal shift of pelvis and relative adduction of hip.

Magnitude:

• The maximum lateral displacement is lateral at mid-stance on the side of weight bearing leg (4.5 cm each stride).



Determinants of Gait 6) Lateral Displacement of body and COG

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- The center of gravity is displaced laterally over the weight bearing extremity twice during the cycle of motion in the horizontal plane.
- The motion is produced by the horizontal shift of pelvis and relative adduction of hip.

Magnitude:

• The maximum lateral displacement is lateral at mid-stance on the side of weight bearing leg (4.5 cm each stride).

Function:

 Moves the COG closer to the stance leg, making it easier for the stance-side hip abductors to raise the swing leg and control pelvic tilt



Determinants of Gait Sum of the Six Effects

"The pathway of the center of gravity is a smooth curve in both horizontal and vertical planes"



From Saunders, Inman, and Eberhart, The Journal of Bone and Joint Surgery

Determinants of Gait Functions

- Increase the efficiency and smoothness of pathway of gait
- Decrease the vertical and lateral displacement of center of gravity to two inches excursion
- Decrease the energy expenditure
- Make gait more graceful

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Gait: Experiment and Simulation

Healthy Male Free Speed (1.75m/s)

- Motion Capture
- Force Plate
- Electromyography

23DOF actuated by92 muscle-tendon units



Muscle Activations during Normal Gait (1.75m/s)





EMG-informed Computed Muscle Control for Dynamic Simulations of Movement

Project Overview

Team Downloads

Geography of use

Documents

Overview Statistics

Publications

Public Forums

Advanced

Downloads & Source Code EMG-informed CMC

This project also makes source code available. Description: This project is an EMG-informed control plug-in that interfaces with OpenSim to provide robust estimates of muscles activation patterns.

Available Downloads and Their Potential Uses: This project contains the motion capture, force plate, EMG data of a normal human walking together with the threedimensional simulations (IK, RRA and CMC results) and the human model. To download the simulations and associated documentation, please see the Downloads section of this project. Please see



<u>https://simtk.org/home/opensim</u> for more information on OpenSim and its branch /Branches/JasonEmel48SProject/ in order to reproduce or modify the simulations . These simulations were generated using OpenSim version 1.5, which is the software version we recommend to those using these simulations.

Purpose/Synopsis: Develop a modified version of Computed Muscle Control (CMC) based on filtered EMG data to track the desired muscles and to create dynamic simulations of movement.

Audience: Users interested in analyzing human movement through EMG-based muscle activation patterns.

Demircan E., Wheeler J., Anderson F. C., Besier T., and Delp S., "EMG-Informed Computed Muscle Control for Dynamic Simulations of Movement." In *Proc. of the XXII Congress of the International Society of Biomechanics*, Cape Town, South Africa, July 2009

Project Lead



<u>Emel Demircan</u> <u>Contact</u>

Driving Biological Problems This project is part of <u>Neuromuscular</u> Biomechanics

$$\ddot{x} = J(q)A(q)^{-1}(L^T m_{max}a - g(q) - J_{c_1}^T F_{ext_1} - J_{c_2}^T F_{ext_2})$$





Results	Our	Liu et al.	Neptune et al.	Liu et al.
	findings	2006	2004	2008
Gluteus medius, vasti, hamstrings, gastrocnemius, soleus and dorsiflexors are important modulators of accelerations	V	~	~	~

Demircan, E. and Khatib, O., "Constraint-Consistent Analysis of Muscle Force Contributions to Human Gait", Advances in Robot Kinematics, Springer, 13th International Symposium, Innsbruck, Austria, June 2012



$$\ddot{x} = J(q)A(q)^{-1}(L^T m_{max}a - g(q) - J_{c_1}^T F_{ext_1} - J_{c_2}^T F_{ext_2})$$





Demircan, E. and Khatib, O., "Constraint-Consistent Analysis of Muscle Force Contributions to Human Gait", Advances in Robot Kinematics, Springer, 13th International Symposium, Innsbruck, Austria, June 2012

percent gait cycle

rectus femoris vasti

soleus tibialis anterior

medial gastrocnemius

$$\ddot{x} = J(q)A(q)^{-1}(L^T m_{max}a - g(q) - J_{c_1}^T F_{ext_1} - J_{c_2}^T F_{ext_2})$$





Results	Our	Liu et al.	Neptune et al.	Liu et al.
	findings	2006	2004	2008
At faster speed, greater forces in the soleus and gastrocnemius are observed in late stance.	~	-	-	~

Demircan, E. and Khatib, O., "Constraint-Consistent Analysis of Muscle Force Contributions to Human Gait", Advances in Robot Kinematics, Springer, 13th International Symposium, Innsbruck, Austria, June 2012

gluteus medius biceps femoris long head biceps femoris short head sartorius tensor fasciae latae gracilis gluteus max iliacus psoas rectus femoris vasti medial gastrocnemius soleus tibialis anterior

$$\ddot{x} = J(q)A(q)^{-1}(L^T m_{max}a - g(q) - J_{c_1}^T F_{ext_1} - J_{c_2}^T F_{ext_2})$$





Results	Our	Liu et al.	Neptune et al.	Liu et al.
	findings	2006	2008	2008
Hip flexors (iliacus, psoas, rect fem) didn't contribute significantly to mass center acceleration.	~	-	*	~

Demircan, E. and Khatib, O., "Constraint-Consistent Analysis of Muscle Force Contributions to Human Gait", Advances in Robot Kinematics, Springer, 13th International Symposium, Innsbruck, Austria, June 2012

gluteus medius biceps femoris long head biceps femoris short head sartorius tensor fasciae latae gracilis gluteus max iliacus psoas rectus femoris vasti medial gastrocnemius soleus tibialis anterior

Musculoskeletal Disorders Crouch vs. Normal Gait





Professor Scott Delp – Department of Bioengineering Professor Jessica Rose - Stanford Children Gait Hospital Department of Orthopeadic Surgery, School of Medicine

Reeducation of Musculoskeletal Disorders



Today

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Organization of an Academic Paper

- Abstract
- Introduction
- Methods
- Experimental Setup (if any)
- Results
- Discussion and/or Conclusions
- Acknowledgments
- References
- Summarize the paper in your own words:
 - Say what the authors have done, what their **contribution** is, and what the **significance** of that contribution is (write your own abstract).
 - The point here is for you to show you have read and understood the point of the paper.

- *Analyze* the technical content and examine:
 - the extent to which the work is relevant to this workshop/conference/journal,
 - the extent to which the work answers a valid research question,
 - the research methodology,
 - the quality of results and argumentation,
 - awareness of related work (including the correct number of appropriate references),
 - the degree of significance of the results,
 - do the conclusions follow from the work described?

- Keep the review *Critical* and *Constructive!*
 - advise the authors for improvements and inform them about the weaknesses, typos, inconsistencies, errors of the paper.

- Analyze the *quality of writing*:
 - Can you understand the development of the argument?
 - Does the abstract describe what you read?
 - Do the introduction and conclusions tell a story on their own?
 - Have the authors kept to the format and length requirements of the publishers?
 - Are the diagrams and figures readable?
 - Are the references and citations formatted properly?
 - Are the references "fully formed"? (Are all the authors listed? Is all the information about the venue that would be needed to retrieve the paper listed?)

- Typos:
 - Do you spot any grammatical errors, typos and other minor textual problems?
 - How is the English level throughout the paper?

- Conclusions:
 - Answer the questions "Will it interest people who attend this conference/ read this publication? Why? Who?"
 - Justify your overall recommendation.

Some Useful References

- Dale J. Benos, Kevin L. Kirk and John E. Hall. How to Review a Paper. Advan. Physiol. Edu. 27: 47-52, 2003; <u>http://advan.physiology.org/cgi/content/full/27/2/47</u> (Last accessed 16th Jan 2007)
- Ralph E. Johnson, Kent Beck, Grady Booch, William Cook, Richard Gabriel, Rebecca Wirfs-Brock. 1993 *How to Get a Paper Accepted at OOPSLA*. <u>http://www.acm.org/sigplan/oopsla/oopsla96/how93.html (last accessed 16th Jan 2007)</u>
- Ian Parberry A Guide for New Referees in Theoretical Computer Science. ACM SIGACT News (Nov 1989) Available at <u>http://portal.acm.org/citation.cfm?id=74090</u>
- Barak A. Pearlmutter. How to Review a Scientific Paper. <u>http://www.cs.unm.edu/~bap/how-to-review.html (last accessed 16th Jan 2007)</u>

From Neural Command to Motion Human Motion Production



(Adapted from: Buchanan et al. 2004. Neuromusculoskeletal modeling: estimation of muscle forces and joint moments and movements from measurements of neural command. Journal of Applied Biomechanics)

*: equations of motions

Motion Capture Systems Human Motion Reconstruction



(Adapted from: Buchanan et al. 2004. Neuromusculoskeletal modeling: estimation of muscle forces and joint moments and movements from measurements of neural command. Journal of Applied Biomechanics)

^{*:} equations of motions

Thank you! Mechanical Engineering Seminar (U-Grad) Special Topics in Mechano-Informatics II (Grad) "Biomechanics of Human Movement" May 9th, 2014 Dr. Emel Demircan



Effect of Muscle Architecture on Muscle Function

• Comparison of two muscles with different fiber lengths:

