

What is your first reaction when you hear the word “mechanics”? Do you imagine working through difficult equations or formulas that seem to have no real use in life outside the classroom? Many people come to the subject of biomechanics with a bit of fear. But as you begin your exploration of this broad-ranging subject, you may soon come to realize that principles of mechanics plays a much larger role in your life than you first thought, no matter your life goals or career choice. For example, think about how you walked to work or school this morning. You applied a force to the ground and the ground exerted a force back on your body, propelling you forwards. Aside from moving through the environment, professionals such as engineers, physicians, physical therapists and computer programmers apply biomechanics concepts in their daily work. For example, a physical therapist must understand how the muscles in the body experience forces as they move and bend. They must understand anatomy and the effects of forces on the structures to understand the mechanism of injury and recovery