

# Contents

<b>1 Functional Anatomy of Skeletal Muscle</b> ... 1	
<i>D. Blottner</i>	
<b>Structure and Function of Skeletal Muscle and the Locomotor System</b> ... 2	
Anatomic Terms in Skeletal Muscle ... 3	
Nomenclature ... 3	
Skeletal Muscle Fiber Types ... 5	
Functional Muscle Compartments as a Structural Principle ... 7	
Muscle Compartments and Their Nerve and Vascular Supply Relative to Injury Risks in Sports ... 7	
Trunk Muscles ... 9	
Muscles of the Anterior and Posterior Arm Compartments ... 11	
Muscles of the Hip, Buttocks, and Leg ... 14	
Intermuscular Septum, Rectus Sheath, and Iliotibial Tract ... 23	
Skeletal Muscles and Their Typical Motion Patterns ... 23	
Pennation Angle or Angulation of Fascicles in Skeletal Muscle ... 24	
Anatomic versus Physiological Profile of Skeletal Muscle ... 25	
Isotonic versus Isometric Contraction ... 25	
<b>Functional Histology of Muscle Tissue</b> ... 26	
Smooth Muscle ... 26	
Striated Muscle ... 28	
Heart Muscle ... 28	
Skeletal Muscle ... 29	
Molecular Architecture of Skeletal Muscle Fibers (Sarcomeres) ... 29	
Actin and Myosin Filaments ... 29	
Striations ... 30	
Sarcoplasmic Reticulum and Tubules ... 30	
Regulatory Proteins, Tropomyosin, and Troponin ... 30	
Accessory Proteins Titin and Nebulin ... 31	
Muscle Fatigue ... 31	
Satellite Cells (Emergency Cells) ... 32	
Microvasculature and Capillaries ... 32	
Ischemia ... 33	
Connective Tissue (Myofascial System) ... 34	
<b>Principles of Skeletal Muscle Architecture</b> ... 35	
Skeletal Muscle ... 35	
Muscle Fascia and Intermuscular Septum ... 36	
Secondary and Primary Bundles (Fascicles) ... 36	
Muscle Fibers ... 36	
Muscle Tendons ... 37	
Tendon Architecture ... 37	
Tendon Function ... 37	
Muscle-Tendon Contacts (Myotendinous Junction) ... 38	
Tendon–Bone Junction ... 38	
Support Structures in Skeletal Muscle ... 38	
Tendon Sheaths, Bursa, and Retinaculum ... 38	
Sesamoids ... 40	
Active versus Passive Muscle Insufficiency ... 42	
<b>Innervation of Skeletal Muscle</b> ... 42	
Motor Units and Neuromuscular Synapses ... 43	
Motor End Plate—Neuromuscular Junction ... 43	
Neuromuscular Spindle ... 44	
Architecture ... 44	
Neuromuscular Spindle Density ... 45	
Golgi Tendon Organ (GTO) ... 45	
Architecture ... 45	
Function of GTOs ... 46	
Functional Anatomic Principles of Muscle Reflexes ... 46	
Reflex Arcs ... 46	
Rhythmic Movements in Sports ... 47	
<b>The Innervated Locomotor Apparatus</b> ... 48	
Brain and Spinal Cord ... 48	
Plexuses and Peripheral Nerves ... 50	
Plexus ... 50	
Spinal Syndromes ... 53	
Reference Muscles and Myotomes ... 54	

### Basic Physiology ... 60

#### Sarcomere, Muscle Force, and Muscle Shortening ... 60

#### Basic Principles of Muscular Contraction and its Regulation ... 61

##### Motor Unit ... 61

##### Neuromuscular End plate (Motor End plate) ... 61

##### Signal Transduction from the

##### Motor Neuron to Skeletal Muscle Fibers ... 62

##### Initiating a Contraction

##### (Electromechanical Coupling) ... 62

##### Production of Motile Forces

##### by the Myosin Heads ... 62

##### Relaxation of Muscle ... 65

##### Time Course of Muscular Contraction

##### (Mechanogram) ... 65

#### Gradation of Muscle Force

#### during Voluntary Movements ... 66

#### Types of Muscular Contraction ... 67

##### Passive Length–Tension Curve ... 67

##### Isotonic Contraction ... 69

##### Isometric Contraction ... 69

##### Auxotonic Contraction ... 69

##### Afterloaded Contraction

##### and Contraction against a Stop ... 69

##### Muscular Work ... 70

##### Relationship between Lifted Load

##### and Shortening Velocity of Muscle ... 70

##### Concentric and Eccentric Contractions ... 70

##### Adjusting Shortening Velocity

##### to Changing Demands ... 70

#### Neuromuscular Control Mechanisms ... 71

##### Hierarchical Organization

##### of Voluntary Movements ... 71

#### Regulation of Muscle Length (Stretch Reflex) ... 72

#### Force and Tension Control in Muscles

#### (Autogenous Inhibition) ... 75

#### Rhythmic Movement Patterns ... 75

#### Facilitation and Inhibition of Neuronal

#### Circuits at the Spinal Cord Level ... 75

### Aspects of Exercise Physiology ... 77

#### Types of Muscle Fiber ... 77

#### Overview of Muscular Metabolism ... 78

##### Anaerobic Alactacid Energy Production ... 78

##### Activation of Phosphofructokinase ... 78

##### Activation of Glycogen Breakdown ... 78

##### Production of Lactate ... 79

##### Aerobic Metabolism ... 79

##### Fat or Carbohydrates? ... 80

#### Warm-Up ... 81

##### Thermal Effects ... 81

##### Blood Flow ... 81

##### Excitability ... 81

##### Cooling Instead of Warm-Up ... 82

#### Fatigue ... 82

##### Acidosis ... 83

##### ATP Resynthesis ... 83

##### Phosphate Effects ... 84

##### Excitability ... 84

##### Glycogen Deficiency ... 84

##### Free Radicals ... 84

##### Temperature ... 86

##### Central Fatigue ... 86

#### Recovery ... 86

#### Training Adaptations ... 86

##### Signal Chains ... 87

## 3 Molecular and Cell Biology of Muscle Regeneration

### Muscle Injury and Regeneration ... 90

#### Importance of Various Nutrient Additives for Muscle Activity ... 92

#### Amino Acids ... 92

##### Essential Amino Acids ... 92

##### Amino Acid Demand in Athletes ... 93

#### Metabolic Disturbance ... 95

##### pH Values ... 95

##### Creatine Kinase, Myoglobin, Uric Acid ... 95

##### Prevention and Therapy ... 95

#### Antioxidants ... 96

##### Function ... 96

##### Intake ... 96

##### Importance of Antioxidants

##### in Athletic Activity ... 96

#### Minerals ... 98

##### Function in Muscle ... 98

##### Disturbances of Muscle Homeostasis ... 98

<b>Trace Elements</b> ...	99
Function ...	99
Deficiencies ...	100
Intake ...	100
Importance of Trace Elements in Athletic Activity ...	101

<b>Vitamin D</b> ...	101
Metabolism and Regulation ...	101
Intake ...	102
Importance of Vitamin D in Athletic Activity ...	103
<b>Conclusions</b> ...	103

## 4 Muscle Healing: Physiology and Adverse Factors

... 105

*W. Bloch*

<b>Functional and Structural Alterations in Muscle Tissue</b> ...	106
<b>Functional Muscle Disorders</b> ...	107
Minor Partial Muscle Tears ...	107
Moderate Partial Muscle Tear/ (Sub)Total Muscle Tear ...	108
<b>Mechanisms of Muscle Damage</b> ...	108
Initial Damage Phase ...	109
Cellular Damage Mechanisms ...	109
Extracellular Damage Mechanisms ...	109
Dependence of Damage on Contraction and Fiber Types ...	109
Impaired Neuromuscular Regulation ...	110
Secondary Phase of Injury ...	110
<b>Regenerative Mechanisms and Their Sequence</b> ...	111
Destruction Phase ...	111
Migration of Macrophages ...	112
Migration of Neutrophils ...	112
Repair Phase ...	112
Muscle Fiber Regeneration ...	114
Formation of Extracellular Matrix ...	116
Neovascularization ...	118
Reinnervation ...	119

<b>Laboratory Markers for Diagnosis and Healing</b> ...	119
---	-----

<b>Factors Influencing Healing</b> ...	120
--	-----

<b>Nutrition</b> ...	120
Antioxidants ...	120
Carbohydrates and Proteins ...	120
Carbohydrates ...	120
Protein ...	120

<b>Age</b> ...	120
----------------	-----

<b>Exercise</b> ...	122
Approaches in Various Degrees of Muscle Injury ...	122
Effects of Exercise ...	123

<b>Drug-Based Therapy</b> ...	123
Nonsteroidal Anti-Inflammatory Drugs ...	123
Glucocorticoids ...	124
New Treatment Approaches ...	124

<b>Physical Measures</b> ...	124
Cryotherapy ...	124
Compression ...	125
Massage ...	125
Ultrasound and Electrotherapy ...	125

## 5 Epidemiology of Muscle Injuries in Soccer

*J. Ekstrand*

<b>Consensus of Study Design</b> ...	128
<b>Material</b> ...	129
<b>Method</b> ...	129
Definition: Injury ...	129
Definition: Injury Severity ...	129
Definition: Recurrent Injury ...	129
<b>Results</b> ...	129
Localization of Muscle Injuries in Soccer Players ...	129
Injury Incidence ...	130

... ..	127
--------	-----

<b>Injury Risk</b> ...	131
Muscle Injuries and Age ...	131
Variation in Injury Risk during Matches ...	131
Injuries Due to Contact Situations and Foul Play ...	132

<b>Injury Severity</b> ...	132
----------------------------	-----

<b>Recurrent Injuries</b> ...	132
-------------------------------	-----

<b>Examination Procedures: MRI and Ultrasound</b> ...	132
Hamstring Injuries ...	133
Quadriceps Injuries ...	133

<b>Evaluation of Data</b> ...	134
-------------------------------	-----

<b>Why a New Classification?</b> ...	136	Type 1a: Fatigue-Induced Muscle Disorder ...	160
<b>Short Review of the Current Literature</b> ...	137	Type 1b: Delayed-Onset Muscle Soreness (DOMS) ...	160
<b>Terminology of Muscle Injuries</b> ...	137	Type 2a: Spine-Related Neuromuscular Muscle Disorder ...	160
<b>Classification of Muscle Injuries</b> ...	137	Type 2b: Muscle-Related Neuromuscular Muscle Disorder ...	160
Fundamentals ...	137	Type 3a: Minor Partial Muscle Tear (Intrafascicular/Bundle Tear) ...	161
Current Classification Systems ...	138	Type 3b: Moderate Partial Muscle Tear (Interfascicular/Bundle Tear) ...	161
<b>Consensus Conference on Muscle Terminology and Development of a New Comprehensive Classification System</b> ...	139	and Type 4: Subtotal/Complete Muscle Tear or Tendinous Avulsion ...	161
Terminology ...	139	<b>Other Muscle Injuries and Causes of Muscle Symptoms</b> ...	162
New Classification System ...	141	Functional Compartment Syndrome ...	162
<b>Type 1 and 2: Functional Muscle Disorders</b> ...	145	Apophyseal Avulsion ...	162
Type 1: Overexertion-Related Muscle Disorder ...	146	Other Conditions ...	163
Type 2: Neuromuscular Muscle Disorder ...	147	<b>Complications</b> ...	163
<b>Types 3 and 4: Structural Muscle Injuries</b> ...	149	<b>Post-Stress Muscle Imbalance</b> ...	163
Type 3: Partial Muscle Tears ...	149	<b>Recurrence</b> ...	163
Type 4: Subtotal/Complete Muscle Tear or Tendinous Avulsion ...	152	<b>Seroma and Cyst</b> ...	163
<b>Contusion Injuries</b> ...	153	<b>Fibrosis/Scarring</b> ...	165
<b>Patient History</b> ...	155	<b>Traumatic Compartment Syndrome</b> ...	165
<b>Examination of Muscle Injuries</b> ...	156	<b>Myositis Ossificans and Heterotopic Ossification</b> ...	165
<b>Examination Techniques</b> ...	156	<b>Muscle Hernia</b> ...	165
Palpation ...	157		
Ultrasound Diagnosis ...	159		
Magnetic Resonance Imaging (MRI) ...	159		
Laboratory Diagnosis ...	159		
<b>Typical Findings on Examination</b> ...	160		

## 7 Ultrasonography

L. Hänsel, P. Ueblicher, A. Betthäuser

... 169

<b>Introduction</b> ...	170	<b>Ultrasonography of Normal Muscle Tissue/Sonoanatomy</b> ...	174
<b>Relevant Physical Phenomena and Artifacts</b> ...	170	Factors that Affect Imaging ...	175
<b>Absorption and Attenuation</b> ...	171	Examination Technique ...	176
<b>Reflection and Reflection Artifact</b> ...	171	Ultrasonographic Examination of the Lower Limbs ...	177
<b>Scatter</b> ...	171	<b>Ultrasonography of Pathological Conditions</b> ...	185
<b>Acoustic Shadow</b> ...	171	Fatigue-Induced Painful Muscle Disorder (Type 1a Lesion) ...	185
<b>Acoustic Enhancement</b> ...	171	Delayed-Onset Muscle Soreness (Type 1b Lesion) ...	185
<b>Reverberations</b> ...	172	Spine-Related Neuromuscular Muscle Disorder (Type 2a Lesion) ...	186
<b>Mirror-Image Artifact</b> ...	172		
<b>Ultrasonographic Examination of Skeletal Muscle</b> ...	172		

Muscle-Related Neuromuscular  
Muscle Disorder (Type 2b Lesion) ... 186  
Minor Partial Muscle Tear (Type 3a Lesion) ... 188  
Moderate Partial Muscle Tear  
(Type 3b Lesion) ... 188  
Subtotal or Complete Muscle Tear/  
Tendinous Avulsion ... 190  
Contusion ... 190

**Ultrasonography of Complications** ... 195  
Seroma, Cyst ... 195  
Fibrosis, Scar ... 195  
Myositis Ossificans ... 197  
Heterotopic Ossification ... 198  
Compartment Syndrome ... 198

## 8 Magnetic Resonance Imaging

... 203

*J. Böck, P. Mundinger, G. Luttke*

**Relevant Anatomic Microstructure** ... 204

**MRI Examination Technique  
and Normal Findings** ... 204

Examination Technique ... 204

MRI of Normal Muscle ... 205

**MRI of Functional Muscle  
Disorders and Structural Injuries** ... 208

Fatigue-Induced Functional Muscle Disorder (Type 1a)  
and Delayed-Onset Muscle Soreness (Type 1b) ... 208

Spine-Related Neuromuscular Muscle Disorder  
(Type 2a) ... 208

Muscle-Related Neuromuscular Muscle Disorder  
(Type 2b) ... 208

Minor Partial Muscle Tear (Type 3a) ... 209

Moderate Partial Muscle Tear (Type 3b) ... 209

Subtotal or Complete Muscle Tear  
and Tendinous Avulsion (Type 4) ... 211

Muscle Contusion, Laceration ... 211

Muscle Herniation ... 213

Muscle Denervation ... 213

Chronic Tendinosis, Tendon Rupture ... 213

**Complications** ... 215

Seroma/Cyst ... 215

Fibrosis/Scar ... 215

Myositis Ossificans ... 215

Heterotopic Ossification ... 215

Compartment Syndrome ... 216

**Differential Diagnosis** ... 216

Muscle Edema Pattern ... 216

Fatty Atrophy Pattern ... 216

Tumor, Hematoma, Bony Avulsion Pattern ... 216

**Prognostic Criteria** ... 217

**Risk Factors for  
Recurrent Muscle Injury** ... 217

**Specific Muscle Injuries** ... 217

Quadriceps Muscle ... 217

Hamstring Muscles ... 220

Adductor Longus Muscle ... 220

Gastrocnemius Muscle ... 220

Less Frequently Involved Muscles ... 220

**Summary** ... 220

## 9 Differential Diagnosis of Muscle Pain

*B. Schoser*

**Special Diagnostic Issues** ... 228

Pain History in Myalgia ... 228

Creatine Kinase ... 228

Macro-Creatine Kinase ... 229

Creatine Kinase in Healthy Individuals  
and Athletes ... 229

Rhabdomyolysis ... 229

Indications for Muscle Biopsy ... 229

**Neurologic Disorders** ... 230

Clinical Symptoms and Lesion Location ... 230

Lesions of the First or Second Motor Neuron ... 232

Peripheral Nerve Lesions ... 232

Muscle Cramps ... 232

**Hereditary Muscle Diseases with Myalgia** ... 233

Degenerative Myopathies ... 233

<b>Hereditary Metabolic Myopathies</b> ...	234
Glycogen Storage Diseases ...	234
Fatty Acid Oxidation Disorders ( $\beta$ -Oxidation) ...	234
Purine Metabolism Disorders,	
Myoadenylate Deaminase Deficiency ...	234
Mitochondrial Myopathies ...	234
<b>Nondystrophic and Dystrophic Myotonias</b> ...	235
<b>Acquired Muscle Diseases with Myalgia</b> ...	235
<b>Inflammatory Muscle Diseases with Myalgia</b> ...	235
Infectious Myositis ...	235
Immunogenic Inflammatory Myopathies:	
Dermatomyositis ...	235
<b>Endocrine Myopathies</b> ...	237
<b>Toxic Myopathies with Myalgia</b> ...	237
Alcoholic Myopathy ...	237
Steroid Myopathy ...	238
Antilipemic-Associated Myopathy ...	238

<b>Rheumatologic Diseases</b> ...	238
Polymyalgia Rheumatica ...	238
<b>Myofascial Pain Syndrome</b> ...	239

## **Relationship of Myalgia to the Classification of Muscle Injuries** ... 242

<b>Fatigue-Induced Muscle Disorder (Type 1a)</b>	
Differentiated from Myalgia ...	242
<b>Spine-Related Neuromuscular Muscle Disorder (Type 2a) Differentiated from a Myofascial Trigger Point</b> ...	242
<b>Muscle-Related Neuromuscular Muscle Disorder (Type 2b) Differentiated from a Myofascial Trigger Point</b> ...	242
<b>Partial Muscle Tears (Type 3) Differentiated from a Myofascial Trigger Point</b> ...	242

## **10 Behavioral Neurology and Neuropsychology in Sports** ... 245

*J. M. Hufnagl*

<b>The Brain's Influence on Muscles</b> ...	246
<b>Interaction of Brain and Muscles</b> ...	246
<b>Behavioral Neurology and Neuropsychology</b> ...	246
<b>Time, Location, and Perspective as Pivotal Elements of the World</b> ...	246
<b>Brain Functions</b> ...	247
Attention ...	248
Alertness ...	249
Memory ...	249
Declarative Memory ...	249
Nondeclarative Memory ...	250
Perception ...	250
Thinking ...	250
Language and Communication ...	251
Autonomic Functions ...	251
Affects and Emotions ...	251
The Limbic System ...	252
Anxiety ...	252
Anticipation ...	252
Goal Selection ...	252
Planning ...	252
Monitoring ...	253
Drive and the Hierarchical Relativity of Brain Functions ...	253
Consciousness ...	253
Motor Learning ...	254

<b>Motivation and Ambition</b> ...	254
Motives ...	254
Intrinsic and Extrinsic Motivation ...	255
<b>Delivering and Optimizing Performance</b> ...	256
Increasing Demands Due to Growing Complexity ...	256
Team Sports ...	257
The Team as a Unit ...	258
Social Skills ...	258
Effects of Muscle Injuries on the Team ...	258
<b>Injuries and How the Brain Deals with Them</b> ...	258
<b>Relaxation Techniques</b> ...	259
Certain and Possible Effects ...	259
Requirements and Mechanisms Similar in All Techniques ...	259
Some Techniques in Detail ...	260
Schultz Autogenic Training ...	260
Jacobson Progressive Muscle Relaxation ...	260
Yoga ...	260
Tai Ji and Qi Gong ...	260
Meditation ...	261
Feldenkrais Technique ...	261
Hypnosis ...	261
<b>Applicability of Techniques in Different Situations</b> ...	261

Impact of Mental Training  
on Athletic Performance ... 262

Mental “Doping”? ... 262

Examples from Soccer ... 263

The Penalty in Soccer—  
On the Field and in the Mind ... 263

Cognition and Emotion as Reciprocal Processes ... 264

## 11 Conservative Treatment of Muscle Injuries

*H.-W. Müller-Wohlfahrt, L. Hänsel, P. Uebliacker, A. Binder*

**Therapeutic Challenge of Muscle Injuries** ... 268

**Primary Care** ... 268

**Infiltration Therapy** ... 269

**Therapeutic Agents (in Alphabetic Order)** ... 269

Actovegin (Intramuscular) ... 269

Arnica, Trace Elements and Minerals  
(e.g., Enelbin Paste; Topical) ... 269

Discus Compositum (Epidural) ... 270

Escin (e.g., Reparil) and Bromelains (e.g.,  
Wobenzym, Phlogenzym, Traumanase; Oral) ... 270

Lactopurum (Intramuscular, Periligamentous) ... 270

Magnesium and Zinc (Oral, Intravenous) ... 270

Mepivacaine or Procaine  
(Intramuscular, Epidural, Perineural) ... 270

Nonsteroidal Anti-Inflammatory Drugs ... 270

Platelet-Rich Plasma (PRP) ... 270

Steroids ... 271

Traumeel S and Zeel (Intramuscular, Epidural) ... 271

Vitamins A, C, and E (Oral, Intravenous) ... 271

**Techniques** ... 271

Muscle Infiltration Therapy ... 271

Spinal Infiltration Therapy ... 272

How Infiltration Therapy Works ... 273

Technique of Lumbar Infiltration Therapy ... 274

**Monitoring Blood Parameters in Athletes** ... 275

**Physical Therapy and Physical Medicine** ... 278

**Treatment Plans for Different Types  
of Muscle Injury** ... 279

Fatigue-Induced Painful Muscle Disorder  
(Type 1a) ... 279

Delayed-Onset Muscle Soreness  
(DOMS; Type 1b) ... 279

Neuromuscular Muscle Disorder—  
Spine-Related (Type 2a) ... 279

Neuromuscular Muscle Disorder—  
Muscle-Related (Type 2b) ... 280

Minor Partial Muscle Tear (Type 3a) ... 281

Moderate Partial Muscle Tear (Type 3b) ... 282

Subtotal or Complete Muscle Tear/  
Tendinous Avulsion (Type 4) ... 283

**Treatment of Other Muscular Injuries** ... 284

Muscle Contusions ... 284

Functional Compartment Syndrome ... 285

**Treatment of Possible Complications** ... 285

Myositis Ossificans ... 285

Recurrence ... 286

Intralesional Cyst Formation/Seroma ... 286

**Focal Toxicosis and Interference Fields** ... 286

**Interference Fields** ... 286

Definition ... 286

Otitis Media ... 287

Sinusitis ... 287

Tonsillitis ... 287

Temporomandibular Joint  
(Gnathologic Interference Field),  
Craniomandibular Dysfunction ... 287

Teeth ... 287

Appendicitis ... 288

Intestinal Dysbiosis or Mycosis ... 288

Cholecystitis ... 288

Chronically Inflamed Hemorrhoids ... 288

Genital Interference Fields ... 288

Scars ... 288

Material Intolerance ... 288

**Gleditsch Functional Circuits** ... 288

**Mandel Energy Emission Analysis (EEA)** ... 289

Lung/Lymph Coronas ... 292

Colon/Nerve Degeneration Corona ... 292

Triple Burner (TB)/Psyche Corona ... 292

Gallbladder/Fatty Degeneration Corona ... 292

Isolated Emissions below  
the Second and Third Toes ... 292

## 12 Role of the Spine in Muscle Injuries and Muscle Disorders ... 297

*B. Schoser, P. Uebliacker, L. Hänsel, H.-W. Müller-Wohlfahrt*

### **Relationship between the Spine and Skeletal Muscles ... 298**

#### **Functional Spinal Causes of Muscular Dysfunction ... 299**

Hyperlordosis ... 299

Locked Sacroiliac Joint ... 299

Functional Leg Length Difference ... 300

Joint Dysfunctions ... 300

Sacrum Acutum or Highly Curved Sacrum ... 300

#### **Structural Spinal Causes of Muscular Dysfunction ... 301**

Pelvic Obliquity, Leg Length Difference ... 301

Spinal Stenosis ... 302

Lateral Recess Stenosis, Foraminal Stenosis ... 302

Disk Bulging and Herniation ... 302

Spondylolysis, Spondylolisthesis ... 303

Lumbosacral Ligament ... 305

#### **Pseudoradicular Versus Radicular Symptoms ... 305**

Symptom Complex of a Pseudoradicular Syndrome ... 305

Symptom Complex of a Radicular Syndrome ... 305

Differentiating between Pseudoradicular and Radicular Syndromes ... 306

## 13 Operative Treatment of Muscle Injuries ... 307

*W. E. Garrett, Jr.*

### **Introduction ... 308**

#### **Indirect Muscle Injuries—Muscle Tears ... 308**

Overview ... 308

Injury Mechanisms ... 308

Injury Resulting from Passive Stretch ... 308

Injury Resulting from Active Stretch ... 309

#### **Muscle Tears—Hamstrings ... 309**

Distal Injuries ... 309

Proximal Injuries ... 309

Surgical Treatment of Hamstring Avulsions ... 311

#### **Quadriceps Injuries ... 312**

Contusions of the Quadriceps ... 312

Surgical Treatment of Quadriceps Contusions ... 312

Tears of the Quadriceps ... 313

Surgical Treatment of Quadriceps Tears ... 314

Results ... 315

**Muscle Lacerations ... 316**

**Conclusions ... 316**

## 14 Physical Therapy and Rehabilitation ... 319

*K. Eder, H. Hoffmann*

### **Requirements of the Care Team ... 320**

#### **Positive and Negative Influences on the Myofascial System ... 321**

Sport-Specific Changes and Adaptations of the Musculoskeletal System in Soccer Players ... 321

Changes Caused by Contact of the Kicking Leg with the Ball ... 322

Support Leg Changes Caused by Kicking Technique ... 325

Adaptations of the Pelvic–Leg Axis ... 326

Physical Therapy Implications for the Myofascial System ... 327

#### **Treatment-Oriented Assessment Strategy ... 327**

Clinical Therapeutic Assessment ... 328

Clinical Motion Analysis ... 329

Kinesiologic Electromyography (EMG) ... 329

Methods Used in Medical Training Therapy: Rehabilitative Performance Testing ... 330

Isokinetic Testing and Training Systems ... 331



<b>Strategies for the Treatment of Muscle Injuries</b> ...	334
<b>Immediate Measures</b> ...	334
Equipment ...	334
Initial Inspection ...	335
Further Treatment on the Sidelines or in the Locker Room ...	335
Establishing the Diagnosis ...	336
Relieving Muscle Taping ...	336
<b>General Aspects of Therapeutic Techniques in the Treatment of Muscle Injuries</b> ...	337
Adaptations and Changes after Muscle Injuries ...	337
Exaggerated Host Response ...	339
Phases of Healing ...	339
Complex Treatment Strategies for Muscle Injuries ...	339
<b>Therapeutic Techniques</b> ...	340
Physical Modalities ...	340
Electrotherapy ...	340
Cryotherapy ...	341
 <b>15 Prevention of Muscle Injuries</b> ...	365
<i>A. Schlumberger</i>	
<b>Mechanisms of Muscle Injury</b> ...	366
<b>Preventive Training Strategies</b> ...	367
<b>Training Measures for Preventive Optimization of Neuromuscular Function</b> ...	367
Flexibility and Stretching ...	367
Concentric Muscle Function and Concentric Training ...	368
Eccentric Muscle Function and Eccentric Training ...	369
Force–Length Relationship ...	370
Intermuscular Coordination ...	371
Training to Improve Lumbopelvic Control and Stability ...	371
<b>Optimizing Basic Fitness</b> ...	372
Endurance ...	372
Coordination ...	376
Warming Up: Importance and Techniques ...	376
 <b>16 Special Case Reports from High-Performance Athletics</b> ...	381
<i>P. Ueblicher, L. Hänsel, H.-W. Müller-Wohlfahrt</i>	
<b>Introduction</b> ...	382
<b>Cases 1–8</b> ...	382
 <b>Subject Index</b> ...	405