

1. Record Nr.	UNINA9910824664803321
Titolo	Lumbar injury biomechanics // [edited by] Jeffrey A. Pike
Pubbl/distr/stampa	Warrendale, Pa. (400 Commonwealth Dr., Warrendale PA USA) : , : Society of Automotive Engineers, , [2013]
ISBN	0-7680-8703-1 0-7680-8053-3
Descrizione fisica	1 online resource (1 PDF (xi, 207 pages)) : illustrations (black and white)
Collana	[Progress in technology series] Society of Automotive Engineers. Electronic publications
Disciplina	617.560597
Soggetti	Lumbar vertebrae - Wounds and injuries Biomechanics Lumbar Vertebrae - injuries Human Engineering MEDICAL / Physical Medicine & Rehabilitation MEDICAL / Anatomy Rehabilitation Anatomy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	SAE order no. PT-153.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Blunt Lumbar Trauma -- List of Papers. Viscoelastic shear responses of the cadaver and hybrid III lumbar spine, Paper 942205, Proc. 38 Stapp Car Crash Conf., Society of Automotive Engineers, Warrendale, 1994 / Begeman PC, Visarius H, Nolte L-P, et al. -- Response of the cadaveric lumbar spine to flexion with and without anterior shear displacement, Proc International Research Conference on the Biomechanics of Impact (IRCOBI), Zurich, 2008 / Belwadi A, Yang K -- Human spine behaviour under thoracic and pelvic lateral impacts - comparison with WorldSID dummy behaviour, IRCOBI, Zurich, 2004 / Compigne S, Bouquet R, Caire Y, et al. -- Mechanical properties of the cadaveric and hybrid III lumbar spines, Paper 983160, Proc. 42 Stapp Car Crash Conf., Society of Automotive Engineers, Warendale, 1998 / Demetropoulos CK, Yang KH, Grimm MJ, et al. -- Development of human lumbar spine FE models

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Sommario/riassunto

The amount of load that can be borne by the different components of the lumbar region is fairly well understood, as are resulting injuries from overloading. Less severe lumbar injuries involve a wide range of factors, including: heredity, obesity, age, occupation, sports, cardiovascular risk factors, and depression. Some of the most painful conditions that require high levels of care involve lumbar spine fracture or soft tissue injury from falls, contact sports, vehicle collisions, aircraft ejection, and underbody blasts from roadway explosions (military injuries). Each of these injury scenarios elicits a different kinematic response of the spine as a result of load direction, magnitude, and duration. Updated from a popular earlier volume, this new compendium includes landmark papers from 1994 through 2013 that focus exclusively on lumbar injuries. It also features an introductory chapter, "Blunt Lumbar Trauma" that provides an overview of the anatomy of the lumbar region, injury, and injury mechanisms, as well as an extensive literature update.
