# Index

#### Electronic bindings Accuracy, 256 Ambach, Walter, 480 Adjustability, 256 ANSI (American National Standards Biofeedback controller, 245 Institute), 15 Computer hardware, 262 Asang, Ernst, 17, 151, 159, 182, 338 Computer software, 265 ASTM (American Society for Testing Disadvantages, 257 and Materials), 6, 39 Dynamic system concept, 239 Committee F-8 on Sports Equip-Field test, 268 ment and Facilities, 5 First-order controller, 240 Committee F-27 on Snow Skiing, Friction, 256 5. 10-14 controller, Impulse-calculating Method for Measuring the Release 242 Moments of Adult Alpine Ski Mechanism, 268 Bindings (F 504-77), 225, 227, Model reference controller, 248 230 Shock absorption, 255 Forces (see Forces within bindings) B Forward pressure spring, 231 Functional testing, 35, 199-200, Bahniuk, Eugene, 5 Balkfors, Bengt, 367, 375 213, 329, 341 Bally, Alexis, 33 Inadvertent heel release, 227 Berrehail, Mohamed, 395 Mounting, 195, 216 Release (see Release of bindings) BfU (Schweizerische Beratungsstelle für Unfallverhütung), 8, 33 Retention, 225, 239 Binding(s) Binet, Marc-Hervé, 395 Adjustment of Bodem, Friedrich, 45, 76 BfU method, 35, 203, 213 Boot(s) Deviation from reference sys-Design to prevent injury, 180 tems, 321 Effect on injury, 174-175 Differences between IAS and BfU Force distribution, 171 recommended values, 204-205 Forward lean angle, 160-163 IAS method, 18, 46, 195, 203, 213 Height, 160, 182

Shaft, 159, 182

Tibia head method, 18, 46, 195

Stiffness, 155, 160, 173, 182
Tongue forces, 172
Bowman, Warren D., Jr., 464
Boyle, John J., 411
Brady, M. Michael, 411
Brown, Christopher A., 224
Buló, José M., 141

#### C

Calorimeter, continuous-flow, 481 Casel, Josef, 76 Collision Binding function during, 77 Injuries, 358 Concussion, 378 Crane, Henry D., 382 Crombie, Nickel, 469 Cross-country skiing injuries Ability of skier, 414, 419 Age of skier, 414, 428, 431 Compared with alpine skiing injuries, 423 Equipment relationship to, 414-417, 420 Location, 417, 427, 431 Mechanism, 417 Rates, 411-412, 414, 419 Severity, 428 Sex, effect on, 414, 428, 431 Ski instruction, effect on, 414, 419 Type, 417, 426, 430

## D

Danielsson, Katarina, 326
Death in skiing
Age of skier, 351
Cause, 353
Gender of skier, 352
Head injury, 353, 356, 379
Injury type, 353
Prevention, 356
Trunk injury, 353, 356

DIN (Deutsches Institut für Normung), 30

#### $\mathbf{E}$

Ekeland, Arne, 203, 293 Ekström, Hans, 433 Electromyography During binding release, 77, 84 Gastrocnemius force curve during binding release, 85 MREMG (mean rectified electromyogram signals), 56, 95 Engkvist, Ove, 367, 375 Ennemoser, Oswald, 480 Equipment, alpine (see Bindings, Books, Skis) Equipment, cross-country Bindings, 414-417, 439 Ski camber control, 436-437 Testing machines, 439-440 Eriksson, Ejnar, 326 Ettlinger, Carl F., 38, 224

#### F

Falls, skiing
Analysis of forward fall, 87
Kinematics of, 77
Figueras, José M., 141
Flora, Gerhard, 480
Forces within bindings
At heel, 101, 104
At heel as predictor of tibial bending, 105
At toe, 99, 104
During skiing, 99

G

Gutierrez, Maria D., 55

## H

Hauser, Wolfhart, 27, 151, 159, 182, 338 Head injury, 353, 356, 369, 375 Heat packs, chemical, 480 Hellquist, Einar, 367, 375 Holm, Arild, 293 Hubbard, Mont, 173 Hull, Maury L., 238, 258 Hulse, William F., 5 Hypothermia Afterdrop, core, 472 Cardiac arrest, 472, 476 Core temperature, 473 Diagnosis of, 465 Treatment of, 466-468, 474-477, Ventricular fibrillation, 467, 472

### I

IAS (Internationaler Arbeitskreis Sicherheit beim Skilauf), 8, 17 IAS Specification 100, 21, 22 Infrared thermal imaging For crack test apparatus, 451 For impact testing, 455 In search and rescue, 457 Of skiers, 445-447 Of ski boots, 447 Injury (see also specific injuries) Ability of skier, effect of, 306, 321, 340, 362, 386 Age, effect of, 295, 307, 317, 340, 351, 361 Binding release, effect of, 389 During lessons, 307 Experience, effect of, 307 Location of, 294, 316, 353, 383, 385-386, 417, 427, 431 Mechanism (see Mechanism of injury)

Rate, 38, 92, 174, 293, 295, 302, 315, 333, 338, 350, 383, 411-412

Severity of, 360, 364, 428

Sex, effect of, 295, 307, 317, 340, 351, 361, 385

Speed, effect of, 263

Total in United States, 305

Type of, 145, 294, 316, 353, 369, 417, 426, 430

While free skiing, 306

ISO (International Organization for Standardization), 15

Internal injury, 353, 356

#### J

Jenkins, Raeburn, 358 Johnson, Robert J., 1, 110, 165, 358, 411, 489 Jonsson, Ernst, 326

#### K

Knee injury, 145, 347 Knee ligament surgery, 146 Kuo, Chen Y., 55, 91

### L

Lacerations, 309, 369, 376
Lieu, Dennis K., 117
Lind, Erik, 326
Lindsjö, Ulf, 367, 375
Lipe, Gordon, 9
Llobet, Miguel, 141
LMA (Laboratoire de Mécanique Appliquée), 33
Louie, James K., 55, 91
Lund, Øyvind, 203
Lundkvist, Stig, 326
Lyle, Carol, 173
Lystad, Harald, 314

#### M

MacGregor, Duncan, 258 Mechanism of injury, 296, 353, 359, 365, 369, 396 Medoff, Howard, 110, 165 Menke, Wolfgang, 45, 76 Merino, José A., 141 Models Skier, 152 Ski/skier. 118 Ski/snow interaction, 123 Tibia (see Tibia, models) Montillet, Bernhard, 395 Morgenstern, Rudolph, 141 Mote, C. Daniel, Jr., 1, 55, 91, 117, 489 Müller, Bernhard, 338 Muscle(s)

## N

Protection from injury, 57

Forces, 157

Nagel, Alfred, 191
National Board of Consumer Policies,
Sweden, 327

#### P

Pain
Boot-induced, 157, 160
Pressure-induced
Affective scale for, 112
At different foot and leg locations, 114
Foot pain sensitivity, 113
Maximum contact stresses, 114
Sensory scale for, 112
Pierce, Javin C., 165, 411
Pope, Malcolm, 110, 165, 358, 411
Pressure, boot-induced, 155, 160, 163
Pressure transducer, 183

Prevention of injury, 356, 365, 374

### R

Racers
Binding adjustment, 217
High release torques, 213
Injury rate, 295
Previous injury, 215
Release of bindings
Activity during, 68-70, 76, 83
Duration of, 83, 88-90
Forces during release, 80
Reuleaux, Michael, 191
Roberts, Charles C., Jr., 445
Rosen, James, 110

#### S

Safety campaign in skiing, Sweden, Cost-benefit analysis of, 334 Injuries before and after campaign, 331 Schaff, Peter, 159 Schattner, Ruprecht, 151, 182 Schild, Hans, 45 Shealy, Jasper E., 285, 302, 349, 423 Shoulder dislocation Anatomical features of, 397 Associated lesions, 397 Mechanism of, 396 Prevention of, 406 Recurrent, 404 Seguelae, 406 Treatment of, 399-404 Ski brakes, 309 Ski(s) Afterbody, 132, 137 Design of, alpine, 117 Modeled as Euler-Bernoulli beam, 118 Ski-turning mechanics, 117, 142-Carving, 118, 132-137 Skidding, 118, 133-137

Stiffness of, 137-139

Snow conditions, related to injury, 388 Tibial head measurement Snow depth, 361 Computed tomography, 46 Sport shop personnel Gender parameter, 48, 53 Standards, 192 Slide caliper rule, 46 Training, 191-202 Soft tissue compression (see also Standards Bindings, adjustment of), 48-49 Advantages of, 38-39 ASTM, definition of, 8 Tissier, Bruno, 395 Failures of, 40-41 Torsion of lower extremity International, 14 At foot, 58, 62 Statistics in ski injury research During binding release, 68-69 Case studies, 286 During ski turning, 67 Clinical studies, 286 During snow skiing, 57, 66-70 Epidemiological studies, 286 Self-induced, 57, 62-65 Experimental studies, 287 Tree collision, 353, 365 Misinterpretation of, 288-290 TÜV (Technischer Überwachungs-Risk exposure, 287 Verein) Bayern, 18, 27 Cooperation with IAS, 31 Organization of, 28 T T-bar ski lift injuries, 367, 379 Technique, cross-country skiing, 433-435 Velho, Francisco, 182 Terrenoir, François, 395 Thumb injury, 307, 390 Tibia Boot top fracture, 173, 174 W Models One-dimensional beam, 176 Wittman, Gerd, 23, 27 Three-dimensional finite element, 177 Two-dimensional beam, 178 Y

Young, Laurence R., 382

Strength exceeded without injury,

93