

Subject Index

A

- Accident mechanisms. *See also* Causes of accidents
 skier's ability and equipment, 321-322
 traumatic accidents, 64-66
- Active stress, anterior cruciate ligament mechanics, 113-114, 117
- Acute arterial occlusion, ski boot-related, 132-134
- Age levels
 alpine-cross-country skiing comparisons, 90-91
 collision injuries, 70-73
 injury rates, 35-36
 recreational skiers, 43-44
 skier behavior, 86
 snowboarding injuries, 77-78
- Alpine Skiing Safety Council (Norway), 344-346
- Altitude, biomedical testing, 357-363
- "Anatomical handle" ski poles, 317-318
- Ankle
 binding release tests, 210-220
 dorsiflexion and boot design, 146-151
 rotation versus longitudinal moment, 259-260, 262
 snowboarding injuries, 78-79
 three-dimensional loading, 252-265
- Ankle constraints
 BB type, 254, 257
 BU types, 254, 257
 SAF type, 254, 257
 SAT type, 254, 257
- Anterior cruciate ligament
 boot-induced anterior drawer, 273-274
 boot stiffness, 271-272
 force model, 271-272
 four-bar model, 270
 impact model, 269-270
 injuries in female racers, 105-110
 injury incidence, 4, 30-31
 male:female ratio, 106-108
 modeling forces, 267-275
 moment model, 271
 prevention, 112-118
- Anterior drawer
 boot-induced, 268
 prevention, 115-118
- Anthropometric dummy, ankle motion and binding release tests, 210-220
- Antifriction device (AFD), boot insufficiency, 147
- ASTM Practice F 939, 196
- ASTM Specifications, Eye Protective Devices (F 659), 126
- Avalanche victims, fatal skiing accidents, 64, 66
- Axial loading at knee joint, 248-249
- Axial rotation of lower limb
 dynamic system model parameter identification, 291-306
 torsional loading, 277-289
 in vivo static and dynamic measurements, 277-289

B

- Backward falls
 anterior cruciate ligament injury, 115-116
 injury mechanism, 56, 58
 modeling forces on anterior cruciate knee ligament, 267-275
- Barrier impact test
 ankle motion, 219-220
 binding release tests, 211-212
- Beginning skiers, thumb injuries, 322
- Bending release, mechanical programmed release bindings, 199
- Bindings. *See also* Inadvertent release, Release bindings
 adjustment data, 59
 aging, 58
 ankle motion and release tests, 210-220
 cause of accidents, 34
 classification in Swiss study design, 55
 computer-controlled system for boot load measurement, 181-197
 data acquisition and control system, 184-186
 double pivot, 203-205
 dynamometer/release mechanism, 183-184
 fault survey, 20-21
 frequency of testing, 88-90
 injuries with correct mountings and settings, 59

Bindings (cont.)

- load sensing, 203, 205–206
- lower limb models, 306
- mechanics, 5
- mounting and setting errors, 19–20, 58
- programmable mechanical release, 199–209
- recreational skier injuries, 44–45
- release mechanism, 182, 203, 206, 344
- retention mechanisms, 182, 202–204
- safety guidelines, 346
- self-testing, 37–38
- settings and inadvertent releases in racers, 222–227
- setting values, 20–21
- snowboarding, 79–80
- Swiss ski injury study design, 54
- test stations, 346–347
- Biomechanical analysis, skier's thumb, 311–315
- Biomedical testing, 6
- Blinding, ski injury studies, 12–13
- Bone failure locus, programmable release bindings, 201–202
- Bone quasi-static injury region, racer binding settings, 222–223
- Bone reference clamps, 280–281
- Boot-binding unit (BBU) efficiency, 58–60
- Boot-induced anterior drawer (BIAD), 268–269
 - anterior cruciate ligament injuries, 273–274
 - impact loads, 273–274
- Boot load measurements
 - computer-controlled binding system, 181–197
 - physical parameters of test subjects, 186–187
- Boots
 - acute arterial occlusion, 132–134
 - ankle dorsiflexion, 146–151
 - cause of accidents, 34
 - fit adaptation, 141–143
 - flex measurements, 167–177
 - foot pressure patterns, 137–144
 - lower leg prosthesis, 164
 - mechanics, 4–5
 - modeling forces on anterior cruciate knee ligament, 267–275
 - prevention of anterior cruciate ligament injury, 117–118
 - rear-entry versus traditional, 141–142
 - recreational skier injuries, 45–46
 - removal forces—classic versus rear entry boots, 153–159
 - safety guidelines, 346

- skier preferences, 90

- snowboarding, 80

- Boot-ski frictional effects, 200–201

- Boot stiffness. *See* Stiffness (boot)

- Braces, knee, 118

- Branch-changed amino acids, 363

- “Brown’s bow,” binding release settings, 226

- Buckle adjustments, foot pressure pattern, 140

C

- Capacitive measuring system, foot pressure patterns in ski boots, 137–138

- Case-control studies

- ski injuries, 9–17

- techniques, 14–15

- Case studies, Swiss ski injury study design, 54

- Causes of accidents, *See also* Accident mechanisms

- Hemsedal, Norway study, 35

- Children

- collision injuries, 70–73

- injury rates, 35–36, 38–39

- racer binding settings and inadvertent release, 223–224

- Clothing design, 6

- major problem areas, 379

- middle shell, 378–381

- outer shell prototype, 378

- thermal comfort, 374–383

- Cohort study, ski injuries, 13–14

- Cold weather clothing, 374–383

- Collateral ligaments, torsional laxity of knee, 253

- Collision injuries

- age levels, 70, 72–73

- epidemiology, 69–74

- Hemsedal, Norway study, 34

- injury rate, 38, 70

- sex, 70, 73

- skiing abilities, 72

- snowboarding, 81

- type and site of injury, 70

- Comparability measurements, 9–17

- of risk factors, case-controlled studies, 16

- ski glove thermal resistance, 370–372

- Competition skiing. *See also* Racers

- prior injury rate, 90–91

- thumb injuries, 323

- Computers. *See also* Data acquisition and control

- boot load measurements, 184–186

- Conditioning. *See* Physical conditioning

- Confidence intervals, odds ratios, 97
- Confounded measures, injury risk studies, 95-96
- Coordinate moments, three-dimensional knee loading, 253-254
- Creatine kinase, biomedical testing, 361
- Critical edge angles, shear-strength-to-hardness ratio, 333-334
- Cross-country skiing
 - history, 342-343
 - injury studies, 344

D

- Data acquisition and control
 - bindings, 184-186
 - clothing design, 375-376
 - hip and knee measurements, 234
 - Swiss ski injury study design, 53-54
- Data reduction, knee strength and loading variables, 236-237
- Deliberate selection
 - case-controlled studies, 16
 - nonexperimental study, 14
- Dorsiflexion
 - ankle, boot design and, 146-151
 - traction force and variation, 155-158
 - value table, 148
- Double pivot, programmable release bindings, 203-205
- Duration moment input pulse
 - joint rotations, 287-288
 - long duration—joint rotations, 298, 301
 - medium duration—joint rotations, 298, 300
 - short duration—joint rotations, 298, 302
- Dynamic measurements
 - axial rotation of lower limb, 285-289
 - parameter identification, 291-306
- Dynamometer loading
 - boot load measurements—parallel runs, 194-195
 - internal-external rotation measurements, 255-257
 - knee strength and loading variables, 237-238
 - traction force and variation, 155-158
- Dynamometer/release mechanism
 - bindings, 183-184
 - knee strength and loading variables, 232-233

E

- Electromyography, hip and knee measurements, 233-235

- Electronic binding, sensitivity to knee strength, 247-248
- EMED-F pedography platform, 138-149
- Empirical studies of ski injuries, 11
- Energy absorption capability
 - ankle motion binding release tests, 213
 - programmable release binding, 208
- Epidemiology
 - collision injuries, 69-74
 - comparability and control studies, 9-17
 - fatal skiing accidents, 63-68
 - ski injury trends, 25-31
 - Swiss study design, 51-61
- Equipment design
 - accident mechanisms, 321-322
 - injury incidence, 24
- Ergonomic study
 - metacarpophalangeal joint, 316-325
 - thumb injuries, 324-325
- Estimated models, joint rotation, 303-304
- Exercise, torsional laxity of knee, 253
- Experimental prospective injury study, 18-24
- Experimental study design, 11-13
- Expert skiers, thumb injuries, 322-323
- External rotation, weight bearing, 289
- Eyewear-related ski injuries, 126-130
 - National Electronic Injury Surveillance System Review, 128
 - National Ski Areas Association (NSAA)/ASTM study, 129
 - Sugarbush North 15-year study, 129

F

- Falls, *See also* Backward fall, Forward fall
 - injury mechanism, 56, 58
 - skiing experience, 22-23
- Fatal skiing accidents, 63-68
- Feasibility, ski injury studies, 13
- Field testing, hip and knee measurements, 235-236
- Finite element analysis, torsional loading—lower limb rotation, 292-293
- Fitness training, ski injury incidence, 14-15
- Flexible bladder, ski gloves thermal resistance, 367-373
- Flexion
 - foot pressure pattern in ski boots, 140-141
 - hip and knee measurements, 233-234
 - joint rotation, 289
 - stiffness, 284
- Flex measurements, ski boots, 167-177

- Foam insulation, protective clothing, 379, 381
- Foot pressure pattern
 - biomechanical model, 139
 - boot type variations, 141-142
 - buckle adjustments, 140
 - flexion increases, 140-141
 - influence of fit, 141-143
 - ski boots, 137-144
- Force model, anterior cruciate ligament, 271-272
- Forward fall, injury mechanism, 56, 58
- Four-bar model, anterior cruciate ligament, 270
- Four-degree-of-freedom model, torsional loading—lower limb rotation, 292-293
- Free body diagram, foot pressure pattern, 139
- F_x* force
 - boot load measurements
 - parallel runs, 190-195
 - snow plow runs, 187-188
 - double pivot binding construction, 205
 - three-dimensional knee loading, 257-259
- F_x*, knee strength and loading variables, 236-237, 240-241, 244-247
- F_y*, knee strength and loading variables, 236-237, 240-241, 244-247
- F_y* force
 - boot load measurements—parallel runs, 191-195
 - double pivot construction, 205
 - field test runs, 197
 - three-dimensional knee loading, 257-259
- F_z* force
 - boot load measurements
 - parallel runs, 190-195
 - snow plow runs, 187-188
 - double pivot construction, 205
 - three-dimensional knee loading, 257-259

G

- Gamekeeper's thumb, 311-315
- Geometry, tool-snow interaction, 332-333
- Grooming conditions
 - recreational skier injuries, 46-47
 - skier preferences, 90-91

H

- Hamstrings, muscle activity—snowplow and parallel maneuvers, 245, 247
- Head injuries
 - age-related incidence, 35, 38-39

- Hemsedal, Norway study, 33-34
 - rates in children, 35-36
 - recreational skier injuries, 48
 - snowboarding, 81
- Heel element, boot stiffness, 2
- Heel fixation device, 161-162, 165
- Heel release
 - Achilles tendon stimulation device, 160-166
 - adverse effects, 200-201
- Heel-toe mechanism
 - programmed release bindings, 199
 - strength and loading variables in knee, 232
- Helmets
 - safety studies, 347
 - snowboarding, 81
- Hematocrit, biomedical testing, 357-363
- Historical background of skiing, 342-343
- Hydration, biomedical testing, 357-363
- Hysteresis, joint rotation, 284-285

I

- Impact loads, anterior cruciate ligament model, 269-270, 272-273
- Inadvertent release, injury rates, 21-22
- Incidence of injury
 - defined, 10
 - skier's thumb biomechanics, 312
- Information bias, injury risk studies, 100-101
- Infrared thermography, ski gloves, 367-373
- Injury mechanism
 - classification in Swiss study design, 55-59
 - recreational skiers, 43
 - skier's thumb biomechanics, 311-315
 - Swiss ski injury study design, 53
 - unilateral fracture, lumbar spine, 120-123
- Injury rate
 - decline, 30-31
 - Hemsedal, Norway study, 33
 - inadvertent release, 21-22
 - release bindings, 344
 - snowboarding, 77-78
- Internal binding friction, 200-201
- Internal-external rotation
 - ankle complex, 258, 262-264
 - three-dimensional knee loading, 252-265
- Internationaler Arbeitskreis Sicherheit beim Skilauf (IAS)
 - experimental prospective injury study, 19
 - Specification 80, 19, 22
 - Standard 150, 147
- Intervention, risk factors, 11-13

Interview techniques, case-controlled studies, 15

In vivo measurements

- lower limb axial rotation, 277-289
- static and dynamic measurements, axial joint rotation, torsional loading, 277-289

J

Jackets, design prototypes, 376-377

Joint compression, torsional laxity of knee, 253

Joints

- angles in snowplow, 242
- axial loading at knee, 248-249
- male versus female, 148
- range of motion and boot stiffness, 147-149
- rotation, torsional loading, 277-289
- stiffness, weight bearing, 282-283
- strength and loading variables, 232
- torque, axial rotation curves, 282-283

K

Knee anatomy, 109

three-dimensional loading, 252-265

Knee injuries, *See also* Anterior cruciate ligament

axial joint rotation, torsional loading, 277-289

binding design, 247-249

Hemsedal, Norway study, 33-34

injury rate trends, 6, 30-31, 38

male:female ratio, 106-108

modeling forces on anterior cruciate knee ligament, 267-275

programmable release bindings, 202

recreational skier injuries, 47-48

snowboarding, 78, 80

strength and loading variables, 231-249

Knee stiffness

straight conditions, 289

three-dimensional loading, 257-260

weight bearing or muscle resistance, 289

L

Lacerations

eyewear-related, 130

injury rate decline, 30

snowboarding injuries, 79

Lactic acid, biomedical testing, 357-363

Lactic dehydrogenase, biomedical testing, 361

Lactic dehydrogenase I isoenzyme, 362

Lateral collateral ligament (LCL), 268

Lateral release, 61

Lenses, eyewear-related skiing injuries, 126-130

Lift capacities

collision injuries, 73

Hemsedal, Norway study, 34

skiing injuries, 85

Ligament biomechanics. *See also* specific ligaments

thumb injuries, 313-314

Load sensing

programmable release bindings, 203, 205-206

Lower extremity equipment-related (LEER) injuries

acute arterial occlusion, 132-134

bindings, 45

inadvertent release, 21-22

injury rate

in children, 35-36

decline, 30-31

trends in, 26-28, 38

programmable release bindings, 202

recreational skiers, 43, 47-48

snowboarding, 78-79

Lower extremity mechanics, 5

Lower leg prosthesis

Achilles tendon stimulation device, 160-166

dimensions and force components, 162, 165

flex measurements on ski boots, 167-177

Lower limb axial rotation, torsional loading

dynamic system model, 301-306

in vivo static and dynamic measurements, 277-289

Lumbar spine, unilateral fracture, 119-125

M

Machining theory

shear-strength-to-hardness ratio, 334

snow conditions, 330-331

Mean days between injuries (MDBI)

equation, 27, 30

Mean rectified electromyogram (MREMG), 234

Mechanical binding with program release, 199-209

Mechanism of injury. *See* Injury mechanism

Medial cruciate ligament, 268

Meniscus injuries, prevention, 112, 117

Metacarpophalangeal joint

ergonomic study, 316-325

skier's thumb biomechanics, 311-315

Modeling forces, anterior cruciate ligament, 267-275

Moment model, anterior cruciate ligament, 271

Moment pulses, in vivo joint rotation, 289

Moments

- ankle motion binding release tests, 213-217
- averages for Salomon and Nava bindings, 213, 218

Moment-versus-rotation relationship, 253

Mountain ski touring, biomedical testing, 357-363

Mr (resultant binding moment), ankle motion binding release tests, 213-217

Multivariate analysis, 14

Muscle activity

- knee stiffness, 283-284
- maximum voluntary contraction (MVC), 236
- normalized, in snowplow, 24-243
- strength and loading variables in knee, 231-249
- torsional laxity of knee, 253

Muscular enzymes, biomedical testing, 357-363

Musculature, programmable release bindings, 200-202

M'x, knee strength and loading variables, 236-237, 240-241, 244-247

Mx force, boot load measurements

- parallel runs, 193-195
- snow plow runs, 189-190

M'y, knee strength and loading variables, 236-237, 240-241, 244-247

My force

- boot load measurements
- parallel runs, 191-195
- snow plow runs, 187-189
- double pivot construction, 204-205
- field test runs, 196-197
- mechanical programmed release bindings, 199
- three-dimensional knee loading, 257-259

M'z force, knee strength and loading variables, 236-237, 240-241, 244-247

Mz force

- ankle motion binding release tests, 213-217
- boot load measurements—parallel runs, 193-195
- double pivot construction, 204-205
- field test runs, 196-197
- mechanical programmed release bindings, 199-200

N

Nava system boot and binding

- ankle motion release tests, 211
- moment measurements
- ankle motion 27.5°, 213, 215
- ankle motion 44°, 213, 217

Nonexperimental study design, 13-17

Nontraumatic accident characteristics, 64, 67-68

O

Occurrence rate of ski injuries, 10-11

Odds ratio

- ability, physical condition and injury risk studies, 96-99
- reliability, 100-101

Off-piste (deep snow) skiing areas. *See also* Powder skiing

- fatal accidents, 64, 66
- ski pole design, 317-318

On-piste skiing, fatal accidents, 64-66

Otto Bock "Greissinger" foot prosthesis, 211

Overheating, protective clothing, 378-379

P

Pants, design prototypes, 376-377

Parallelogram linkage goniometer

- internal-external rotation measurements, 255-257

Parallel runs

- boot load measurements, 190-195
- knee strength and loading variables, 243-247

Parameter identification

- axial rotation of lower limb, 291-306
- least error models, 298-299
- single-degree-of-freedom model, 297-298

Passive stress, anterior cruciate ligament mechanics, 113-115, 117

Patellar Tendon Force, 115-116

Physical conditioning. *See also* Exercise, Skiing gymnastics

- injury risk, 4, 94-101

Placebo intervention, ski injury studies, 13

Pneumatic exciter, axial joint rotation, torsional loading, 279-281

Poles

- eyewear-related ski injuries, 127
- straps and thumb injuries, 313-314
- thumb injuries, 317-318
- thumb impact against handle, 320-321

Pole tests
 ankle motion binding release, 211-212
 impact tests, ankle motion, 219-220
 Polycarbonate lenses, 126
 Powder skiing. *See also* Off-piste skiing
 recreational skier injuries, 48
 skiing ability, 91-92
 Precipitation, protective clothing, 378
 Prior skiing injuries
 skier behavior, 86
 statistics, 90-91
 Programmable release binding
 design elements, 202-206
 prototype testing and evaluation, 207-209
 Prospective ski injury study, 18-24
 skier's thumb ergonomics, 317
 Protective clothing, 374-383

Q

Quadriceps force
 anterior cruciate ligament mechanics,
 115-116
 muscle activity—snowplow and parallel
 maneuvers, 247
 Quasi-static measurements, axial joint
 rotation, torsional loading, 277-285
 Questionnaires
 ability, physical condition and injury risk
 studies, 95-96
 anterior cruciate ligament injuries,
 106-107
 case-controlled studies, 15-16
 clothing design, 375-376
 experimental prospective injury study, 19
 racer binding settings and inadvertent
 release, 223
 skier behavior, 86
 Swiss ski injury study design, 53-54

R

Racing skiers
 anterior cruciate ligament injury, 105-110
 binding settings and inadvertent releases,
 222-227
 Radial ligament, thumb injury, 321-322
 Raid Blanc ski competition, 357-363
 Rear-entry boots, foot pressure pattern,
 138-139, 141-142, 144
 Rear-entry boots, removal force
 measurement, 153-159
 Recentering, programmable release binding,
 208
 Recreational skiers

equipment-related factors, 44-47
 injury rates, 41-49
 injury type and location, 42-43
 skier-related injury factors, 43-44
 skiing behavior, 85-92
 "Reduced opposition" thumb-index grip,
 325
 Regression analysis
 ankle dorsiflexion, 149-151
 ski injury trends, 27-28
 Release bindings
 coefficient of friction standard, 350
 safety studies, 344
 Release locus, programmed release bindings,
 202-209
 binding prototype and testing, 207-209
 Release mechanism
 energy absorbed, 205-206
 inadvertent in racer binding settings,
 222-227
 injury types and risk factors, 58, 60
 lateral release, 61
 programmable release bindings, 203, 206
 sensitivity to knee strength, 247-248
 tests with ankle motion, 210-220
 Repeatability tests, joint loading, 284-285
 Retention envelope, boot load measurement,
 195-196
 Retention mechanism, programmable release
 bindings, 202-204
 Retrospective case-controlled studies, 16
 Risk factors
 ability and physical condition, 94-101
 case-controlled studies, 14-15
 intervention, 12-13
 ski injuries, 9-17
 Rotational potentiometer, flex measurements
 on ski boots, 168-169
 Rotation of thumb, thumb injuries, 314-315

S

Safety programs
 Norwegian programs, 342-351
 overview, 5-6
 Swedish programs, 350
 television shows, 339-341
 Salomon binding
 moment measurements
 ankle motion 27.5°, 213-214
 ankle motion 44°, 213, 216
 747 binding, ankle motion release tests,
 211
 "Security clips", thumb injuries, 324

- Self-test of binding release
 - frequency statistics, 91-92
 - injury rates, 37-38
 - safety studies, 347-349
 - skier behavior studies, 88-90
- Serum glutamic oxalacetic transaminase levels, 360
- Serum glutamic pyruvic transaminase, 360
- Setting values for bindings, 20-21
- Sex and injury rates
 - collision injuries, 70, 72-73
 - recreational skiers, 43-44
 - skier behavior, 86
 - snowboarding injuries, 77-78
 - trends, 36
- Shear-strength-to-hardness ratio, 33
- Shoulder injuries, Hemsedal, Norway study, 33-34
- Single-degree-of-freedom
 - joint rotation—duration moment input pulses, 301-302
 - limits of, 306
 - parameter identifications, 304-305
 - torsional loading—lower limb rotation, 293-299
- Six-degree-of-freedom strain gauge dynamometer, 255-257
- Skier behavior
 - injury rates, 4
 - recreational skiers, 85-92
 - safety studies, 347
- Skier's thumb
 - biomechanical analysis, 311-315
 - ergonomic study, 316-325
 - experimental prospective study, 22-23
 - grip designs, 23-24
- Ski gloves, thermal resistance measurements, 367-373
- Ski gymnastics, injury rates, 99-100
- Skiing ability and experience
 - accident mechanisms, 321-322
 - boot stiffness and, 147-151
 - collision injuries, 72
 - frequency of falls, 22-23
 - injury rates, 37
 - injury risk, 94-101
 - recreational skier injuries, 44-46
 - skier behavior, 87
- Skiing instruction
 - attendance figures, 91
 - injury rates, 98-99
 - recreational skier injuries, 44-46, 48
 - safety training, 350-351
 - skier behavior, 87-89
- Ski injuries
 - ability and physical condition, 94-101
 - biomechanical analysis—lower leg prosthesis, 160-166
 - boot removal traction force and variation, 153-159
 - classification in Swiss study design, 55, 57
 - defined, 9-10, 41-42
 - epidemiological methods, 3-4, 9-17
 - experimental study design, 11-13
 - eyewear-related eye injuries, 126-130
 - Hemsedal Norway study, 32-39
 - nonexperimental study design, 13-17
 - Norwegian registration, 346
 - occurrence, 10-11
 - risk factors, 11
 - snow conditions, 329-336
 - television safety programs, 339-341
 - trends, 25-31
 - unilateral fracture, lumbar spine, 119-125
- Ski instructors' clothing prototypes, 374-383
- Skill levels, snowboarding injuries, 78-79
- Ski mountaineering fatalities, 67-68
- Ski poles. *See* Poles
- Skis
 - orientation in skidding turn, 335-336
 - recreational skier injuries, 45-46
 - release modes and axes, 200
 - skier preferences, 90
- Ski-snow interface, 330-336
- Ski stance, parameter identifications—joint rotation, 304-305
- Slalom racing
 - binding settings and inadvertent release, 223-224
 - release mechanisms, 226
- S level binding indicator settings, 224-225
- Slope conditions. *See also* Snow conditions
 - collision injuries, 73
 - recreational skier injuries, 46-47
 - skier preferences, 90-91
- Snowboarding
 - attachment technologies, 76-77
 - injuries, 75-81
 - skill levels, 78-79
- Snow conditions
 - epidemiological studies, 5
 - ski injuries, 329-336
- Snowplow runs
 - boot load measurements, 186-189
 - knee strength and loading variables, 238, 240-243
- Spinal injury in skiing, 119-125
- Spiral fractures, mechanical programmed release bindings, 199-200
- Sprain mechanism, ergonomic study, 316-325
- Stiffness (boot)

ankle dorsiflexion, 147-151
 ankle motion binding release tests, 213-217
 anterior cruciate ligament model, 271-272
 flex measurements, 167-177
 maximum force on ACL, 273-275
 modeling forces on anterior cruciate knee ligament, 267-275
 size variation and flex measurements, 168-177
 weight bearing, 302-303
 Strain/sprain injuries in snowboarding, 79
 Straps on ski poles
 ergonomic studies, 324-325
 thumb injuries, 317-319
 Streptokinase, acute arterial occlusion, 132-134
 Stress. *See* Active stress, Passive stress
 Subtalar joint, 252-265
 Sunglasses, eyewear-related ski injuries, 126

T

Teleradiology measurements, 112-113
 Television safety programs, skiing injuries, 339-341
 Terminal stiffness, defined, 281-282
 Test stations for bindings, 346-347
 Textile materials, thermal comfort, 374-383
 Thermal resistance
 clothing design prototype, 374-383
 defined, 371-372
 measurements, ski gloves, 367-373
 Thigh-hip dynamics, joint rotation, 285, 288-289
 Thinsulate fabric, 378-381
 Three-degree-of-freedom model
 parameter identifications, 299, 302-304
 torsional loading—lower limb rotation, 293-299
 Three-dimensional loading of knee, 252-265
 average and standard deviation, 258, 261
 median primary laxity, 258, 262
 Thumb injuries. *See also* Skier's thumb
 beginning skiers, 322
 biomechanics, 5
 closed fist impact in snow, 320
 competitors, 323
 expert skiers, 322-323
 forced by strap, 318-319
 Hemsedal, Norway study, 33-34
 impact in snow, 319
 joint impact against ski pole, 320
 professional skiers, 323
 skiers' equipment, 324
 Thumb position, ergonomic studies, 325

Tibia, heel fixation, traction angle and Achilles tendon force, 162, 166
 Tibia fractures
 binding function, 22-23
 boot insufficiency, 147
 mechanical programmed release bindings, 199-202
 snowboarding, 80-81
 Toe release torques, inadvertent in racer binding settings, 222-223
 Torque limits
 joint rotations, 285-286
 weight bearing or muscle resistance, 289
 Torsion
 ankle motion, 219-220
 force and moment components, 263-264
 laxity, 252-265
 loading, 291-306
 lower limb, 277-289
 release, mechanical programmed bindings, 199

Traction

lower leg prosthesis, 164
 force and angle variation, ski boot removal, 155-158
 Traumatic accident characteristics, 64-66
 Tree collision injuries, 69-74
 Triceps surae muscle, Achilles tendon stimulation device, 160-166
 Turns (left and right), knee strength and loading variables, 238, 240-243
 Two-parameter power law, knee moment-rotation, 265

U

Ulnar collateral ligament rupture, 311-315
 Ultraviolet protection, eyewear-related ski injuries, 127
 Uncontrolled confounding techniques
 information bias, 100-101
 injury risk studies, 95
 Unilateral fracture, lumbar spine, 119-125
 Upper body injuries
 collision injuries, 73
 ergonomic study, 317-325
 injury rate trends, 30
 snowboarding, 81

W

Warming-up exercises, injury rates, 99-100
 Weight bearing
 parameter identifications—joint rotation, 304-305
 stiffness values, 302-303

Women. *See also* Sex and injury rates
anterior cruciate ligament injuries,
105-110
LEER injuries, 36

recreational skiers, 43-44
skiing instruction attendance figures, 91
ski injury rates for, 4
World Cup racers, prior injury rate, 90-91