



CLINICAL BIOMECHANICS IN SPORTS MEDICINE PRACTICE

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“Biomechanics” is the study of the mechanics of a living body, especially of the forces exerted by muscles and gravity on the skeletal structure.

“Sport” means an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment.

The intersection of these two terms is “exertion of musculoskeletal system” which is also the underlying factor of sports injuries.

“Clinical biomechanics” stands for the evaluation of the evidence associating biomechanical factors with injuries and to discuss how to manage biomechanical abnormalities detected in the assessment.

I would like to emphasize the importance of “biomechanical assessment” in the setting of clinical examination of athletes and finding clues to prevent sports injuries possibly resulting from biomechanical factors.