

# Contents

## Preface

## Chapter 1

<b>Terminology, Modeling and Measurement</b> .....	1
1.1 Terminology .....	1
1.2 Modeling .....	3
1.3 Measurement .....	5

## Chapter 2

<b>Muscle and Forces</b> .....	15
2.1 How Forces Affect the Body .....	15
2.1.1 Some Effects of Gravity on the Body .....	15
2.1.2 Electrical and Magnetic Forces .....	16
2.1.3 Nuclear Forces .....	16
2.2 Frictional Forces .....	17
2.3 Forces, Muscles and Joints .....	19
2.3.1 Muscles and their Classification .....	19
2.3.2 Muscle Forces Involving Levers .....	21
2.3.3 The Spinal Column .....	27
2.3.4 Stability While Standing .....	30
2.3.5 Lifting and Squatting .....	32
2.3.6 Forces on the Hip and Thigh .....	36
2.4 Motion and Collisional Forces .....	38
2.4.1 Examples of Collisional Forces .....	38
2.4.2 Surviving Falls from Great Heights .....	40
2.4.3 Collisions Involving Vehicles .....	41
2.4.4 Effects of Acceleration on Humans .....	43
2.4.5 Oscillatory Motion .....	44

## Chapter 3

<b>Physics of the Skeleton</b> .....	49
3.1 What is the Composition of Bone? .....	52
3.2 How Strong Are Your Bones .....	54
3.3 Lubrication of Bone Joints .....	66
3.4 Measurement of Bone Mineral in the Body .....	68

**Chapter 4**

**Energy, Heat, Work and Power of the Body** ..... 73

- 4.1 Conservation of Energy in the Body ..... 74
- 4.2 Energy Changes in the Body ..... 75
- 4.3 Work and Power ..... 81
- 4.4 Heat Losses from the Body ..... 83
  - 4.4.1 Heat Loss by Radiation ..... 85
  - 4.4.2 Heat Loss by Convection ..... 86

**Chapter 5**

**Pressure in the Body** ..... 91

- 5.1 Measurement of Pressure in the Body ..... 93
- 5.2 Pressure Inside the Skull ..... 95
- 5.3 Eye Pressure ..... 96
- 5.4 Pressure in the Digestive System ..... 96
- 5.5 Pressure in the Skeleton ..... 98
- 5.6 Pressure in the Urinary Bladder ..... 99
- 5.7 Pressure Effects While Diving ..... 101
- 5.8 Hyperbaric Oxygen Therapy (HOT) ..... 104

**Chapter 6**

**Osmosis and the Kidneys**

by **Russell Hobbie** ..... 105

- 6.1 How Substances are Transported in Fluids ..... 105
  - 6.1.1 Solvent Drag ..... 105
  - 6.1.2 Diffusion ..... 105
  - 6.1.3 Bulk Flow vs. Diffusion ..... 107
- 6.2 How Substances are Transported through Membranes ..... 108
  - 6.2.1 Diffusion and Solvent Drag ..... 108
  - 6.2.2 Osmotic Pressure ..... 109
  - 6.2.3 Active Transport ..... 110
- 6.3 Regulation of Interstitial Fluid ..... 110
- 6.4 The Kidney ..... 113
- 6.5 The Artificial Kidney ..... 114

**Chapter 7**

**Physics of the Lungs and Breathing** ..... 119

- 7.1 The Airways ..... 122
- 7.2 How the Blood and Lungs Interact ..... 123
- 7.3 Measurement of Lung Volumes ..... 130
- 7.4 Pressure-Airflow-Volume Relationships of the Lungs ..... 133
- 7.5 Physics of the Alveoli ..... 138

## The Physics of the Body

7.6 The Breathing Mechanism.....	143
7.7 Airway Resistance .....	146
7.8 The Work of Breathing .....	148
7.9 Physics of Some Common Lung Diseases.....	149
<b>Chapter 8</b>	
<b>Physics of the Cardiovascular System.....</b>	<b>153</b>
8.1 Major Components of the Cardiovascular System.....	154
8.2 O <sub>2</sub> and CO <sub>2</sub> Exchange in the Capillary System .....	158
8.3 Work Done By the Heart.....	160
8.4 Blood Pressure and its Measurement .....	162
8.5 Pressure Across the Blood Vessel Wall (Transmural Pressure).....	165
8.6 Bernoulli's Principle Applied to the Cardiovascular System.....	167
8.7 How Fast Does Your Blood Flow? .....	168
8.8 Blood Flow—Laminar and Turbulent.....	172
8.9 Heart Sounds .....	175
8.10 The Physics of Some Cardiovascular Diseases.....	176
8.11 Some Other Functions of Blood.....	181
<b>Chapter 9</b>	
<b>Electric Signals from the Body .....</b>	<b>183</b>
9.1 The Nervous System and the Neuron.....	184
9.2 Electrical Potentials of Nerves .....	186
9.3 Electrical Signals from Muscles—the Electromyogram.....	191
9.4 Electrical Signals from the Heart—the Electrocardiogram....	198
9.5 Electrical Signals from the Brain— the Electroencephalogram .....	206
9.6 Electrical Signals from the Eye—the Electroretinogram and the Electrooculogram.....	210
9.7 Magnetic Signals from the Heart and Brain.....	213
9.8 Current Research Involving Electricity in the Body .....	216
<b>Chapter 10</b>	
<b>Sound, Speech, Hearing and Balance .....</b>	<b>219</b>
10.1 General Properties of Sound .....	220
10.1.1 What is a Decibel?.....	223
10.1.2 Echos .....	224
10.1.3 Transmitted Sound .....	225
10.2 The Body as a Drum (Percussion in Medicine) .....	227
10.3 The Stethoscope .....	228

## The Physics of the Body

10.4 The Production of Speech (Phonation) .....	230
10.4.1 Voice Word Power .....	235
10.4.2 Looking at the Vocal Cords .....	236
10.5 Physics of the Ear and Hearing (Audition).....	236
10.6 The Outer Ear.....	239
10.7 The Middle Ear .....	240
10.7.1 The Eustachian Tube.....	244
10.8 The Inner Ear .....	244
10.9 The Sensitivity of the Ears.....	247
10.10 Testing Your Hearing .....	248
10.10.1 Pure Tone Audiometry .....	249
10.10.2 Measuring Immittance of the Middle Ear .....	249
10.11 Deafness and Hearing Aids.....	253
10.11.1 Conduction and Nerve Associated Hearing Loss.....	254
10.11.2 Hearing Aids .....	255
10.12 The Vestibular Sense System—Our Hidden Sense of Balance.....	256
<b>Chapter 11</b>	
<b>Physics of the Eyes and Vision .....</b>	<b>261</b>
11.1 Focusing Elements of the Eye .....	263
11.2 Some Other Elements of the Eye .....	266
11.3 The Retina—The Light Detector of the Eye .....	268
11.4 How Little Light Can You See?.....	273
11.5 Diffraction Effects on the Eye.....	274
11.6 How Sharp Are Your Eyes?.....	276
11.7 Optical Illusions and Related Phenomena.....	280
11.8 Defective Vision and Its Correction .....	286
11.9 Color Vision and Chromatic Aberration .....	297
11.10 Instruments Used in Ophthalmology.....	299
<b>Appendix A .....</b>	<b>311</b>
<b>Appendix B .....</b>	<b>314</b>
<b>Appendix C .....</b>	<b>316</b>
<b>Index .....</b>	<b>317</b>