Contents

1 Functional Anatomy of Skeletal Muscle
   D. Blottner

   Structure and Function of Skeletal Muscle and the Locomotor System ... 2
   Anatomic Terms in Skeletal Muscle ... 3
     Nomenclature ... 3
     Skeletal Muscle Fiber Types ... 5
   Functional Muscle Compartments as a Structural Principle ... 7
   Muscle Compartments and Their Nerve and Vascular Supply Relative to Injury Risks in Sports ... 7
     Trunk Muscles ... 9
     Muscles of the Anterior and Posterior Arm Compartments ... 11
     Muscles of the Hip, Buttocks, and Leg ... 14
     Intermuscular Septum, Rectus Sheath, and Iliotibial Tract ... 23
   Skeletal Muscles and Their Typical Motion Patterns ... 23
     Pennation Angle or Angulation of Fascicles in Skeletal Muscle ... 24
     Anatomic versus Physiological Profile of Skeletal Muscle ... 25
     Isotonic versus Isometric Contraction ... 25
   Functional Histology of Muscle Tissue ... 26
     Smooth Muscle ... 26
     Striated Muscle ... 28
       Heart Muscle ... 28
       Skeletal Muscle ... 29
     Molecular Architecture of Skeletal Muscle Fibers (Sarcomeres) ... 29
       Actin and Myosin Filaments ... 29
       Striations ... 30
       Sarcoplasmic Reticulum and Tubules ... 30
       Regulatory Proteins, Tropomyosin, and Troponin ... 30
       Accessory Proteins Titin and Nebulin ... 31
       Muscle Fatigue ... 31
   Satellite Cells (Emergency Cells) ... 32
   Microvasculature and Capillaries ... 32
     Ischemia ... 33

   Connective Tissue (Myofascial System) ... 34
   Principles of Skeletal Muscle Architecture ... 35
   Skeletal Muscle ... 35
     Muscle Fascia and Intermuscular Septum ... 36
     Secondary and Primary Bundles (Fascicles) ... 36
     Muscle Fibers ... 36
   Muscle Tendons ... 37
     Tendon Architecture ... 37
     Tendon Function ... 37
   Muscle-Tendon Contacts (Myotendinous Junction) ... 38
   Tendon–Bone Junction ... 38
   Support Structures in Skeletal Muscle ... 38
     Tendon Sheaths, Bursa, and Retinaculum ... 38
     Sesamoids ... 40
   Active versus Passive Muscle Insufficiency ... 42
   Innervation of Skeletal Muscle ... 42
   Motor Units and Neuromuscular Synapses ... 43
   Motor End Plate—Neuromuscular Junction ... 43
   Neuromuscular Spindle ... 44
     Architecture ... 44
     Neuromuscular Spindle Density ... 45
   Golgi Tendon Organ (GTO) ... 45
     Architecture ... 45
     Function of GTOs ... 46
   Functional Anatomic Principles of Muscle Reflexes ... 46
     Reflex Arcs ... 46
     Rhythmic Movements in Sports ... 47
   The Innervated Locomotor Apparatus ... 48
   Brain and Spinal Cord ... 48
   Plexuses and Peripheral Nerves ... 50
     Plexus ... 50
     Spinal Syndromes ... 53
   Reference Muscles and Myotomes ... 54
Basic Physiology and Aspects of Exercise

B. Brenner, N. Maassen

2 Basic Physiology and Aspects of Exercise

Basic Physiology ... 60
Sarcomere, Muscle Force, and Muscle Shortening ... 60

Basic Principles of Muscular Contraction and its Regulation ... 61
Motor Unit ... 61
Neuromuscular End plate (Motor End plate) ... 61
Signal Transduction from the Motor Neuron to Skeletal Muscle Fibers ... 62
Initiating a Contraction (Electromechanical Coupling) ... 62
Production of Motile Forces by the Myosin Heads ... 62
Relaxation of Muscle ... 65
Time Course of Muscular Contraction (Mechanogram) ... 65

Gradation of Muscle Force during Voluntary Movements ... 66

Types of Muscular Contraction ... 67
Passive Length–Tension Curve ... 67
Isotonic Contraction ... 69
Isometric Contraction ... 69
Auxotonic Contraction ... 69
Afterloaded Contraction and Contraction against a Stop ... 69
Muscular Work ... 70
Relationship between Lifted Load and Shortening Velocity of Muscle ... 70
Concentric and Eccentric Contractions ... 70
Adjusting Shortening Velocity to Changing Demands ... 70

Neuromuscular Control Mechanisms ... 71
Hierarchical Organization of Voluntary Movements ... 71

Regulation of Muscle Length (Stretch Reflex) ... 72
Force and Tension Control in Muscles (Autogenous Inhibition) ... 75
Rhythmic Movement Patterns ... 75
Facilitation and Inhibition of Neuronal Circuits at the Spinal Cord Level ... 75

Aspects of Exercise Physiology ... 77

Types of Muscle Fiber ... 77
Overview of Muscular Metabolism ... 78
Anaerobic Alactacid Energy Production ... 78
Activation of Phosphofructokinase ... 78
Activation of Glycogen Breakdown ... 78
Production of Lactate ... 79
Aerobic Metabolism ... 79
Fat or Carbohydrates? ... 80

Warm-Up ... 81
Thermal Effects ... 81
Blood Flow ... 81
Excitability ... 81
Cooling Instead of Warm-Up ... 82

Fatigue ... 82
Acidosis ... 83
ATP Resynthesis ... 83
Phosphate Effects ... 84
Excitability ... 84
Glycogen Deficiency ... 84
Free Radicals ... 84
Temperature ... 86
Central Fatigue ... 86

Recovery ... 86

Training Adaptations ... 86
Signal Chains ... 87

Molecular and Cell Biology of Muscle Regeneration

M. Flueck

3 Molecular and Cell Biology of Muscle Regeneration

Muscle Injury and Regeneration ... 90
Importance of Various Nutrient Additives for Muscle Activity ... 92

Amino Acids ... 92
Essential Amino Acids ... 92
Amino Acid Demand in Athletes ... 93

Metabolic Disturbance ... 95
pH Values ... 95
Creatine Kinase, Myoglobin, Uric Acid ... 95
Prevention and Therapy ... 95

Antioxidants ... 96
Function ... 96
Intake ... 96
Importance of Antioxidants in Athletic Activity ... 96

Minerals ... 98
Function in Muscle ... 98
Disturbances of Muscle Homeostasis ... 98
## 4 Muscle Healing: Physiology and Adverse Factors

*W. Bloch*

### Functional and Structural Alterations in Muscle Tissue ...
- ... 106

### Functional Muscle Disorders ...
- ... 107

### Minor Partial Muscle Tears ...
- ... 107

### Moderate Partial Muscle Tear/
- (Sub)Total Muscle Tear ...
- ... 108

### Mechanisms of Muscle Damage ...
- ... 108

#### Initial Damage Phase ...
- ... 109
  - Cellular Damage Mechanisms ...
  - Extracellular Damage Mechanisms ...
  - Dependence of Damage on Contraction and Fiber Types ...
  - Impaired Neuromuscular Regulation ...

#### Secondary Phase of Injury ...
- ... 110

### Regenerative Mechanisms and Their Sequence ...
- ... 111

### Destruction Phase ...
- ... 111
  - Migration of Macrophages ...
  - Migration of Neutrophils ...

### Repair Phase ...
- ... 112
  - Muscle Fiber Regeneration ...
  - Formation of Extracellular Matrix ...
  - Neovascularization ...
  - Reinnervation ...

## 5 Epidemiology of Muscle Injuries in Soccer

*J. Ekstrand*

### Consensus of Study Design ...
- ... 128

### Material ...
- ... 129

### Method ...
- ... 129
  - Definition: Injury ...
  - Definition: Injury Severity ...
  - Definition: Recurrent Injury ...

### Results ...
- ... 129

### Localization of Muscle Injuries in Soccer Players ...
- ... 129

### Injury Incidence ...
- ... 130

### Injury Risk ...
- ... 131
  - Muscle Injuries and Age ...
  - Variation in Injury Risk during Matches ...
  - Injuries Due to Contact Situations and Foul Play ...

### Injury Severity ...
- ... 132

### Recurrent Injuries ...
- ... 132

### Examination Procedures: MRI and Ultrasound ...
- ... 132
  - Hamstring Injuries ...
  - Quadriceps Injuries ...

### Evaluation of Data ...
- ... 134
6 Terminology, Classification, Patient History, and Clinical Examination
H.-W. Müller-Wohlfahrt, P. Ueblacker, A. Binder, L. Hänsel

Why a New Classification? ... 136
Short Review of the Current Literature ... 137
Terminology of Muscle Injuries ... 137
Classification of Muscle Injuries ... 137
  Fundamentals ... 137
  Current Classification Systems ... 138
Consensus Conference on Muscle Terminology and Development of a New Comprehensive Classification System ... 139
  Terminology ... 139
  New Classification System ... 141
Type 1 and 2: Functional Muscle Disorders ... 145
  Type 1: Overexertion-Related Muscle Disorder ... 146
  Type 2: Neuromuscular Muscle Disorder ... 147
Types 3 and 4: Structural Muscle Injuries ... 149
  Type 3: Partial Muscle Tears ... 149
  Type 4: Subtotal/Complete Muscle Tear or Tendinous Avulsion ... 152
Contusion Injuries ... 153
Patient History ... 155
Examination of Muscle Injuries ... 156
Examination Techniques ... 156
  Palpation ... 157
  Ultrasound Diagnosis ... 159
  Magnetic Resonance Imaging (MRI) ... 159
  Laboratory Diagnosis ... 159
Typical Findings on Examination ... 160

7 Ultrasonography
L. Hänsel, P. Ueblacker, A. Betthäuser

Introduction ... 170
Relevant Physical Phenomena and Artifacts ... 170
Absorption and Attenuation ... 171
Reflection and Reflection Artifact ... 171
Scatter ... 171
Acoustic Shadow ... 171
Acoustic Enhancement ... 171
Reverberations ... 172
Mirror-Image Artifact ... 172
Ultrasonographic Examination of Skeletal Muscle ... 172

Ultrasonography of Normal Muscle
  Tissue/Sonoanatomy ... 174
    Factors that Affect Imaging ... 175
    Examination Technique ... 176
    Ultrasonographic Examination of the Lower Limbs ... 177
Ultrasonography of Pathological Conditions ... 185
    Fatigue-Induced Painful Muscle Disorder
    (Type 1a Lesion) ... 185
    Delayed-Onset Muscle Soreness
    (Type 1b Lesion) ... 185
    Spine-Related Neuromuscular
    Muscle Disorder (Type 2a Lesion) ... 186
Hereditary Metabolic Myopathies … 234
Glycogen Storage Diseases … 234
Fatty Acid Oxidation Disorders (β-Oxidation) … 234
Purine Metabolism Disorders, Myoadenylate Deaminase Deficiency … 234
Mitochondrial Myopathies … 234
Nondystrophic and Dystrophic Myotonias … 235
Acquired Muscle Diseases with Myalgia … 235
Inflammatory Muscle Diseases with Myalgia … 235
  Infectious Myositis … 235
  Immunoergic Inflammatory Myopathies: Dermatomyositis … 235
Endocrine Myopathies … 237
Toxic Myopathies with Myalgia … 237
  Alcoholic Myopathy … 237
  Steroid Myopathy … 238
  Antilipemic-Associated Myopathy … 238
Rheumatologic Diseases … 238
  Polymyalgia Rheumatica … 238
Myofascial Pain Syndrome … 239
Relationship of Myalgia to the Classification of Muscle Injuries … 242
Fatigue-Induced Muscle Disorder (Type 1a) Differentiated from Myalgia … 242
Spine-Related Neuromuscular Muscle Disorder (Type 2a) Differentiated from a Myofascial Trigger Point … 242
Muscle-Related Neuromuscular Muscle Disorder (Type 2b) Differentiated from a Myofascial Trigger Point … 242
Partial Muscle Tears (Type 3) Differentiated from a Myofascial Trigger Point … 242

10 Behavioral Neurology and Neuropsychology in Sports

J. M. Hufnagl

The Brain’s Influence on Muscles … 246
Interaction of Brain and Muscles … 246
Behavioral Neurology and Neuropsychology … 246
Time, Location, and Perspective as Pivotal Elements of the World … 246
Brain Functions … 247
  Attention … 248
  Alertness … 249
  Memory … 249
    Declarative Memory … 249
    Nondeclarative Memory … 250
  Perception … 250
  Thinking … 250
Language and Communication … 251
  Autonomic Functions … 251
Affects and Emotions … 251
  The Limbic System … 252
  Anxiety … 252
Anticipation … 252
Goal Selection … 252
Planning … 252
Monitoring … 253
Drive and the Hierarchical Relativity of Brain Functions … 253
  Consciousness … 253
  Motor Learning … 254
  Motivation and Ambition … 254
    Motives … 254
    Intrinsic and Extrinsic Motivation … 255
  Delivering and Optimizing Performance … 256
    Increasing Demands Due to Growing Complexity … 256
    Team Sports … 257
      The Team as a Unit … 258
      Social Skills … 258
      Effects of Muscle Injuries on the Team … 258
  Injuries and How the Brain Deals with Them … 258
  Relaxation Techniques … 259
    Certain and Possible Effects … 259
    Requirements and Mechanisms Similar in All Techniques … 259
    Some Techniques in Detail … 260
      Schultz Autogenic Training … 260
      Jacobson Progressive Muscle Relaxation … 260
      Yoga … 260
      Tai Ji and Qi Gong … 260
      Meditation … 261
      Feldenkrais Technique … 261
      Hypnosis … 261
    Applicability of Techniques in Different Situations … 261
Impact of Mental Training on Athletic Performance … 262
Mental “Doping”? … 262

Examples from Soccer … 263
The Penalty in Soccer—On the Field and in the Mind … 263
Cognition and Emotion as Reciprocal Processes … 264

11 Conservative Treatment of Muscle Injuries
H.-W. Müller-Wohlfahrt, L. Hänsel, P. Ueblacker, A. Binder

Therapeutic Challenge of Muscle Injuries … 268
Primary Care … 268
Infiltration Therapy … 269
Therapeutic Agents (in Alphabetic Order) … 269
Actovegin (Intramuscular) … 269
Arnica, Trace Elements and Minerals (e.g., Enelbin Paste; Topical) … 269
Discus Compositum ( Epidural) … 270
Escin (e.g., Reparil) and Bromelains (e.g., Wobenzym, Phloenzym, Traumanase; Oral) … 270
Lactopurum (Intramuscular, Periligamentous) … 270
Magnesium and Zinc (Oral, Intravenous) … 270
Mepivacaine or Procaine (Intramuscular, Epidural, Perineural) … 270
Platelet-Rich Plasma (PRP) … 270
Steroids … 271
Traumeel S and Zeel (Intramuscular, Epidural) … 271
Vitamins A, C, and E (Oral, Intravenous) … 271
Techniques … 271
Muscle Infiltration Therapy … 271
Spinal Infiltration Therapy … 272
How Infiltration Therapy Works … 273
Technique of Lumbar Infiltration Therapy … 274
Monitoring Blood Parameters in Athletes … 275
Physical Therapy and Physical Medicine … 278
Treatment Plans for Different Types of Muscle Injury … 279
Fatigue-Induced Painful Muscle Disorder (Type 1a) … 279
Delayed-Onset Muscle Soreness (DOMS; Type 1b) … 279
Neuromuscular Muscle Disorder—Spine-Related (Type 2a) … 279
Neuromuscular Muscle Disorder—Muscle-Related (Type 2b) … 280
Minor Partial Muscle Tear (Type 3a) … 281
Moderate Partial Muscle Tear (Type 3b) … 282
Subtotal or Complete Muscle Tear/Tendinous Avulsion (Type 4) … 283
Treatment of Other Muscular Injuries … 284
Muscle Contusions … 284
Functional Compartment Syndrome … 285
Treatment of Possible Complications … 285
Myositis Ossificans … 285
Recurrence … 286
Intralesional Cyst Formation/Seroma … 286
Focal Toxicosis and Interference Fields … 286
Interference Fields … 286
Definition … 286
Otitis Media … 287
Sinusitis … 287
Tonsillitis … 287
Temporomandibular Joint (Gnathologic Interference Field), Craniomandibular Dysfunction … 287
Teeth … 287
Appendicitis … 288
Intestinal Dysbiosis or Mycosis … 288
Cholecystitis … 288
Chronically Inflamed Hemorrhoids … 288
Genital Interference Fields … 288
Scars … 288
Material Intolerance … 288
Gleditsch Functional Circuits … 288
Mandel Energy Emission Analysis (EEA) … 289
Lung/Lymph Coronas … 292
Colon/Nerve Degeneration Corona … 292
Triple Burner (TB)/Psyche Corona … 292
Gallbladder/Fatty Degeneration Corona … 292
Isolated Emissions below the Second and Third Toes … 292
12 Role of the Spine in Muscle Injuries and Muscle Disorders
B. Schoser, P. Ueblacker, L. Hänsel, H.-W. Müller-Wohlfahrt

Relationship between the Spine and Skeletal Muscles ... 298
Functional Spinal Causes of Muscular Dysfunction ... 299
Hyperlordosis ... 299
Locked Sacroiliac Joint ... 299
Functional Leg Length Difference ... 300
Joint Dysfunctions ... 300
Sacrum Acutum or Highly Curved Sacrum ... 300
Structural Spinal Causes of Muscular Dysfunction ... 301
Pelvic Obliquity, Leg Length Difference ... 301

Spinal Stenosis ... 302
Lateral Recess Stenosis, Foraminal Stenosis ... 302
Disk Bulging and Herniation ... 302
Spondylosis, Spondylolisthesis ... 303
Lumbosacral Ligament ... 305
Pseudoradicular Versus Radicular Symptoms ... 305
Symptom Complex of a Pseudoradicular Syndrome ... 305
Symptom Complex of a Radicular Syndrome ... 305
Differentiating between Pseudoradicular and Radicular Syndromes ... 306

13 Operative Treatment of Muscle Injuries
W. E. Garrett, Jr.

Introduction ... 308
Indirect Muscle Injuries—Muscle Tears ... 308
Overview ... 308
Injury Mechanisms ... 308
Injury Resulting from Passive Stretch ... 308
Injury Resulting from Active Stretch ... 309
Muscle Tears—Hamstrings ... 309
Distal Injuries ... 309
Proximal Injuries ... 309
Surgical Treatment of Hamstring Avulsions ... 311

Quadriceps Injuries ... 312
Contusions of the Quadriceps ... 312
Surgical Treatment of Quadriceps Contusions ... 312
Tears of the Quadriceps ... 313
Surgical Treatment of Quadriceps Tears ... 314
Results ... 315
Muscle Lacerations ... 316
Conclusions ... 316

14 Physical Therapy and Rehabilitation
K. Eder, H. Hoffmann

Requirements of the Care Team ... 320
Positive and Negative Influences on the Myofascial System ... 321
Sport-Specific Changes and Adaptations of the Musculoskeletal System in Soccer Players ... 321
Changes Caused by Contact of the Kicking Leg with the Ball ... 322
Support Leg Changes Caused by Kicking Technique ... 325

Adaptations of the Pelvic-Leg Axis ... 326
Physical Therapy Implications for the Myofascial System ... 327
Treatment-Oriented Assessment Strategy ... 327
Clinical Therapeutic Assessment ... 328
Clinical Motion Analysis ... 329
Kinesiologic Electromyography (EMG) ... 329
Methods Used in Medical Training Therapy: Rehabilitative Performance Testing ... 330
Isokinetic Testing and Training Systems ... 331
Strategies for the Treatment of Muscle Injuries ... 334
Immediate Measures ... 334
Equipment ... 334
Initial Inspection ... 335
Further Treatment on the Sidelines or in the Locker Room ... 335
Establishing the Diagnosis ... 336
Relieving Muscle Taping ... 336
General Aspects of Therapeutic Techniques in the Treatment of Muscle Injuries ... 337
Adaptations and Changes after Muscle Injuries ... 337
Exaggerated Host Response ... 339
Phases of Healing ... 339
Complex Treatment Strategies for Muscle Injuries ... 339
Therapeutic Techniques ... 340
Physical Modalities ... 340
Electrotherapy ... 340
Cryotherapy ... 341

15 Prevention of Muscle Injuries
A. Schlumberger

Mechanisms of Muscle Injury ... 366
Preventive Training Strategies ... 367
Training Measures for Preventive Optimization of Neuromuscular Function ... 367
Flexibility and Stretching ... 367
Concentric Muscle Function and Concentric Training ... 368
Eccentric Muscle Function and Eccentric Training ... 369

16 Special Case Reports from High-Performance Athletics
P. Ueblacker, L. Hänsel, H.-W. Müller-Wohlfahrt

Introduction ... 382
Cases 1–8 ... 382

Subject Index ... 405