

Muscle Forces: Biomechanics, Function and Clinical Implications

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Abstract

Muscle forces are integral to human biomechanics, governing movement, stability, and functional performance across various activities and disciplines. This research article provides a comprehensive review of muscle forces, focusing on their biomechanical principles, physiological functions, and clinical implications. Understanding how muscles generate and transmit forces is essential for elucidating movement mechanisms, optimizing rehabilitation strategies, and enhancing sports performance. This review synthesizes current knowledge on muscle force generation, measurement techniques, and their applications in musculoskeletal health and rehabilitation. By exploring the biomechanical foundations and clinical relevance of muscle forces, this article aims to inform researchers, clinicians, and healthcare professionals about their crucial role in enhancing human performance and mitigating musculoskeletal disorders.

Introduction

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