Chapter 13 : Anatomy for Skateboarding II

An in-depth analysis with more data and a summary of anatomy information learned while skateboarding from June-December, 2024.

<-very rough draft, still have to complete the background, results, conclusions.

Introduction

The second section on learning kinesiological functions relevant to skateboarding begins by reviewing the background on general anatomical terms and directions used to describe the body. These descriptions are primarily derived from the National Institute for Health's National Library of Medicine's Stats Pearls online resource and continues with articles discussing knee valgus, personal ankle snap, and inflammation before finishing with a review of statistical methods that were covered more in depth in previous chapters. The methods reviews the study period along with bodily observations reexamining a semi-chronic lower back overuse induced injury sustained during high school and college athletics. Text notes are translated into several sections based on month and activity to chronicle progress and injuries sustained while skateboarding, longboarding, or running and along with efforts to minimize inflammation through juggling, walking, and calisthenics. Basic nutritional information is included to summarize efforts to prevent significant muscle dystrophy through weight loss while maintaining constructive practice sessions.

Time series graphs were constructed in the results and include information for the length of skateboarding sessions, longboarding distances, downhill longboarding, juggling, and running time and distances. The pain chart also is summarized in time series graphs with the observed

values, manually predicted, and a rolling statistics prediction model based on classification of muscular exercises. Nutritional graphs are included for total calories and scaled summaries for macronutrients, salt, and alcohol. Humidity and temperature was recorded in categorical data along with actual humidity and temperature ground observations. Exercise intensity was also manually estimated and included. Comparisons are made using AutoRegressive Integrated Moving Correlation (ARIMC) or Pearson's correlation between exercise duration with calorie intake, observed temperature or humidity, and alcohol while Spearman's Rank are used to compare the duration and pain, calories burned, or nutrients. Similar non-parametric statistics are used to compare manually recorded summary weather with observed weather downloaded from Oregon State's PRISM database. Pain and weather correlation were not completed to avoid incorrect comparisons to popular science climate change graphs comparing temperature with greenhouse gas emissions. The conclusions review how to improve training for more enjoyable practice and recovery.

Background

Although the study's participant has played sports for decades, a lack of general academic information is apparent while reading physiological articles and navigating the basic directions (88). To avoid referring to parts of the body by their laymen terms such as 'outer quad' or 'butt', several anatomical articles describing the nomenclature with accurate pictorial illustrations are reviewed in the following two sections split into the upper body and lower body to find the cause of left internal hip snap. Muscle imbalance and causes of knee valgus are then examined to more effectively evaluate the risks of fundamental skateboarding movements and discover the root

cause of right knee snapping. Anatomy and injuries along the anterior and posterior ankle are also included because of ankle snapping. Another section reviews information on the chemical reactions causing inflammation and methods of safely reducing chronic accumulation of fibroblasts before finally reviewing studies on injuries related to the landing phase. Methods used to evaluate the pain charts and logs are reviewed later in the section and cover mean, correlation, and time series representations as described more in depth in the previous statistics chapters.

Upper Body and Abdomen

Beginning superiorly and moving distally, the calvaria and skull base are composed from four sections of bones whose nominal descriptions are included because muscular attachment roughly corresponds to the names of their bone origins and attachment. The frontal is the anterior coronal junction between the two parietal bones, which connect inferiorly with the temporal bone, occipital bone, and with the back lambdoid. The temporal section includes the sagittal which defines the anterior and posterior axis between the aforementioned parietal bones before arriving at the occipital or posterior skull. The intracranial fosse includes the anterior, mid, and posterior cranial that forms the internal cavity holding the brain. There are 14 mirrored bone pairs in the face. Fontanelles are soft spots in the skull that close at various ages in human development from age 0-60. A common skull complaint includes temporomandibular (TMJ) and should be properly evaluated by a medical professional (85) but was personally observed during periods of dry air and static electricity inducing jaw clenching during sleep.

Moving inferiorly supporting the skull, the neck is anatomically divided into the anterior triangle with four primary areas and the posterior section with two areas. The phrenic nerve

traverses the spine at Cervical (C) C3, C4, and C5 to control the diaphragm, respiration, and neck infrahyoid muscles. A compressed ansa cervicalis nerve by these hyoid muscles can change the pitch or accent of vocal intonations (84) presumably by increasing oxygen intake. The shoulder or glenohumeral joint attaches to the axial skeleton through the sternoclavicular joint. There are three rotator cuff muscles and include the rhomboid minor and major, trapezius, and deltoid that support arm movement and function. Biceps brachii is technically not a shoulder muscle but originates from the glenoid labrum. As previously described, a left acromioclavicular (AC) joint sprain increases the risk for subacromial bursitis and overhead movements should be carefully orchestrated (83). The Latissimus dorsi attaches in front of the trapezius' lower six vertebrae, Thoracic (T) T6- Sacrum (S) 5, the posterior iliac crest, the lower three or four ribs, and the external oblique. The main function is pulling motions and assists in respiration. The upper muscle fibers are horizontally aligned while the lower fibers are vertical and are relevant to the different types of free weight lifts used to target each section of the muscle (82). Despite having access to dumbbells for bent or upright rows to exercise the vertical portion of the muscle, exercising the overhead pulling muscles proved challenging without a dedicated bar for chin ups.

Each of the 12 ribs are connected to the posterior thoracic spines via tendons and the muscles of the back are divided into three categories. The first category is called the superficial and include the previously mentioned trapezius which attaches to C7-T12 and the clavicle, along with the latissimus dorsi that attaches to T7 - Lumbar (L) 5, sacrum, and iliac crest. Additional muscles include the levator scapula that support the posterior neck and the minor and major rhomboids that attach at C7-T1 and T2-T5 respectively. The second category is called the intermediate group and is responsible for respiration with attachments to the ribs. The first muscle is the serratus posterior inferior at C7-T3 and 2-5 ribs and the serratus posterior superior

attaching to the T11-L3 and 9-12 ribs. The third group refers to the deep muscles and includes more neck supporting muscles such as the splenius. Additional spine supporting muscles are the intrinsic erector spinae muscles. The lateral muscle includes the iliocostalis, the largest is the longissimus, while the spinalis runs medially. The transversospinalis bends at the back posteriorly when bilaterally contracted and refers to the semispinalis in the cervical and thoracic sections, multifidi that spans the entire spine, and rotatores that are the deepest back muscles (81).

Anterior to the back, the abdominal wall is composed of several muscles and inflexible fascia to support the upright torso characteristic of humanoid posture. The first is known as the campers and scarpa's fascia. The next section is the anterolateral muscles and refers to the internal and external oblique, transverse and rectus abdominis, and pyramidalis which are innervated between T7-T12. The posterior muscles of the abdominal wall include the psoas major that attaches at T12, from L1-L4, the iliacus, and finally to the lesser trochanter of the femur. The quadratus attaches the iliolumbar ligament and iliac crest to the twelfth rib and L1-L4 via superomedial positioning and is inelastic since its primary function is to connect the legs to the torso and assist in posture. Exercise induced lower back pain is often mistaken for this abdominal wall muscle and long term damage could cause respiratory illness or require hip replacement leading to death or significant disability. The third and fourth section includes the transversalis fascia and parietal peritoneum (70, 109, 110). Learning more about the specificity of neck, shoulder, and back muscular location was hoped to decrease the severity of headaches through modifying sleeping and exercise habits. Specifically forcing side or back sleeping, increasing indoor humidity, and icing the right trapezius were strategies derived from these readings used to reduce muscular inflammation caused headaches. The landing phase of

skateboarding tricks requires synchronization between leg squats and upper body flexed in a lower, centered position to retain balance while absorbing the Newtonian forces and avoid rapid accumulation of muscular overuse.

Hip and Upper Leg

71 Bony Pelvis and Lower Limb, Hip Joint

72 Posterior Hip Muscle Image

73 Anterior Hip Muscle Image

76 Bony Pelvis and Lower Limb, Iliopsoas Muscles

75 Bony Pelvis and Lower Limb, Gluteus Maximus Muscle

74 Bony Pelvis and Lower Limb, Thigh Muscles

78 Bony Pelvis and Lower Limb, Lateral Compartment

80 Bony Pelvis and Lower Limb, Vastus Lateralis Muscle

77 Bony Pelvis and Lower Limb, Femur (bone)

105 Understanding and treating the snapping hip

103 Avulsion Fractures

104 Anterior Iliac Spine Avulsion Injury

Knee Valgus and Muscle Imbalance

Skateboarding movements are muscularly asymmetrical when performing only regular or switch stanced tricks. In kinesiology studies, the support leg refers to the primary limb used

while the swing limb is either guiding or striking. Eccentric muscle contraction indicates lengthening of the muscle until the desired force exceeds the amount produced by the muscle in contrast to concentric where the muscle lengthens to meet the required work before shortening (**111)**. A more accurate description of the biomechanics used during ollie includes the rear support leg moving in knee flexion to a ¾ depth squat using an eccentric rectus femoris and vastus lateralis of the quadriceps and a concentric hamstring bicep femoris before transferring weight into knee extension with concentric quadriceps and eccentric hamstrings to jump upwards and laterally with the forward direction of the board. The front positioned swing leg is used to control the board and is not used as much to support the jump motion. Conversely when considering pushing the board to increase speed, the front support leg is engaged in an isometric exercise while concentrically activating the swing leg muscles to propel the board forward and might result in different sized muscles (34).

One study from Brazilian and Australian researchers examined strength asymmetry and hamstring to quadriceps ratios during concentric and eccentric muscle contractions. A small sample of professional skateboarders was included and found non-significant differences between limb muscle strength for isometric versus dynamic knee extension and for traditional hamstring to quadricep measurements. They cite several sources that report knee side to side strength asymmetry during movements greater than 10% increase the likelihood of injury. This lateral knee asymmetry was below the 10% value, however hamstring to quadricep concentric and eccentric ratios were abnormal indicating possible muscle imbalances (34). The muscular fibers in the legs used to perform different motions vary from horizontal to vertical similar to the description in the latissimus dorsi. Different depth squats might lead to a differently sized bicep femoris distally compared with proximally, increasing the potential for injury. This is probably

one of the reasons why lower quadricep pain is experienced since ¾ squat skateboard jumps do not engage the proximal hamstrings and gluteus muscles as full depth squats.

To circumnavigate the observed muscle imbalances, performing different depth squats similar to those measured in (34) might be necessary. If athletic and muscular improvement are the goal with no interest in skateboarding, an alternative method would be to use a weight room where plyometric ladder footwork would be similar to skateboarding dog walks, box jumps analogous to waist high ollies, and full depth bodyweight jump squats are comparable to full squat hippie jumps. Another study from U.S. institutions of higher learning measured dominant versus non dominant leg strength in both powerlifters and field jumpers. They found that powerlifters had less asymmetrical leg imbalances than the jumpers (33). More research compared powerlifters with non powerlifters muscle imbalances and posture found that horizontal shoulder adduction and knee extension was slightly stronger amongst the lifters. Pectoralis minor length was also significantly shorter but they found no abnormalities in posture measurements (35). Both studies had small sample sizes under the 30 required for more robust statistical answers. People that have gained financial stability to concentrate on skateboarding have achieved muscular balance but it might be harder for amateurs because the level of involvement increases dramatically between casually pushing for transportation and performing ollie related tricks. To avoid catastrophic injury from muscular imbalances, it is essential to work on both switch and regular stanced tricks and perform leg exercises that use a full range of motion. One way to accurately track exercises are mobile applications such as spreadsheets or fitness watches.

From the stationary videos in the previous chapter on skateboarding anatomy, knee valgus is easily avoided during stationary ollies. However, it was concerned that slight knee

valgus would emerge while performing moving ollie related tricks to retain balance. In lieu of studies with adequate samples examining skateboarding knee valgus, research using 2D video to analyse basketball player's knee and ankle angle in two leg vertical jump and one leg forward step up tasks found no difference with two legs but significant difference using the dominant versus non-dominant limb (55). They cite several papers claiming that knee valgus is associated with lower leg injuries **(3-6,8 in their paper)** and non-contact ACL injuries with rapid direction changes or rotation from abnormal knee or hip angles **(9-11 in text**) arising from upper leg muscle imbalances (**19 in text**). An example is rapid external tibial rotation straining the MCL, reducing Golgi tendon organ feedback and leading to ACL injury when returning to neutral. **3, 8, and 24 in text** assert that leg muscle imbalance of more than 15% significantly increases injury rates and **25** indicates that a stronger gluteus medius supports more control in the landing phase of the jump since increased medius timing reduces knee valgus and would probably reduce non-contact ACL injury risk.

Lower back pain had been a problem during high school athletics and continuing into college before a medical induced three year break with minimal activity made the issue unnoticeable. Back pain resumed with exercise and was reduced by strengthening the gluteus medius as previously suggested in high school by medical doctor recommended physical therapists. Several years passed before skeletal-muscular development returned to facilitate learning skateboarding tricks. While resting lower quadricep soreness between skateboarding, significant time was spent researching information for this textbook and one idea emerged in examining the long term effect of sitting posture on the previously mentioned lower back and IT band pain. One study examined people sitting in various positions with and without lower back pain by using a 3D motion capture system and gluteal pressure force plates to measure trunk

flexion and pelvic obliquity angle. They found that patients with back pain had lower trunk flexion angles and greater gluteal asymmetry while cross sitting. Numerous studies in their literature review support that spinal and pelvic rotation through hip flexion and adduction from body weight distribution asymmetry and reduced oblique activity are symptoms **(8 - in text)** but not the actual cause of the issue (51).

Since lower back pain on the right side was reduced from strengthening the gluteus medius and the lower quadricep pain was on the same side, it stood to reason that knee soreness could be exacerbated by long periods of resting with asymmetrical posture induced by cross legged sitting after skateboarding. Since prolonged knee flexion sitting has the potential to increase patellofemoral pain syndrome or damage the underlying kneecap cartilage, researchers used band weight and EMG electrical activity to measure differences in the vastus medialis and lateralis muscles during step up activity after floor sitting in the cross leg, side, and in a chair. After cross leg sitting, they found that vastus medialis activity increased during the descending phase and both muscles were used more during the ascending portion (54). Muscle imbalance as observed in this study and supported by their literature review has the potential to decrease knee stability.

Foot and Ankle

The squat and ensuing jump portion of the skateboarding ollie requires weight to be positioned distally toward the toes of both feet, similar to wearing women's heels. The ankle is in an everted position while placed on the tail of the board, rotates to a normal position while striking the ground, then to an non-weight bearing inverted position briefly before returning to

neutral during the airborne phase. This places enormous strain on the lower leg and foot, particularly the fibularis or narrow lateral lower leg compartment and excess fluid can accumulate causing reduced blood flow. Characteristic signs include pain, tingling, loss of feeling, low pulse, or paralysis and are usually caused by overuse. They are associated with 13-34% of leg injuries. Skin discoloration is also possible but this superficial symptom is not to be confused with dead skin from dry air. The lateral compartment also assists in plantar flexion of the muscles located at the bottom of the foot (53, 78). The foot is described as containing 29 muscles, with 10 extrinsic originating outside the foot and crossing the ankle for attachment support in various foot bones. The most prominent muscle in foot movement is the tibialis anterior, which originates superior-laterally of the tibialis and attaches to the medial foot. There are nine compartments for muscles in the foot with varying descriptions of division depending on the study. Tom, Dick, and Harry attach to the bottom of the foot and are non-technical terms used to refer to the three tendons that originate posterior of the tibia and beneath the soleus' achilles tendon's attachment to the calcaneus or heel, which is inflamed in correspondence to overuse of the gastrocnemius or calf muscles (79).

There are three categories for lateral leg compartment syndromes stemming from ankle instability, increasing in severity from peroneal tendonitis, subluxation, and tendon tears vertically over the fibula (106). South Korean neurosurgical researchers examined the similarities of common peroneal nerve palsy foot drop induced from squatting or cross legged sitting that is prevalent in south-east asian cultures compared with lower back or lumbar induced foot drop. More accurate identification is important to avoid unnecessary spinal surgery. By examining a small cohort in retrospect that were diagnosed with peroneal nerve palsy, the patients were categorized based on the squatting, cross leg, or sitting position that induced the

diagnosis. Sitting cross leg inverts the ankle and strains the tibialis posterior indicating a lateral leg compartment neuropathy, rather than weak hip abductor strength characteristic of back pain originating foot drop (52).

Inflammation - Fibroblasts

61 Fibroblasts in fibrosis: novel roles and mediators

62 Inflammatory responses and inflammation-associated diseases in organs

63 Fibroblast activation and inflammation in frozen shoulder

64 Fibroblasts

Inflammation - Fibroblastic Reduction

56 The immunomodulation and anti-inflammatory effects of garlic organosulfur compounds in cancer chemoprevention

57 Antioxidant and anti-inflammatory effect of cinnamon (Cinnamomum verum J. Presl) bark extract after in vitro digestion simulation

60 Cytokine, sickness behavior, and depression

Inflammation - Fibroblasts and Neurobiology

65 Repeated activation of C1 neurons in medulla oblongata decreases anti-inflammatory effect via the hypofunction of the adrenal gland adrenergic response

66 Fibroblasts as novel therapeutic targets in chronic inflammation

67 Structural biology of the IL-1 superfamily: Key cytokines in the regulation of immune and inflammatory responses

68 High dietary salt intake activates inflammatory cascades via Th17 immune cells: impact on health and diseases

33, 34, 35

Landing Injuries

112 Simulation of the Vertical Ground Reaction Force on Sport Surfaces during Landing

113 The effect of landing type on kinematics and kinetics during single-leg landings

114 Landing Kinematics and Kinetics at the Knee During Different Landing Tasks

115 Biomechanical Measures during Landing and Postural Stability Predict Second ACL Injury after ACL Reconstruction and Return to Sport

116 The Effect of Fatigue on Landing Biomechanics in Single-Leg Drop Landings

117 Effect of landing stiffness on joint kinetics and energetics in the lower extremity

118 Short-dependent variations in arm position during single-limb landing influence knee loading: implications for ACL injury

119 Landing strategies used by gymnasts on different surfaces

120 Greater lower limb flexion in gymnastic landings is associated with reduced landing force: a repeated measures study

121 Analysis of landing performance and ankle injury in elite British artistic gymnastics using a modified drop land task: A longitudinal observational study

122 Ground reaction forces among gymnasts and recreational athletes in drop landings

123 Biomechanical factors associated with injury during landing in jump sports

124 Whole body kinematics and knee moments that occur during an overhead catch and landing task in sport

125 Landing impact analysis of sport surfaces using three-dimensional finite element model

126 Young athletes with quadriceps femoris strength asymmetry at return to sport after ACL reconstruction demonstrate asymmetric single-leg drop-landing mechanics

127 Evaluating the effects of match-induced fatigue on landing ability; the case of the basketball game

128 Kinetics and perception of basketball landing in various heights and footwear cushioning

Statistics

42	Analyzing and Interpreting Data From Likert-Type Scales

89 Maybe you could make an index combining calories burned and hours worked as an estimate of stress and estimate alcohol and calorie intake.

23	Kurtosis as Peakedness, 1905-2014 R.I.P.	Maintains that kurtosis is not a measure of peakedness of a distribution but rather a measure of existing outliers in a sample or propensity to produce more outliers in a population.	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4321753/
		High measures of kurtosis (over 3) have heavy tails or outliers while under 3 would have lighter tails/outliers in the normal distribution.	https://www.itl.nist.gov/div898/handbook/eda/section3/eda35b.htm
		Cronenbach alpha coefficient - measures internal consistency among a survey	https://stats.oarc.ucla.edu/spss/faq/what-does-cronbachs-alpha-mean/
		ANOVA - ???	https://sphweb.bumc.bu.edu/otlt/mph-modules/bs/bs704_hypothesistest

			ing-anova/bs704_hypothesis testing-anova_print.html
		chi-test - categorical data	https://support.google.com/docs/answer/7004263?hl=en&ref_topic=3105600
24	A Language, not a letter: Learning Statistics in R, Chp 23: What is ARIMA	ARIMA is for data that is stationary or has variance, mean, and autocorrelation that does not change over time. This page provides historical backgrounds of the formula (not in depth).	https://ademos.people.uic.edu/Chapter23.html
25	NIST Engineering Statistics Handbook: 6.4.4.2. Stationarity	Briefly describes what stationarity is with two graphs and one equation.	https://www.itl.nist.gov/div898/handbook/pmc/section4/pmc442.htm
26	Penn State Stats 510: Section 4.1: Seasonal ARIMA models	Provides example calculations for the seasonal ARIMA model. SARIMA is used for data that has seasonal fluctuations and would be most applicable to yearly data. Maybe one could	https://online.stat.psu.edu/stat510/lesson/4/4.1
		apply the techniques to differences in >30 daily values in the same season but with values that differ during the time of day? That last part is speculation I haven't read too deeply.	
27	A Systematic Review of Time Series Classification Techniques Used in Biomedical Applications	Literature review on several hundred papers on deep learning for large, non parametric datasets. A combination of several algorithms performed exceptionally well in prediction tasks	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9611376/
		but the number of data points are in the several thousands. It is worth further investigation because of Gaussian Process Latent Variable Models which attempt to recognize patterns	
		by shape, thereby reducing dimensional complexity and computation power needed.	
28	Non-parametric inference	Defines non parametric as a group of statistical tests that use data with large and infinitely-dimensional models.	https://statistics.berkeley.edu/research/non

			parametric-inference
29	Penn State Stats 462: Applied Regression Analysis. Lesson 10: Autocorrelation	For use in time series data when typical formulas fail to find any trends. The chapter includes many references to formulas and explanations.	https://online.stat.psu.edu/stat462/node/188/
30	UCLA Advanced Research Computing. Statistical Methods and Data Analytics. FAQ: What's with the different formulas for kurtosis?	Provides three formulas for kurtosis calculation.	https://stats.oarc.ucla.edu/other/mult-pkg/faq/general/faq-whats-with-the-different-formulas-for-kurtosis/
31	NIST Engineering Statistics Handbook: 1.3.5.11. Measures of Skewness and Kurtosis	Another referenced source for kurtosis and skewness formulas	https://www.itl.nist.gov/div898/handbook/eda/section3/eda35b.htm
32	International Encyclopedia of Statistical Science. Skewness	Another college reference for skewness.	https://lbj.utexas.edu/sites/default/files/file/news/Skew.pdf

Methods

Over the course of learning skateboarding tricks during 2024, there were four periods of intense exercise followed by recovery. A prediction model will be applied for data filling the second period where no data was collected to discover relationships between weather, diet, and exercise. The implications for exercise forecasting has the potential for disastrously long lasting bodily injuries when applied to consuming media where behavior modifications are inserted. Applying elite Olympic style psychological motivation to normal people is severely annoying at

best and can lead to mental instability. It is therefore essential that extensive statistics classes from a graduate school in the social sciences would be a prerequisite before undertaking any experimental behavior modification regiment without guidance from exercise scientists and other trained professionals. Automated behavior modifications based on ephemeral social science information systems may have undesired effects.

Study Period

While writing the Python package as described in Chapters 8-10 that parses and implements several data summary functions, it was discovered that more information would need to be collected in addition to the pain charts displayed in Chapter 11 for a robust sample to use parametric statistics. Additional data was collected for 100 days from July 22nd until October 29th 2024 in an identical table format and includes a manually estimated one day forecasting for pain with the intention to build a prediction model based on observed calories, macronutrients, weather, and exercise to compare with human estimates. The prediction model will be applied from June 1st until July 21st for data filling in the period of skateboarding where no information was collected. The climate for the upper midwest states where this experiment took place during the spring is typically humid with moderate temperatures and rainfall. The summers are drier with temperatures ranging from 80-95 while the fall gradually becomes colder with long stretches of rain. The year's news was a presidential election cycle with significant bombardment of political propaganda ranging from subtle to unavoidable.

Bodily Observations

Towards the end of the second exercise era during the data gap, it was observed in textual notes that on June 27th the right lower spinae was sore and was thought to have originated from excessive skateboarding. This area was consistently sore during high school powerlifting and in college while performing the squat, power clean, and playing football or rugby. In 2009 doctors took X-rays and found no spinal misalignment and thought that it was multifidus pain. Physical therapy was recommended with exercises to strengthen the gluteus medius and intrinsic external hip rotators. A chiropractor increased blood flow to the area with alignments and noninvasive electroshock therapy and the pain was reduced by resting and stretching.

Left footed kicks -> vastus medius -> adductor tubercle??

June and July Skateboarding

Perceived duration of the skateboarding sessions during the unrecorded summary data period ranged from one to two hours and typically occurred in the late morning and early afternoon between 0900 and 1300. Observational notes included a warm up and guideline for gradually progressing into more complicated maneuvers. The indoor section of the warm up took 10 minutes and included dynamic movements with 5-10 meters of high knees, butt kickers, high knee karaoke, lunges, lateral lunges, and 2-4 sprints at increasing speed. Once toeside and heelside primo were mastered, more complicated freestyle tricks like rail ¾ flip out and the old school kickflip were learned with less consistency. At least one regular or switch ollie was done indoors before leaving.

Once outside, stationary ollies and tricks that needed to be worked on were practiced for five to ten minutes. While moving, 2-4 regular or switch stanced frontside and backside turns were performed before an equal amount of multidirectional nose and tail pivots. Regular manuals were occasionally held up to 10 meters depending on muscular soreness. If several ollies were anticipated, moving squats and hippie jumps were done to get a feel for the board until gradually higher and faster moving ollies were achieved. The primary goal during this period was to successfully jump up a curb regular stanced and was accomplished with some consistency regular and switch stanced during a period of low muscular soreness in early July. Ollieing off a curb is significantly easier with one to two meter distances achieved. Frontside 180s were then performed until pushing home after dehydration and exhaustion rendered practice useless. Switch stance was much more difficult and not performed with consistency. Several bruises were accumulated from falling on different occasions. Once back inside, abdominal work was performed with a yoga ball for pike-ups, oblique twists, leg raises, and crunches. It was thought during these months that inflammation in the vastus lateralis, intermedius, rectus femoris, and tensor fascia latae (TFL) destabilized the distal illio-tibial tract tendons attached to the lateral knee and resulted in pain characteristic of Illio-Tibial Band Syndrome (ITBS), as described in previous chapters. The actual cause was revealed several months later and is explored in the next chapter. Recovery focused on reducing ITBS by stretching the TFL, gluteus medius, quadriceps, hamstrings, and calfs. Upper body exercises included handstands, pushups, tricep extensions, bicep curls, and barbell rows and were performed every one to two weeks with some regularity.

The usual setting was at a local college ½ mile away from the domicile and was selected because of the presence of security cameras and vehicles to ensure property destruction would not be blamed on the participant. This was the location until being kicked out when the student

athletes began returning. The real reason might be because ollie trick audio frequency is too similar to gunshots which would decrease the efficiency of an automated security system. In early July, temperatures reached nearly 100 with heat index and forced practice inside to avoid further muscular damage. Technique practice included toeside to heelside rail to ¾ flip out and were performed until landing on the bottom of the new board broke it at the nose. The steepness of the nose and tail along with modifying the nose for more length are thought to have been the cause. One stationary kickflip was landed on the larger board with an additional one or two foot drags after several days of hours long attempts. Ability progressed from having difficulty ollieing fast at the end of April to doing regular and switch frontside and backside reverts, ollies up and off curbs, toe and heelside primo, manuals and regular frontside 180 and shove its.

In late June, 2024, the left gluteus medius, maximus, biceps femoris, gastrocnemius, soleus, and calcaneal tendon were sore from overuse while switch manualling. A freestyle skateboarding injury from doing primo to build foot muscles included the accidental removal of a foot callus while contracting the lateral head on the flexor hallucis brevis muscle. The direct cause was a haphazardly tied shoelace and sliding foot along a ¾ foot length shoe insert and is probably related to the later observed popping sound of Tom, Dick, or Harry during ankle rotation. The remedy included 3 days of stretching during an extreme varying barometric pressure induced weather event where over an inch of rain fell in 12 hours. It might be more difficult for a person in a desert or experiencing severe drought to notice the built up muscular tension without the characteristic joint pain that emerges during shifts in barometric pressure from precipitation events.

June and July Longboarding

In addition to skateboarding, distance longboarding was haphazardly performed with the intention to improve cardiovascular endurance and reduce weight. After an hour of skateboarding, the participant pushed regular and switch on the wider skate deck equipped with taller trucks and wheels as described in Chapter 11 for about one hour on a 4.9 mile route as estimated by Google Maps through city dwelling and suburban landscape. A moderately sloped one half mile hill whose sidewalk runs parallel to a state highway was used to practice balance at speed shifting from riding on tail to nose wheels over cracks in rapid succession. That technique was included to improve the skater's comfort moving the board in an ollie motion at speed and assisted in identifying an improved foot position towards the nose.

June and July Miscellaneous Exercises

Occasional juggling and running occurred during off days to improve hand, foot, and eye coordination and build more cardiovascular endurance. Juggling practice is a good way to actively stretch without overexerting inflamed muscles since bending to pick up dropped balls is a frequent occurrence. Experimenting with running form for more endurance by using smaller muscles at varying times contributed to runners' knees or lower quadriceps tendonitis. During the late afternoon and at night, more thorough stretches were performed to alleviate muscle soreness and focused on IT band stretches such as the straight leg cross stance, cross leg bend, sitting twists, lying leg raises, and knee twists as described in several websites (https://health.clevelandclinic.org/it-band-stretches).

The dry indoor air and continually electrified nervous system from excessive wind dried skin while skateboarding led the participant to lay in the more cold and humid basement. The lateral pelvic tilt issue was partially addressed from exercises found through websites such as (https://www.conorharris.com/blog/the-best-resource-on-the-internet-for-fixing-lateral-pelvic-til) deep primo stance squats, and focussing on leg stability while resting. The isometric exercises described on the internet are of dubious source since they are from blogs but are consistent with physical therapy recommendations from previous visits with credentialed professionals. Having a background in organized sports at a legitimate university is helpful and it is essential to not mindlessly perform exercises while exhausted to alleviate pain as recommended from programs on social media feeds. As mentioned in the previous chapters on statistics, these websites or applications are unsupervised and are making probability assumptions from the data collected through electronics including Google searches, messaging, and attention paid to watching recommended content.

July and August Recovery

Around July 17th, a harder fall over an uneven sidewalk elevated from a tree root occurred while cruising and not paying attention. The hand dragged across the pavement to protect the face and recently purchased beers in a falling technique derived from youthful martial arts. The palm road rash was annoying and included scapholunate tendon stiffness in the morning after sleeping. The pain was alleviated by massaging the palmar hand and posterior wrist and temporarily caused a stoppage of upper body exercises while the wound healed. Several days later, tweezers reopened the wound and removed several fragments of rock before applying

lotion that aided in healing and prevented permanent scar tissue from forming. There was no loss of handgrip strength and no swelling which indicated there were no bone breaks. Moisturizing the wound resulted in a minimal scar tissue that disappeared completely within three months.

Near the middle of July, significant right leg ITBS pain returned and forced complete cessation of skateboarding and rehabilitation ensued similar in methodology to the recorded active stretches and walking from May. Another issue emerged during this time when one of the peroneal tendons began snapping over the lateral malleolus (19). It is most likely from a slightly pronated ankle during the extension and jump from the ¾ squat phase during ollie related tricks, manuals, and pushing the longboard switch. The right lateral leg muscle volume increased significantly from fluid while the upper posterior muscles were unable to provide consistent stabilization on the knee during exercise.

From July 17th to August 4th 2024, data thoroughness issues were discovered with the first dataset and boredom with waiting for inflammation to heal induced the decision to collect 100 more days of information. A typical day schedule starting on July 22nd until skateboarding resumed included working on this paper's code from 800-1000, practicing guitar from 1000 until 1100, walking, stretching, or longboarding for 15 to 30 minutes, and resting several hours before juggling from 1700 until 1730 with more guitar and stretching. The palm lacerations made typing, guitar, juggling, and general hand use difficult for several days until skin gradually closed the wound. Soreness persisted in the palmar scapholunate tendon until full recovery on August 21st. Awareness of pain in both the ITBS and palm had several peaks and troughs. Without looking at pain graphs over several weeks, it is hypothesized that an equation to fit the numbers would resemble an exponentially decaying sine wave. Hourly data was not included but palm soreness peaked in the morning after sleeping and ITBS peaked several hours after recovery

exercises. The last debilitating period of right lateral lower quadricep pain ended on July 29th but a period of extremely high temperatures and humidity that began July 27th through August 5th prohibited outside skateboarding. Instead emphasis was placed on controlling calorie and alcohol intake with moderately intense basement skateboarding.

July 28th was spent building up to the ollie kickflip by practicing getting into primo, ¾ flips, rail to rail flip, and old school flips. At least one of the layers of plywood was broken when a jolt ran through the left bicep femoris tendon upon landing on the backside of the board but went unnoticed. On July 29th a rail to rail and ¾ flip out was landed but there were several upside down board stomps. The following day was spent on single leg squats, romanian deadlifts, and lunges which initiated severely sore gluteus for several days. On July 31st, the legs were tired and landed several times on the upside down board and practice stopped when the board was broken entirely. August 1st was spent attempting regular stanced kickflips on the wider board and the next day was spent attempting switch kickflips to no success.

August 3rd a stationary kickflip was finally landed and another where the foot touched the ground. From longboarding everyday during the summer in 2015 until 2016 and landing basic shove its to a period of relatively little skateboarding from 2017-2022, it took seven months of focusing specifically on landing a kickflip to have the necessary aerial board control to progress through basic ollies, front and backside 180's, and pop or frontside shove its. The backfoot habitually moves to the posterior from incorrect practice and can be rectified by practicing stomping on the rear leg using a fingerflip instead of unnecessarily inflaming the quadriceps with a full kickflip. August 7th and 10th were spent nailing two truck holes into the broken board and sanding the jagged edge without power tools to both repurpose the material as a penny board and extend the amount of active time.

Anecdotally, August 1st was the last time the guitar was played through the same eight or nine classical songs that were practiced for nearly a year and on August 3rd a new song was site read in the morning before landing the flip. Also anecdotally, skateboard paint matching the color of the longboard was scrubbed off a curb although it was probably paint markings from the city maintenance since they use the same color. Although there is a strong correlation, this is a good example in sports psychology of correlation not being associated with causation. In neurobiology, jumping to incorrect conclusions through a downward spiral pattern of thinking during rapidly firing synapses that occurs when tired and hungry can cause ridiculous behavior.

August and September Skateboarding

August 5th the identical replacement board arrived and practice resumed concentrating on BS 180s and was a reminder that stationary tricks on carpet are easy compared with performing while moving. The next day a hypothesis was formed that injuries occur more frequently and faster after skating for longer than one hour. Additional notes describe BS 180 attempts and it was initially thought that transferring weight from the left to right foot as the feet switch front and back was causing difficulty fully rotating and landing the trick. This problem was remedied by moving the front left big toe onto the medial screw furthest from the body and the right kick foot forward on the tail to prevent it from moving backwards and off while landing. The other issue was landing rigid and falling forward, caused by the transfer of momentum into the board which continued moving while the torso stopped and was fixed over the next few days by concentrating on landing with bent knees. The difficulty of this trick is not being able to see the right foot landing on the board because the torso and head are facing

backwards to maintain a centered balance which is where hand eye or hand foot muscle coordination is helpful.

August 13th the right bicep femoris was sore from under rotating BS 180s by 10-20 degrees and landing with inward knee flexion or valgus. From August 15th to the 21st, focus shifted to longboarding and recovering full use of the lateral hamstrings. An interesting left gluteus medius bruise was accumulated on August 19th while practicing switch FS 180s because poor rear foot guidance allowed the board to roll counter clockwise 90 degrees and land almost primo, throwing the skater off balance and landing on the side of the wheel. Attempts to increase blood flow to the sight of internal contusion included mule kick poses and moved the fibroblastic material into the quadratus and erector spinae lower back muscles. A data gap exists between August 22nd and 25th on the pain scale but text notes indicate short 45-60 minute BS 180 practices with two days of rest between sessions. The 27th was a major success landing 10 out of the attempted 35 BS 180s. The following two days were spent practicing switch frontside 180s before falling on the gluteus medius in a similar manner described previously.

Skateboarding practice resumed for BS 180s on September 9th with an addition of upper body work which resulted in severe soreness. A new strategy was developed to avoid 7-20 day long recovery times after skating almost every day and performing cardiovascular exercises. Since skateboarding is more similar to box jumping in plyometrics than to running, overuse injuries happen at a more frequent rate when done in excess. Five minutes are spent warming up without a skateboard and 10 minutes are focused on turns, hippie jumps, and stationary ollies before concentrating on a single trick for 30 minutes. Shin guards, knee pads, and longboard gloves were used more regularly to avoid injury and for warmth but the shin guards were too constricting and cut off blood circulation to the left peroneus longus, indicating that the calf

muscle increased in volume since purchase in March. High percentage landing of BS 180s was achieved by September 18th and indicated adequate proficiency. It was decided that moving pop shoves were the next trick to practice. On September 24th, stationary switch BS 180s and moving switch FS 180s along with fast turns were practiced to develop the opposite muscles.

August and September Miscellaneous Exercises

Longboarding also occurred as an alternative to skateboarding on less intense exercise days with practice focusing on switch manuals along with regular backside body varial 180s and backside tail reverts to assist in acquiring skills related to ollie backside 180. Duration lasted from 30-60 minutes but less distance was covered than in June and July. Juggling was again practiced throughout to stay active and avoid sitting all day and progressed from 100 four ball catches to eight five ball catches by progressing 3 ball claps, four ball flashes, and five ball flashes. This proved difficult to maintain while researching this paper and learning skateboarding, thus juggling three and alternating kicking the tennis ball every rotation was conducted. Handstand improved to single handstand pushups for balance and significant time was spent on core exercises one to two times per week throughout both months. Very little time was spent on upper body exercises besides push ups and handstands. Since flexibility had increased to perform the front splits after several weeks, the side split variations were attempted four times by flexing the adductors and resulted in significant gracilis, magnus, longus, and vastus medialis soreness forcing the project to be abandoned. There are other anatomical reasons why this proved difficult and are explained in the next chapter.

Between good weather and excitement from landing moving pop shove its, on September 18th 7.2 miles were run at a moderate pace and resulted in several days of low stamina and an annoying blood blister that developed on the second distal phalange. The right foot unconsciously rotates laterally while tired from running, however during this long run attention was paid to keeping the foot parallel to direction which forced the first phalange to jut lateral into the second distal causing the blister. This lends further evidence to muscle imbalance being another cause of ITBS. Low nutrients and exhaustion induced lower body muscle twitching. The next day the anterior tibialis, peroneal longus, gluteus medius, TFL, abdominal obliques, spinae erector, bicep femoris and adductors were significantly sore and a severe headache developed.

September and October Recovery

A resting period started August 30th and continued until September 8th with short runs, walks, and long stretches. Running was performed periodically from September 2nd through the 12th as an alternative to longboarding to avoid aggravating muscles in the peroneal tract and the swollen lateral quadriceps and revealed muscular weaknesses by exposing lower core and muscle imbalances. Walking with infrequent jumping also occurred and distances for both activities ranged from one to three miles. On September 6th a debilitating headache with nausea episodes occurred after driving four hours for a family wedding with the probable culprit being inclement weather, electrified and tired body from overuse, and high salt diet induced trapezius inflammation which was remedied by eating fast food, ice cream, and water. It is concerning that severe head pain occurred within two weeks and it is probable that motivation to excessively exercise during pleasant weather before the severe cold of winter was an influencing factor.

Ragweed pollen is also high during this time and might induce symptoms similar to a cold. Another short resting episode occurred from September 25th until October 6th with minor exhaustion induced delusions. The primary complaint was general lower body and core inflammation and it was thought that improvement in switch board control by practicing downhill longboarding heelslides would help muscle coordination for switch skateboarding.

October Skateboarding

Regular stanced skateboarding practice resumed on October 7th where all the learned tricks were performed adequately but struggle ensued with the pop shove it. The next two sessions were spent practicing pop shove its to marginal success before realizing the significance of the muscle mismatch between the right and left lateral quadriceps, TFL, and gluteus medius. It was noticed that landing pop shove its increased vastus medialis and intermedius soreness. Landing primo was the primary issue and was caused either by not lifting the front foot off the nose fast enough hitting the now forward facing tail and rotating it along its axis similar to a kickflip or a tired back leg over kicking, sending the nose rapidly upwards into the front foot. It was thought that the issue stemmed from a lack of right leg adductor control from not doing left heel slides similar to poor tail foot switch stanced ollie board control, besides overall lower leg inflammation. The actual problem was the rear leg too far off the tail during rotation, resulting in reduced board control.

For three skateboarding practices starting October 18th, switch ollies and FS 180s were practiced with conscious attention paid to guiding the board with the rear foot. Muscular soreness followed by inclement weather characteristic of the upper midwest prohibited further

outside skateboarding. It was noticed while performing switch FS 180s without a board that the torso was positioned too far forward or backwards indicating that the left leg is unaccustomed to the movement. An interesting effect of the skateboard analogous to kinesiology is the thermal expansion of the bearings and trucks with the rapidly changing temperature and humidity where they are stored in the basement during the fall. The cold basement would contract the metal from the bearings or truck bushings onto any residual moisture from the humidity making them stick and sound funny. An overworked person suffering brief delusions would jump to the conclusion that rival skateboard gangs were sneaking in to replace the trucks with lesser replicas.

September and October Longboarding

Between September 26th and October 19th, there were eight switch downhill longboarding sessions to improve balance and board control for performing switch FS 180s while moving. Luckily the geography of this study is within a river valley with easy access to several low traffic and well paved hills for practice but similar efforts could be performed in a parking garage. Later the issue for repeated unintentional board flipping was identified as low muscle coordination on the rear ollie kick foot raising well off the board and not keeping it flat through the duration. Perhaps the downhill longboarding was entirely unneeded yet it provided a mental changeup from practicing the same skateboarding motions ad nauseum. During this time significant effort was also placed on pushing the longboard switch and performing body varials and tail reverts. Pushing in reverse was also experimented with to improve foot and brain awareness when landing backside tricks.

September and October Miscellaneous Exercises

Upper body exercises were performed once during this month and induced the aforementioned dorsal scapular nerve entrapment from scar buildup in the shoulder. Stretches targeted the levator scapulae, scalene, and rhomboid muscles. Since more complicated skateboarding tricks increase exhaustion of small supporting muscles and decrease time spent practicing before falling, it was thought that performing a cardiovascular exercise such as running would increase stamina. The weather was good from September 18th until the 27th and five moderately distanced runs were performed but also created soreness in the supporting ankle and knee tendons. A boardless five stair jump landed with a slight rear leg valgus and was still inflamed two weeks after the attempt, confirming the idea that attempts should be kept below the waist.

The weather rapidly became more variable by the end of October and more attention was paid to why spinning to the left was more natural to right spinning. Martial arts was practiced from ages 5-12 and placed emphasis on building muscular coordination in both legs. Moderate time was spent punting and place kicking during recess and in football and probably contributed to muscle imbalance. From middle school through high school, each spring was spent spinning to the left in the track and field events shot put and discus and is more likely the cause of increased left spin ability. Not being able to guide the board as effectively with the rear left foot in switch ollie spins is probably the main cause and right direction spinning mimicking track and field throws occurred during October. There were around ten of these exercises with duration from 10-30 minutes.

October Recovery

The longboard, wide skateboard, and traditional skateboard gear were cleaned and the highly detailed pain chart, nutrition information, and exercise schedule tables ceased tracking by the end of the month. The left leg muscular coordination was improved during the last few weeks of inclement weather by kicking a rugby or tennis ball with the left foot. Cardiovascular endurance was improved by longboard pushing in the switch stance. The next few months were spent healing the quadriceps through building strength and volume in the gluteus and hamstring muscles and is covered in more detail using a reduced tabular setup in a different chapter.

Nutritional Observations

Diet information was included in a table with columns that were identical to Chapter 11. They included information tracking the date, calories, weight, and alcohol servings. There were also summarized categorical fields for observed weather at the time of skateboarding with humidity and temperature based entirely on the entity's perception. Exercise intensity was binned into three numbers with 0 indicating no calories burned, 1 being 1-250, and 2 being greater than 250 and was estimated by using online calculators (https://www.calculator.net/calories-burned-calculator.html). Salt, fat, carbohydrate and protein was estimated on a low to high scale of one to five with the highest number being an arbitrary opinion on the amount of micro or macronutrient consumed.

Body weight was measured every one to two weeks and varied from 190-195 pounds. The inconsistency is because weight gain or loss was not the goal of this data collection period and more to provide a reminder to eat more or less calories. Losing weight might reduce

muscular volume and increase the risk for catastrophic injury while losing fat would decrease padding to absorb physical force during hard falls. For example, on August 8th it was noted that bodily definition from moderate rehabilitation exercises, adequate nutrition, and low drinking had reduced the fat deposits around the lower core muscles to a level characteristic of an amateur bodybuilder and five beers were immediately consumed to counteract this effect to great amusement.

From the Neurobiology and an Anatomy textbook, considerable time was spent describing cellular absorption and release of elements such as the role of potassium forcing salt from cells to speed up the transfer of information to the brain through nerves. A possible strategy would be to eat salt and wait several hours to pass through the stomach and transfer to inflamed areas before consuming potassium foods to increase the evacuation of minerals. One example during this experiment included hypernatremia or high blood salt level and alkaline mouth from consuming excessive salt and not enough water after exercise leading to more consumption of potassium and drinking more water. This had three effects and included highly acidic or foul smelling leftover food, urinating every 30 minutes for several hours, and hyponatremia or low salt induced mild dehydration after exercising the next day. The physical evidence of these conditions included observing the foods consumed, bodily bloating, and dry mouth with sensitive teeth. Stomach is usually acidified by drinking beer, which would not happen if calorie reduction through alcohol cessation occurred and could potentially impact tooth decay.

The textbook was specifically describing nerve signals but the superficial level understanding of dietary sciences and cellular biology could be applied to consuming large amounts of protein and carbohydrates to immediately assist in muscle repair after exercise followed by fiber to aid in digestion. Lack of knowledge in sports nutrition meant that tracking

micronutrients might actually take more mental energy and be detrimental for athletic performance. The options include hard coding each food, writing a web scraping program, or using a 3rd party application and would all require excessive time transferring information to usable formats for analysis and are beyond the scope of this chapter. Ignoring economic constraint, it is hard to not eat enough on a traditional western diet since there are a lot of carbohydrates, protein, or fat and most of the micronutrients take care of themselves without obsessing. I experienced two outlier situations that required extra attention several years ago. The first was having to commute 5 miles or more by walking, longboarding, or using public transportation, requiring additional calorie intake. During a separate period I was also a vegetarian which requires more planning to eat enough protein and B12 vitamins. The main issue in my diet is a lack of fiber and not eating voluminous low calorie foods like vegetables and fruits.

Psychological Observations

Attempting to combine skateboarding as a supplemental training exercise without dedicated guidance for a youth sport such as football or rugby would prove difficult because of the regularity of the organized schedule. Muscles in the lateral leg compartment become overdeveloped while skateboarding and more established plyometric exercises such as box jumps, ladders, and sled pulls more evenly build coordination. Fatigue probably increases the risk of concussions since lack of energy decreases awareness while playing sports and is incidentally supported by my own experience trying to both play a sport and perform academic research. The easy accumulation of severe bruises and sprains performing even basic tricks could

be debilitating for youth sports where time missed is perceptively longer. Almost everyone's organized competitive athletic career ends after high school graduation and future nostalgia for the last few years is more important for an individual's psyche than tangible wins or faster marks.

Another issue with skateboarding is newly middle aged people taking skateboarding very seriously to recapture the youthful glory of participating in school sports. I suspect this is what happened at the turn of the millennium when effective marketing sold what is effectively difficult rollerblading as a weight loss strategy to curb rising U.S. obesity. Delusions of grandeur were directed to hypercompetitive masculine stereotypes and resulted in superiority contests to see who could jump off the highest stair resulting in severely mangled limbs. Hometown heroes could also motivate people within the group to exercise until severe muscular damage occurred and $100 skinny jeans were worn once before becoming torn. By 2020 it became apparent that skateboarders are the worst demographic to market toward because they are loners that have no money. It is an effective exercise for the 20-50 demographic that moves between cities for work because the sport doesn't require extra equipment or people and carries over several skills from organized sports, besides occupying the long stretches of boredom by reading or rehabilitating imbalanced muscular pain during inclement weather. However, being preoccupied from moving continuously might distract an adult from missing important muscular maladaptations.

Within the context of skating's history, these physiological conclusions would take significantly longer to find before the internet and even longer before computerized library catalogs with some publicly available texts being outdated or graffitied. Having to physically transport yourself several miles to the library or hospital to ask a doctor without insurance would make this sport inaccessible for most people. One scenario would be delusions of grandeur by

those who are otherwise academically unremarkable as newly energized athletes, leading to inflamed sense of ability. The satisfaction from efficiently solving math problems becomes addictive for young people after being told they were mediocre for decades and skateboarding's loose affiliation with late 20th century anti-establishment ideas might lead to cheating to gain entrance into higher academic institutions. The participant would have to be under regular observation by guardians or medical personnel to avoid catastrophic martyrdom.

Results

<todo introduction paragraph>

The tables ran from July 22nd until October 29th for a total of 100 days and data analysis includes graphical displays of each exercise duration or distance, and compares observations with human predictions and model predictions. Nutrition values are examined with weather and several relationships between moving mean and moving Pearson or Spearman correlation.

Exercise Schedule

<Time Series Duration Graph>

0.) Skateboarding

1.) Longboarding Distance

2.) Downhill Longboarding

3.) Juggling

4.) Running Distance

Pain Chart

<Time Series Graph>

0.) Observation

20250129

P0.csv -> May graph

rgb_timeseries_bar for each category

+ useful to examine individual body parts
- excessive data

rgb_timeseries _scatter groups 2-4 similar body parts on the same graph

+ Shows head, upper back, and upper legs were sore the entire month
- The lines overlap at points and might be confusing

  Calves is misspelled calf

- Summary index that uses mean at each day for the categories and split into upper and lower body graphs with each line:
  - 0) stamina 1) feet, ankle, calves 2) knees, quadriceps, gluteus, groin
  - 3) abs, lower back 4) lat dorsi, trap, shoulder 5) chest, tri, bi 6) neck, head

1.) Manual Prediction

2.) ARIMA Model Performance?

Exercise intensity from the middle of September until October indicated improved pacing since there were only two days where pain became abnormally debilitating.

Nutrition

<Time Series Graph>

0.) Calories

1.) Salt, Fat, Protein, Carbohydrate, Alcohol

2.) Humidity and Temperature Summary

3.) Humidity and Temperature Ground Observations - Oregon State PRISM Daily

4.) Exercise Intensity Summary

Comparisons

0.) [seasonal?] AutoRegressive Integrated Moving Correlation ([s]ARIMC) or Pearson's Correlation: Exercise duration and __

A.) Calorie Intake

~~B.) Real Temperature and Humidity (OS PRISM)~~

C.) Alcohol servings? Usually it was beer but at least once I had vodka, is that a real world observation

1.) (s)ARIMA Spearman's Rank or similar non-parametric comparison ___

A.) Category duration and (pain, calories burned)

B.) Category duration and nutrient (salt, fat, protein, carbohydrates)

C.) Real weather and summary weather ([Temperature Degrees or Humidity] vs [humidity {dry or wet} or temperature {cold, moderate, hot}])

~~D.) Pain and real weather~~

E.) Pain and summary weather

F.) D. and E.

Data Filling

I'm not sure if predictions should be an entire chapter or avoided like the plague:

(s)ARIMA, neural nets, etc.? between chapter 11 and 13 June and July no data values. Validate with a subset of data from chapter 13 or 11. The accuracy is not going to be good since there isn't enough data or the GPU accelerator would decrease accuracy -> this part might not even be included.

Right lower back pain occurred during heavy weighted and forward leaning powerlifting back squats that relied on the stronger right gluteal muscles to complete the lift. This theory is supported by performing back squats with slight weight shift onto the left leg and forward to use the gluteal and hamstring muscles, resulting in identical left lower back muscular soreness. Post squat soreness is also apparent in the soleus muscle of the right calve.

Running constricted the peroneus longus and anterior tibialis but did not become overused to the point of shin splints. Strengthening the right gluteus medius through lateral leg raises prior to skateboarding reduced lower back and hip strain but forced more pressure onto the vastus lateralis while resuming exercise. The lateral knee attachment raises the patellar when the moderately sized tensor fasciae latae (TFL), gluteus medius, and vastus lateralis from the quadricep are inflamed from overuse. The iliotibial (IT) band is an inflexible framework for the previously listed lateral upper muscles and assists in pulling the knee laterally when the TFL and

lateral quadricep increase in volume to use fibroblasts to repair torn myocytes. This results in the characteristic IT band snap which is the IT snapping over the lateral epicondyle on the distal section of the femur. Similar snapping was eventually observed with the vastus intermedius and rectus femoris around the patellar.

Anterior rotated pelvic angle tightens quadricep and reduces hamstring flexibility through conditioning causing lateral knee pain and is referred unofficially as Dead Butt Syndrome (DBS). It is related to sitting during a desk job that reduces gluteus medius strength, a muscle that was then overworked during skateboarding. Gluteus maximus strength also decreased significantly which reduced lower back muscle tension and pain but allowed the pelvis to rotate forward unconsciously causing distal, lateral quadricep pain. ITBS is revealed at a younger age to soccer, basketball, or skill position American football players, though it increases risk for catastrophic knee injury. Debilitating lower back pain from powerlifting or linemen positions is alleviated from gluteus medius physical therapy and is analogous to ITBS.

Medical history includes a partially torn talofibular ligament anterior of the peroneal compartment but tendon popping during ankle rotation began with skateboarding tricks at the posterior-distal section of the calcaneal tendon. Tom, Dick, and Harry and in particular the flexor hallucis longus are implicated tendons from overuse inflammation causing occasional posterior audible ankle noises. Although kicking the rugby ball with the right anterior extensors causes inflammation, the same anterior popping was not observed on the left ankle extensors and continued after ball kicking cessation and was ruled out as cause of ankle snaps. Cross leg sitting with the right ankle underneath the left knee and right toes positioned to the anterior causes exaggerated ankle inversion while seated on the floor and variations are the default floor sitting arrangement with identical ankle popping when feet are reversed. While sitting in a chair, the left

ankle unconsciously moves on top of the right knee, placing weight on the left buttocks (51) yet no left ankle pop is observed.

Conclusions

<todo>

References

Kinematic functions of skateboarding

33 BookNotes

1. Comparison of muscular strength and imbalance in powerlifters and jumpers

34

2. Knee side-to-side strength asymmetry and hamstring-to-quadriceps strength ratios in professional street skateboarding athletes

35

3. An evaluation of agonist:antagonist strength ratios and posture among powerlifters

52

4. Clinical characteristics of peroneal nerve palsy by posture

53

5. Peroneal Nerve Injury

54

6. Alteration of quadriceps muscle activity during functional step tasks after extended sitting session

55

7. Kinematic analysis of knee valgus during drop vertical jump and forward step-up in young basketball players

Inflammation

56

8. The immunomodulation and anti-inflammatory effects of garlic organosulfur compounds in cancer chemoprevention

57

9. Antioxidant and anti-inflammatory effect of cinnamon (Cinnamomum verum J. Presl) bark extract after in vitro digestion simulation

60

10. Cytokine, sickness behavior, and depression

61

11. Fibroblasts in fibrosis: novel roles and mediators

62

12. Inflammatory responses and inflammation-associated diseases in organs

63

13. Fibroblast activation and inflammation in frozen shoulder

64

14. Fibroblasts

65

15. Repeated activation of C1 neurons in medulla oblongata decreases anti-inflammatory effect via the hypofunction of the adrenal gland adrenergic response

66

16. Fibroblasts as novel therapeutic targets in chronic inflammation

67

17. Structural biology of the IL-1 superfamily: Key cytokines in the regulation of immune and inflammatory responses

68

18. High dietary salt intake activates inflammatory cascades via Th17 immune cells: impact on health and diseases

Injuries

106

19. Peroneal Tendon Syndromes https://www.ncbi.nlm.nih.gov/sites/books/NBK544354/

Background

88 Medical Directions

Upper Body and Abdomen

85 Skull muscles

84 Neck

83 Shoulders

82 Latissimus Dorsi

81 Intrinsic back in multifidus

70 Abdomen and Pelvis: Abdominal Wall

103 Avulsion Fractures

104 Anterior Iliac Spine Avulsion Injury

Hip and Upper Leg

71 Bony Pelvis and Lower Limb, Hip Joint

72 Posterior Hip Muscle Image

73 Anterior Hip Muscle Image

76 Bony Pelvis and Lower Limb, Iliopsoas Muscles

75 Bony Pelvis and Lower Limb, Gluteus Maximus Muscle

74 Bony Pelvis and Lower Limb, Thigh Muscles

78 Bony Pelvis and Lower Limb, Lateral Compartment

80 Bony Pelvis and Lower Limb, Vastus Lateralis Muscle

77 Bony Pelvis and Lower Limb, Femur (bone)

105 Understanding and treating the snapping hip

Knee Valgus and Muscle Imbalance

33 Comparison of muscular strength and imbalance in powerlifters and jumpers

34 Knee side-to-side strength asymmetry and hamstring-to-quadriceps strength ratios in professional street skateboarding athletes

111 Concentric and Eccentric: Muscle Contraction of Exercise?

35 An evaluation of agonist:antagonist strength ratios and posture among powerlifters

51 The effects of cross-legged sitting on the trunk and pelvic angles and gluteal pressure in people with and without low back pain

54 Alteration of quadriceps muscle activity during functional step tasks after extended sitting session

55 Kinematic analysis of knee valgus during drop vertical jump and forward step-up in young basketball players

Foot and Ankle

52 Clinical characteristics of peroneal nerve palsy by posture

53 Peroneal Nerve Injury

78 Bony Pelvis and Lower Limb, Leg Lateral Compartment

79 Bony Pelvis and Lower Limb, Foot Muscles

106 Peroneal Tendon Syndromes

Inflammation

56 The immunomodulation and anti-inflammatory effects of garlic organosulfur compounds in cancer chemoprevention

57 Antioxidant and anti-inflammatory effect of cinnamon (Cinnamomum verum J. Presl) bark extract after in vitro digestion simulation

60 Cytokine, sickness behavior, and depression

61 Fibroblasts in fibrosis: novel roles and mediators

62 Inflammatory responses and inflammation-associated diseases in organs

63 Fibroblast activation and inflammation in frozen shoulder

64 Fibroblasts

65 Repeated activation of C1 neurons in medulla oblongata decreases anti-inflammatory effect via the hypofunction of the adrenal gland adrenergic response

66 Fibroblasts as novel therapeutic targets in chronic inflammation

67 Structural biology of the IL-1 superfamily: Key cytokines in the regulation of immune and inflammatory responses

68 High dietary salt intake activates inflammatory cascades via Th17 immune cells: impact on health and diseases

Landing Injuries

112 Simulation of the Vertical Ground Reaction Force on Sport Surfaces during Landing

113 The effect of landing type on kinematics and kinetics during single-leg landings

114 Landing Kinematics and Kinetics at the Knee During Different Landing Tasks

115 Biomechanical Measures during Landing and Postural Stability Predict Second ACL Injury after ACL Reconstruction and Return to Sport

116 The Effect of Fatigue on Landing Biomechanics in Single-Leg Drop Landings

117 Effect of landing stiffness on joint kinetics and energetics in the lower extremity

118 Short-dependent variations in arm position during single-limb landing influence knee loading: implications for ACL injury

119 Landing strategies used by gymnasts on different surfaces

120 Greater lower limb flexion in gymnastic landings is associated with reduced landing force: a repeated measures study

121 Analysis of landing performance and ankle injury in elite British artistic gymnastics using a modified drop land task: A longitudinal observational study

122 Ground reaction forces among gymnasts and recreational athletes in drop landings

123 Biomechanical factors associated with injury during landing in jump sports

124 Whole body kinematics and knee moments that occur during an overhead catch and landing task in sport

125 Landing impact analysis of sport surfaces using three-dimensional finite element model

126 Young athletes with quadriceps femoris strength asymmetry at return to sport after ACL reconstruction demonstrate asymmetric single-leg drop-landing mechanics

127 Evaluating the effects of match-induced fatigue on landing ability; the case of the basketball game

128 Kinetics and perception of basketball landing in various heights and footwear cushioning