



## Biomecánica del cartílago articular y sus respuestas ante la aplicación de las fuerzas [

2018

text (article)

Analítica

Background: cartilage is a specialized connective tissue widely studied for its mechanical components and its contribution to joint functioning. The understanding of cartilage role necessarily requires an approach of biomechanical behavior. Objective: to perform a literature review about the biomechanics of the articular cartilage and its responses to applied forces. Materials and Methods: a bibliographic search was conducted in Pubmed, Scielo, Science Direct and Google academic databases, of articles published between 1998 and 2017, with the terms: "Cartilage Biomechanic", "Cartilage Physiology", and "Cartilage Histology". 55 articles were found, 44 in English and 11 in Spanish, which contained relevant information about the biomechanics of articular cartilage. Results: this article summarizes a set of concepts derived from experimental studies and other reviews of the topic, addressing updates regarding histology, physiology and different mechanical responses to different stimuli such as anisotropy, viscoelasticity, hysteresis and fluency. Conclusions: the articular cartilage is a three-phase connective tissue that allows the support and transmission of loads thanks to the mechanotransduction. The approach and understanding of the biomechanics of the tissues is necessary for the prescription of exercise in apparently normal and pathological conditions. MÉD.UIS. 2018;31(3):47-56

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**Editorial:** 2018

**Tipo Audiovisual:** Histología Cartilago Módulo de Elasticidad Condrocito Fenómenos Biomecánicos Histology  
Cartilage Elastic Modulus Chondrocyte Biomechanical Phenomena

**Documento fuente:** Revista Médicas UIS, ISSN 0121-0319, Vol. 31, N°. 3, 2018 (Ejemplar dedicado a: Revista Médicas UIS), pags. 47-56

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**Lengua:** Spanish

**Enlace a fuente de información:** Revista Médicas UIS, ISSN 0121-0319, Vol. 31, N°. 3, 2018 (Ejemplar dedicado a: Revista Médicas UIS), pags. 47-56

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### **Baratz Innovación Documental**

- Gran Vía, 59 28013 Madrid
- (+34) 91 456 03 60
- [informa@baratz.es](mailto:informa@baratz.es)