AAL Task Order 2 GOAL: To facilitate a safe environment for the new small and pregnant female aircrew population

MOTIVATION: Until recent years, aircrew in the military have been predominantly 50th and 95th percentile males. The design of the aircraft occupant compartment, seats, and catapult thrust, helmets, HMDs, NVGs, etc. has focused on the safety of that population.

My ROLE: To address the prevention and mitigation of female aircrew injury.

MY FOCUS:

- 1. To identify spinal injury patterns and mechanisms due to the ejection loading
- 2. To explore physical and virtual testing as tools to evaluate the effects of seats and catapult thrust, helmets, HMDs, NVGs, etc. on spinal injury potential
- 3. To evaluate and update the criteria used to assess spinal injury potential in the ejection environment

Ejection Catapult Thrust Phase

Occupants experience > 9 G's multi-axial loading

Injury Patterns: Lower neck and thoracolumbar

- Compression, burst, and wedge fractures
- Bilateral facet dislocation
- Lateral bending and compression-extension injury

We rarely see upper neck injury

Nonfatal Vertebral Ejection Fracture Levels 1958-1969

Ewing, 1971



Spine Injury	No. (%)	
Fracture	66	
C2	3 (4.5%)	
C3	1 (1.5%)	
C4	1 (1.5%)	Neck: 11% (7)
C6	2 (3.0%)	
T3	2 (3.0%)	
T4	1 (1.5%)	
Т5	2 (3.0%)	
T6	2 (3.0%)	
Τ7	2 (3.0%)	T-Spine 67% (44
T8	7 (10.6%)	
Т9	2 (3.0%)	
T10	5 (7.6%)	
T11	9 (13.6%)	
T12	12 (18.2%)	L-Spine 23% (15)
L1	12 (18.2%)	
L2	1 (1.5%)	
L3	2 (3.0%)	13
Soft-tissue injury	31	123
Contusion	27 (87%)	10
Disc protrusion	2 (6.5%)	
Disc herniation		
T11–12	1 (3.25%)	
L5-S1	1 (3.25%)	

Ejection Vertebral Fracture Levels 1977-2021

Sommer et al., 2022

Total aircrew = 103

1.9 fxd vertebra per crew member

Methodology

The application of loading to the spine produces predictable spinal injury patterns.

Given the injury pattern(s), the applied loading parameters can be determined.



Mechanical Determinants

Engineers define mechanical determinants that describe the applied loading

- anthropometry,
- initial body position
- acceleration profile (ejection)
- spinal curvature (e.g., pre-flexed, neutral, pre-extended) to represent the braced v. not braced occupant
- applied loading direction (e.g., Gx, Gy, Gz, multiaxial), location, angle, eccentricity
- local spinal loading (e.g., compression, tension, bending, shear, torsion), speed/frequency, magnitude
- musculature inactive or active
- seat geometry and stiffness;
- restraints geometry, position, mechanical properties, and initial tension

HUMAN SPINE TESTING at Duke, MCW and WPAFB (Kazarian)

- Controlled non-injurious forces were applied to provide better data for mathematical models.
- Controlled, injury-producing forces were applied to relate the applied force, displacement, torque and angle responses to the resulting injury patterns.

Head-Neck Motion



Localized Spinal Loading



Injury Patterns and Mechanisms

Biomechanical engineers study failure

- **Torsion** applied to a piece of chalk results in a spiral fracture pattern. Similar findings result when torsion is applied to a long bone.
- **Bending** of sufficient torque applied to a piece of chalk results in a transverse/butterfly fracture pattern. Similar findings result when bending of sufficient torque is applied to a long bone.

Spinal injury research reveals how applied forces relate to the resulting spinal injury patterns

- If you fall from a height onto your buttocks, the spine is **compressed**, and the bony vertebral body fractures before the disc is damaged.
- If a person bends their spine rearward in **extension** beyond a person's ROM, disc damage occurs with damage to the anterior longitudinal ligament that holds the front of the spine together, and spinous process fracture can occur.
- In **compression and forward bending** beyond a person's ROM, anterior vertebral body compression fracture and disc damage occurs with damage to the posterior ligaments.
- In **twisting**, the upper cervical spine fails before the lower cervical spine, and disc damage occurs with compromise of the facet joints.

Horizontal Shear and Vertical Compression Loading on Head and Critical Velocities to Produce Different Types of Odontoid Fractures

C2 Dens Fracture with Displacement





*Based on average test energy and 185 lb. person.

Reference: Althoff, B., Fracture of the Odontoid Process. ACTA Onthopaedica Scandinavica Suppl. 177, 1979.

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Human v. Hybrid III Cervical Spines in Bending

The Hybrid III ATD neck is far stiffer than the human neck







Figure 9: Typical Bending Responses of Hybrid III Neckform

Effect of Eccentricity on Injury Patterns

Eccentricity is the Perpendicular distance from the sagittal plane resultant force to the spine



Increasing the eccentricity of the applied force from posterior to anterior changes the injury mechanism from Posterior Element Failure to Bilateral Facet Dislocation, when located most anteriorly.

Compression v. Compression-Flexion





Flexion Fracture



Hyperextension Injury



Human v. Hybrid III Cervical Spines in Torsion







The human upper neck fails before the lower neck fails. The ATD neck is much stiffer than the human neck.

Physical v. Virtual Testing

to Evaluate Ejection Seats, Helmets, HMDs or NVGs, Anthropometry, etc.

Physical Testing is important, but often limited in scope due to

- cost of test equipment, personnel, instrumentation and ATD maintenance and calibration
- ATDs like ADAM are up to 30 years old and degradation is a huge problem due to age or excessive loading
- A recent lab visit revealed that Humanetics is not making LOIS or LARD dummies or replacement parts. JASTI is another option.

Virtual Testing allows parametric studies to be performed without test limitations varying:

- occupant anthropometry
- seat and restraint parameters
- helmet, HMD, NVG weight, cg, and moment of inertia
- input pulses including multiaxial loading
- occupant positioning and ATD setup

RED FLAGS

- About 5 years ago, I was consulted regarding test data that implied that neck loads with a heavy helmet, HMD and/or NVG were LESS THAN unhelmeted neck loads.
- Review of methodology showed:
 - Changes in body parts (e.g., 2 LARD heads, steel v. aluminum chest box, bronze v. aluminum knees, straight v. curved lumbar spines), 50th feet instead of 95th feet in LARD
 - > Changes in ATD setup (e.g., lower neck angle bracket changes to account for bracing)
 - > LOIS and LARD and likely Hybrid III Users Manuals are outdated
 - > ATD calibration occurs when visual problems are identified, not regularly
 - > ATD storage affects spine and pelvis response over time
 - Lack of standardized positioning procedures for the ATD in the seat, helmet placement and strap tension, restraint pretensioning, filtering, instrumentation, and criteria calculations
- Another observation was that the lab utilizes pass/fail criteria based ONLY on upper neck load cell data when historically it is known that ejection spinal fractures occur mostly in the thoracolumbar spine at T9-L3.

SUGGESTIONS

- Update LOIS, LARD, and Hybrid III Users Manuals and set up regular static calibration checks.
- Establish ATD positioning procedures.
- Improve documentation of changes in ATDs and test parameters and procedures for the lab techs and between the labs and the equipment selection teams.
- Incorporate lower neck and lumbar spine criteria in the evaluation of effects of seats and devices.
- Create special task forces to achieve harmonization of ATDs and methodology within labs and between labs (e.g., Holloman, WPAFB and ejection seat manufacturers)

Aircrew and Surrogates

- Human Volunteer
- Human Cadaver (PMHS)
- Frontal ATD (FAA, NHTSA Hybrid II, III, THOR)
- Side Impact ATD (SID, Eurosid, WorldSid, Biosid)
- Rear Impact ATD (RID, RID2, Biorid)
- Air Force ATD (Adam, Lois, Lard)
- Navy Blast ATD (Wiaman)



Lower Neck Load Cell Bracket Changes



Fixed







Adjustable





IT MEASURES 4.8 DEGREES DOWNWARD ANGLE

THIS IS WHERE WE SET IT FOR TESTING



FAA and Hybrid III Straight and Curved Lumbar Spines



Established Occupant Positioning Procedures

- FAA
- NHTSA and SAE Hybrid II and III, THOR, WorldSid
- Navy Wiaman

The Air Force does NOT have established occupant positioning procedures for Adam, Lois, or Lard

Air Force Injury Criteria

AFLCMC, MIL-HDBK-516C and Congress specify 5% risk of AIS >= 2 Spinal Injury

NECK INJURY METRICS

- Multi-Axial Upper Neck Injury Criteria MANIC (WPAFB)
- Normalized Upper Neck Injury Criteria Nij (NHTSA)
- Lower Neck Beam Criteria BC (Bass, 2006)
- Upper and Lower Neck Injury Criteria NIC (Nichols, 2006)
- Interaction-Based Force/Moment Lower Neck Injury Criteria LNij and LNic (MCW)

Neck Injury Metrics

	Neck Injury Risk for AIS	Risk Function	Multi-Axial?	ATD sizes	Upper or Lower Neck	Validated for HSM
MANIC	5% for AIS>=2	Yes	Axial load, shear, bending, and torsion	5 th , 50 th , 95 th	Upper Neck	YES
NIC	10% for AIS>=3	Yes	Axial load, shear, bending, and torsion	5 th , 50 th , 95 th	Upper and Lower Neck	YES
Nij (NHTSA)	22% for AIS>=2	Yes	Axial load and flexion-extension	5 th , 50 th , 95 th	Upper Neck	NO
Beam Criterion BC	50% for AIS>=2	Yes	Axial load and flexion-extension	50 th	Lower Neck	YES
LNic	50% for AIS>1	Yes	Axial load and flexion-extension	5 th , 50 th , 95 th	Lower Neck	N/A
Knox Box	NO	NO	N/A	N/A	N/A	YES

Upper Neck MANIC is the ONLY metric used to predict spinal injury in the WPAFB lab

Upper Neck MANIC

$$MANIC = \sqrt{\left(\frac{F_X}{F_{Xcrit}}\right)^2 + \left(\frac{F_Y}{F_{Ycrit}}\right)^2 + \left(\frac{F_Z}{F_{Zcrit}}\right)^2 + \left(\frac{M_Y}{M_{Ycrit}}\right)^2 + \left(\frac{M_Z}{M_{Zcrit}}\right)^2}$$

Where:

Fx = observed x direction shear loading

Fxcrit = critical intercept value for x direction shear loading

Fy = observed y direction shear loading

Fycrit = critical intercept value for y direction shear loading

Fz = observed axial loading (+Fz = tension, -Fz = compression)

Fzcrit = critical intercept value for axial loading (different for tension/compression)

Mx = observed moment about the anatomical x axis (side bending) *Mxcrit* = critical intercept value for side bending

My = observed moment about the anatomical y axis (sagittal plane anterior/posterior bending, +My = flexion, -My = extension)

Mycrit = critical intercept value for sagittal plane moments (different for flexion/extension)

Mz = observed moment about the anatomical z axis (neck twisting) *Mzcrit* = critical intercept value for neck twisting

Upper Neck MANIC

MANIC criteria were adopted by MIL-HDBK-516, and consistent with Congressional and AFLCMC limits for ejection systems to maintain:

Risk of AIS >= 2 Neck Injury below 5%

MANIC is the ONLY metric used to predict spinal injury in the WPAFB lab

Manikin Neck Size	Manikin Mass	Human Mass	Component	ent Force		Component	Mor	nent		
	(lbs)	(lbs)		(Ibs)	(N)		(in- lbs)	(N-m)		
		<114	F _{xcrit}		1802	M _{xcrit}	593	67		
	103		Fycrit	405		-M _{ycrit} (extens)				
Small			-Fzcrit (comp)	872	3880	M _{zcrit}				
Female			+Fzcrit (tens)	964	4287	+Mycrit (flex)	1372	155		
Hybrid III (for 103- 135 125	125	114-	F _{xcrit}	496	2206	M _{xcrit} -M _{ycrit} (extens)	845	95		
pound		130.5	-Fzcrit (comp)	1099	4889	Mzcrit	1			
manikin)			+Fzcrit (tens)	1214	5400	+Mycrit (flex)	1939	219		
			F _{xcrit}			M _{xcrit}				
136	130.5-	Fycrit	522	2322	-M _{ycrit} (extens)	912	103			
		143	-Fzcrit (comp)	1157	5147	Mzcrit				
			+Fzcrit (tens)	1278	5685	+Mycrit (flex)	2094	237		
			F _{xcrit}			M _{xcrit}				
Mid 150	143-161	Fycrit	561	2495	-M _{ycrit} (extens)	1016	115			
Male					-F _{zcrit} (comp)	1243	5529	M _{zcrit}		
Hybrid III			+Fzcrit (tens)	1373	6107	+Mycrit (flex)	2333	264		
(for 136- 199 pound 172	172 161-186	F _{xcrit}	625	2780	M _{xcrit} -M _{ycrit} (extens)	1195	135			
manikin)			-Fzcrit (comp)	1385	6160	M _{zcrit}	1			
			+Fzcrit (tens)	1530	6806	+Mycrit (flex)	2744	310		
200 18	186-210	F _{xcrit} F _{ycrit}	683	3038	M _{xcrit} -M _{ycrit} (extens)	1364	154			
		-F _{zcrit} (comp)	1513	6730	M _{zcrit}		<u> </u>			
			+F _{zcrit} (tens)	1671	7433	+Mycrit (flex)	3133	354		
Large Male 220 Hybrid III (for 200- 245 pound manikin) 245	220 210- 232.5	F _{xcrit}			M _{xcrit}	1584	179			
		Fycrit	777	3456	-M _{ycrit} (extens)					
		-F _{zcrit} (comp)	1673	7440	Mzcrit	2675				
			+F _{zcrit} (tens)	1847	8216	+Mycrit (flex)	3673	415		
	245	245 232.5+	Fycrit	836	3719	-M _{ycrit} (extens)	1850	209		
			-F _{zcrit} (comp)	1853	8243	Mzcrit				
			+Fzcrit (tens)	2047	9106	+Mycrit (flex)	4248	480		

Nij

The Normalized Neck Injury Criterion Nij considers 4 combinations of axial forces and sagittal plane A-P bending moments

- NTE (tension-extension) and NTF (tension-flexion),
- NCE (compression-extension) and NCF (compression-flexion)

where the "ij" subscripts of the Nij:

- T and C represent the axial tension and compression force index, respectively
- F and E represent the sagittal plane flexion and extension bending moment index, respectively.

The Nij is the sum of the normalized loads and moments. :

$$Nij = \frac{F_z}{F_{zc}} + \frac{M_{OCy}}{M_{yc}}$$

where:

 F_z axial force at the OC M_{OCy} flexion-extension bending moment at the OC F_{zc} Critical axial force intercept value used for normalization M_{yc} Critical flexion-extension bending moment intercept value used for normalization.

The current Nij "performance limit" is set at 1.0. A test where Nij>1 fails the criterion.

Lower Neck BEAM Theory Criterion BC

$$BC = \frac{F_Z}{F_{ZC}} + \frac{M_{\rm Y}}{M_{\rm YC}}$$

where:

- F_z is the axial compression-tension neck force at the C7-T1 intervertebral disc
- *M_γ* is the A-P flexion-extension moment in the sagittal plane at the C7-T1 intervertebral disc
- *F_{zc}* is critical axial force
- $M_{\gamma c}$ is the critical moment

Lower Neck Beam Criterion

Optimized IARC (mean BC =1 .0 and SD= 0.38) Corresponds to 50% risk of AIS ≥ 2 Lower Neck Injury

- Optimized F_{zc} = 5660 N in axial tension
- Optimized F_{zc} = 5430 N in axial compression
- Optimized M_{YC} = 141 Nm in A-P flexion



Lower Neck NIC

10% Risk of AIS >= 3 Injury

1) Tension Duration S – small (0-13: M – medium (1: L – large (200+	5 lb) 36-199 lb)				Limit S (5 ms, 414 lbs	Limit
1) Tension Duration S – small (0-13: M – medium (1: L – large (200+	5 lb) 36-199 lb)				S (5 ms, 414 lbs	
S – small (0-13: M – medium (1: L – large (200+	5 lb) 36-199 lb)					
M – medium (1. L – large (200+	36-199 lb)				31 ms, 414 lbs	
L - large (200+					40 ms, 200 lbs	
	(b)	80 ms, 200 lbs)				
	10)	M (5 ms, 618 lbs	Same			
					35 ms, 618 lbs	
					45 ms, 320 lbs	
					80 ms, 320 lbs)	
					L (5 ms, 761 lbs	
					37 ms, 761 lbs	
					48 ms, 450 lbs	
					80 ms, 450 lbs)	
2) Compression Dur	ation				S (5 ms, 519 lbs	
S-small (0-135	5 lb)				27 ms, 200 lbs	
M-medium (1)	36-199 lb)				80 ms, 200 lbs)	
L - large (200+	lb)				M (5 ms, 790 lbs	Same
no mille (noo					30 ms, 320 lbs	
					80 ms, 320 lbs)	
					L (5 ms, 979 lbs	
					32 ms, 450 lbs	
					80 ms, 450 lbs)	
Shear (composite)	Duration				S (5 ms, 405 lbs	S (5 ms, 810 lbs
S - small (0-135	5 lb)				20 ms, 225 lbs	20 ms, 450 lbs
M-medium (1)	36-199 lb)				29 ms, 225 lbs	29 ms, 450 lbs
L - large (200+	1b)				37 ms, 165 lbs	37 ms, 330 lbs
					80 ms, 165 lbs)	80 ms, 330 lbs)
					M (5 ms, 625 lbs	M (5 ms, 1250 lbs
					25 ms, 337 lbs	25 ms, 674 lbs
					35 ms, 337 lbs	35 ms, 674 lbs
					45 ms, 247 lbs	45 ms, 494 lbs
					80 ms, 247 lbs)	80 ms, 494 lbs)
					L (5 ms, 777 lbs	L (5 ms, 1554 lbs
					28 ms, 414 lbs	28 ms, 828 lbs
					39 ms, 414 lbs	39 ms, 828 lbs
					50 ms, 304 lbs	50 ms, 608 lbs
					80 ms, 304 lbs)	80 ms, 608 lbs)
4)	172 (11.)	S	M	L 1947		
F_{r} M_{y}	F (Ib)	904	1330	1672		
$N_{ij} = \frac{1}{F} + \frac{1}{M} + \frac{1}{F} + \frac{1}{$		10/3	Peak Nij < 0.5	Peak Nij < 1.5		
Tzcrit M ycrit	+M _{verit} (in-lb)	1372	2/44	30/3		
	-Myenit (In-Ib)	593	1195	1584		
M.	+/-MallM(in-lb)	593	1195	1584		
$MI_x = \frac{1}{M_{xLDM}}$					Peak $NMI_x < 0.5$	Peak $NMI_x \le 1.5$
M	+/-MgLM (in-lb)	593	1195	1584		
6) $NMI_z = \frac{M_z}{M_z}$					Peak NML < 0.5	Peak NML < 1.0
M _{zLDM}					i cultining - 0.5	i vun runng = 1.0

Table 4. NIC Summary (from Nichols, 2006)



REPORT NO: NAWCADPAX/TR-2004/86

CERVICAL INJURY RISK RESULTING FROM ROTARY WING IMPACT: ASSESSMENT OF INJURY BASED UPON AVIATOR SIZE, HELMET MASS PROPERTIES, AND IMPACT SEVERITY

by

Glenn Paskoff

21 October 2004



Figure G-1: Neck Tension Duration Limits (C0-C1 and C7-T1)



Crew Systems Bulletin

AFLCMC/EZFC Bldg 28, 2145 Monhan Way WPAFB, OH 45433-7017 Phone 937-656-9683

EZFC-CSB-16-001 Number:

Date: 28 Nov 2016

Subject: USAF Revision of MIL-HDBK-516C section 9.1.1Escape system safety compatibility criteria standard; supporting data and legacy criteria.

Neck Compression Duration Limits



Figure G-2: Neck Compression Duration Limits (Co-C1 and C7-T1)





Figure G-4: Neck Shear Duration Limits (C7-T1)





Lower Neck Nij



Figure G-6: Lower Neck Nij

MCW Interaction-Based Force and Moment Lower Neck Injury Criteria LNic

$$LN_{ic}(t) = \frac{F(t)}{F_{crit}} + \frac{M(t)}{M_{crit}}$$

where the time-dependent parameters are:

- F is the A-P shear force
- M is the sagittal plane extension bending moment,
- subscript "crit" represents the critical intercepts.

AIS>1 C7-T1 Injury Risk Curves

from Matched-Pair PMHS-H3 Tests under Gx Loading



Force (left) and Moment (right) IARCs for the H3





Historical Thoracolumbar Spine Injury Criteria

- Eiband criteria derived from seat accelerations
- DRI criteria derived from seat accelerations
- ATD lumbar spine force and moment criteria

WPAFB does not use thoracolumbar spine metrics in the evaluation of seats and devices.

Eiband Injury Tolerance Curve for Spineward Acceleration



Dynamic Response Index (DRI)



DRI=18 for 5% Risk of Nonfatal AIS 2+ Spinal Injuries

Current Lumbar Injury Criteria for Vertical Loading

	5% Female	5% Male	50% Male	95% Male
Early AF	NA	Eiband	Eiband	Eiband
Army	\leq 23 \leq 25	\leq 23 \leq 25	\leq 23 \leq 25	$\leq 23 \leq 25$
Aviation G				
vs. ms				
AF, DRI	18 nom	18 nom	18 nom	18 nom
FAA	NA	NA	1500 Lb	NA
JSSG	1281 Lb	NA	2065 Lb	2534 Lb
Army,	G vs. ms, AF	G vs. ms, AF	G vs. ms, AF	G vs. ms, AF
Ground	DRI, and	DRI, and	DRI, and	DRI, and
	FAA	FAA	FAA	FAA

MCW PMHS Lumbar Criteria under Gz Loading

K = Fz/Fz,crit + My/My,crit Risk of T12-L1 Vertebral Body Fracture

optimized for Resultant Sagittal Force Fr, crit=1188# (5824 N) and Bending Moment My, crit= 852 ft# (1155 Nm)



MCW PMHS Lumbar Spine Compressive Injury Tolerances

Injury Risk Curves: T12-L1 (Left) and L5-S1 (Right)



Yoganandan et al. 2018	Plot	5% Risk	10% Risk	50% Risk
T12-L1 Force	Left	1068# (4750 N)	1171# (5211 N)	1624# (7223 N)
L5-S1 Force	Right	1059# (4710 N)	1208# (5372 N)	1921# (8545 N)

CONCLUSIONS

- Ejection spinal injury levels, patterns and mechanisms are well-documented
- Physical and virtual testing are valuable tools for seat, helmet, HMD, NVG evaluation given limitations
- Suggestions:
 - Update LOIS, LARD, and Hybrid III Users Manuals and set up regular static calibration checks.
 - Establish ATD positioning procedures.
 - Incorporate lower neck and lumbar spine criteria in the evaluation of effects of seats and devices.
 - Improve documentation and communication within and between labs and device evaluation teams
 - Create special task forces to achieve harmonization of ATDs and methodology within labs and between labs (e.g., Holloman, WPAFB and ejection seat manufacturers)