

# Modeling and Simulation Best Practices

The OpenSim team has a publication of recommendations for evaluating Models and Simulation;

[Is My Model Good Enough? Best Practices for Verification and Validation of Musculoskeletal Models and Simulations of Movement](#)

Jennifer L. Hicks, Thomas K. Uchida, Ajay Seth, Scott L. Delp.

Journal of Biomechanical Engineering, Volume 137, Issue 2, 2015

This section also contains the following set of documents to help researchers evaluate musculoskeletal models and simulations of their movement:

- [Evaluating a Musculoskeletal Model](#)
- [Simulation with OpenSim - Best Practices](#)
- [Verification and Validation of the OpenSim Software Package](#)