

Inverse Kinematics

In this section, we provide a conceptual review of the inputs and outputs of the Inverse Kinematics (IK) tool, a set of troubleshooting tips and best practices, as well as how to use the IK tool in OpenSim:

- [Getting Started with Inverse Kinematics](#)
- [How Inverse Kinematics Works](#)
- [How to Use the IK Tool](#)
- [IK Settings Files and XML Tag Definitions](#)

Next: [Getting Started with Inverse Kinematics](#)