

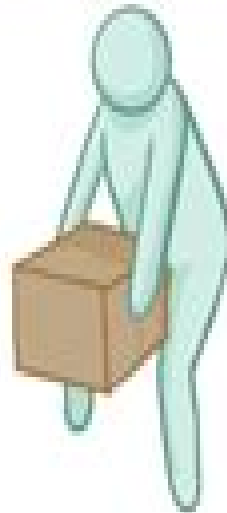
BODY MECHANICS

* HOW DIFFERENT PARTS of MUSCULOSKELETAL SYSTEM WORK TOGETHER



ALIGNMENT

- * GOOD POSTURE
- NEUTRAL POSITION



BALANCE

- * FEET BASE of SUPPORT
- SPREAD FEET APART
- PLACE ONE FOOT in FRONT of the OTHER
- * BENDING KNEES



COORDINATION

- * USING STRONGEST MUSCLES
- SHOULDERS, HIPS, THIGHS

Body Mechanics Nwacc

Chao Zhang



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