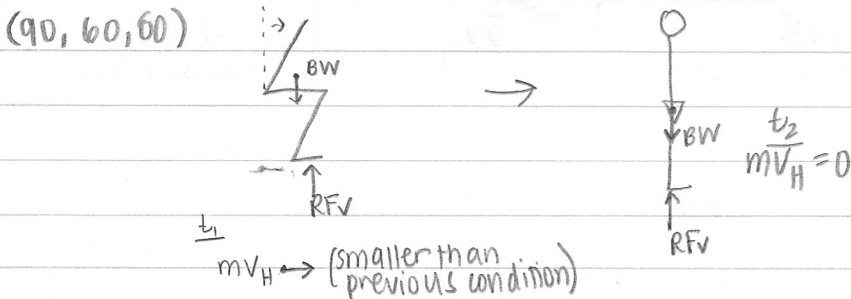
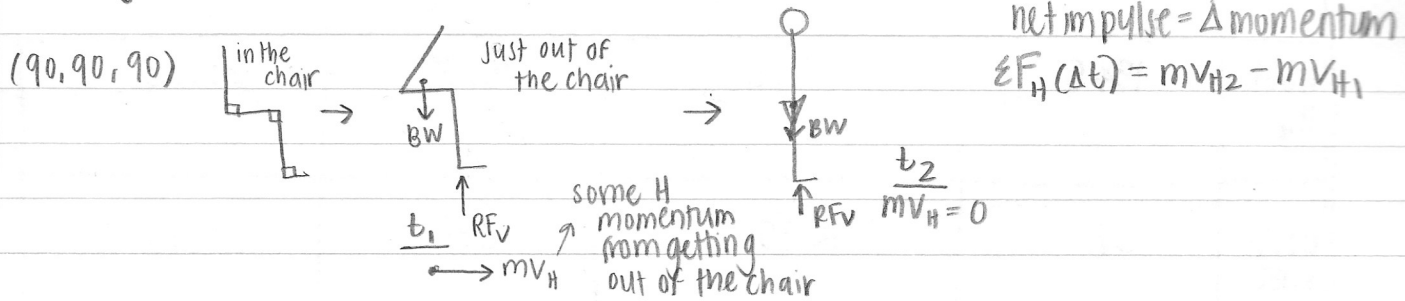


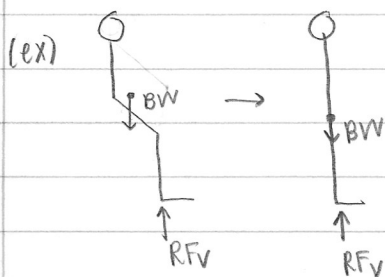
(10-16)

- last lab this week! → after, we will be using the period for project work

~ getting people out of a chair



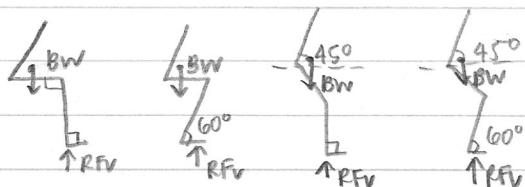
~ greater horizontal displacement makes it easier for people to get out of a chair



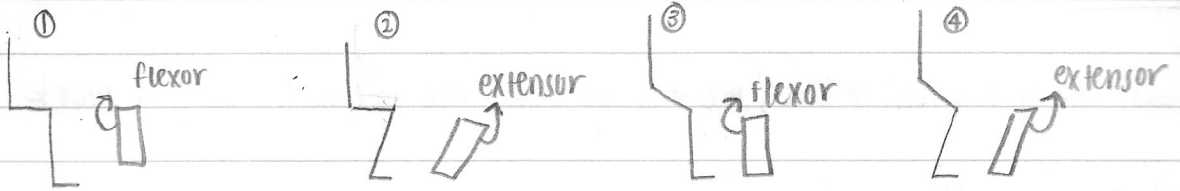
[the CM is on the same level (just not drawn that way) this makes the task less demanding, less  $\Delta$  in vertical CM displacement → 90°, 90°, 90° and 90°, 60°, 60° is therefore more difficult]

Joint Kinetics - @ the instant when we expect the force to be the greatest

(ex) our 4 conditions:



- looking at our in reality drawings of the segments  
- should be able to look at FBDs and determine what is bigger moment wise



NJM hip	154.5	100.75	120.08	63.33
NJM knee	37	16.75	37	16.75
NJM ankle	37	44.5 (further COP)	37	44.5 (further COP)

⊗ all calculated in the 10-9, 10-11 notes!!!