

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 Mccc

Julia Schneider



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