

TEAM-FEEDBACK: Hose Drag & Pull

Participant Information Sex: Male Age Range: 20-30yrs Height:1.83m



00:02 1

Torsional forces on left the hip, knee, and ankle joints. Risk: Lower limb injury Recommendation: Avoid pivoting on a a planted foot.



00:03 2

Compressive forces on right knee. Risk: Lower limb injury Recommendation: Reduce time spent in this position.

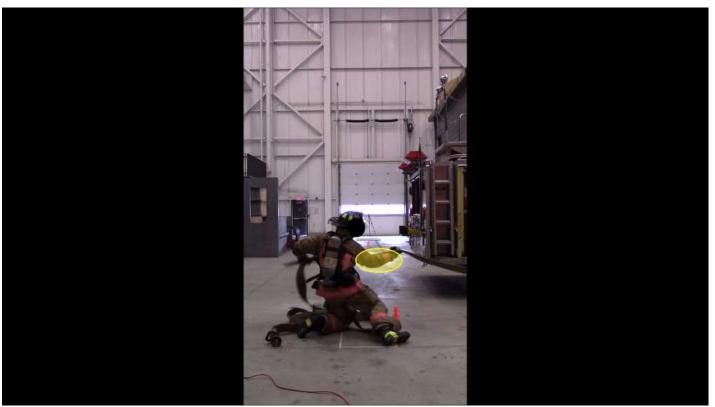
Left & Right Knee Flexion Risk: Lower limb injury Recommendation: Walk the left foot forward to form 90 degree angles at both knee joints while in a kneeling

posture.



00:06 3

Repetitive movement involving the shoulders as well as twisting through the spine and right knee. Risk: Repetitive strain injuries Recommendation: Minimize twisting through the joints while carrying loads.



00:10 4

Twisting through the elbow and forearm.
Risk: Repetitive strain injury
Recommendation: Stick with an underhand or overhand grip and maintain throughout the pulling motion.