



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.