An Analysis of the Relationship between Biomechanical Loading and Perceived Effort at the Shoulder for Weighted Reach Tasks

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Midwest Graduate Student Biomechanics Symposium, University of Toledo, Toledo, OH, April 5, 2003.

The purpose of this study was to determine if the amount of effort perceived while performing a reach is more closely related to cumulative overall loading than to the loading occurring during extreme static postures. It also examines the utility of shoulder torque as a predictor of perceived effort.

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