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» Journal Abstract

The analysis of maximum forces of five upper limb activities

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The aim of the study was to analyse relationship between strength developed in various types of upper limb activities and body measures (body height and body mass) as well as to compare values of the measured maximal force among the analysed types of strength activities (handgrip, lifting, pushing, pronation and supination). Twelve right hand dominant men in age from 26 to 31 years old participated in the experimental study. All the participants were healthy and had no history of hand dysfunction. The participants exerted maximal forces of the above mentioned five different upper limb activities. The determined regression equations describe relationship between body measures (body mass and body height) and values of maximal force for each of the considered types of upper limb strength. The statistical analysis showed relationship between force capabilities and body measures, in the considered upper limb activities. The study also reveal that correlations between body measures and force are similar in all analysed force activities, which means that each of the considered type of upper limb force can be a strength predictor.

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