

ISOMETRIC PUSH AND PULL STRENGTHS IN AWKWARD POSTURES

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Abstract

The objective of this study was to measure isometric push and pull strengths in awkward postures. Eighteen male industrial workers performed two-handed maximum strength exertions. The strengths were recorded in ten working postures. An analysis of variance was carried out to determine differences between postures. The greatest strengths were 131.59 N (Newtons) for push and 138.84 N for pull. These values were recorded in prone posture. The lowest push strength of 41.47 N was found in stooping posture with both arms in frontal plane, whereas the lowest pull strength of 33.85 N was found in stooping with both arms straight at 30° from frontal plane.

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