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The Effects Of Static Stretching Versus Dynamic Stretching ...Repeated Measures ANOVA Were Used To Analyze The Data. There Was A Significant Main Effect (p Chapter 1. Stretching Understanding PNF Stretching2 []]]] Strechingtechniques 1. Contract-relax 2. Hold-relax 3. Slow-reversal-hold-relax Muscle Energy Techniques PNFcontract-relax & Hold-relax Techniques []]]]] 13th, 2024Ergonomics - Principles Of ErgonomicsErgonomics - Principles Of Ergonomics Audience: All Persons Who Work In An Office Or At A Job That Requires Prolonged Sitting Or Operation Of Equipment Such As Computers And Telephones. Training Time: Average - 33 To 66 Minutes NOTE Delivery Formats: Web, CD-ROM, LAN, WAN, Web-Connecte 14th, 2024Lau Et Al., J Ergonomics 2015, 5:2 Journal Of ErgonomicsUSA) With 7 Cameras (Figure 2) Of Image Resolution At 1280 X 1024. Data Were Acquired At 180 Hz Using EVaRT Software, A Package Came With The Optical Motion Capture System. The Format Of Data Captured Was In TRC 5th, 2024.

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