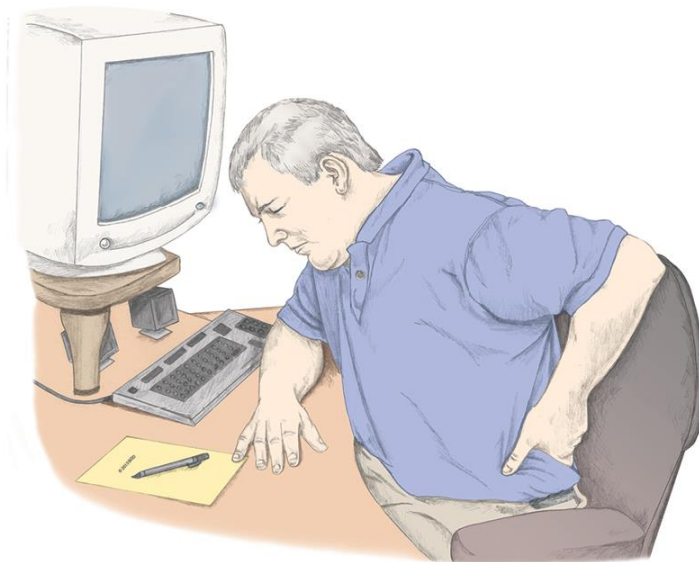


Mobility in the 21st Century

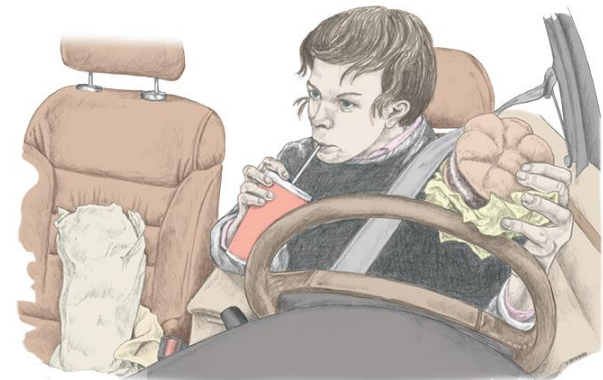
Add Text Here



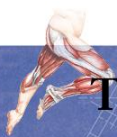
On the walkway at the airport.



Pinched between a chair and a screen. A fine example of what happens when structure and function don't match up.

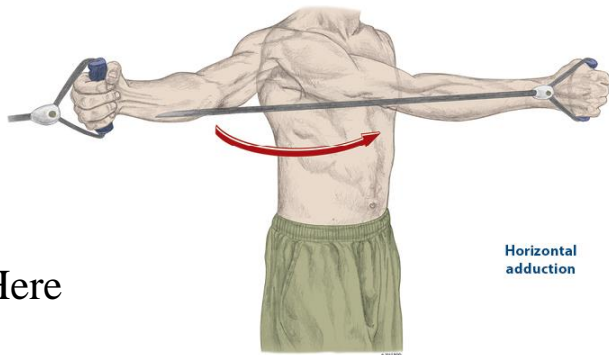


Driving and dining.

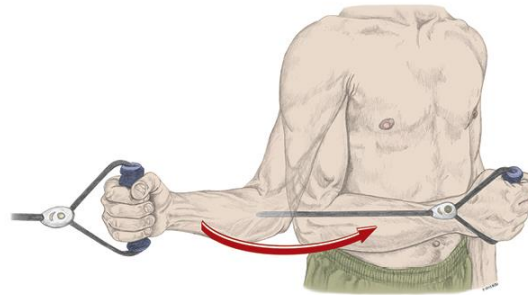


Shoulder

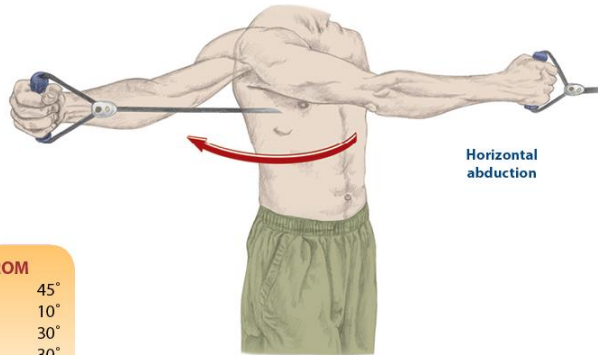
Add Text Here



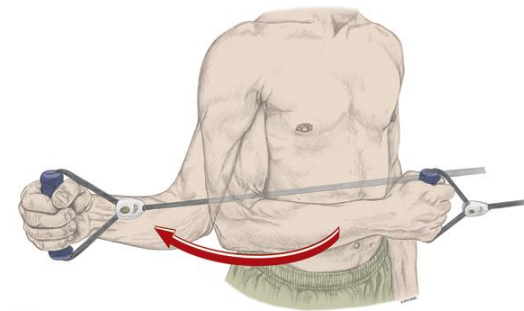
Horizontal adduction



Medial rotation (internal rotation)

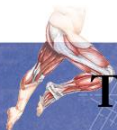


Horizontal abduction



Lateral rotation (external rotation)

Sternoclavicular joint ROM	
Elevation	45°
Depression	10°
Protraction	30°
Retraction	30°
Upward rotation	45°
Downward rotation	0°



Properties of Muscle Tissue

On the Bus

Add Text Here



7.39 Excitability as you reach for the rail.



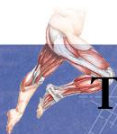
7.41 Extensibility as your extensors stretch.



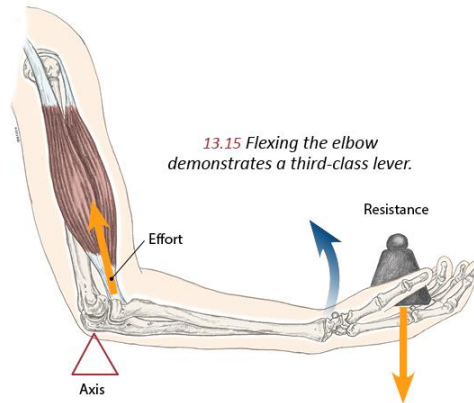
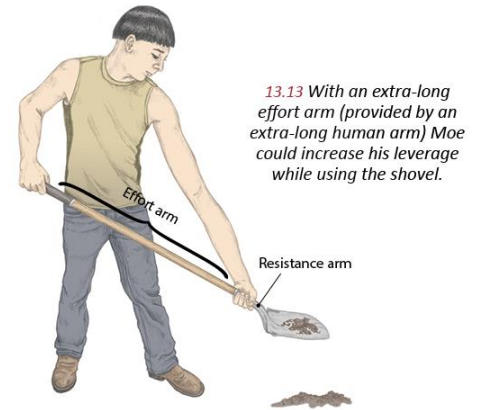
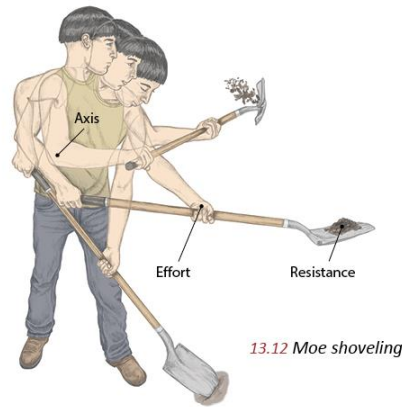
7.40 Contractility as your flexors shorten.



7.42 Elasticity as your muscle tissues return to their original length after releasing the rail.



Third-Class Lever



Add Text Here

