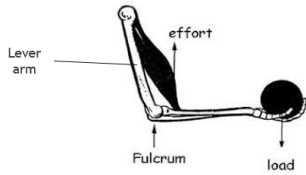


Levers

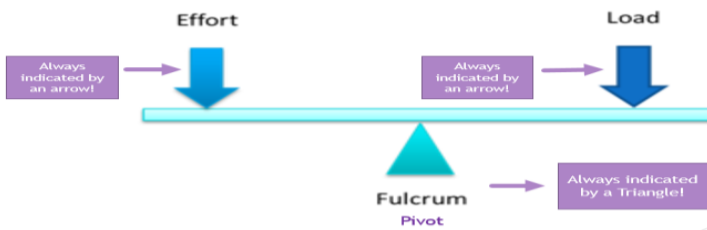
Lever arm Pivot Effort Load

A lever arm= A bone
 Pivot (Fulcrum)= Joints
 Effort= Muscles
 Load= The weight of the body parts/object moving

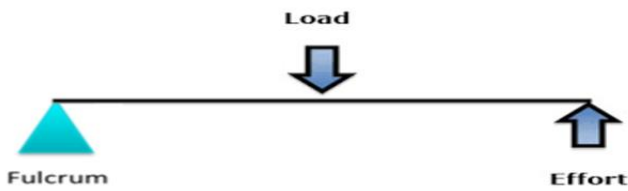


1 F
 2 L
 3 E

First class lever



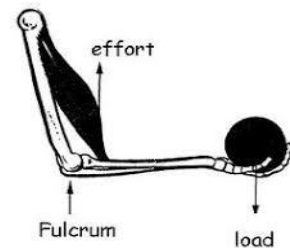
Second class lever



Third class lever



This is the most common in the body!!



Increasing force

Levers can be used to increase the **force** of movement

- ▶ 1st class can increase the effects of **effort and speed** of a body
- ▶ 2nd class tend to only increase the effect of the **effort** force
- ▶ 3rd class tend to only increase the **speed** of the body- MOST COMMON IN BODY

Planes of movement

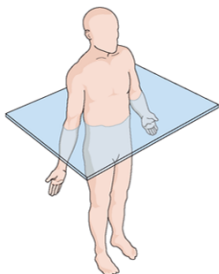
Frontal plane



- Runs vertically
- Divides between front and back
- Allows **abduction and adduction** movement



Transverse (horizontal) plane



- Divides between upper and lower
- Allows **rotational** movement



Sagittal plane



- Runs vertically
- Divides between left and right sides
- Allows **flexion and extension** movements



FRONTAL= ABDUCTION & ADDUCTION

TRANSVERSE= ROTATIONAL

SAGITTAL= FLEXION AND EXTENSION

