BODY MECHANICS
- efficient use of body as a machine
  *force
  *object
  *fulcrum
- purpose of good mechanics:
  *promotes good musculoskeletal function
  *reduces required energy
  *promotes balance
  *promotes safety of patient and healthcare worker
- terms:
  *alignment – having parts in proper relationship to each other
  *balance – steady position
  *base of support – area on which object rests
  *gravity – force pulling object toward the center of the Earth
  *center of gravity – area on which mass of object is centered
  *line of gravity – vertical line that passes through center of gravity
  *center of gravity and balance – stable position, center of gravity must be above the base of support
- posture:
  *position of body
  *feet parallel, flat on floor, shoulder width apart
  *bend knees slightly to avoid strain (act as shock absorbers)
- proper posture:
  *pull buttocks in and hold abdomen in (helps keep a straight back)
  *hold chest up and slightly forward
  *hold head erect with face forward and chin slightly in
- body at work:
  *longest and strongest muscles to provide energy
  *internal girdle is the long midriff to protect abdominal muscles
  *feet apart for a wide base support
  *push, pull, or roll objects when possible
  *prepare the way for the patient/client

REMINDERS FOR A GOOD BODY MECHANIC:
* bend at knees and hips
* use leg muscles
* keep back straight when lifting
* avoid twisting and stretching muscles
* rest between periods of exertions

CONCEPTS OF MOVING A PATIENT/CLIENT:
* friction – force that opposes motion
* force – energy required
* inertia – rest at rest, motion in motion
* muscle – produces force that moves lever