



**HAL**  
open science

## The effects of awkward versus natural shoulder configurations on elbow maximal torque based on isokinetic dynamometer

Diane Haering, Charles Pontonnier, Guillaume Nicolas, Nicolas Bideau, Georges Dumont

### ► To cite this version:

Diane Haering, Charles Pontonnier, Guillaume Nicolas, Nicolas Bideau, Georges Dumont. The effects of awkward versus natural shoulder configurations on elbow maximal torque based on isokinetic dynamometer. 3DAHM-2018 - XV International Symposium on 3D Analysis of Human Movement, Jul 2018, Manchester, United Kingdom. pp.1-3. hal-01763203

**HAL Id: hal-01763203**

**<https://inria.hal.science/hal-01763203v1>**

Submitted on 10 Apr 2018

**HAL** is a multi-disciplinary open access archive for the deposit and dissemination of scientific research documents, whether they are published or not. The documents may come from teaching and research institutions in France or abroad, or from public or private research centers.

L'archive ouverte pluridisciplinaire **HAL**, est destinée au dépôt et à la diffusion de documents scientifiques de niveau recherche, publiés ou non, émanant des établissements d'enseignement et de recherche français ou étrangers, des laboratoires publics ou privés.

## **The effects of awkward versus natural shoulder configurations on elbow maximal torque based on isokinetic dynamometer.**

*D. Haering<sup>1</sup>, C. Pontonnier<sup>2,3</sup>, G. Nicolas<sup>4</sup>, N. Bideau<sup>4</sup>, G. Dumont<sup>2</sup>*

<sup>1</sup>*Arts et Métiers ParisTech, LBHGC, Paris, France*

<sup>2</sup>*Univ Rennes, CNRS, INRIA, IRISA, UMR6074, Rennes, France*

<sup>3</sup>*Ecoles de Saint-Cyr Coëtquidan, Guer, France*

<sup>4</sup>*Univ Rennes, M2S, EA1274, Rennes, France.*

### **Introduction**

In industrialized countries, musculoskeletal disorders (MSD) represent 80% to 90% of work related disorders. Ulnar nerve entrapment (UNE) and epicondylitis are the most common elbow MSDs within manual workers (1,2). UNE and epicondylitis are associated with maintained elbow flexion, or near-maximal elbow extension coupled with large loads (3). Awkward shoulder postures while using elbow increase MSD risk (4). Articular mechanical load can be estimated in regards of its maximal isometric torque from dynamometric measurements (5). Most studies focusing on elbow ergonomics considered tasks executed in one – usually natural – shoulder configuration. A comparison between elbow isometric torque characteristics in natural and awkward shoulder configurations could help reduce the risk of elbow MSDs.

### **Research Question**

The study highlights differences in elbow isometric torque characteristics when varying shoulder configurations and implications for ergonomics.

### **Methods**

Dynamometric measurements and personalized torque-angle modelling were performed on a worker population to define elbow isometric torque characteristics during natural or awkward manual tasks.

Twenty-five middle-aged workers (33±6 years, 1.80±0.07 m, 79±8 kg) participated in our study. One classical and five awkward shoulder configurations were tested: flexion 0° with external rotation (FOER), 90° flexion with external rotation (F90ER), 180° flexion with external rotation (F180ER), 90° abduction with external rotation (A90ER), 90° abduction with internal rotation (A90IR), and 90° flexion with internal rotation (F90IR) (Fig. 1).

Dynamometric measurements consisted in static calibration, submaximal concentric and eccentric warm-up, and isometric trials. Trials included 5 isometric contractions maintained for 5 s in flexion and extension evenly distributed through the angular range of movement of the participants.

A quadratic torque-angle model (6) was used to fit isometric torque measurements, where model parameters: peak isometric torque  $\Gamma_{max}$ , maximal range of motion  $\Gamma_{max}$ , and optimal angle  $\Gamma_{max}$ , were optimized. Optimal isometric torque for awkward shoulder configurations were

compared to natural configuration in terms of: optimal model parameters (one-way repeated measures Anova), torque magnitude  $M$  and angle phase  $P$  (7).



Figure 1. Natural and awkward shoulder configurations tested for elbow torque on dynamometer.

## Results

Significant effects of shoulder configuration on elbow peak isometric torque  $\Gamma_{max}$  are shown ( $p < .01$ ). In flexion, F0ER displays larger  $\Gamma_{max}$  than F90ER and F180ER. In extension, F90ER shares highest  $\Gamma_{max}$  with F0ER larger than F180ER (table 1). Magnitude analysis also reveals that maximal isometric torque over the full range of motion is overall the largest for A90IR in flexion or F0ER in extension.

No significant differences are found for maximal range of motion  $RoM$ .

Effect of shoulder configuration on elbow optimal angle  $\theta_{opt}$  is found ( $p < .01$ ). F0ER, F90ER and F180ER display smallest optimal angles (closest to anatomical reference) in flexion. Inversely, F0ER and A90IR show largest  $\theta_{opt}$  in extension. Phase analysis show similar correspondences.

Table 1. Awkward versus natural shoulder configuration in terms of average isometric torque parameters, torque magnitude and angle phase.

| Torque direction | Shoulder configuration | $\Gamma_{max}$ [N.m] | $RoM$ [°] | $\theta_{opt}$ [°] | $M$ [%] | $P$ [%] |
|------------------|------------------------|----------------------|-----------|--------------------|---------|---------|
| FLEXION          | FOER (natural)         | 60.95 ± 8.97         | 157 ± 10  | 74 ± 11            | 0       | 0       |
|                  | F90ER                  | -9.96                | +80       | -2                 | -4      | 6       |
|                  | F180ER                 | -8.88                | +34       | +1                 | -6      | 5       |
|                  | A90ER                  | -5.74                | +33       | +21                | -3      | 10      |
|                  | A90IR                  | -1.21                | +51       | +13                | +9      | 8       |
|                  | F90IR                  | -1.11                | +31       | +20                | +4      | 10      |
| EXTENSION        | FOER (natural)         | 56.09 ± 13.34        | 194±70    | 59 ± 21            | 0       | 0       |
|                  | F90ER                  | +3.24                | +18       | -29                | -4      | 6       |
|                  | F180ER                 | -10.2                | +7        | -9                 | -21     | 3       |
|                  | A90ER                  | -9.51                | -19       | -3                 | -18     | 2       |
|                  | A90IR                  | -2.77                | -24       | +30                | -3      | 12      |
|                  | F90IR                  | -3.91                | 7         | -6                 | -11     | 4       |

## Discussion

Peak isometric torque and magnitude results give a clear idea of elbow torque available for all shoulder configurations. Results confirm that natural position (F0ER) allows good compromise

between peak torque and torque magnitude. For flexion, F90ER and F180ER appear as weakest configurations. Except for F90ER in elbow extension tasks, shoulder flexion should be minimized in strenuous working tasks. Those results agree with common ergonomic recommendations in terms of posture (8,9).

In flexion, F0ER with smaller optimal angle could also help reduce UNE occurrence by favoring tasks with less flexed elbow. Similarly in extension, F0ER and A90IR could help reduce epicondylitis by favoring less extended elbow work.

While A90IR appears as good alternate on torque and angle criterion, visibility issue might interfere.

## References

1. Tiong WH, Kelly J., *Hand Surg.* 2012; 17(01):83–4.
2. Shiri R, et al., *Am J Epidemiol.* 2006; 164(11):1065–74.
3. Déplaude M-O., *Rev Fr Sci Polit.* 2003; 53(5):707–35.
4. Bernard BP, Putz-Anderson V. NIOSH. 1997.
5. Haering D, et al. *Proc XXVI Congress ISB* 2017.
6. Haering D, et al. *Comput Meth Biomech Biomed Engin* 2017; 20(1):2.
7. Lund ME, et al. *Proc Int Symp Comput Simul Biomech* 2011.
8. McAtamney L, Corlett EN., *Appl Ergon.* 1993; 24(2):91–9.
9. Hignett S, McAtamney L. *Appl Ergon.* 2000; 31(2):201–5.