

Biomechanics Awareness Activity

Interpreter's Name: _____

Date: _____

Instructions: Read the NTEAC Teacher Tipsheet "Interpreting and Biomechanics" at http://www.netac.rit.edu/downloads/TPSHT_Interpreting_Biomechanics.pdf. (If it is available in your center, you may also view the videorecording "Biomechanics of Interpreting" by NTID/RIT.) Watch a 5-10 minute sample of your interpreting and analyze the categories below. Discuss this activity with a colleague if you need help to identify patterns.

Micro-restbreaks:

How many times do your hands come to a full resting position between thoughts? How many missed opportunities do you see for micro-restbreaks?

Static loading:

How many times does a handshape stay in position longer than needed? Pay particular attention to your non-dominant hand. Does it often hold handshapes from previous signs?

Hand/wrist position:

Do your wrists bend into unnatural positions? Why? How often?

Force:

Are your muscles unnecessarily tense? Is there excessive noise made when you sign?

Work envelope:

Is your sign space too small? Too large?