

## Biomechanics Awareness Activity

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Interpreter's Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Instructions:** Read the NTEAC Teacher Tipsheet "Interpreting and Biomechanics" at [http://www.netac.rit.edu/downloads/TPSHT\\_Interpreting\\_Biomechanics.pdf](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?