

# Degrees of Freedom

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Degrees of freedom refer to the number of separate independent dimensions of movement in a system that must be controlled<sup>1</sup>. The more degrees of freedom, the more complex and therefore difficult the movement<sup>1</sup>.

1. O'Sullivan SB, Schmitz TJ, eds. *Improving Functional Outcomes in Physical Rehabilitation*. 2nd ed. F.A. Davis Company; 2016.