

# Grip Strength and Electromyogram(EMG)

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Saket Choudhary

February 14, 2017

BISC 104

Session 4

**”Life is full of screwups. You’re supposed to fail sometimes. It’s a required part of the human existence.”**

**Sarah Dessen, *Along for the Ride***

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- Electromyogram(EMG) is used to measure muscular strength
- Why Study this? EMG is used for assessing muscular health

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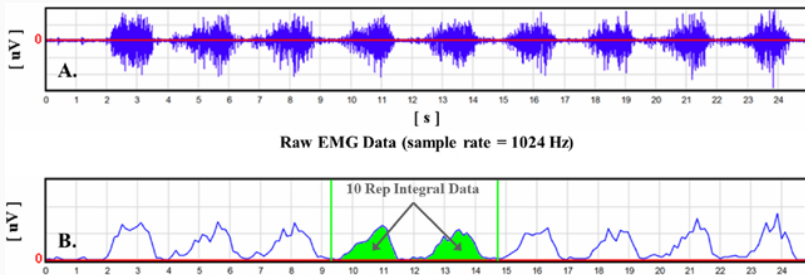
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- Step 1: **"EMG Cable and Hand Dynamometer Setup"**
- Step 2: **"Calibrating the Hand Dynamometer" – Method 2**
- Weigh textbooks in **kilograms**.  $1\text{kg} = 2.2\text{lb}$
- Step 3: Proceed to **"Experiment HM-1"**
- Exercise 1 and 2 are compulsory.

# Analysis – Area Under Curve



# Electrodes





# Dynamometer



Tuesday: 9-10AM  
Thursday: 9-10AM  
ZSH 372

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