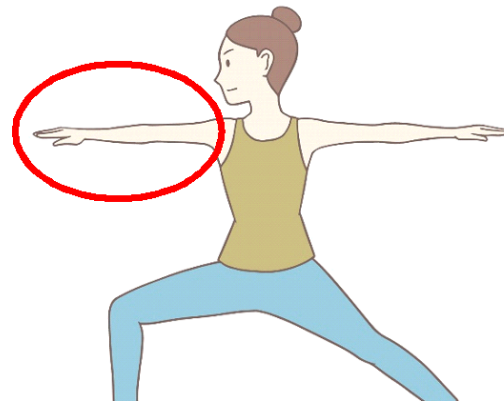
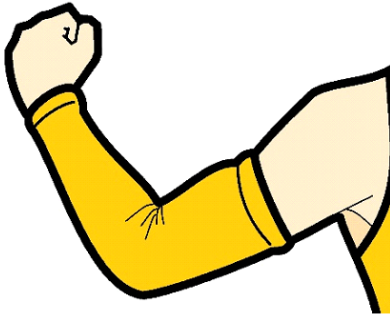


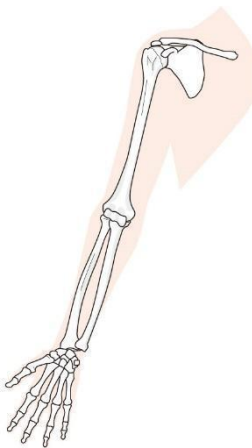
Chapter 8 Scapula

Ndili ndi funso ndisanalankhule za scapula. Kodi "mkono" ukupita kuti kuchokera kuti kupita kuti? Gawo pamwamba pa phewa?



Nthawi zambiri, inde.

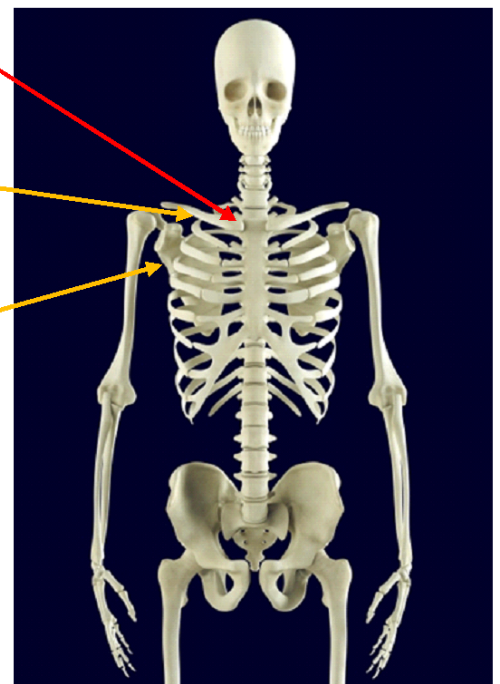
Tikamanena kuti mkono, tikutanthauza gawo lomwe lili pamwamba pa mapewa, mkono wakumtunda, ndi mkono. Koma kuyankhula mwachibadwa, ndizosiyana pang'ono. Dzanja limaphatikizapo scapula ndi clavicle. Mwa kuyankhula kwina, maziko a mkono amakhala chifuwa.



base of clavicle
It is an arm from this part.

clavicle

scapula

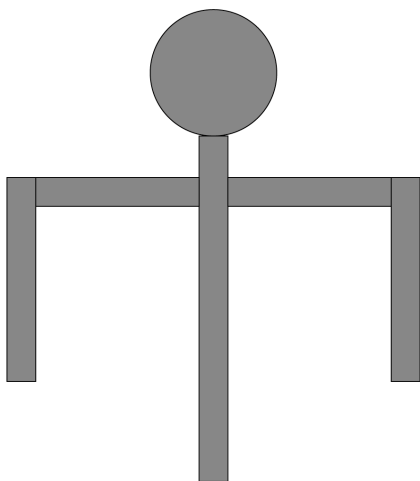


Both the scapula and the clavicle are part of the arm.

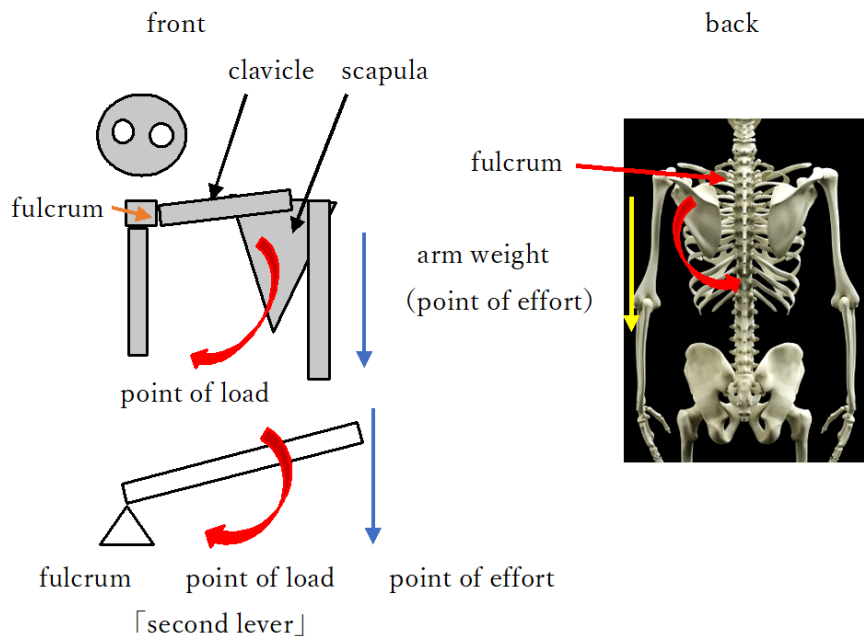
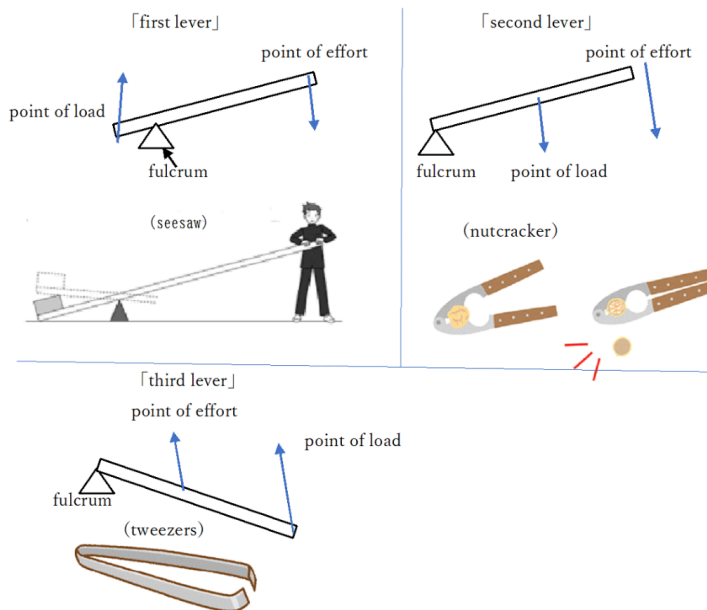
N'chifukwa chiyani anamanga nyumba yovuta chonchi? Ziyenera kukhala zosavuta ngati zikuwoneka ngati robot yokhala ndi clavicle pamsana ndi fupa la mkono pamapeto.

Komabe, munthu weniweni alibe dongosolo ngati loboti, koma ali ndi dongosolo lovuta kwambiri.

Ndipotu, ndi ndondomeko yovutayi yomwe imakhala yomveka. Ndiye zikutanthauza chiyani kwenikweni?

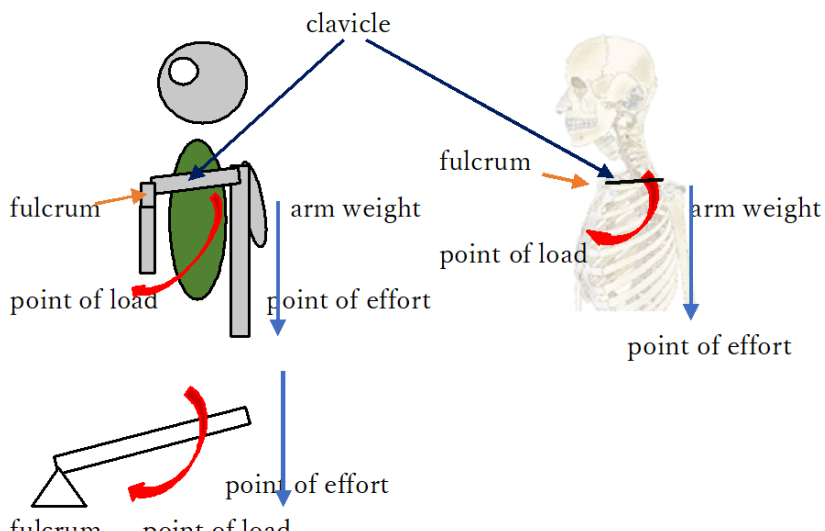


Mfundo yake ndi "Principle of leverage". Lever ili ndi "chiwopsezo choyamba" mpaka "chiwopsezo chachitatu".



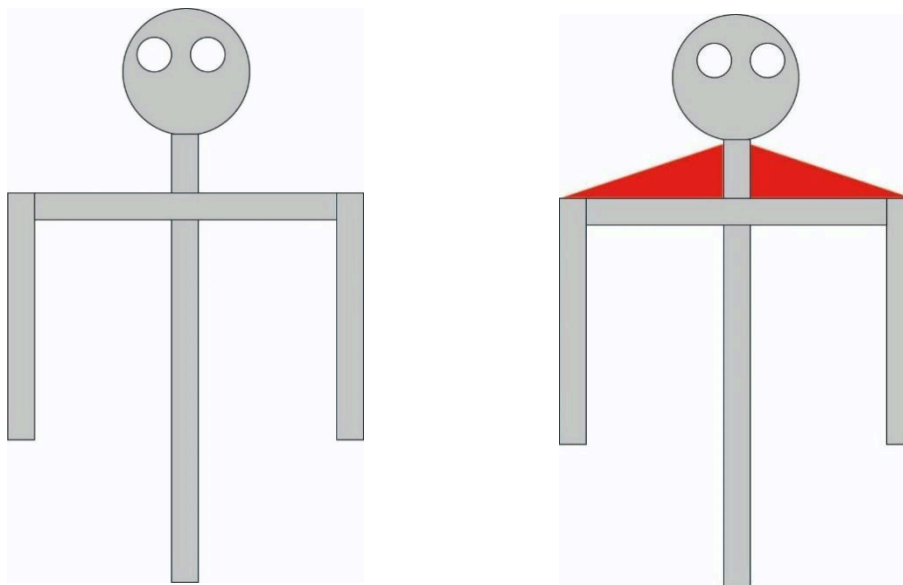
Mwanjira iyi, kulemera kwa mkono kumasuntha scapula pafupi ndi msana ndi zochita za lever yachiwiri. Ndiye mukhoza kukonza mkono potsamira msana.

Tiziyang'ana kumbali.

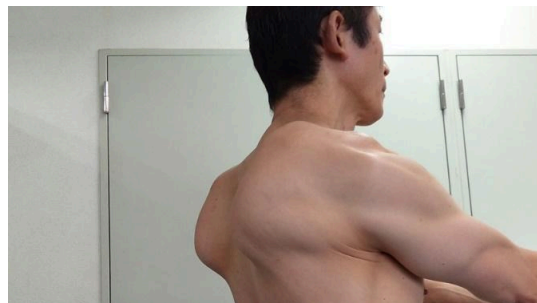


Poyang'aniridwa kuchokera kumbali, zochita za lever yachiwiri zimalola scapula kutsamira nthiti ndi kulemera kwa mkono, kukonza mkono. Mukuganiza chiyani? Mutha kuwona momwe mkono umakhazikika potsamira msana ndi nthiti. Dzanja likhoza kuthandizidwa ndi mafupa pogwiritsa ntchito kulemera kwa mkono wokha popanda kugwiritsa ntchito mphamvu ya khosi, msana ndi mapewa. "Ngati mungathe kuthandizira ndi mafupa, simukusowa kugwiritsa ntchito mphamvu." Simutopa chifukwa simugwiritsa ntchito mphamvu.

Ngati mkonowo ukanakhala ndi mawonekedwe ngati loboti ...



Minofu yomwe ili pamwamba pa mapewa imakhala yolimba nthawi zonse, yotopa komanso yotupa. Minofu imakhala yolimba komanso yopweteka. Nanga bwanji? N'chifukwa chiyani dongosolo la mkono ndilovuta kwambiri? Izi zili choncho chifukwa mfundo ya mphamvu yowonjezera imalola kulemera kwa mkono kuchirikizidwa ndi fupa osati ndi mphamvu ya minofu. Komanso, kugwiritsa ntchito zida pamasewera kumatanthauza kugwiritsa ntchito scapula ndi clavicle. Ngati mumvetsetsa izi ndikuchita, mudzatha kugwiritsa ntchito manja anu bwino.



Kugwiritsa ntchito mkono kumatanthauza kugwiritsa ntchito scapula.