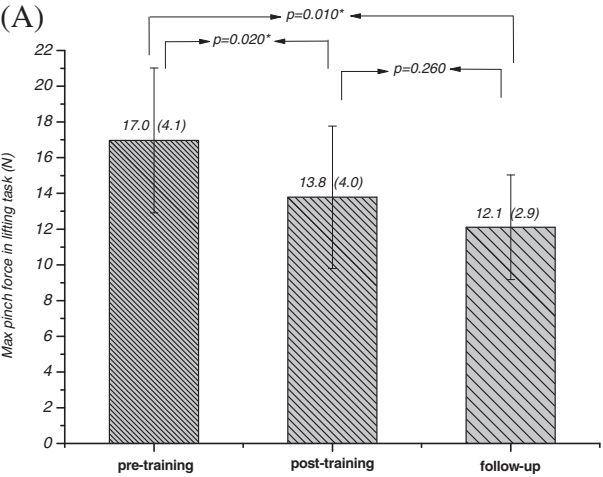
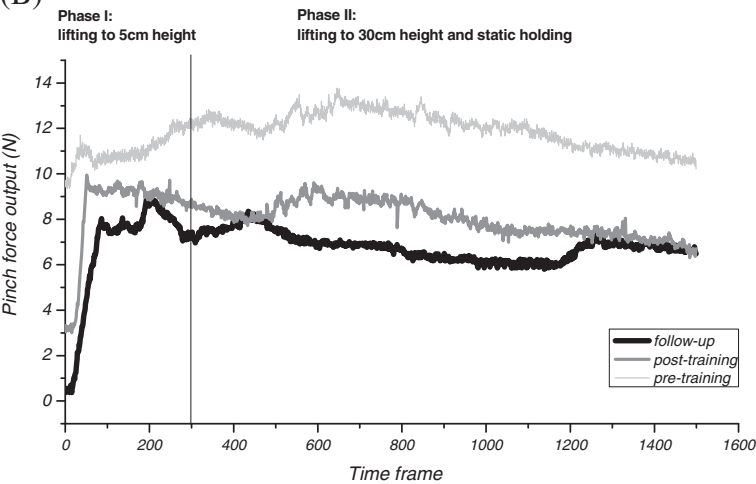
(A)


p=0.010*
p=0.020*
p=0.260
17.0 (4.1)
13.8 (4.0)
12.1 (2.9)
Max pinch force in lifting task (N)
0
2
4
6
8
10
12
14
16
18
20
22
pre-training
post-training
follow-up

(B)


Phase I:
lifting to 5cm height
Phase II:
lifting to 30cm height and static holding
Pinch force output (N)
0
2
4
6
8
10
12
14
follow-up
post-training
pre-training
0
200
400
600
800
1000
1200
1400
1600
Time frame