(A) Max pinch force in lifting task (N)

- Pre-training: 17.0 (4.1)
- Post-training: 13.8 (4.0)
- Follow-up: 12.1 (2.9)

(B) Phase I: lifting to 5cm height
Phase II: lifting to 30cm height and static holding

Time frame
- Follow-up
- Post-training
- Pre-training

Pinch force output (N)

0 200 400 600 800 1000 1200 1400 1600

Phase I
Phase II