









If your reserves are "large"...

1) Check passive muscle force (i.e., quadriceps). Large passive forces may induce active forces in the antagonistic muscles (i.e., hamstrings) which may not be desired.

2) Check normalized fiber length during the experimental motion. Modify LsT to shift the curve vertically. Is the muscle operating near LoM when force is required? (useful to have EMG for this). What muscle parameters do we / don't we have confidence in?

3) "Can't I just uniformly increase FoM 10X? That would surely get rid of my reserves". Not always. Passive muscle forces may increase if FoM is increased, causing greater problems.





