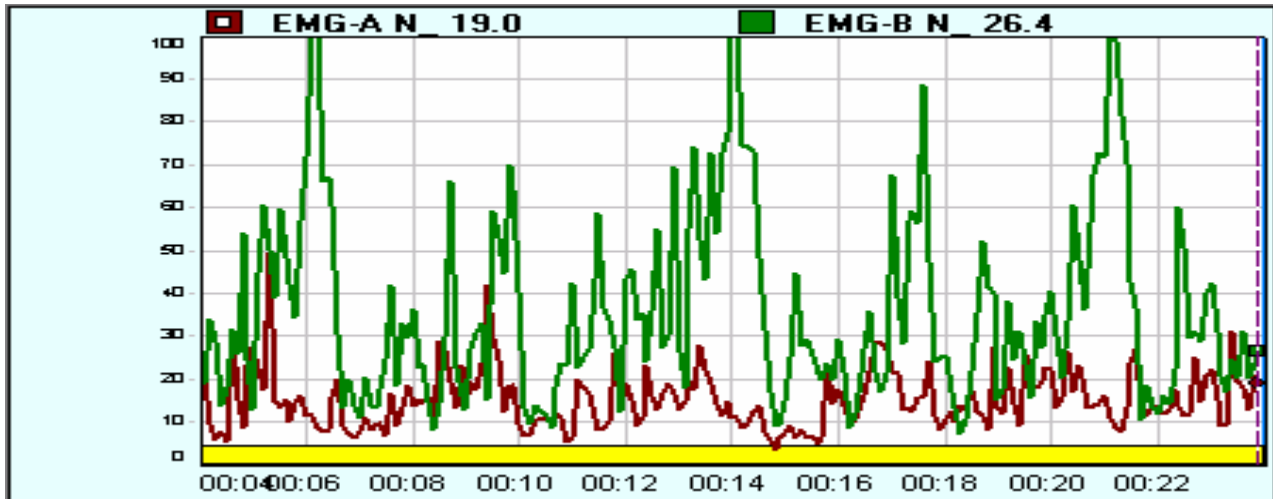


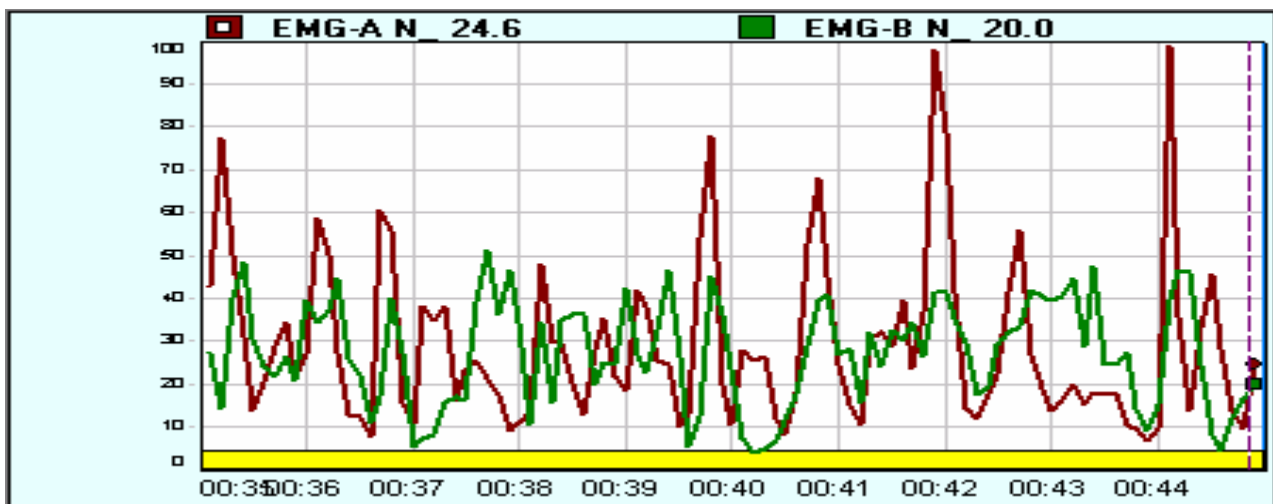
*-Ridge Meadow Farms Equestrian Facility June 16, 2006-*  
Mucking Horse Stall  
 – Left (Lower) Hand  
 – Reverse Grip

- Finger extensor muscle activity in green
- Finger flexor muscle activity in red



Mucking Horse Stall  
 – Right (Higher) Hand

- Finger extensor muscle activity in green
- Finger flexor muscle activity in red



Notice the physical activity of both the finger extensor muscles (green) and the finger flexor muscles (red) when the worker (female) is 'mucking' the horse stall, said to be 'below average' as far as weight and work output is concerned. The finger extensor muscles appear to be most active on the left (low) hand on the scope shovel, the finger flexor muscles on the right (high) hand. Peaks in the graphs represent activity when the weighted, soiled shavings are shoveled and flipped into an awaiting wheel barrel. Without specific, comprehensive hand muscle exercise, repetitive overuse injuries (RSI) at the hand, wrist, forearm and elbow are common in equestrian and similar facilities. See [www.doczac.com](http://www.doczac.com)