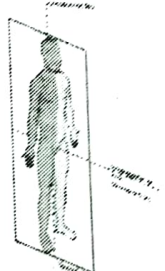
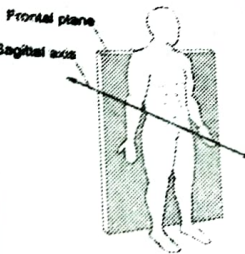
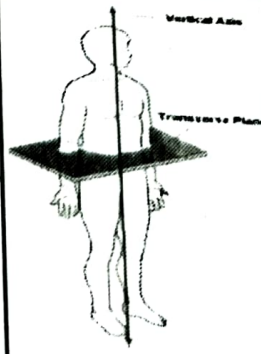


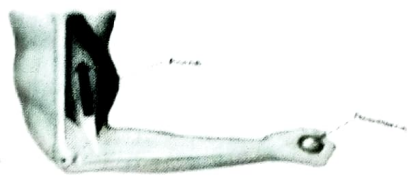
... rotates. for example, Wheels of a bicycle, ... minute hand of a clock, etc. It is of three types.

Types of Plane and Axis

S. N.	Types of planes	Imaginary surface/Cutting body side	Figure	Types of axes	imaginary axis passing line	Axis of rotation	Examples
1	Sagittal plane/ Longitudinal plane/ median plane/ Sinister-dexter plane/ Vertical plane/ Y-Z plane/ Anterior- posterior plane	Imaginary surface/Cutting body into left and right काल्पनिक सतह जो शरीर को बाएँ और दाएँ में काटता है।		Frontal axis or lateral axis	Left to right Right to left	Mediolateral axis	Flexion Extension
2	Frontal plane lateral plane/ coronal plane/ medio lateral plane Y-X plane	Imaginary surface/Cutting body into Front & back काल्पनिक सतह जो शरीर को आगे और पीछे काटता है।		Sagittal axis	Anterior to posterior	Anterior and posterior axis	Abduction Adduction Pronation Supination
	Transverse plane horizontal plane Axial plane X-Z plane	Imaginary surface/Cutting body into Upper and lower top or bottom काल्पनिक सतह जो शरीर को ऊपरी और निचले हिस्से में काटता है।		Vertical axis or longitudinal axis	Perpendicular	Longitudinal	

4 components

- Lever (bone)
- Fulcrum (pivot point, joint)
- Effort force (muscle force)
- Load force (external forces)



Features	First class Lever	Second class Lever	Third class Lever
Explanation	A first-class lever has the fulcrum located between the effort (force) and the load (resistance).	A second-class lever has the load (resistance) located between the fulcrum and the effort (force).	A third-class lever has the effort (force) located between the fulcrum and the load (resistance).
	प्रथम श्रेणी के लीवर में फलकर्म, प्रयास (बल) और भार (प्रतिरोध) के बीच स्थित होता है।	एक द्वितीय श्रेणी के लीवर में लोड (प्रतिरोध), फलकर्म और प्रयास (बल) के बीच स्थित होता है।	एक तृतीय श्रेणी लीवर में प्रयास (बल) फलकर्म और भार (प्रतिरोध) के बीच स्थित होता है।
Figure			
Example from device	Scissors, seesaw, bicycle brake, etc.	Opener, nutcracker, Wheelbarrow, punching machine, etc.	baseball bat, Tennis racket, paddles, etc
Picture Example from device	<p>Example 1st Class Lever</p>		
Example from body	<p>Movement completed</p>	<p>Movement completed</p>	
Act as beneficial	Balance	Strength	Speed