

- 7) Flash T, Hogan N: The coordination of arm movements: an experimentally confirmed mathematical model. *J Neurosci*, 1985, 5: 1688–1703.
- 8) Schneider K, Zernicke RF: Jerk-cost modulations during the practice of rapid arm movements. *Biol Cybern*, 1989, 60: 221–230.
- 9) Hreljac A: The relationship between smoothness and performance during the practice of a lower limb obstacle avoidance task. *Biol Cybern*, 1993, 68: 375–379.
- 10) Hreljac A, Martin PE: The relationship between smoothness and economy during walking. *Biol Cybern*, 1993, 69: 213–218.
- 11) Hreljac A: Stride smoothness evaluation of runners and other athletes. *Gait Posture*, 2000, 11: 199–206.
- 12) Berthier NE, Keen R: Development of reaching in infancy. *Exp Brain Res*, 2006, 169: 507–518.
- 13) Hofsten C: Structuring of early reaching movements: a longitudinal study. *J Mot Behav*, 1991, 23: 280–292.
- 14) Konczak J, Borutta M, Topka H, et al.: The development of goal-directed reaching in infants: hand trajectory formation and joint torque control. *Exp Brain Res*, 1995, 106: 156–168.
- 15) Kjellberg K, Lagerstrom M, Hagberg M: Patient safety and comfort during transfers in relation to nurses' work technique. *J Adv Nurs*, 2004, 47: 251–259.
- 16) Retsas A, Pinikahana J: Manual handling activities and injuries among nurses: an Australian hospital study. *J Adv Nurs*, 2000, 31: 875–883.
- 17) Yin BY: A study of work stress, patient handling activities and the risk of low back pain among nurses in Hong Kong. *J Adv Nurs*, 2001, 36: 794–804.
- 18) Smedley J, Inskip H, Trevelyan F, et al.: Risk factors for incident neck and shoulder pain in hospital nurses. *Occupational and Environmental Medicine*. 2003, 66: 864.
- 19) Lee FWF, Liu SP, Luk KB, et al.: The prevalence and cause of occupational back pain in Hong Kong registered nurses. *J Adv Nurs*, 1997, 26: 380–388.
- 20) Hignett S: Measuring the effectiveness of competency based education and training programmes in changing the manual handling behaviour of healthcare staff; 2005.