

2 HINGES
 7 INNER
 1 OUTER (LARGER)
 LIGAMENTS SUPPORTING KNEES STOP BENDING BACKWARD
 → NATURAL RESISTANCE IN KNEE = NO ENERGY REQUIRED TO SUPPORT BODY WHILE STANDING

HOLE AT BOTTOM OF SKULL IN HUMANS (& MORE EVOLVED HOMININS)
 → MOVED FROM BACK OF SKULL FOR ERECT POSTURE (BIPEDALISM)



HUMANS HAVE AN S-SHAPED SPINE
 THIS HELPS WITH
 * BALANCE OF THE BODY
 * BALANCE OF THE HEAD

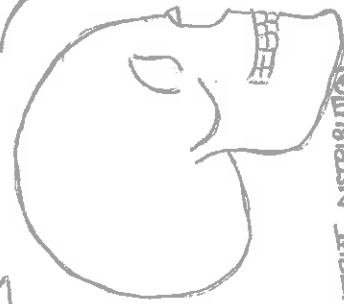
2 ARCHES IN THE FEET
 LONGITUDINAL & TRANSVERSE ARCHES



BECAUSE OF OUR STRIDING GAIT, THIS FOOT FORMATION IS WELL ADAPTED



NEIGHT DISTRIBUTION BALANCED BETWEEN FRONT & BACK OF SKULL
 = FORAMEN MAGNUM IN GOOD POSITION
 ∴ NO NEED FOR LARGE SUPPORTING MUSCLES



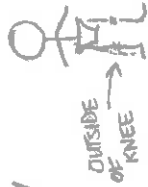
LOWER IN HUMANS THAN IN APES
 → HUMAN LEGS LONGER TO LOWER CENTRE OF GRAVITY



X = CENTRE OF GRAVITY

→ ATTACHMENT SITE FOR GLUTES = LEG MOVEMENT = ERECT POSTURE
 → SUPPORT FOR DEVELOPING FOETUS DURING PREGNANCY

HUMAN PELVIS - SHORTER & BROADER
 → BOWL SHAPED TO BETTER SUPPORT ABDOMINAL ORGANS WHEN STANDING UPRIGHT



→ STRAIGHT STRIDING GAIT

→ CARRYING ANGLE TOWARDS CENTRE OF BODY
 → BETTER WEIGHT DISTRIBUTION & STABILITY

HIP SOCKETS WIDE APART