**Advanced Exercises**

*Morning Session, Additional Exercises for Advanced Users:*

1. Include a force element to represent passive structures that restrict the knee from hyper-extending. Under “Help->Available Objects” menu option, find the description and model file syntax for including a CoordinateLimitForce, which applies stiffness and damping to a joint to as it exceeds user-specified limits.

*Afternoon Session, Additional Exercises for Advanced Users:*

1. Use the information in the workshop handout to calculate the joint reaction loads at the knee during Stance.
2. Use Static Optimization to compute muscle activations for stance phase. How do these results compare to CMC?
3. Use the Static Optimization muscle forces to compute joint reaction loads. How do these results compare to joint reactions using muscle forces from CMC?