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**Manuscript NO:** 61340

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**Slacklining: An explanatory multi-dimensional model considering classical mechanics, biopsychosocial health and time**

Slacklining: A new multi-dimensional explanatory model

**Abstract**

This paper aims to overcome slacklining's limited formulated explanatory models. Slacklining is an activity with increasing recreational use, but also has progressive adoption into prehabilitation and rehabilitation. Slacklining is achieved through self-learned strategies that optimize energy expenditure without conceding dynamic stability, during the neuromechanical action of balance retention on a tightened band. Evolved from rope-walking or 'Funambulus', slacklining has an extensive history, yet limited and only recent published research, particularly for clinical interventions and

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**Introduction**

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### Introducing Interoception

Interoception is the process of receiving, accessing and appraising internal bodily signals. Maintaining desired physiological states is critical for an organism's survival, and so interoception is a powerful motivator of behavior in the pursuit of these states (Craig, 2002, 2009). While inter...

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