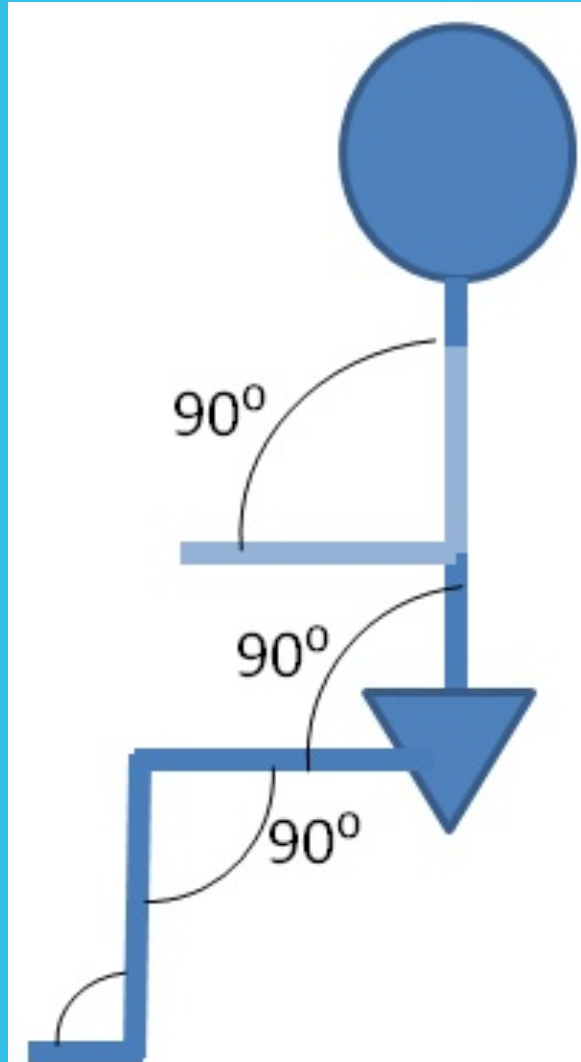


PROPER ERGONOMICS

HOW TO AVOID OVERUSE INJURIES

GRETCHEN ROMAN, PT, DPT

GREATER ROCHESTER PHYSICAL THERAPY





GREATER ROCHESTER PHYSICAL THERAPY

Tobey Village Office Park
140 Office Park Way
Pittsford, NY 14534
V: (585)370-7180
www.grpt.com
groman@grpt.com





GREATER ROCHESTER PHYSICAL THERAPY

HOURS

Monday/Tuesday/Thursday
10am – 7pm

Wednesday/Friday
8am – 12pm





**HOW MANY OF YOU SIT AT A DESK
ALL DAY FOR WORK?**

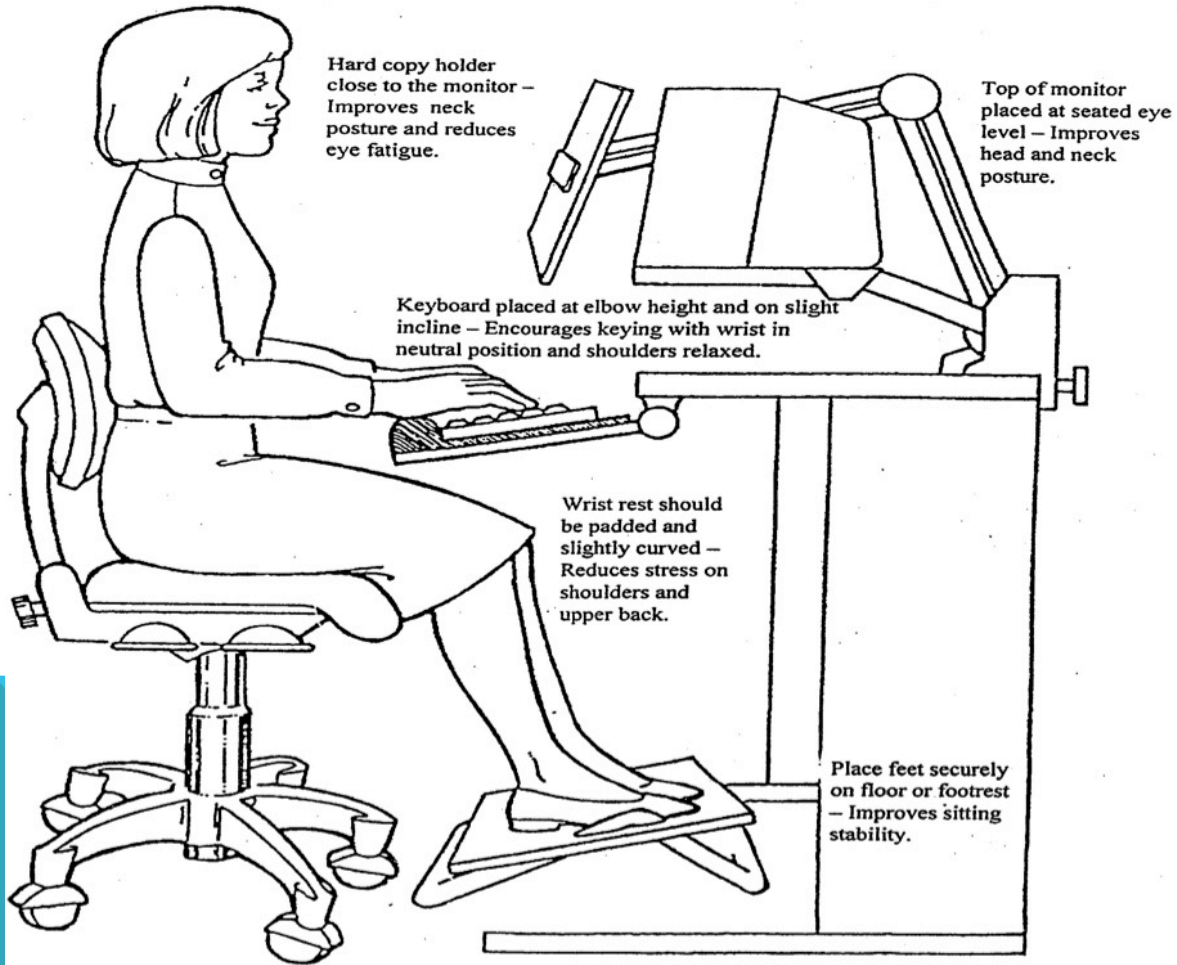


ERGONOMICS

is the study of maximizing human performance
and preventing injury on the job



ERGONOMIC IDEAL





PROPER SITTING POSTURE

- 1) Arms should hang relaxed from your shoulders.



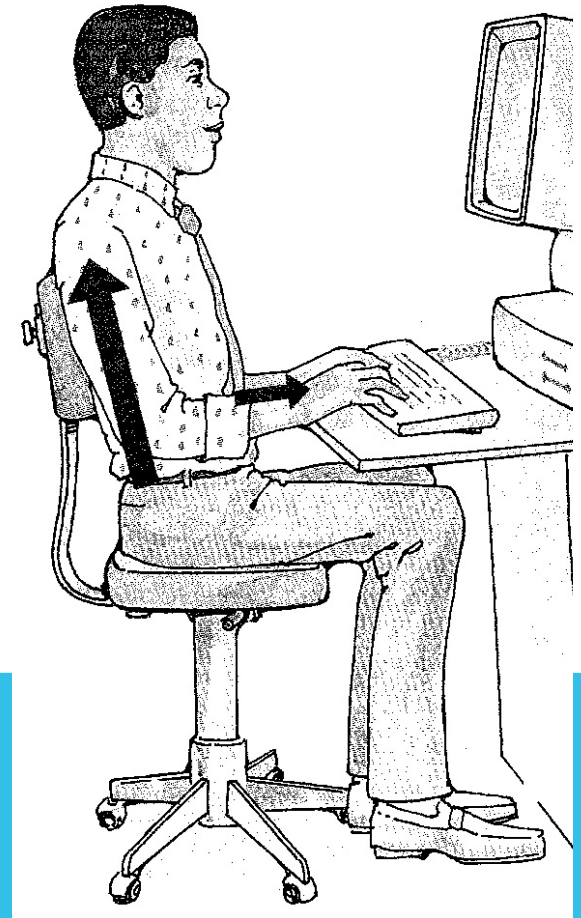
PROPER SITTING POSTURE

2) Elbows should be bent at right angles
(90* or lower).



PROPER SITTING POSTURE

3) Wrists should be held straight.





PROPER SITTING POSTURE

4) Equipment should be arranged, so the elbows are close to the body.



PROPER SITTING POSTURE

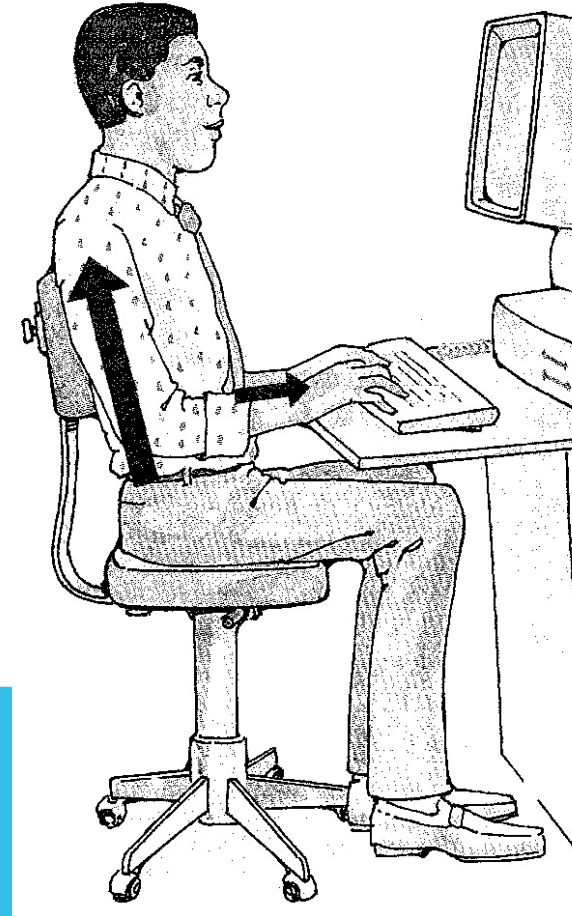
5) The base of the chair should be parallel to the ground (hips and knees should be in line with one another), in order to sit on your "sit bones."

Proper posture starts from the bottom up.



PROPER SITTING POSTURE

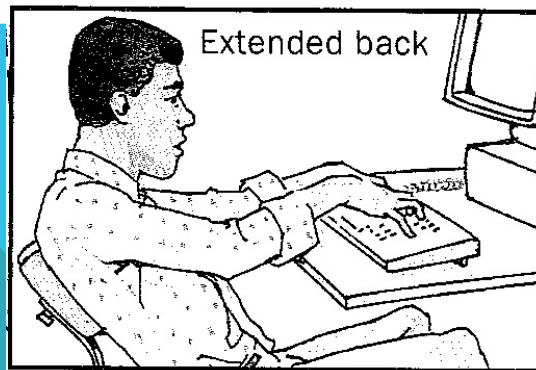
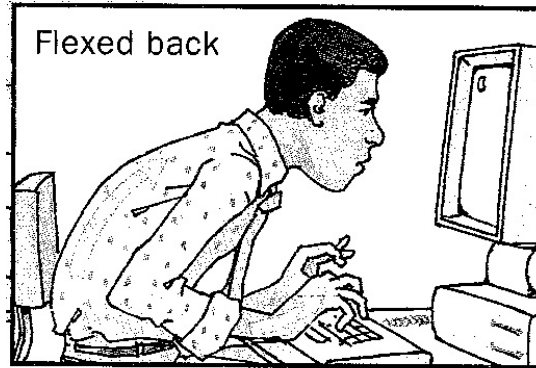
6) Aim to sit with the hips flexed to 90* and the knees flexed to 90*.





PROPER SITTING POSTURE

7) The head should be in line with the body.





PROPER SITTING POSTURE

8) The height of the chair should be adjusted so your feet are flat on the floor.



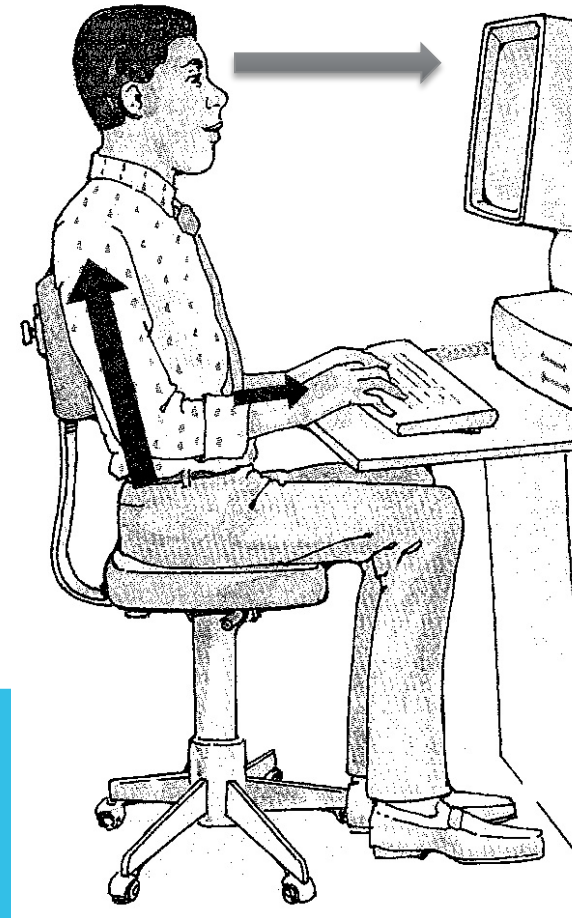
PROPER SITTING POSTURE

9) There should be at least 2 inches between the chair and the back of your knees.



PROPER SITTING POSTURE

10) Once sitting properly, your eye gaze should match up with the top line of the computer monitor and the eye level of the person you are chatting with on the VP television.





KEYBOARD





KEYBOARD

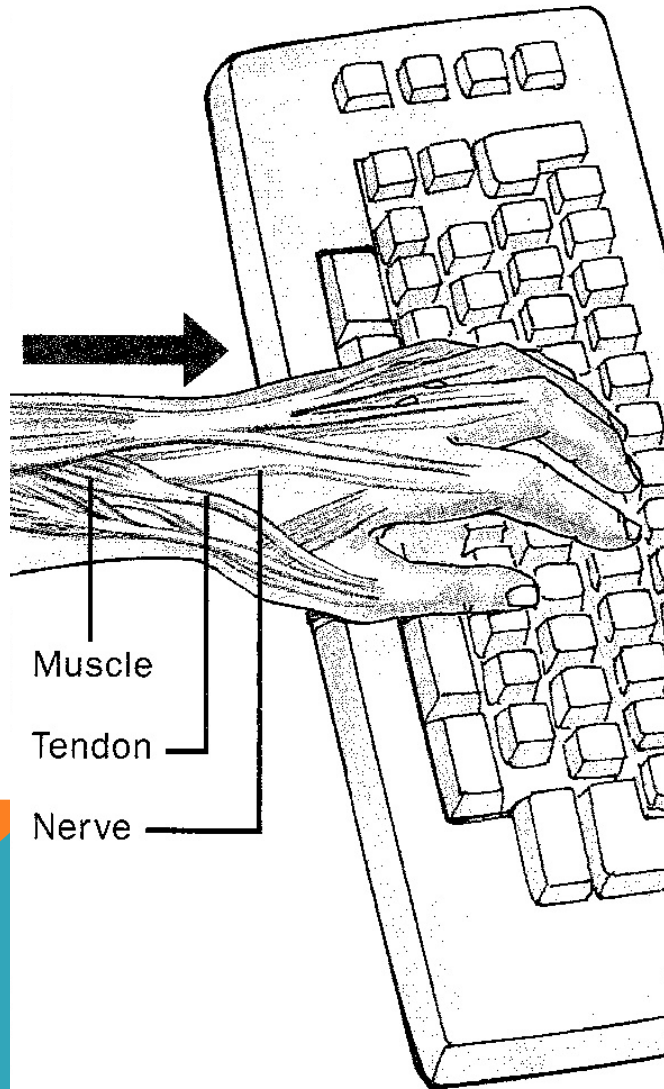


without keyboard mount

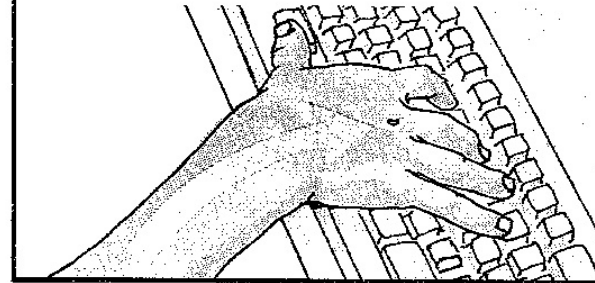


with keyboard mount

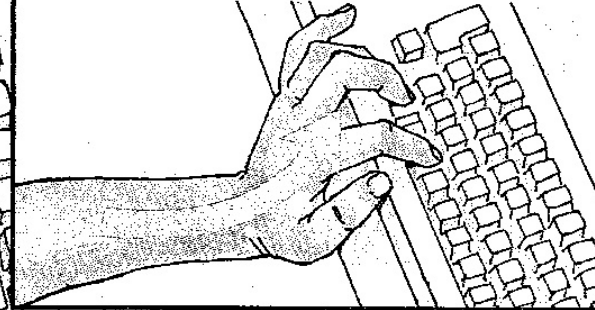
A straight wrist is a level, flat wrist. This position keeps extra pressure off muscles, tendons, and nerves in your wrist and hand.



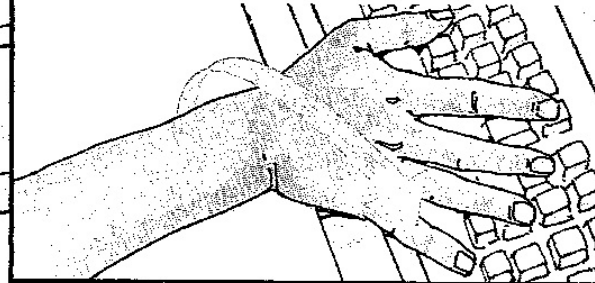
Flexing your wrist forward can strain muscles and tendons.



Extending your wrist backward strains muscles and tendons.



Twisting your wrist to the side strains nerves and tendons.





"Your carpal tunnel syndrome should clear up in two weeks, plus you'll burn 500 calories an hour."



MOUSE



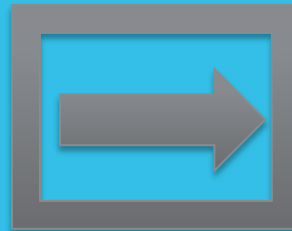
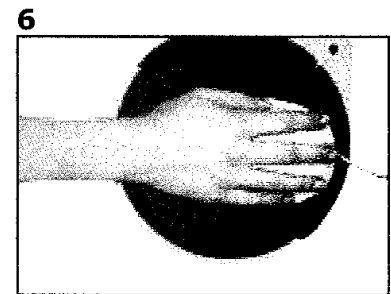
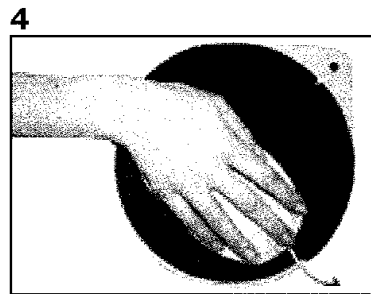
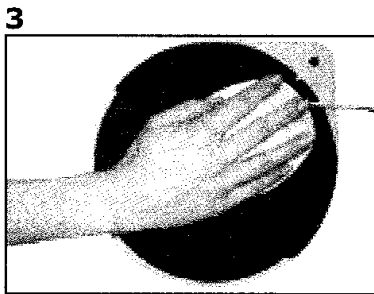
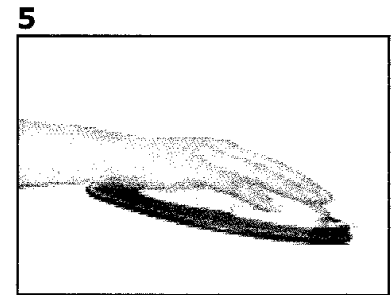
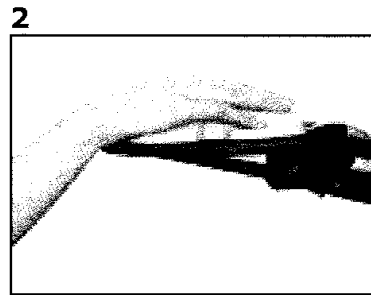
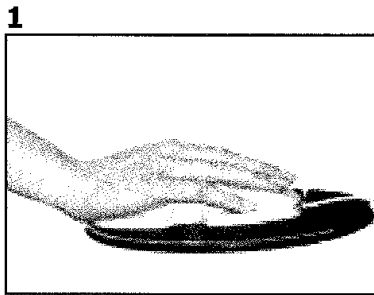
without mouse pad support



with mouse pad support

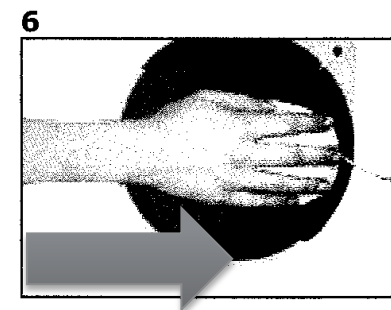
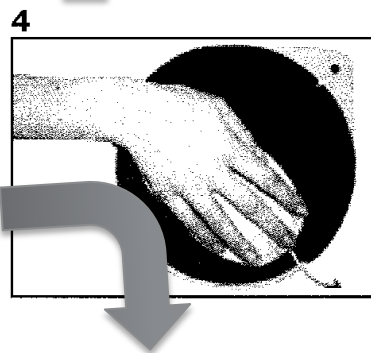
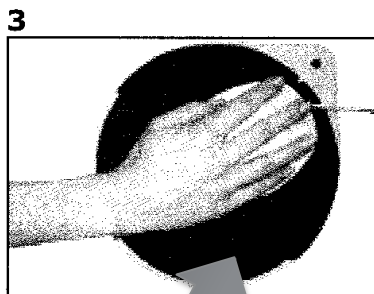
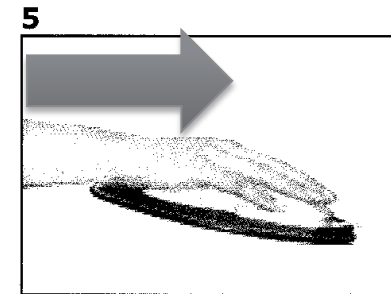
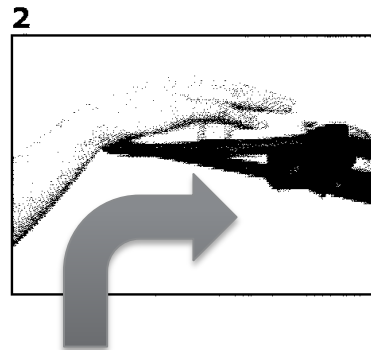
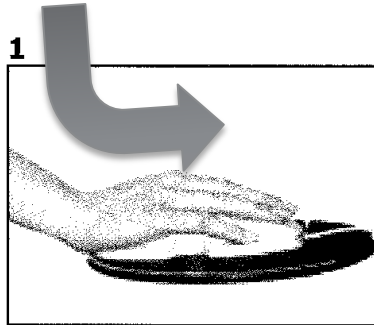


MOUSE



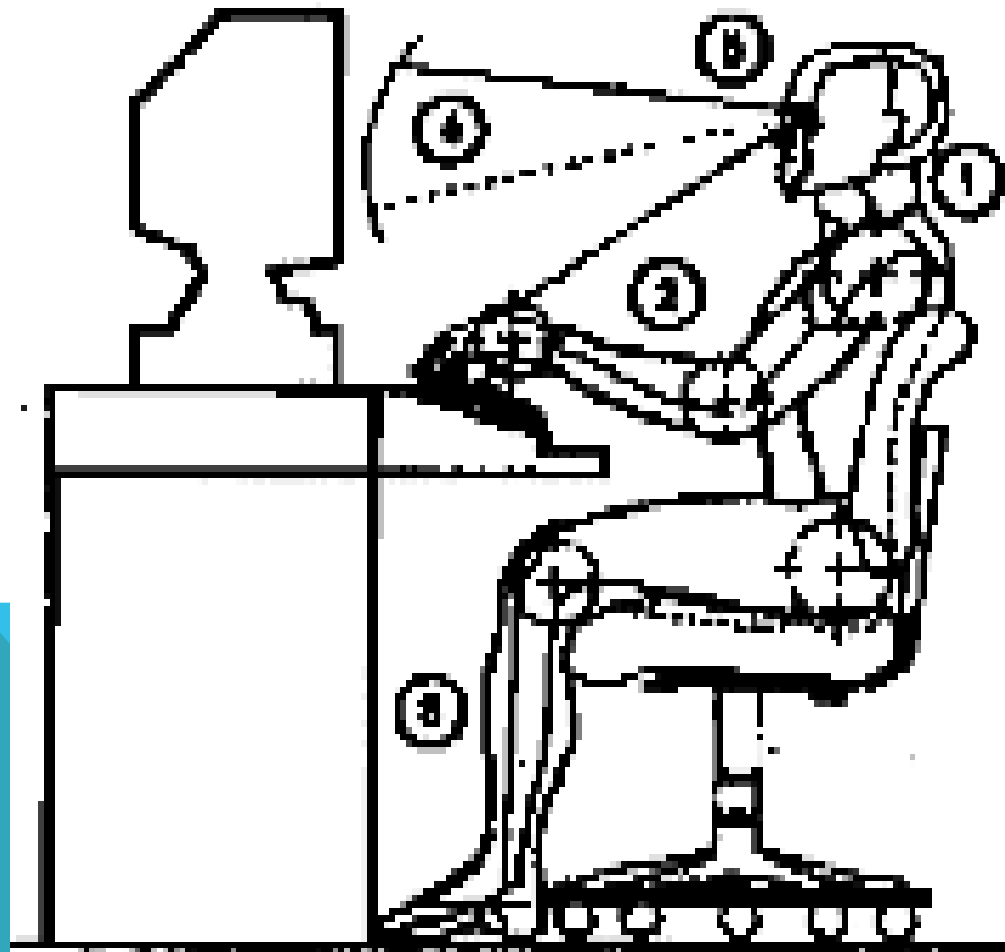


MOUSE





MONITOR





MONITOR AND TELEVISION

Keep computer monitor and VP television screen in close proximity to avoid prolonged neck rotation.



LAPTOP





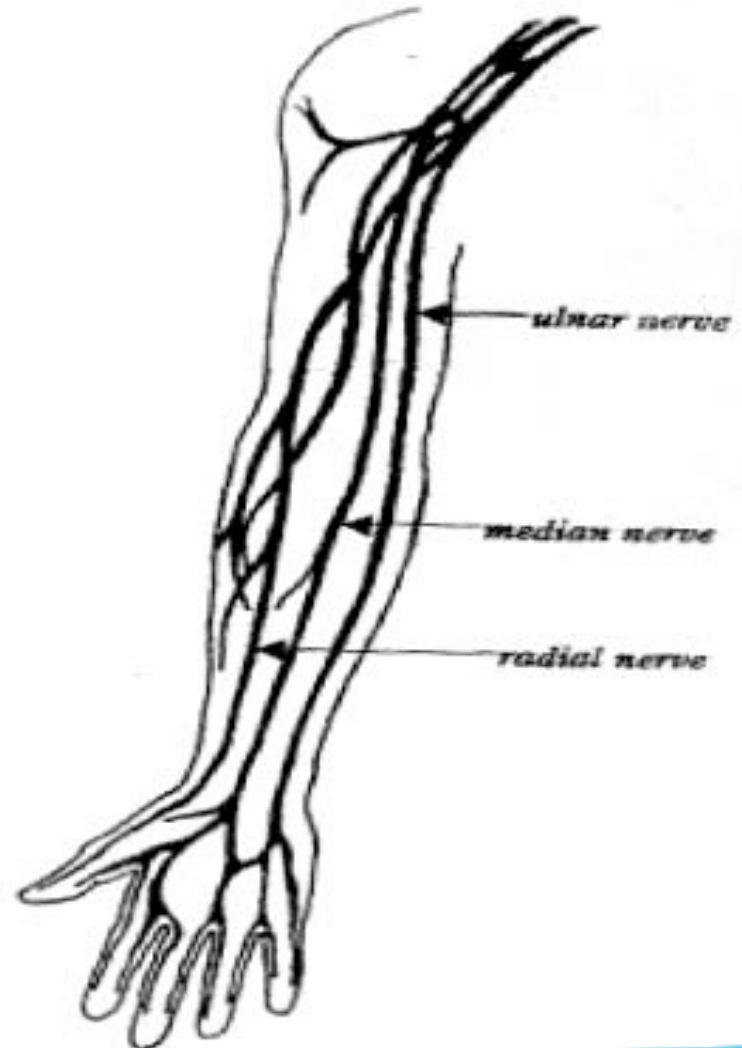
OTHER NAMES FOR OVERUSE SYNDROME

- ❖ Repetitive Strain
- ❖ Repetitive Motion Injury
- ❖ Cumulative Trauma Disorder
- ❖ Musculoskeletal Dysfunction



COMMON OVERUSE INJURIES

Illnesses or injuries to soft tissues (nerves, muscles, tendons, blood vessels, ligaments) resulting from repeated use.



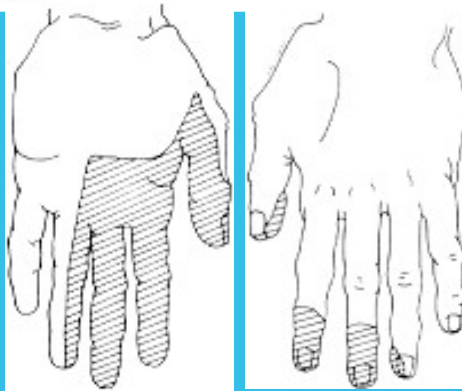
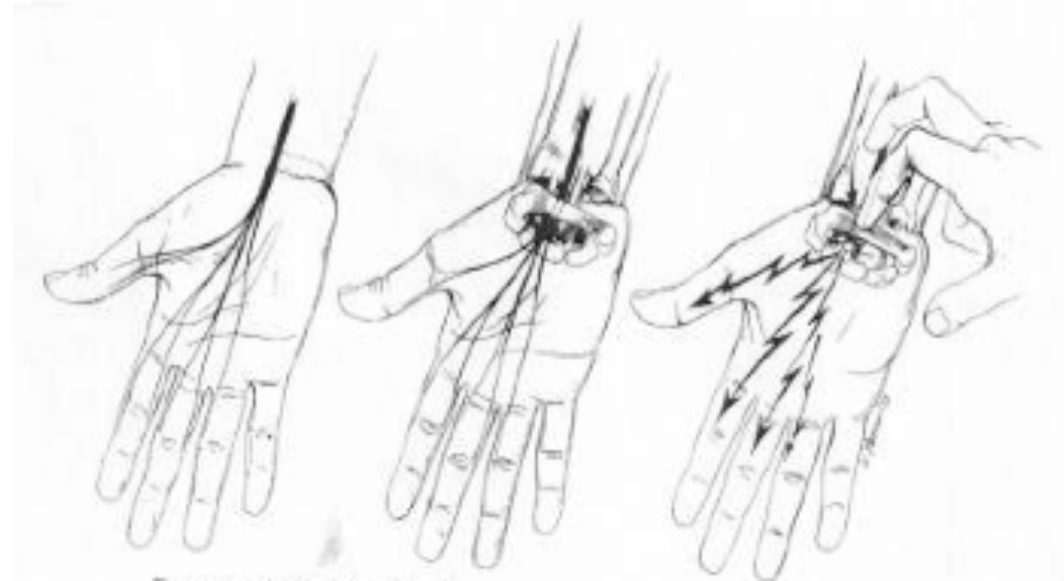
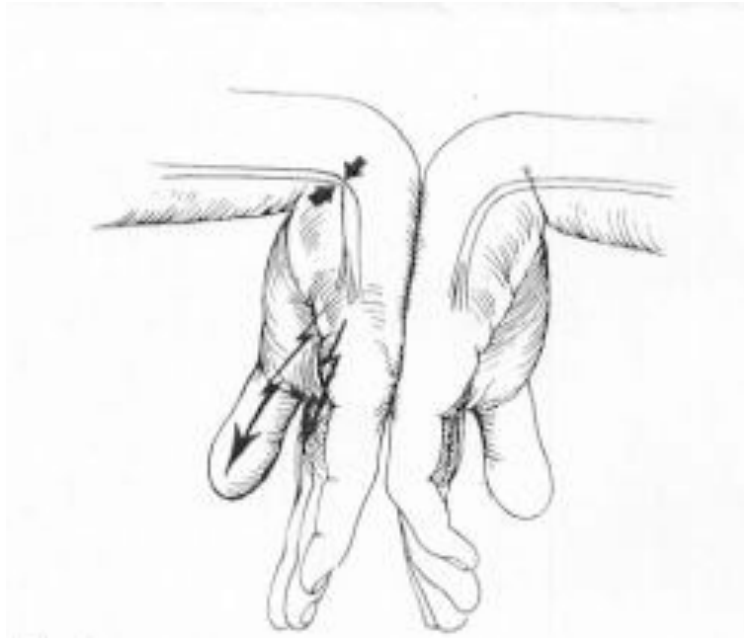


What overuse injury can result from these activities?





CARPEL TUNNEL SYNDROME



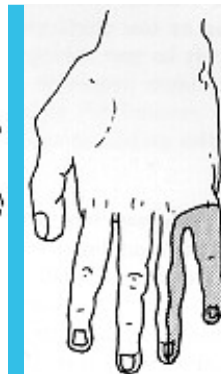
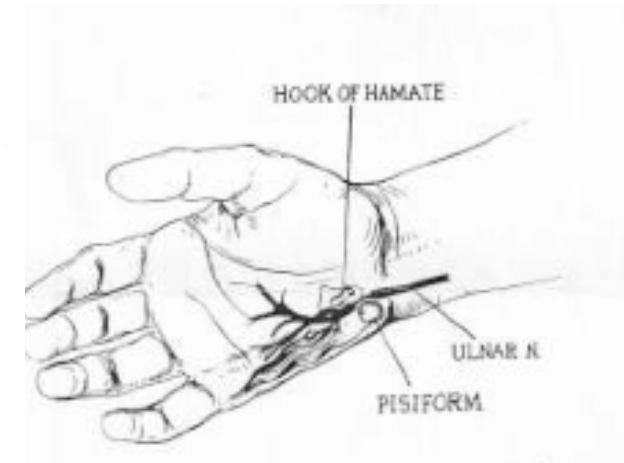


What overuse injury can result from these activities?



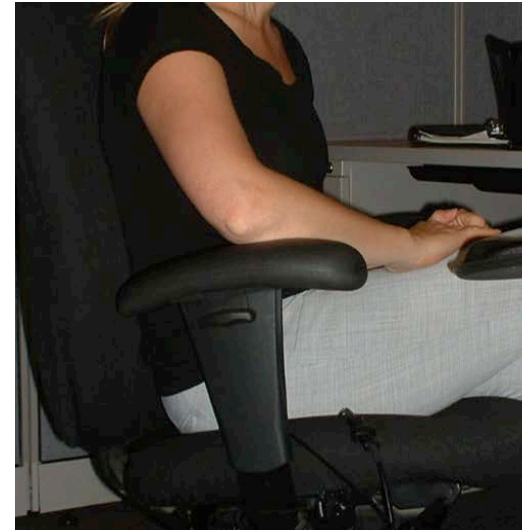


ULNAR TUNNEL SYNDROME



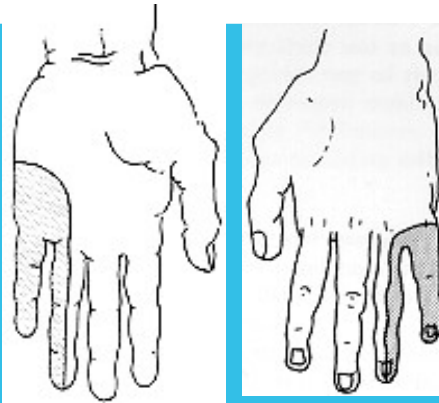
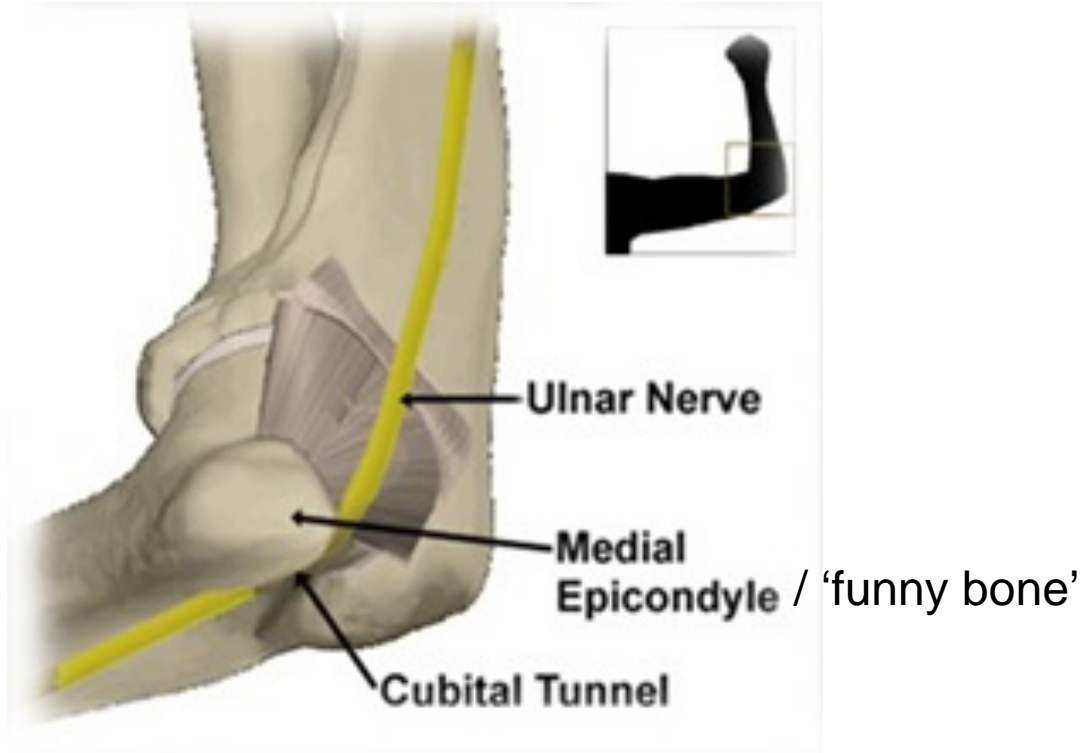


What overuse activity can result from these activities?





CUBITAL TUNNEL SYNDROME



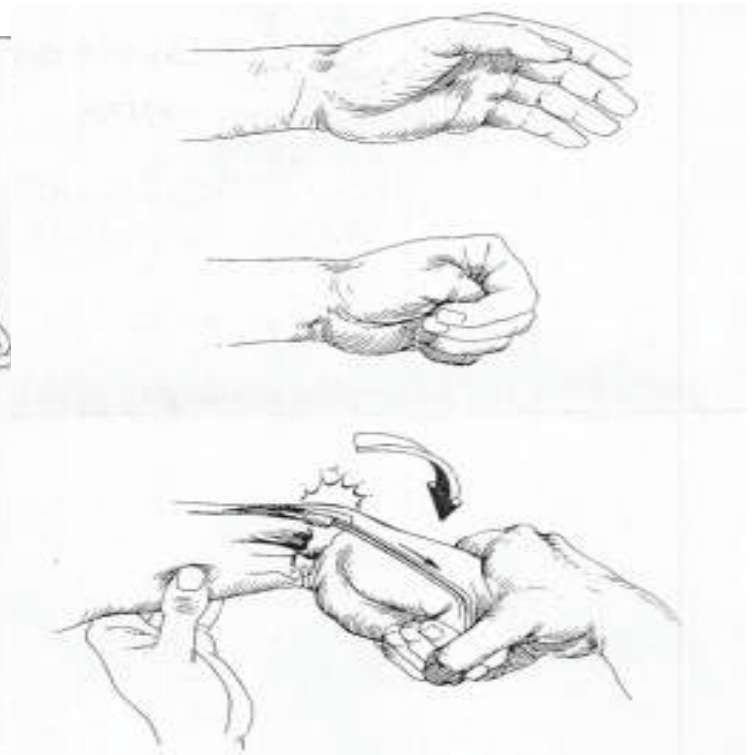


What overuse injury can result from these activities?





DE QUERVAIN'S SYNDROME

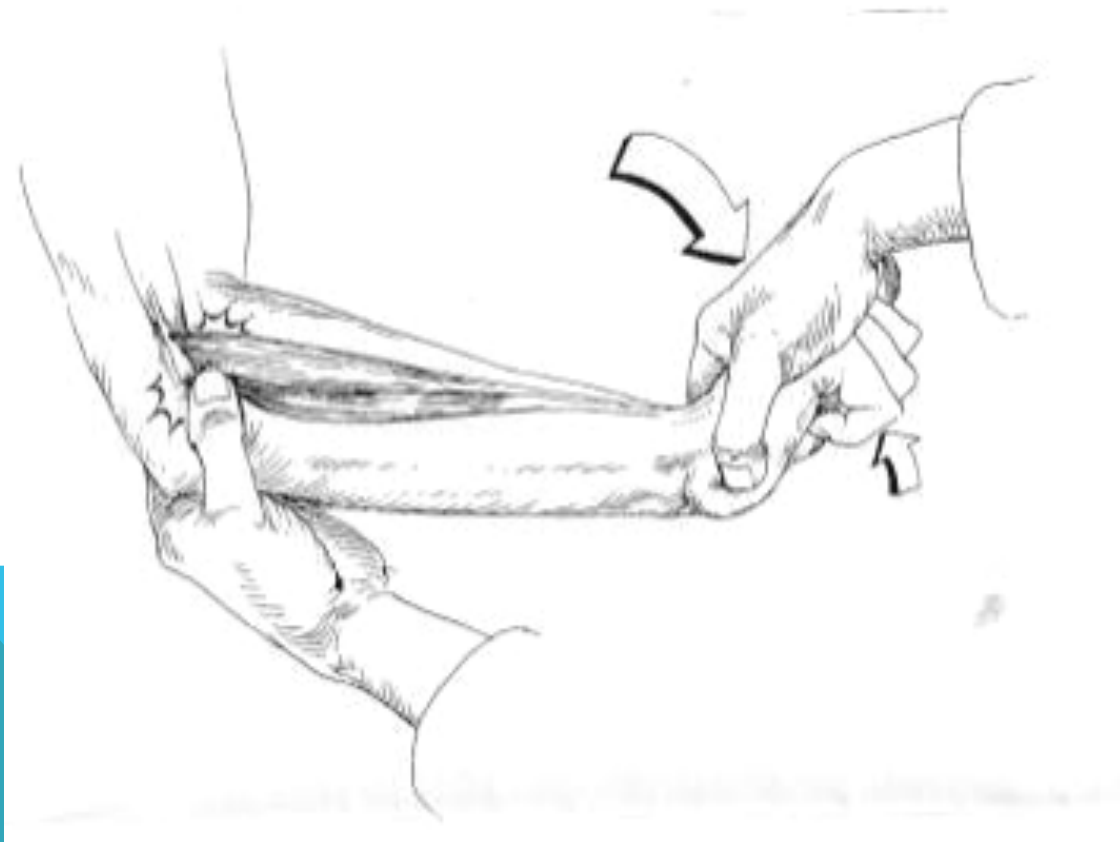



What overuse activity can result from these activities?





LATERAL EPICONDYLITIS






What overuse injury can result
from these activities?



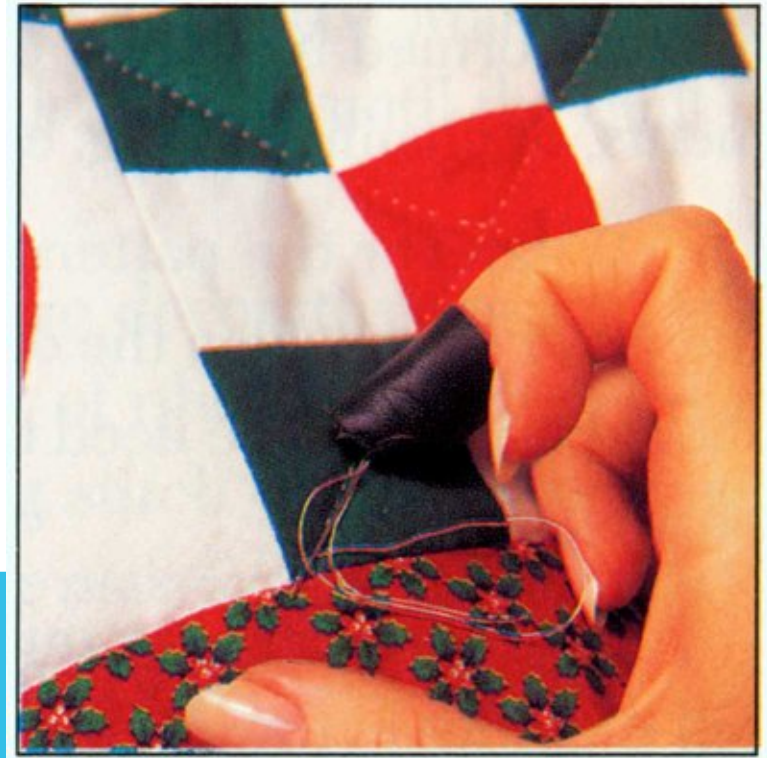


MEDIAL EPICONDYLITIS





Which overuse injury can result from these activities?





TRIGGER FINGER/THUMB



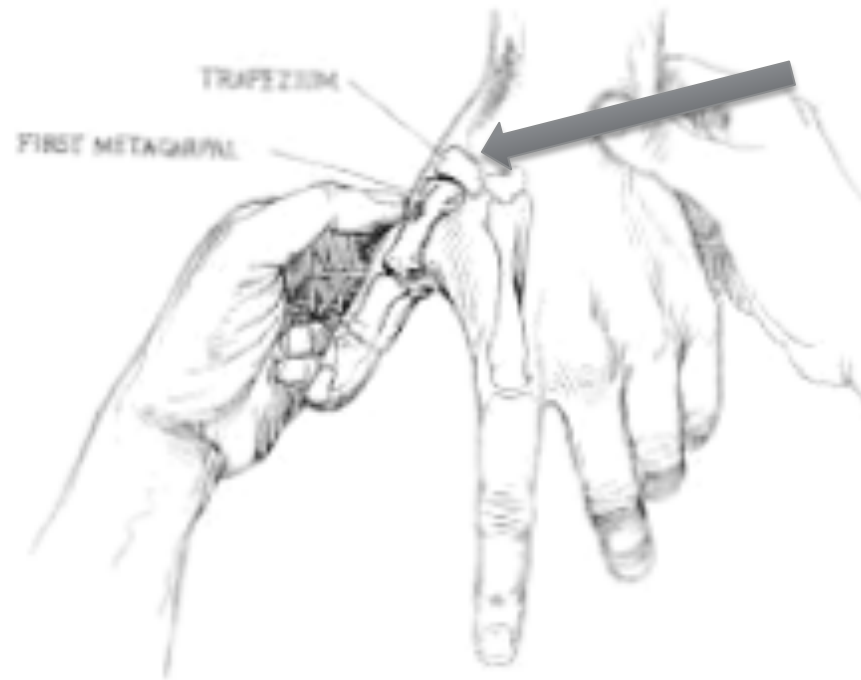
The finger feels “locked” in the bent position and when it is straightened, there is a painful snap.

Which overuse injury can result from these activities?



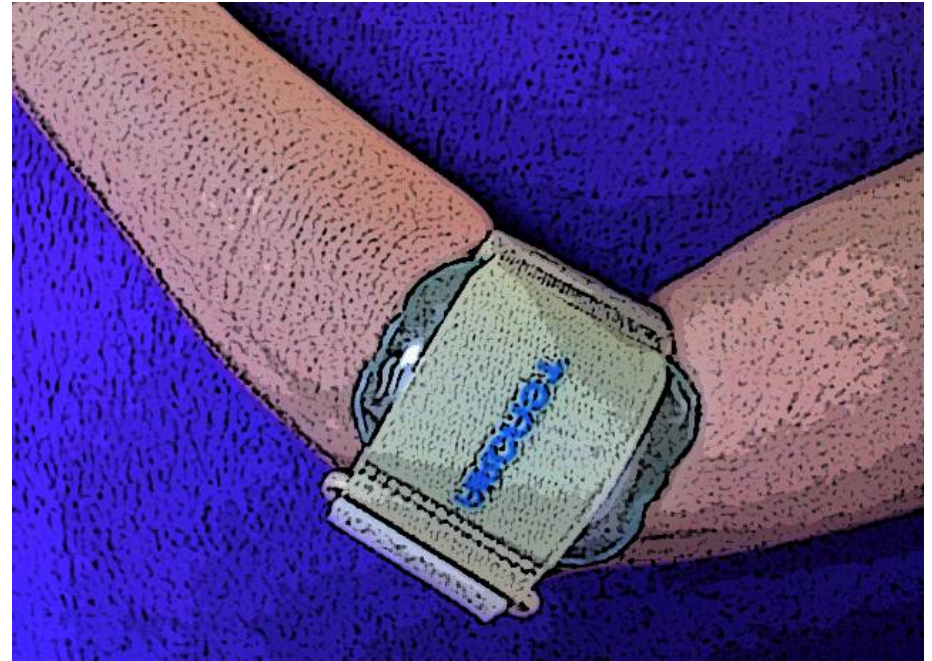


THUMB BASAL JOINT ARTHRITIS





BRACING

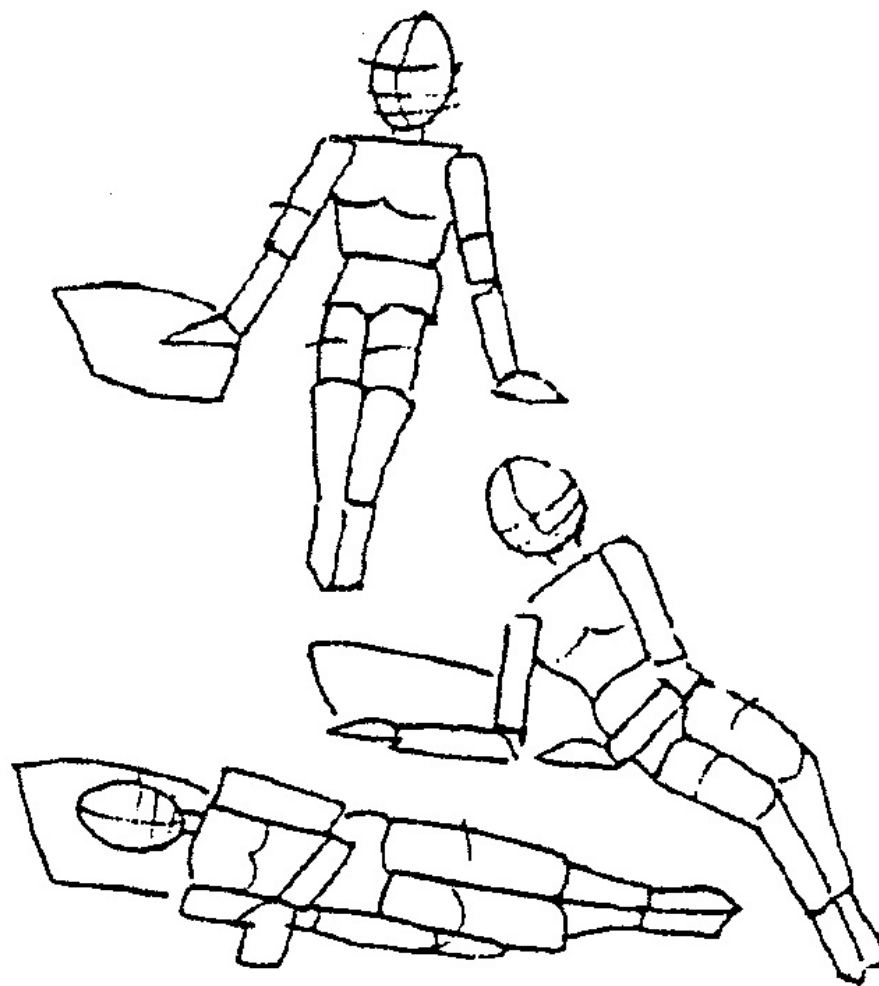




PROPER BODY MECHANICS FOR INJURY PREVENTION

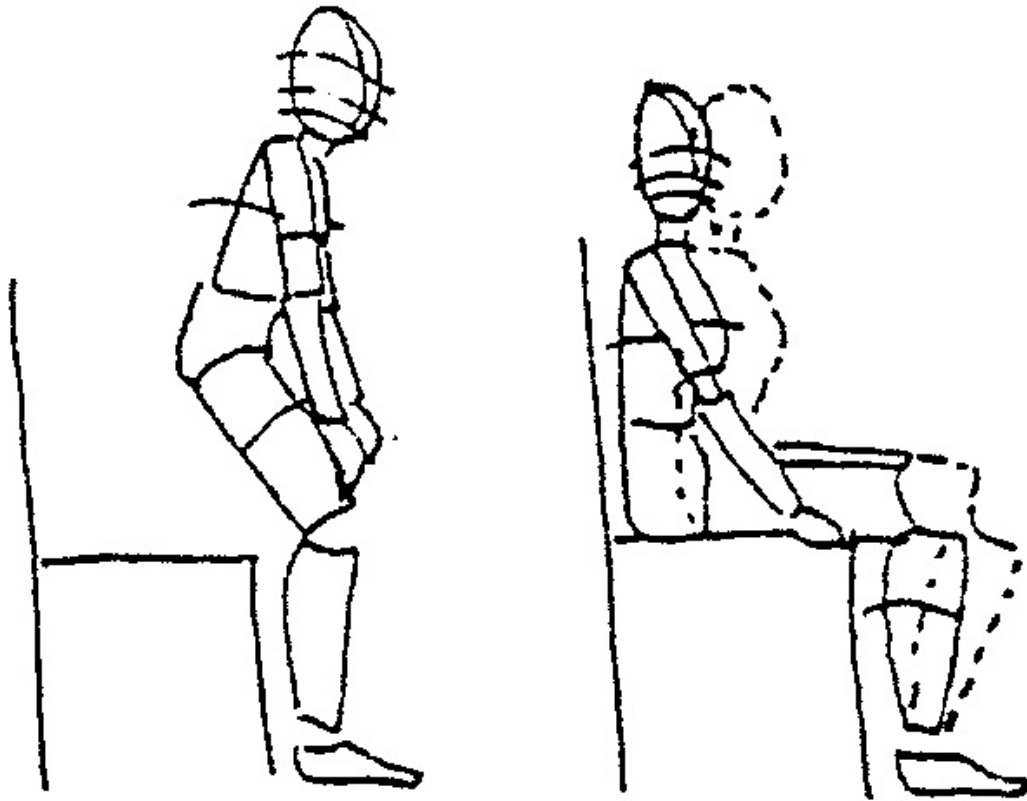


GETTING OUT OF BED



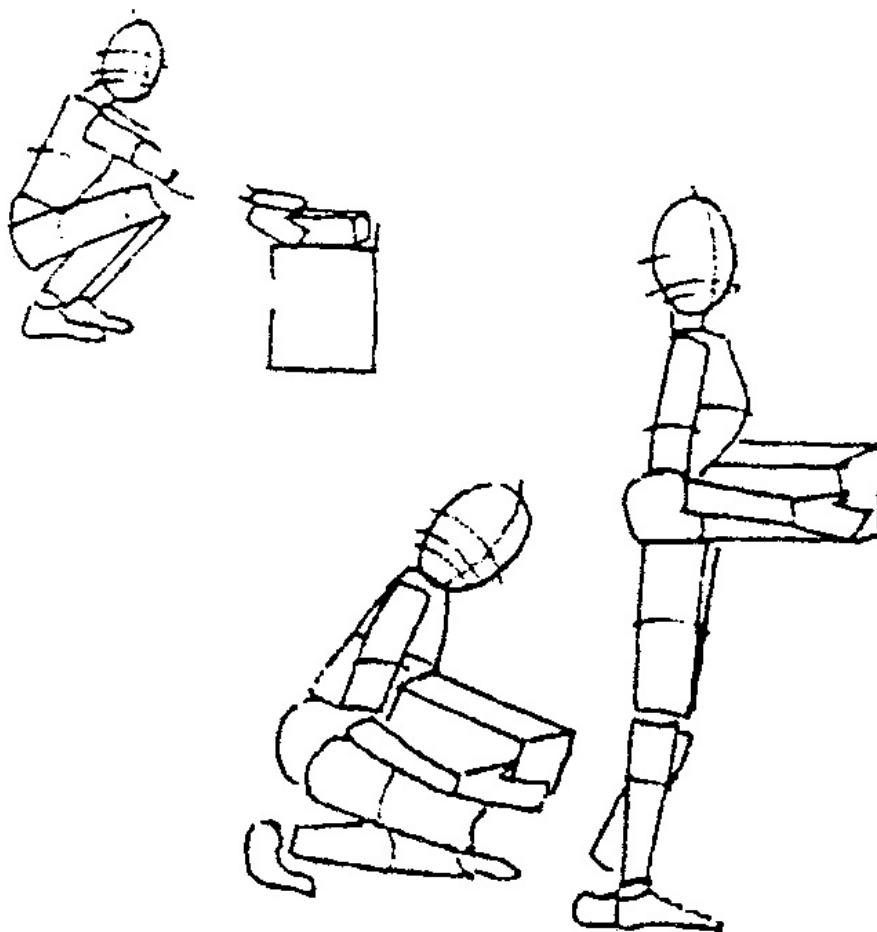


RAISING FROM A CHAIR





LIFTING



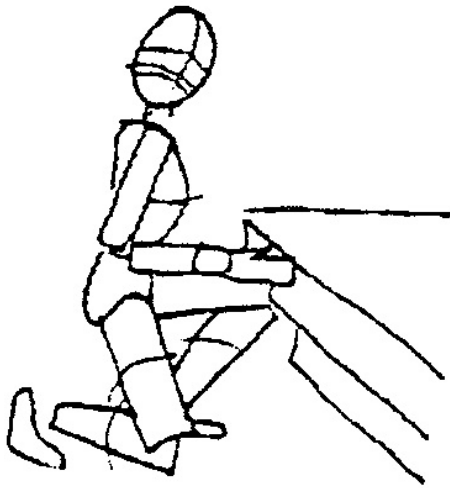


USING THE SINK

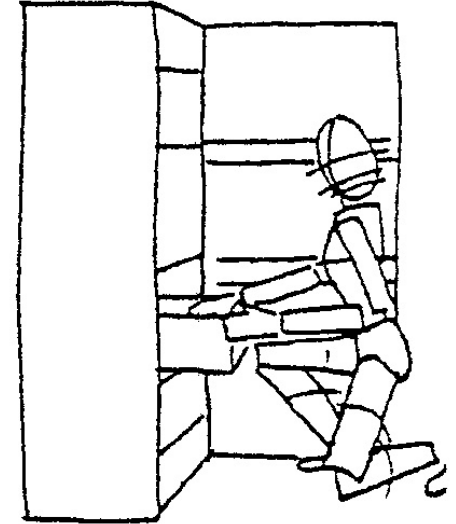
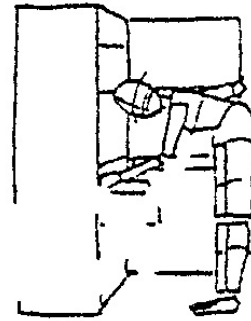




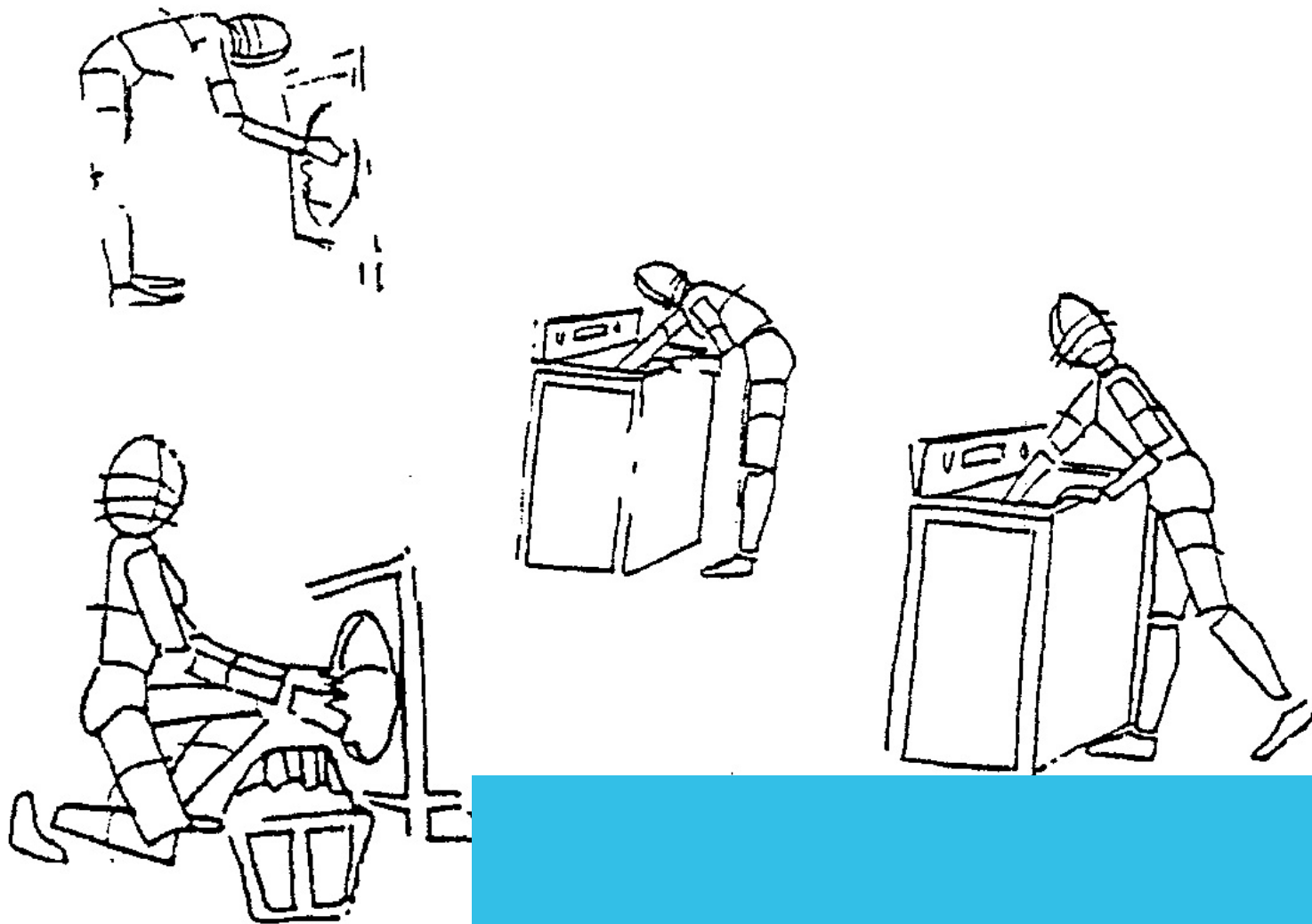
MAKING THE BED



GETTING ITEMS OUT OF THE REFRIGERATOR

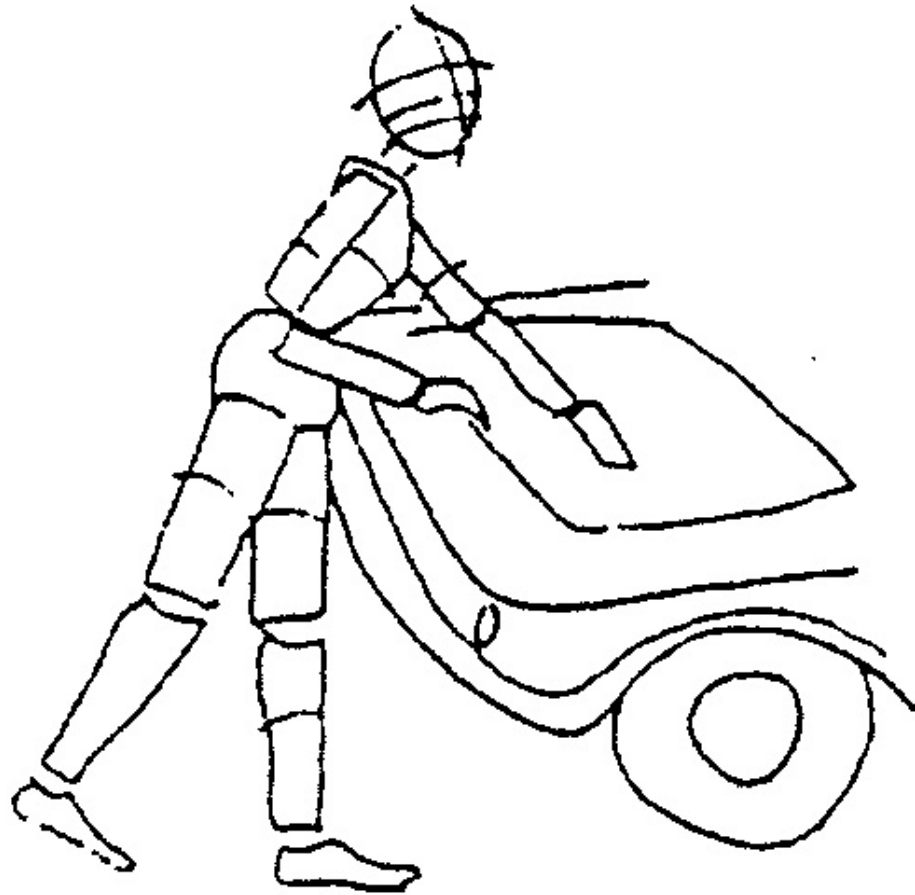


UNLOADING THE WASHER AND DRYER



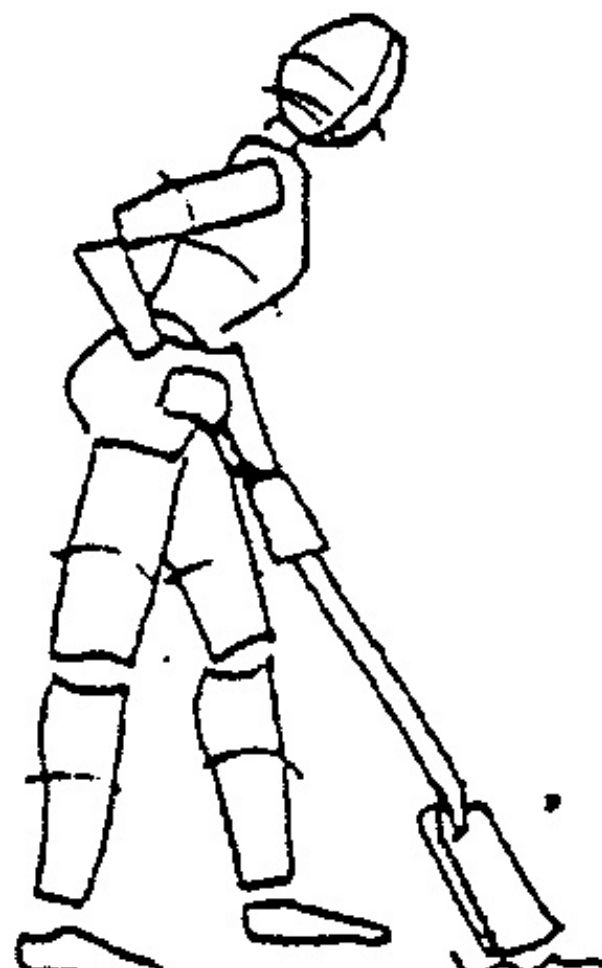
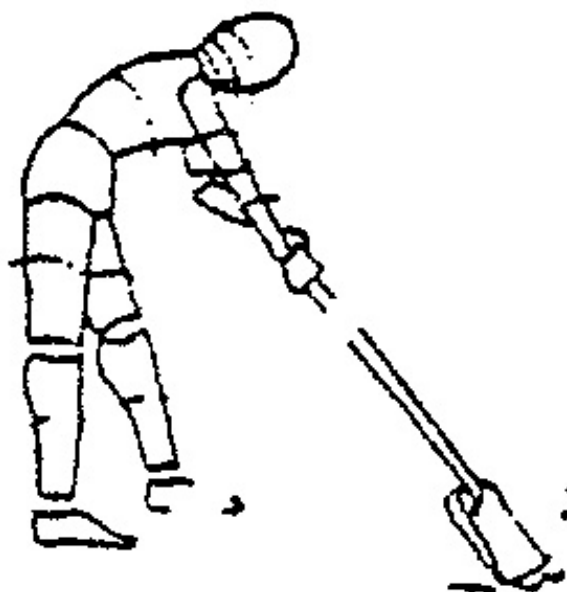


GETTING ITEMS FROM THE TRUNK



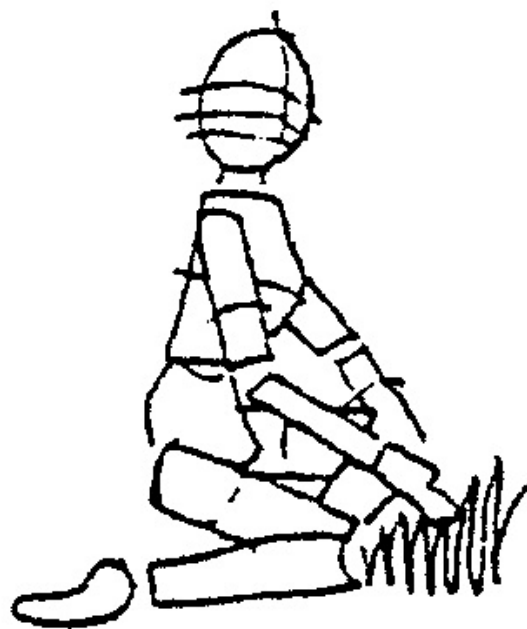


SHOVELING





WEEDING





BE PROACTIVE ABOUT MAINTAINING GOOD HEALTH



Get up and move every hour when at work.

Keep active and get lots of exercise outside of work, especially if your job is sedentary.



DIRECT ACCESS

As of November 23, 2006, it became legal for a physical therapist with 3 years experience to treat a patient without a referral from a physician. Treatment, not including evaluation, can proceed for 10 visits or 30 days whichever comes first before a referral must be obtained to continue physical therapy treatment.

Regardless of this change in our practice act, No-fault, Worker's compensation, and Medicare patients will continue to need a referral for payment.

THANK YOU!!

Greater Rochester Physical Therapy

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Choose well... Choose GRPT*



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