PROPER ERGONOMICS

HOW TO AVOID OVERUSE INJURIES

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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

Hard copy holder close to the monitor - Improves neck posture and reduces eye fatigue.

Keyboard placed at elbow height and on slight incline - Encourages keying with wrist in neutral position and shoulders relaxed.

Top of monitor placed at seated eye level - Improves head and neck posture.

Wrist rest should be padded and slightly curved - Reduces stress on shoulders and upper back.

Place feet securely on floor or footrest - Improves sitting stability.
1) Arms should hang relaxed from your shoulders.
2) Elbows should be bent at right angles (90° or lower).
3) Wrists should be held straight.
4) Equipment should be arranged, so the elbows are close to the body.
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.
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.
8) The height of the chair should be adjusted so your feet are flat on the floor.
9) There should be at least 2 inches between the chair and the back of your knees.
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
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?
What overuse activity can result from these activities?
CUBITAL TUNNEL SYNDROME

/ ‘funny bone’
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.
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
Life is full of choices...
Choose well... Choose GRPT

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