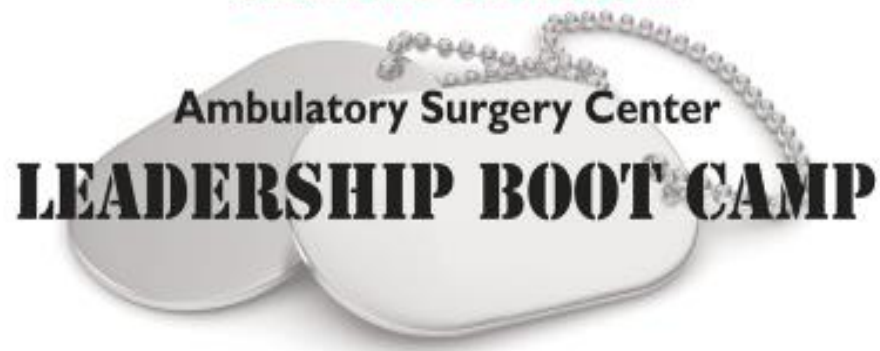


SECOND ANNUAL



Ergonomic Tips to Keep You and Your Staff In The
Game

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SASSO CONSULTING, LLC
Healthcare Compliance & Consulting

**Riker
Danzig**
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PRESENTS

ERGONOMIC TIPS
TO KEEP YOU AND YOUR STAFF
IN THE GAME!

PRESENTED BY
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SENIOR REGIONAL DIRECTOR OF NJ

What is Ergonomics?

According to the US Department of Labor, ergonomics is defined as:

The science of fitting workplace conditions and demands to the capabilities of the working population¹



How can ergonomics benefit us?

- Improved productivity and efficiency
- Avoidance of illness and injury risks (musculoskeletal disorders)
- Increased satisfaction among the workforce
- Decreased medical and workers compensation costs



Ergonomic Risk Factors

- Repetitive, forceful, or prolonged exertion
- Frequent or heavy lifting, pushing, pulling, or carrying of heavy objects
- Prolonged awkward and/or static postures
- Temperature extremes
- Vibration
- Psycho-social stress

Risk depends on the intensity, frequency, and duration of the exposure to these conditions

- Cost of work related musculoskeletal disorders
 - Direct costs = \$20 billion
 - Indirect costs = \$100 billion²
- Back injuries account for 20% of all injuries in the work-place
 - ~93 million lost work days/year²
- Musculoskeletal Ergonomic Injuries have increased 600% over the last 11 years²
- Average number of lost workdays due to carpal tunnel injury= 30 days²



WILDT

"These expensive office chairs are ergonomically correct...which is more than I can say for you!"

What NOT to do...

- Do not place the keyboard on top of the desk
- Do not place the monitor above eye level
- Do not sit in a rigid and upright position
- Do not lean forward
- Do not work for long periods of time without moving: Micro-breaks are very important!



Proper Desk Setup

Step 1: Find Your Natural Posture

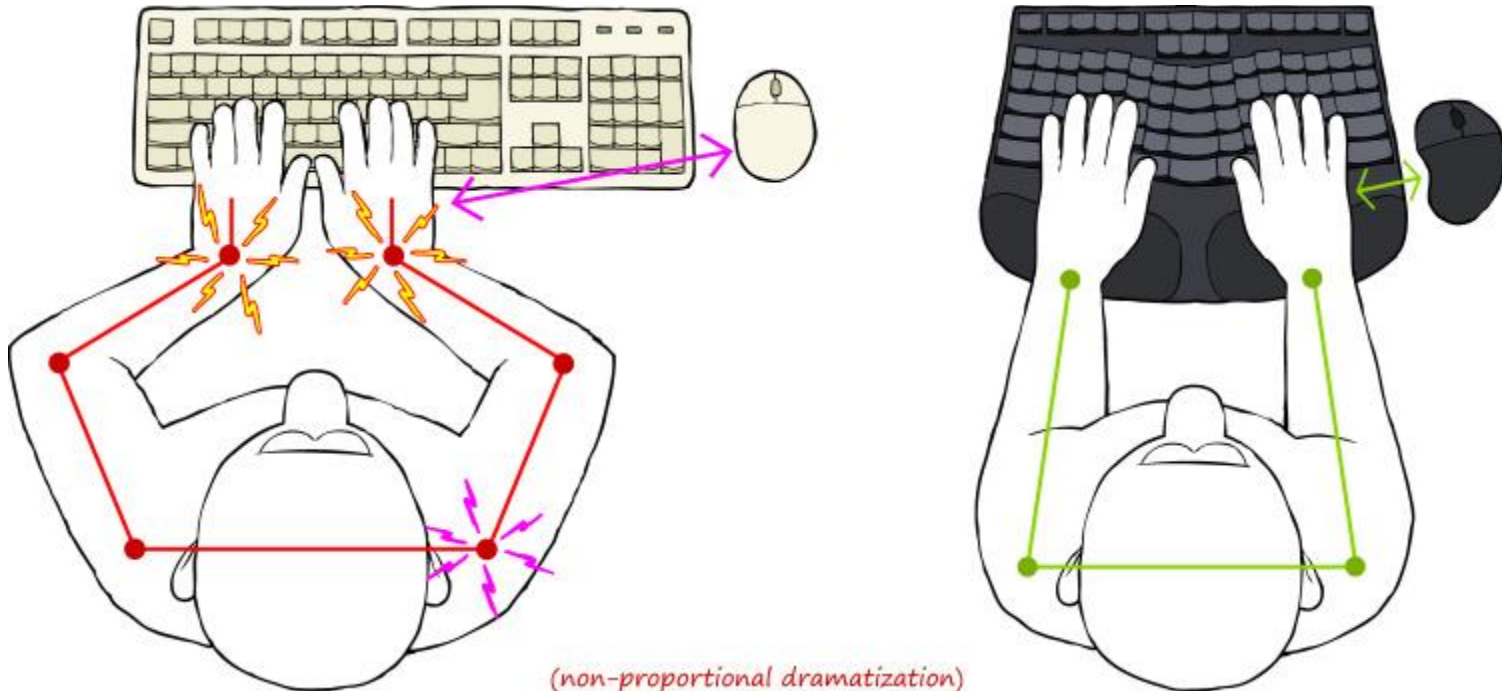
- Move chair away from your desk and sit down comfortably. Feet should be flat on the floor, with hands in your lap, shoulders relaxed and back flat up against the back of the chair.



Proper Desk Setup

Step 2: Keyboard and Mouse Placement

- Position keyboard 1-2 inches above thighs; which may require a pull-out keyboard tray
- The keyboard and mouse should be shoulder-distance apart, elbows at side, and your arms at or below a 90-degree angle.



Proper Desk Setup

Step 3: Position Your Screen(s)

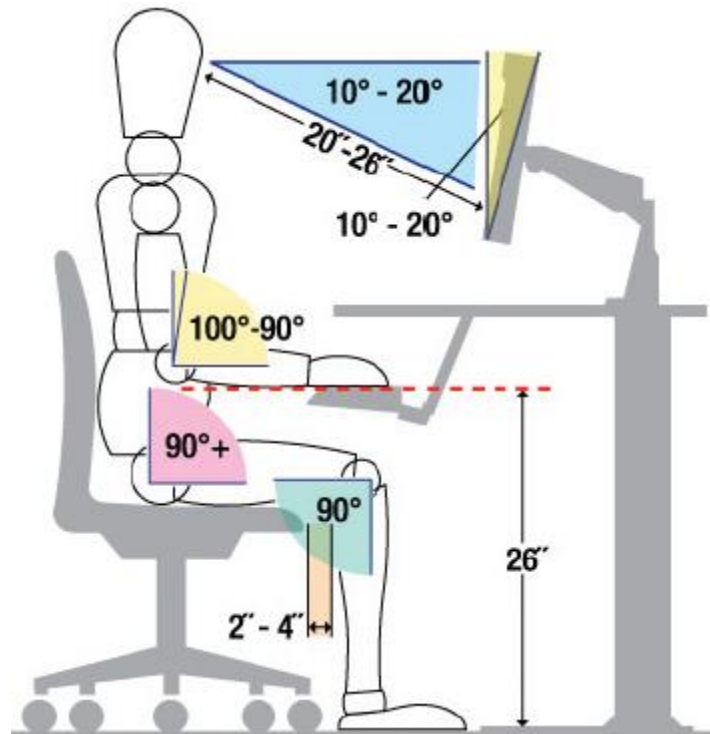
- Sit back in the natural position and extend arm out in front of you. The tip of the middle finger should land on your screen.
- To find the perfect height, close your eyes while sitting in the natural position and when you open them they should land on the top of the screen.



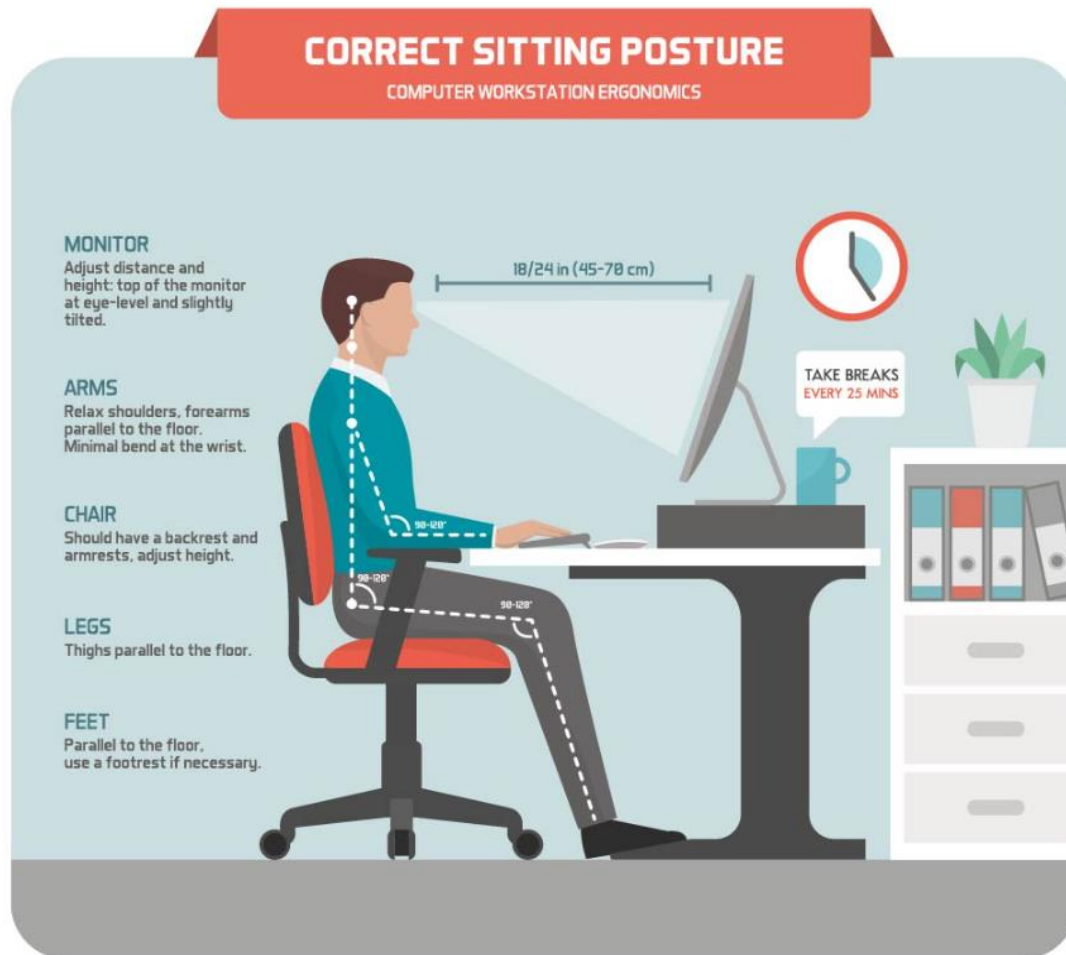
Proper Desk Setup

Step 4: Adjust Your Chair

- The space between the edge of the chair and the back of the knees should be no more than the size of your fist
- When sitting, feet should be on the floor (not dangling) in front of you, and your thighs should be slightly below hips.

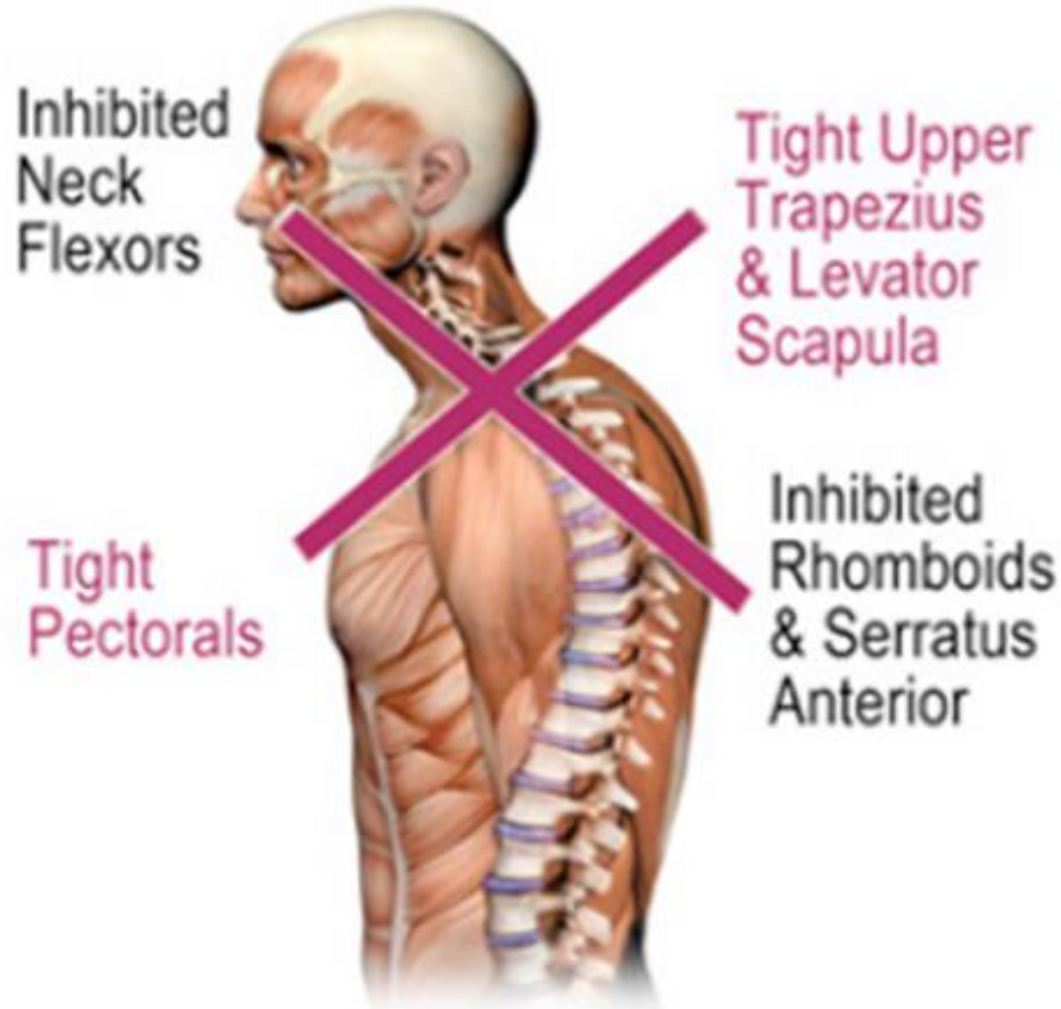


Proper ergonomics (desktop computer)



Remember that ergonomics is personal.

JAG-ONE *You must find the proper position for you!*
PHYSICAL THERAPY



Upper Crossed Syndrome

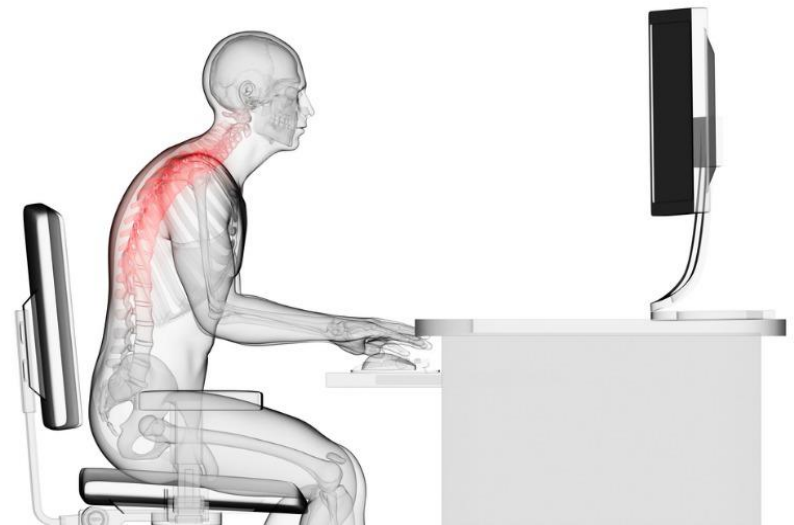
Figure 1

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Common Ergonomics Injuries

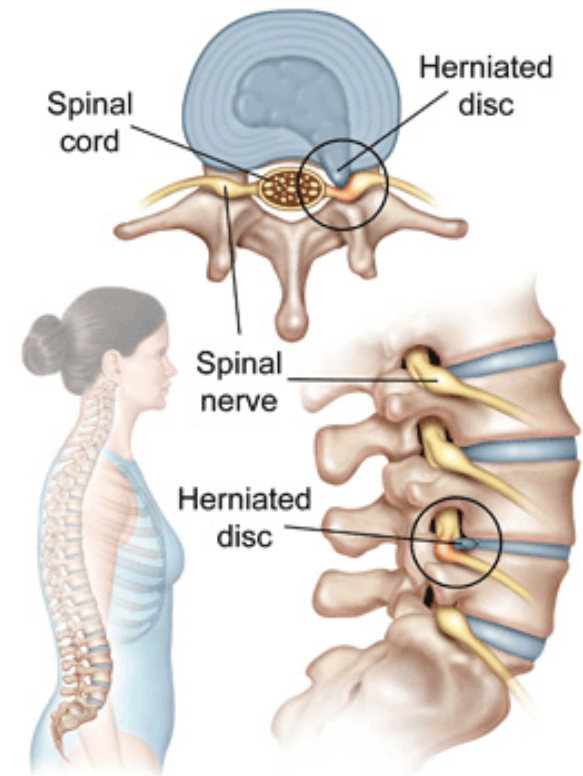
Neck Strain

- Symptoms: Pain localized to neck and upper shoulder area, tightness
- Mechanisms: Leaning forward posture, prolonged elevated shoulders
- Treatment: Utilize keyboard pull out tray, elevate computer screen to at or above eye level, Ice, NSAIDS, Physical Therapy



Cervical Spine Radiculopathy

- Symptoms: Radiating pain into arm and hand, numbness and tingling
- Mechanisms: Forward head, rounded shoulders, improper sleep and previous injury made worse by improper posture
- Treatment: Utilize keyboard pull out tray, elevate computer screen to at or above eye level, ice, electrical stimulation, NSAIDS, physical therapy



Lifting: What NOT to do...

- Do not bend at the waist
- Do not lift from your back
- Do not lock out your legs
- Do not carry heavy objects overhead
- Do not twist at the waist (shoulders, hips and toes should be facing same direction)



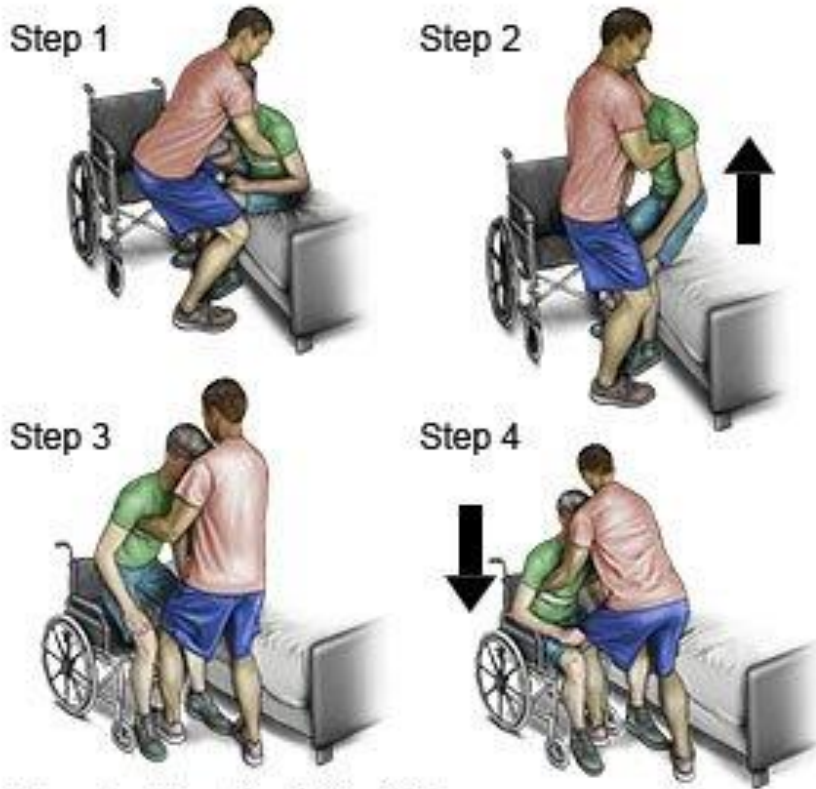
Proper Lifting Techniques



- Take your time
- Get as close as you can to the object you are lifting
- Feet should be shoulder width apart (one foot slightly in front of the other for support)
- Bend at the knees and tighten stomach muscles
- Lift with your legs as you stand up

Never twist while lifting a heavy object!

Patient Transfer Technique



How to Use the Pivot Maneuver

- Slow down
- Get as close to the patient
- Feet should be shoulder width apart (one foot slightly in front of the other for support)
- Wrap forearms under patient's arms and hand behind the back
- Do not lift from patient's armpits

Spine Anatomy

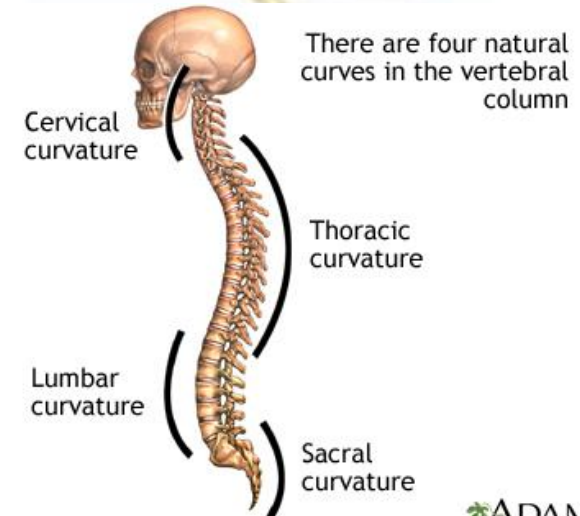
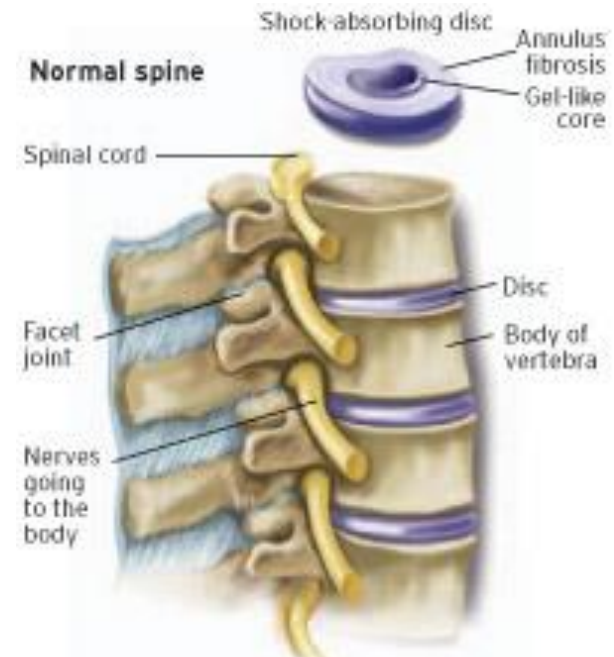
Spinal Cord- main nerve that runs from your brain through your spine

Vertebrae- bones that give the spine its shape and protects the spinal cord

Discs- shock absorbers or cushions between vertebrae

Joints- connect the bones and allow movement

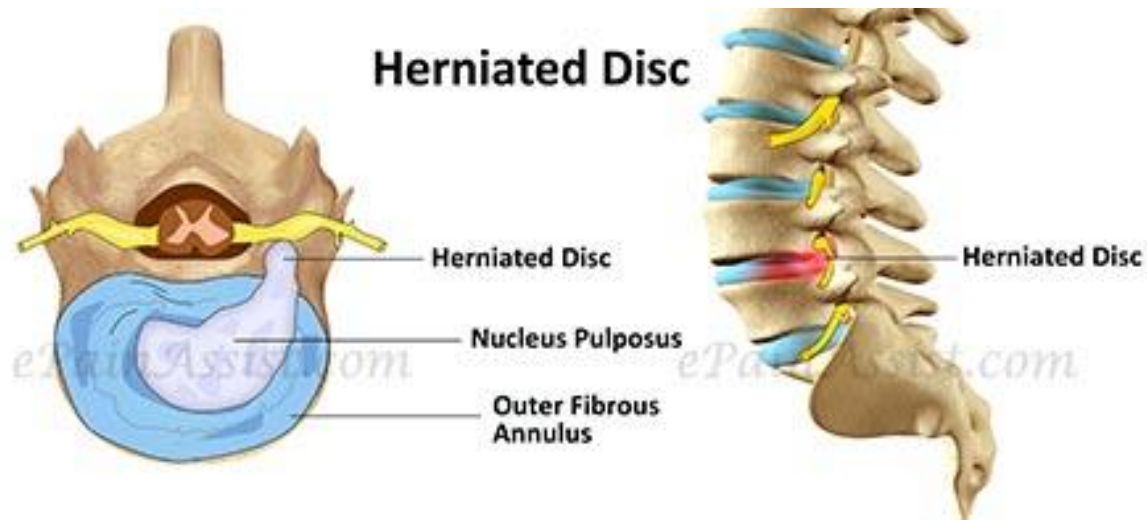
Nerves- branch off from spinal cord and exit into body providing sensation



Common Ergonomics Injuries

Herniated Disc

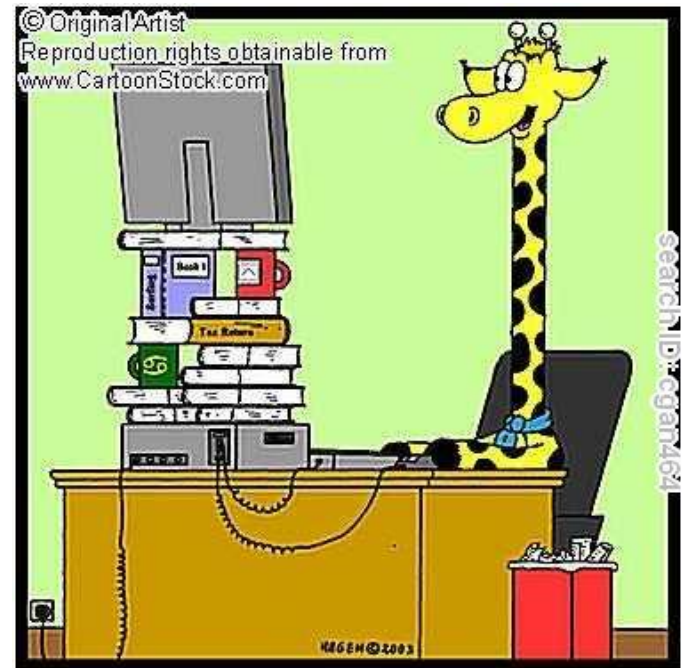
- **Symptoms:** Decreased range of motion, radiating pain into one or both legs, weakness
- **Mechanisms:** Improper lifting techniques
- **Treatment:** Utilization of proper lifting techniques or equipment, rest, NSAIDs, physical therapy, surgical intervention may be necessary



Common Ergonomics Injuries

Low Back Strain

- **Symptoms:** Pain localized to back region, tightness
- **Mechanisms:** Due to sitting for extended periods of time at a desk
- **Treatment/prevention:**
 - Sit with your hips all the way back in the chair
 - Make a lumbar roll for support
 - Lean back in the chair (don't lean forward or into an unnatural upright position)

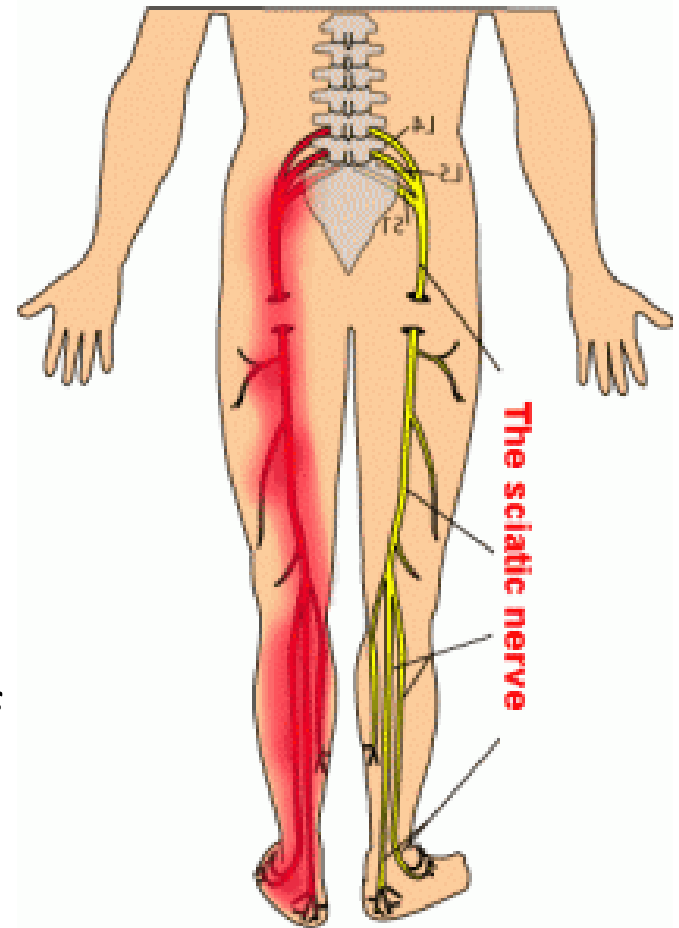


Now, that's more ergonomic...

Common Ergonomics Injuries

Sciatic Nerve Pain

- **Symptoms:** Pain in the buttocks or leg which can be worsened by sitting, burning or tingling sensation down leg, weakness, numbness, shooting pain down one or both legs.
- **Mechanism:** Secondary to herniated disc or bone spur pressing on nerve.
- **Treatment:** Minimize long periods of sitting or standing, stretching, massage, physical therapy, NSAIDS



Patient Guarding

- Always assume highest degree of guarding until proven otherwise
- Be present on effected side/avoid side utilizing assistive device
- Utilize both hands when assisting a patient; avoid distractions
- If stair training, always be 1-2 steps below the patient



Ergonomics and a Laptop Computer

- Smaller keyboards can lead to cramping of the hands, repetitive stress injuries
- Smaller monitors lead to eye and neck strain
- Monitor placement – cannot dissociate monitor from keyboard so proper ergonomic position cannot be achieved
- Touch-pads (instead of a mouse) can cause repetitive stress injuries to the hands/wrist
- Solution → Laptop docking station or separate keyboard/mouse



Ergonomic Solutions

Standing Desks help reduce sedentary lifestyle!



Standing desks help to prevent:

- Low back pain
- Extended periods of sedentary activity

Ergonomic Solutions

Ergonomic Keyboards & Mouse Reduce the Risk of Wrist and Elbow Injuries!



Ergonomic keyboards help to prevent:

- Prolonged wrist extension
- Hand cramping
- Inflammation of the wrist and elbow tendons

Dehydration

- Studies have shown that dehydration can cause a decline in productivity due to impaired cognitive function
- Avoid drinking caffeinated beverages or beverages with a high sugar content
- Stay hydrated by drinking eight 8oz glasses of water a day



Thank You!!

Thank You!!

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www.JAGONEPT.com



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Pennsylvania

Get Back the Life YOU Love!

