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COMPUTER ERGONOMICS
ERGONOMICS

Ergon - Means WORK
Nomos - Means LAW

Computer Ergonomics

It is concerned with POSTURE of operator and his relationship with the WORKING ENVIRONMENT.
PHYSIOTHERAPY AND ERGONOMICS

- Aims to educate the patient
- Manual Handling and Lifting
- Optimal seated postures and Activities
- Relationship of the seat to workbench or desk
TODAY’S SCENARIO

Many Computer Professional work in less ideal working situations.

They become incapacitated and loose time from working due to pain.

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Many Computer Professional work in less ideal working situations. They become incapacitated and lose time from working due to pain. Inefficient working positions for people with existing Pain, will lead to increase in pain.
BAD POSTURE LEADS TO

- HEAD ACHE
- NECK PAIN
- BACK ACHE
- SHOULDER PAIN
- WRIST & HAND PAIN
- EYE STRAIN
- DEPRESSION
- SLEEP LESS NIGHTS
- TENS OF MILLIONS OF WORKERS ARE ABSENT FROM WORK EACH DAY
- LOSS OF MORE THAN $50 BILLION/YEAR
Examples of bad posture

- Slouching with the shoulders hunched forward
- Working with poked head
- Monitor is not at his eye level
- Hands, wrist, forearm are not straight
- Cradling a phone receiver between the neck and shoulder
- Sliding forward on the seat of the office chair
Sitting on a soft sagging chair can cause stress to the back even though it may feel comfortable.

Carrying something heavy on one side of the body
Wearing high-heeled shoes

Keeping the head held too high or looking down too much

Sleeping with a mattress or pillow that doesn't provide proper back support, or in a position that compromises posture.
What features should a good ergonomic office chair possess?

- Elbow Measure.
- Thigh Measure.
- Calf Measure.
- Lumbar support.
- Resting eye level.
- Armrests.
Ten tips for improving posture and ergonomics

1. Know the warning signs of back pain caused by poor ergonomics and posture.

2. Get up and move

3. Keep the body in alignment while sitting in an office chair and standing.
Use posture friendly props and ergonomic office chair when sitting.
5. Increase awareness of posture and ergonomics in everyday setting

6. Remember good posture and ergonomics when in motion
7. Wear supportive footwear when standing

8. Avoid Over Protecting Posture

9. Recreation & yoga will help you in overcoming Stress & Pain
10. Use exercise to help prevent injury and promote good posture

TO STRENGTHEN THE CHEST MUSCLES

Fold your hands.

Press the palms of your hands forcefully together Do not lift your shoulders while doing so.

Hold the tension for about 5 seconds.
TO STRETCH THE SHOULDER MUSCLES

Interlock your fingers behind the head.

Stretch your Shoulders backwards.

Hold the tension for approximately 5 Seconds.
TO STRETCH THE LATERAL MUSCLES

Take both your hands above your head.

Gently pull your head and body to the right and then to the left along with the hands.
Stand with your legs slightly apart

Keep both your hands behind your back and bend backwards.

Remain in this position and take a few deep breaths, Now slowly roll back and bend forwards.
NECK EXERCISES

Slowly move your neck 10 times to the left and to the right side.

Rotate your neck 10 times to the left and 10 times to the right.

Do not move your shoulder during this exercise.
TO STRETCH YOUR WRIST MUSCLES

Extend your arms as far as possible to the front.
Extend your fingers and wrist
Hold this tension for 5 to 10 seconds.
SHOULDER SHRUGGING
BACK EXTENSION & FLEXION
ROLL YOUR EYES
PRANAYAMA

THE

OXYGEN

FOR LIFE
It is important to note that:

An overall cause of bad posture is **TENSE MUSCLES** which will pull the body out of alignment.

**Good posture & Body Mechanics** can substantially improve the way your back and neck feel at the end of your workday.
THANK YOU