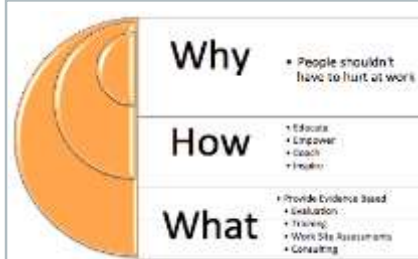




## About Computer Related Discomforts

1. All ergonomic discomfort associated with computer use are avoidable and reversible.
2. Equipment and adjustment changes are very helpful; the primary focus is behavior/ posture/ technique.
3. Very few use perfect techniques and posture 100% but with accurate knowledge and appropriate adjustments and posture, discomforts are avoided and injury is prevented
4. Treatment can hasten recovery but only if low risk behaviors are implemented.



## Tips

Wrist/hand discomfort: avoid any contact with keyboard, mousing surfaces and arm rests. Float hands on keyboard and mouse and **rest on 5<sup>th</sup> finger side of palms.**

Elbow discomfort: avoid reaching for the mouse or keyboard. Do not extend wrist or elevate hand with straight elbow and palm touching work surfaces. Keep elbow at 90 degrees relaxed at side of body

Shoulder discomfort: avoid reaching to the side or sitting with elbow elevated away from the side of body.

Neck discomfort: avoid sitting with chair reclined- even a little- keep head over shoulders. Using a chair forward tilt adjustment will help.

Low back discomfort: keep the natural low back curve while sitting, standing, reaching, lifting.

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## 5 Keys to Successful Manufacturing Ergonomic Outcomes



### Optimizing Motion Dr. Kathryn Meeks PT DPT CAE



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# 5 Keys to Successful Outcomes

## **KEY 1. 5 Body Parts**

Thumb-  
Avoid wide grip or deviation      YES      NO

High Risk



Low Risk



Wrist-  
Avoid compression      YES      NO



Elbow-  
Avoid wrist extension  
with elbow extension      YES      NO



Shoulder-  
Avoid chicken wings      YES      NO



Neck-  
Avoid forward, downward or  
extended head      YES      NO



Back-  
Avoid slouched  
or rounded low back      YES      NO



Will your solutions in  
**Key 1** apply to **Key 2-4?**

**KEY 2.**      YES      NO  
Apply to work  
requirements

**KEY 3.**      YES      NO  
Individual  
preference

**KEY 4.**      YES      NO  
Tools- ability  
to change

**KEY 5.**  
Follow up to ensure successful  
implementation

