

### **Sports Therapy**

- Acute and Chronic Injury Rehabilitation
- Overuse Injury Treatment
- Retraining for Return to Sport
- Taping and Bracing
- Pre-season Screening

### **Spinal Therapy**

- Joint Mobilization and Manipulation
- Exercise Prescription
- Postural Assessment
- Back and Neck Care

**GUNN IMS** - Intra-Muscular Stimulation

**Pilates Based Core Stability Training**

**ICBC Treatment of Injury Post MVA**

**Active Rehabilitation Programs**

**WCB Treatment for Work Related Injury**

**Worksite Evaluation, Ergonomic Assessment & Wellness Program Development**

**Functional Capacity Assessment and Medical Legal Reporting**

### **Women's Health**

- Post Mastectomy
- Urinary Incontinence Training
- Pre and Post Natal Care
- Osteoporosis

**Injury Prevention Education**

### **Seniors Programs**

- Fall Prevention
- Fitness
- Post Surgical

**Respiratory Care**

**Arthritis Treatment and Management**

**Neurology**



# **Burrard Physiotherapy Associates**

You're In The Right Hands

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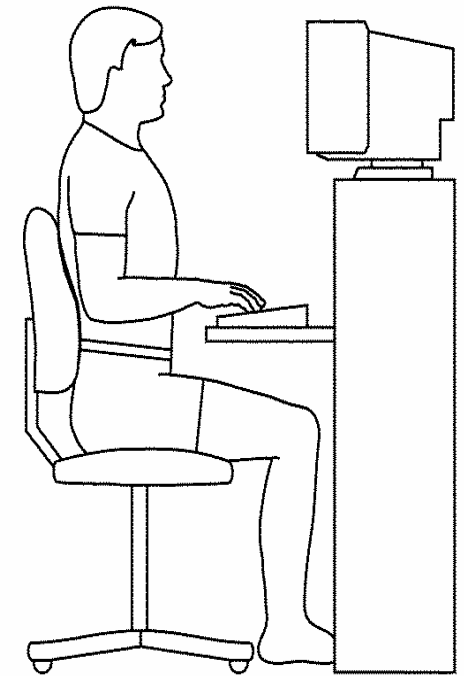
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# **ERGONOMICS**



# ERGONOMICS

**E**rgonomics is the study of how to adapt the work place to the person. In other words, the work environment should be adapted to **YOU**, not the other way around. This is important because when the workstation fits your needs, fatigue and stress decrease and your comfort increases. In the long run you are more efficient and you decrease your risk of getting a repetitive trauma disorder. Repetitive trauma disorders are things like carpal tunnel syndrome or "tennis elbow" (tendonopathy).

Repetitive stress conditions occur when tendons, muscles, and nerves are placed under stresses and strains that at first seem very slight, but over time can eventually cause wear and tear to the soft tissues of our bodies. There are many different aspects of wear and tear and if one can decrease or eliminate any of these aspects, then the risk for this type of injury can also decrease.

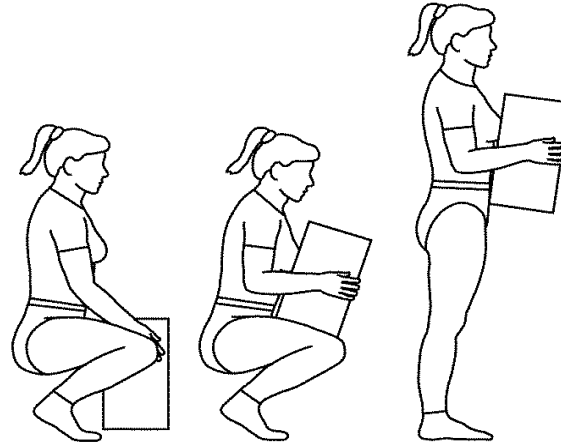
Since it is your body, it is your responsibility to try to identify these risks and take an involved part in reducing the risks. Things to consider are items like:

- How much force is involved in a job
- How long are you subjected to that force
- What kind of rests to you get, and
- How long you have to maintain static postures.

There are also other items that relate to the environment, for instance, lighting, vibrations, temperatures, and so on. And finally, one should always consider your overall general health.

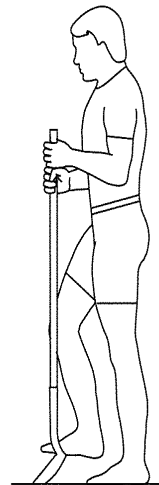
## QUESTIONS TO ASK ABOUT YOUR WORKSTATION.

1. Are you using proper body mechanics? If you're not sure obtain information on proper body mechanics from your physiotherapist and use the concepts during activity.



Correct lifting techniques will reduce your risk of back injury.

2. Are you keeping the tools that you need within close and easy reach? If not, rearrange your space so everything is convenient to reach.



Long handled tools can make the job easier.

3. Are you using the correct tools? Do they fit you hands properly and are they padded if there is vibration involved? If not, check with your supervisor to have the proper tools issued to you.

4. Are you taking regular and periodic breaks so that your hands and body are not subjected to too much fatigue? If not, plan short breaks throughout the day.
5. Are you maintaining a regular exercise program? If not, consult with the proper health professional regarding proper diet, basic exercises/stretches as well as getting enough sleep and rest.
6. Is your computer or desk station set up so that you have good posture, and that you are not always twisting in one direction over and over?

If not, examine the diagram below to make sure the chair and desk station is set up correctly. Be sure there is proper lighting.

## CORRECT POSTURE

- Hips and knees should be at 90 degrees, feet flat on floor/footrest.
- Shoulders should be relaxed (not elevated) and elbows should be held at 90 degrees.
- Monitor should be at eye level.
- Keyboard should be positioned so wrists are not bent up or down or twisted.
- A Lumbar roll or support should be used to provide low back support.

