



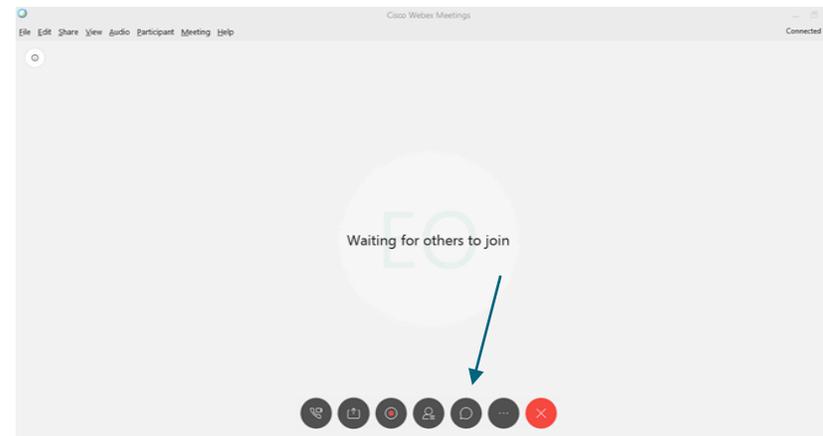
Ergonomics 101 – Postural Assessment & Correction

Taught by the Harris Health System
Employee Wellness Team

Engage and Interact

Questions – Type questions, thoughts, examples, in the chat box, the more interaction the better.

Premium Points - You can only receive credit for one Wellness Class per day. You will not receive credit for Wellness Classes you have already completed. Please allow up to 4 weeks for your points to be reflected on myCigna.com.



Ergonomics 101

Class 1 – Posture

Class 2 – Workstation Basics

Class 3 – Vision & Tech Neck

Class 4 – Preventing Repetitive Stress Injuries

Class 5 – Back Injury Prevention

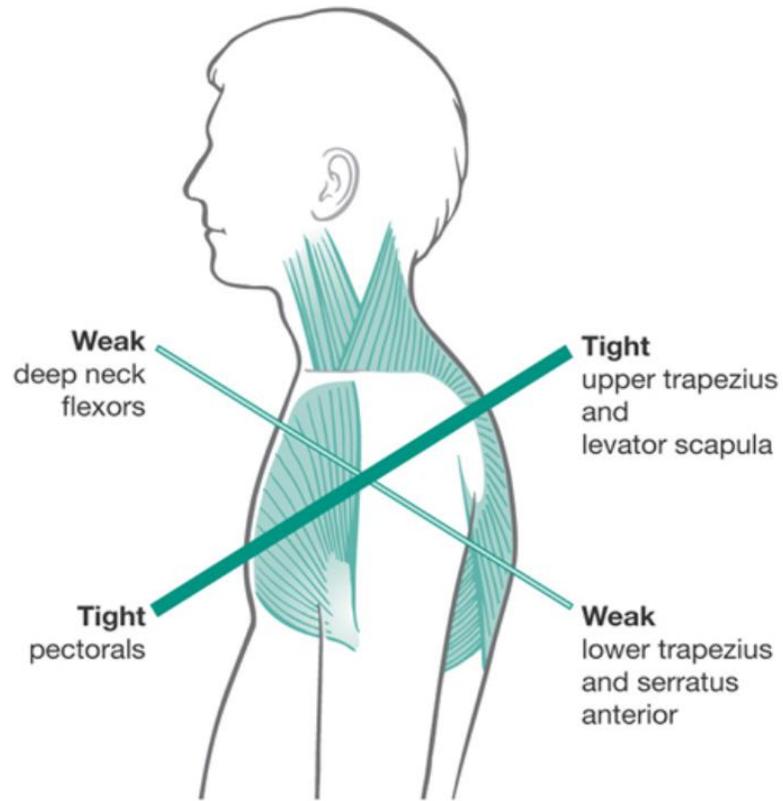
Class 6 – **Postural Assessment and Correction**

Learning Objectives

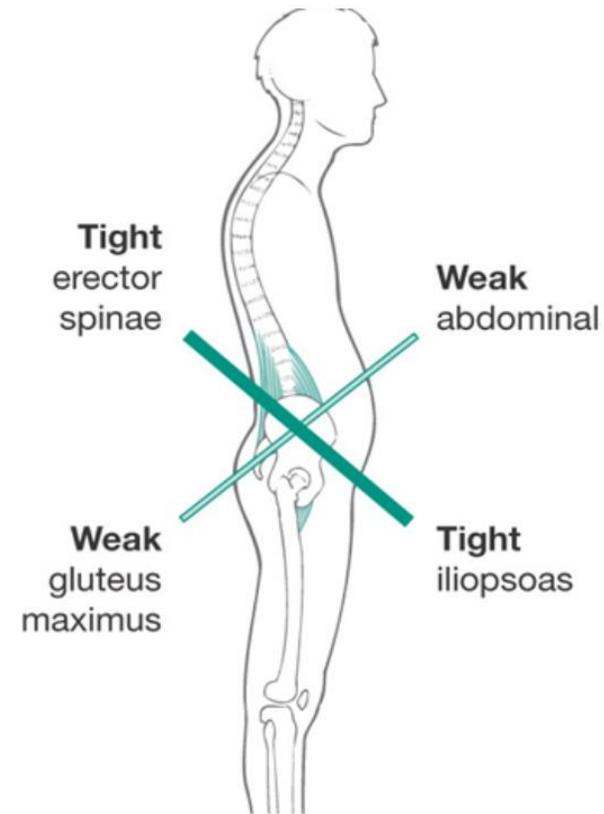
- Your body as a game of tug of war
- Postural Correction Techniques
- Benefits & contraindications
- Stretch Safety
- Quick posture assessments
- Let's stretch!



Our bodies are enjoying a game of tug of war!



Upper Crossed Syndrome

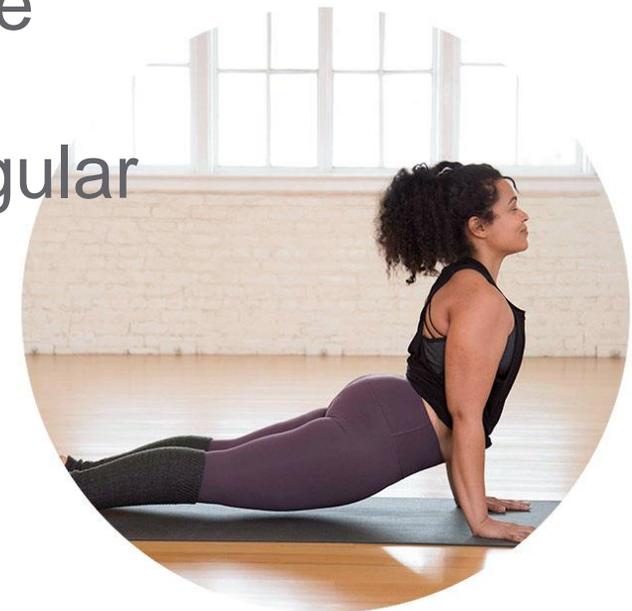


Lower Crossed Syndrome

Postural Correction Techniques



- Static & Dynamic Stretching
- Self-Myofascial release (Foam rolling)
- Targeted Resistance Exercises
- Yoga, massage, regular exercise



Benefits of stretching

- Joint stability
- Better mobility
- Less pain & discomfort
- Decreased risk of falls
- Better spinal alignment
- Improved circulation
- Muscles work more efficiently
- Improved posture and performance

Contraindications

- Joint instability
- Diseases affecting the tissues being stretched
- Acute injury
- Vascular injury
- Infection
- Excessive pain when stretching
- Inflammation or joint effusion

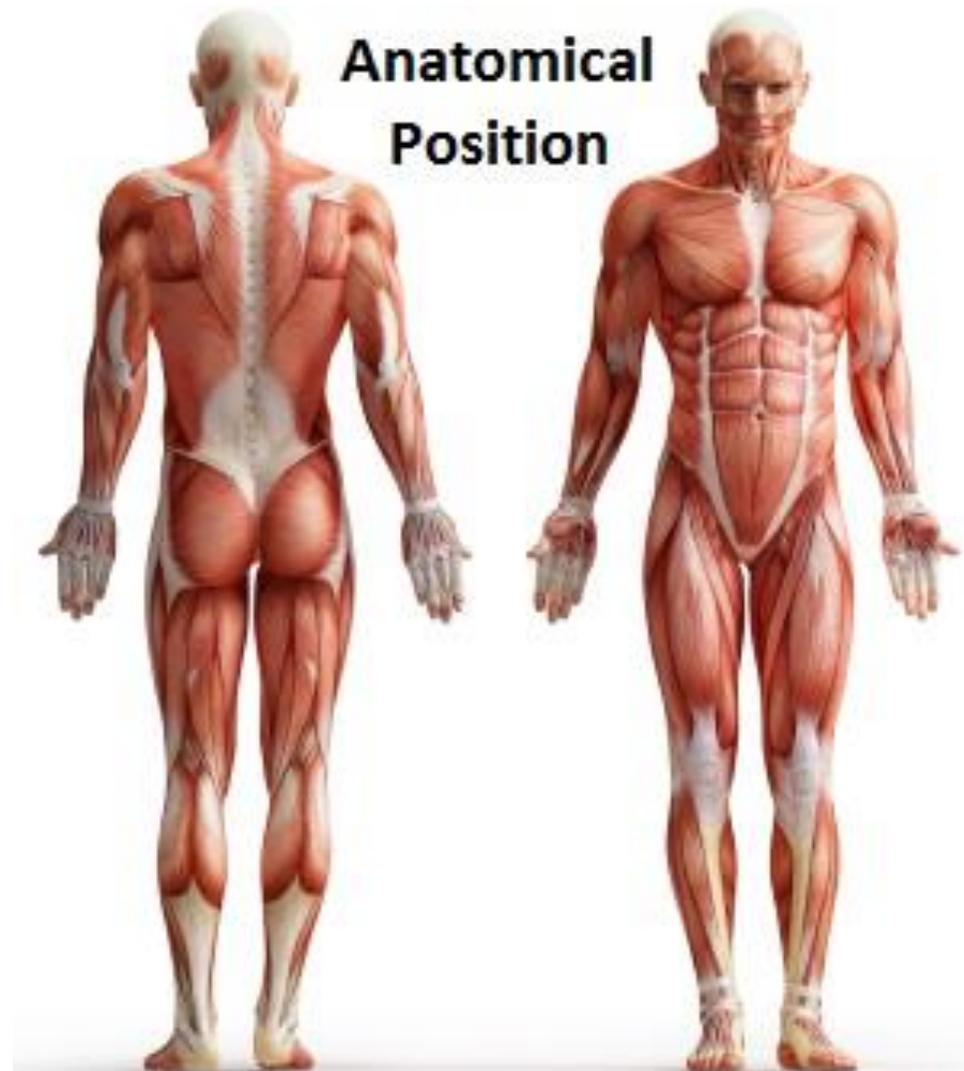
Quick posture assessments

1. Palm Placement
2. Plumb Line
3. Wall Angel Assessment

Palm Placement Assessment

1. Stand facing a mirror in a relaxed position, as you normally would
2. Notice the position of your hands. Are your palms facing your legs or are they facing the wall behind you?
3. Can you see the inside of your elbows?
4. Lift your ribcage, roll your shoulders back, and engage your core.
5. Now where are your palms facing?

If they continue to face the back wall your shoulder blades are likely protracted and your muscles are imbalanced causing poor posture.



Plumb Line Assessment

1. Have a partner take two pictures of you as seen here.
2. The posture plumb line is an imaginary straight line from the top of the head to the floor.
3. Perfect posture means our ears, shoulders, hips, knees and ankles stack up along this line.
4. You can also check your posture from the frontal plane, are your eyes, shoulders, hips, knees and ankles level and straight?

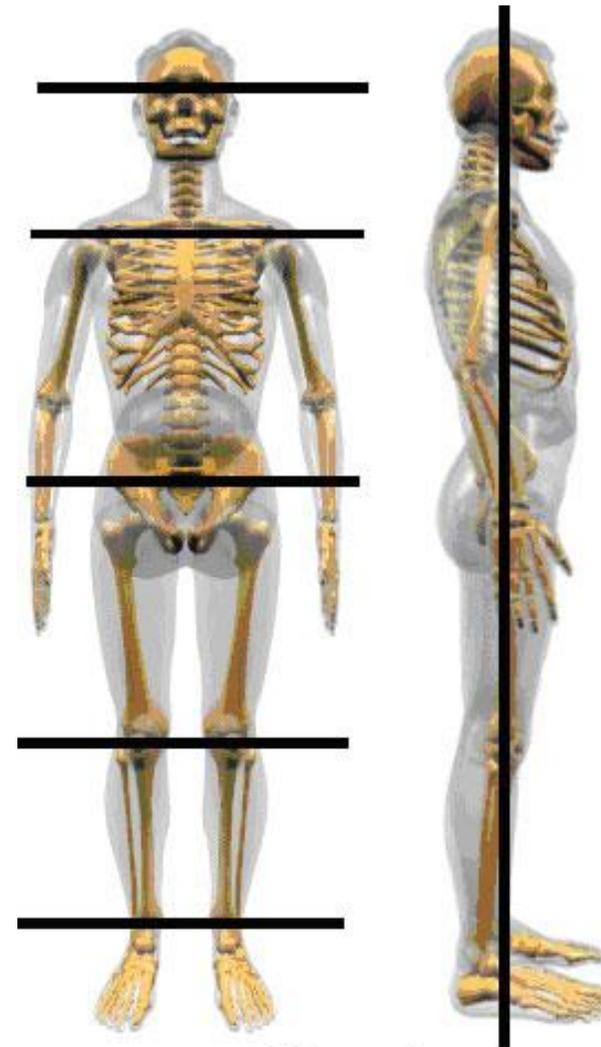


Figure 1

Wall Angel Assessment

1. Stand up against a wall with your feet about hip width apart and your legs providing a base of support, as shown
2. Try to touch your entire spine on the wall from head to tailbone
3. Bring your arms up to a goal post position and gently slide them up and down the wall
4. Do your arms touch the wall?
5. Are you able to touch your shoulders and head to the wall?
6. If not, this is a sign of postural misalignment



Stretch Safely

- 5 minute warm up
- Start small
- Breathe into each stretch
- Hold 15-30 second to your comfort level

Let's Stretch!

Quick Warm-up

- Arm reaches to the sky
- Shoulder rolls
- Side bends
- Torso twist

Neck stretches & Chin Tucks



Chest Stretch & Shoulder blade retractions



Wall angel & seated row



External & Internal Rotator cuff strengthening (band)



Seated hamstring stretch & quadriceps



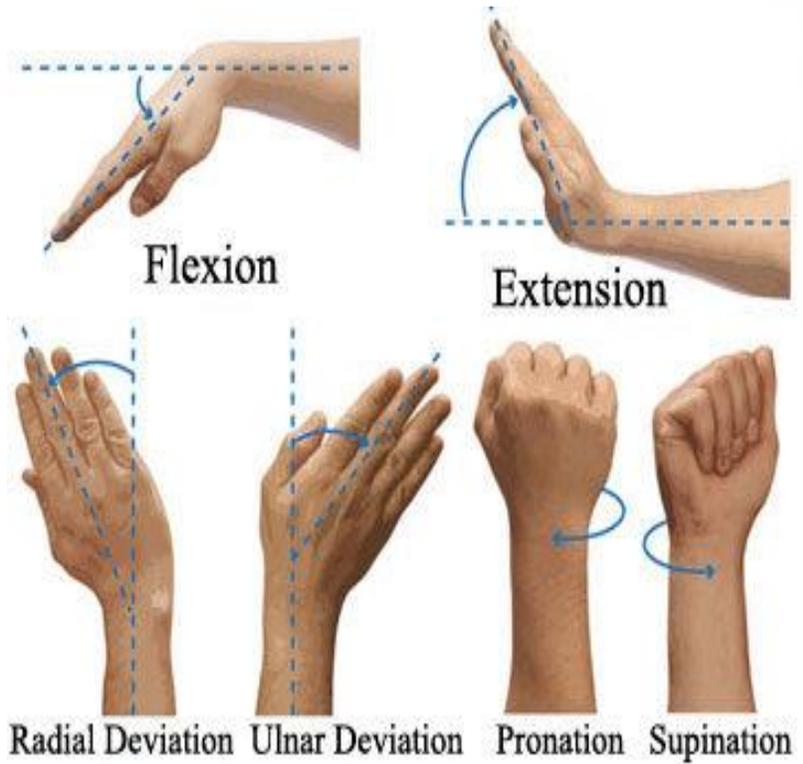
Hip Flexor & Glute stretch



Low back & core



Forearm Stretch & Strength



Trigger Point Stretching

Lat



Glutes



Trap



Self-myofascial release (foam roll)



Write Your Ritual

Tips for writing rituals

1. Make them SMART
2. Few at a time
3. Focus on what you want, not what you don't want
4. Create a supportive environment

Writing a Ritual



Write Your Stretching Ritual

Examples:

- I will stretch for 15 minutes at the beginning of my shift.
- I will research foam rollers and decide which one is the best fit for me.
- I will add two core exercises into my routine

In summary... *“Of all the things you wear, your posture is most important.”*

- Our bodies are either working for us or against us
- Assess posture regularly
- Stretch and strengthen in all planes of motion
- Several techniques to help improve posture

Ergonomics 101 – Series Summary

Class 1 – Workstation Basics

Class 2 – Vision & Tech Neck

Class 3 – Posture

Class 4 – Preventing Repetitive Stress Injuries

Class 5 – Back Injury Prevention

Class 6 – Postural Assessment and Correction

Ergonomic Evaluation Requests

Requirements:

1. Complete all 6 classes of Ergonomics 101
2. [Complete the Virtual Workstation Evaluation Request Form](#)

Virtual Workstation Evaluation contact:
employeewellness@harrishealth.org

Non-office/Industrial Evaluation contact:
suzanne.young@harrishealth.org

Resources

Ergonomic Resources

- [OSHA eTools for Posture](#)
- [OSHA Workstation Checklist](#)
- [OSHA - Computer Workstations](#)
- [Driving Ergonomics](#)
- [OSHA - Controlling Ergonomic Hazards](#)
- [Postural Correction](#)
- www.common sense media.org
- [Back Safety for Healthcare](#)
- [Virtual Workstation Evaluation Request Form](#)

Stress Management Resources

Employee Assistance Program

- Online: www.feieap.com,
- 800.638.3327
- Username: hhs

Well Powered Living

Cigna Behavioral Health

- Visit myCigna.com or call the toll-free number on your Cigna ID card.
- Call Cigna Behavioral at **800.274.7603**.
- Go to Cignabehavioral.com for extra resources.

Coaching:

Telephonic health coaching - 855-246-1873

Onsite health coaching:

- Contact Latecia Murphy
- Office: 713-873-6407
- Email: Latecia.Murphy@harrishealth.org

Contact Us!

HEALTHY@HARRIS

Caring for ourselves so we can care for others

346-426-1597

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[Visit our internet site!](#)