



Gandhinagar Institute of Technology

A Report on

Neck Ergonomic

10th January 2018, Wednesday

Introduction:

Physiotherapy has existed as a form of treatment for dysfunctions and disabilities for thousands of years. It is considered a key treatment in rehabilitating patients suffering from debilitating conditions occurring due to accidents or other diseases.

Despite the fact that, since ancient times there have been references to the use of physical agents in order to prevent and treat diseases, physiotherapy has existed since ancient Greece with Hippocrates when they began to take the first steps in the development of physiotherapy as a profession. Hippocrates used massages as a form of therapy to help restore and maintain body's motor and functional abilities

Objectives:

The objective of this seminar was to create awareness among students for their ergonomics of neck. They were enlightened on their routine activities such as how to drive vehicle, body posture while reading or using laptop, how to use a mobile on vehicle which may cause neck pain and future problems.

About Seminar:

“Neck Ergonomic for the college going Students” was arranged in association with V S Hospital Ahmedabad on 10th January 2018. If you read or work extensively sitting in front of a computer craning your neck to see the monitor, hunching your shoulders to reach your keyboard and slouching in your chair, then most likely you must be suffering from neck or back pain. This leads to bad posture and a crooked spine which adds to the problems. A simple modification of our office ergonomics can go a long way in alleviating you from the perils of neck or back pain. Some suggestion was given by physiotherapy students with nice play in C-101 during 3.00 pm to 4.00 pm.

- The desk height should ideally be up to the height of your elbows while sitting in your chair.
- If the desk height is too low or too high, it will lead to hunching of your shoulders or stretching your arms which lead to incorrect posture of your spine.
- Ideally your desk should provide you with plenty of leg room.
- The position of your keyboard should be such that your shoulders are relaxed and elbows at approximately 90 degree angle.
- The monitor should be placed at about an arm's length from you. If it's too near, you will have to crane your neck; if it's too far, you will have to lean forward resulting in incorrect posture.
- The top of the monitor should be at eye level and perpendicular to your line of sight adjust the height of your chair so that your feet rests firmly on the ground with knees not touching the edge of the seat.
- Position your backrest to provide support to the back in the lumbar region. You can also keep a rolled pillow there for extra support.
- The armrests should be in a comfortable position to support your arms freely without causing them to hunch.

The event was successfully accomplished under the persistent guidance of Dr N M Bhatt and remarkable efforts made by faculty coordinators Prof Hardik Bhatt, Prof Ruchir Parikh and Prof Amit Patel along with the entire team of students' council.

Photo Gallery:



Students of physiotherapy college explaining different standing position by short play



students briefing the importance of neck ergonomics



Students showing, how reading positions affect the neck problems

