Ergoweb® is always striving to provide tools that will ultimately improve every employee’s ability to perform at his or her best. As part of our Ergoweb Enterprise™ cloud solution, we offer an extensive set of ergonomics assessment analysis methods, guided measurement worksheets, and a full program of strengthening exercises that not only help reduce injuries, but also make you feel good. Dr. Andrew, our resident Doctor in Physical Therapy, carefully researched and selected each routine to ensure maximum benefit for industrial work environments.

**Ergoweb Enterprise™ Exercise Routines**

Undoubtedly, manual work in industrial and manufacturing environments can be taxing. Work that involves high forces, repetitive motions or awkward postures can stress and fatigue the body and lead to (MSD) musculoskeletal injuries. Maintaining a healthy lifestyle, practicing good posture, and participating in strengthening programs can reduce these risks. For this reason, we have included the following routines as part of our Ergoweb Enterprise™ system:

- **Cervical Routine** – targets the cervical area of the body.
- **Elbow Routine** – for those tasks that are taxing on the elbows.
- **Gripping Routine** – helps to strengthen the grip muscle groups.
- **Knee Routine** – targets the knee and joints.
- **Lifting Routines** – includes exercises that target floor to waist tasks and waist to shoulder tasks.
- **Shoulder Routine** – helps to strengthen and stretch the shoulders.

**Exercise Examples**

Here are a few examples taken from our series you can try today:

**Plank**

Begin by lying face down on a safe, clean, comfortable surface. Slightly tuck your chin. Tighten your core by drawing your belly button up and back into the spine. Raise your body up onto your elbows and toes. Hold this position. Avoid arching your back, or letting your hips sag or fall to either side.

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<thead>
<tr>
<th>Type</th>
<th>Repeat</th>
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<th>Complete</th>
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<tbody>
<tr>
<td>Strengthening</td>
<td>1 Time</td>
<td>30 Sec.</td>
<td>3 Sets</td>
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Upper Body Postural Endurance

Take a short pause every 20 minutes. During this time either sit or stand tall, with your chin slightly tucked, core tight, and shoulders back. Imagine elongating your body towards the ceiling.

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<tr>
<td>Neuromuscular</td>
<td>3 Times</td>
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Bridging

Begin by laying on your back with your knees bent. Tighten your core by drawing your bellybutton in and up in to your spine. While squeezing your buttocks together, raise your hips off the ground. Pause for 30 seconds, and then slowly lower your hips back to the ground. Repeat.

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