

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.

Type	Repeat	Hold	Complete	Perform
Strengthening	1 Time	30 Sec.	3 Sets	2 Time(s) a Day



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.

Type	Repeat	Hold
Neuromuscular	3 Times	30 Sec.



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.

Type	Repeat	Hold	Complete	Perform
Strengthening	1 Time	30 Sec.	3 Sets	2 Time(s) a Day



**Let Ergoweb strengthen your ergonomics program.
Call us or visit us today to schedule your personalized consultation.**

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EXERCISE ROUTINES DISCLAIMER

The exercises provided here are for educational purposes only, and are not to be interpreted as required or as recommendations for a specific treatment or prevention plan, product, or course of action. Not all exercises are suitable for everyone, and exercise is not without risk. This or any other exercise program may result in discomfort or injury. As with any exercise program, if at any point you feel at risk, or begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician. To reduce the risk of injury, carefully evaluate your surroundings to ensure a safe exercise environment, and take care to ensure your balance and stability, and that of any product, equipment or structure you use. The exercise instruction and advice presented here are in no way intended as a substitute for medical consultation. You should consult with a healthcare professional before beginning these or any other exercises. We disclaim any liability from and in connection with the use of these materials.



Sustainable Ergonomics Systems
Less Injuries + Increased Productivity + Higher Quality

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