

Ergomotor Intervention: An innovative approach in managing work-related neck-shoulder disorders

A study to compare the “Ergomotor” Intervention Program to conventional physiotherapy treatment in managing work-related neck-shoulder disorders:

A randomised controlled trial

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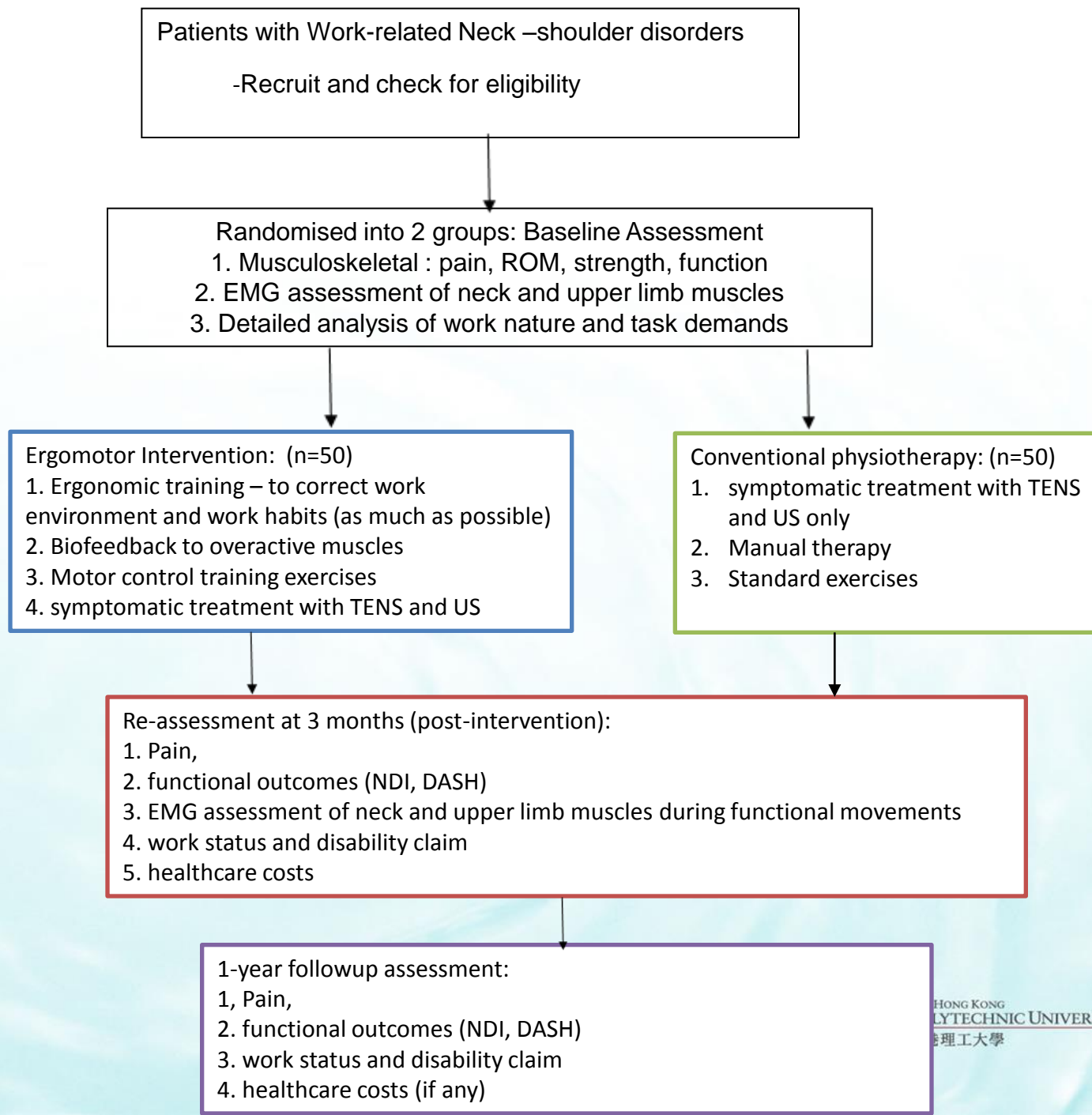
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Common postural problems in workers contribute to work-related musculoskeletal disorders (WMSD)

- Work-related neck and upper limb musculoskeletal disorders (WRNULD) are a common occurrence in Hong Kong.
- Conventional physiotherapy tends to aim at symptom relief and improving mobility
- Ergonomics interventions aim at improving workplace factors
- Combining the 2 will help to provide long-term solutions for these problems

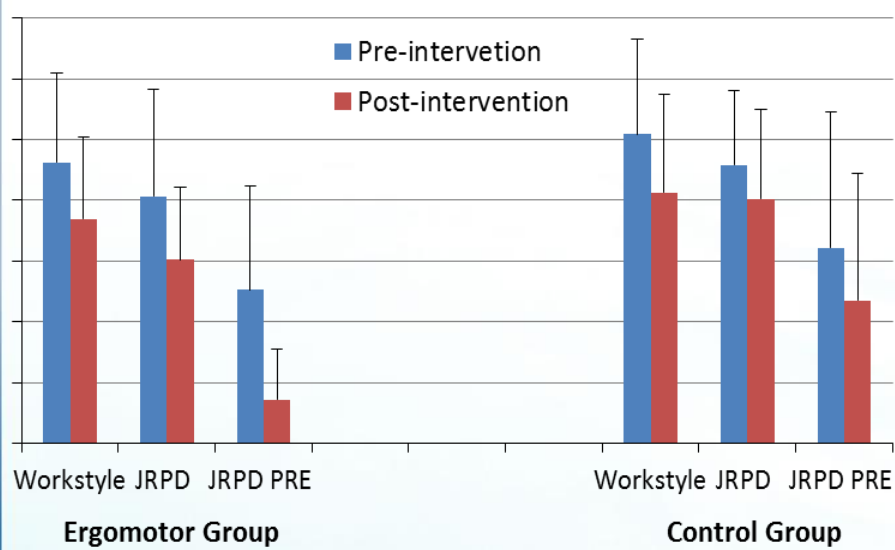


Functional outcome measures

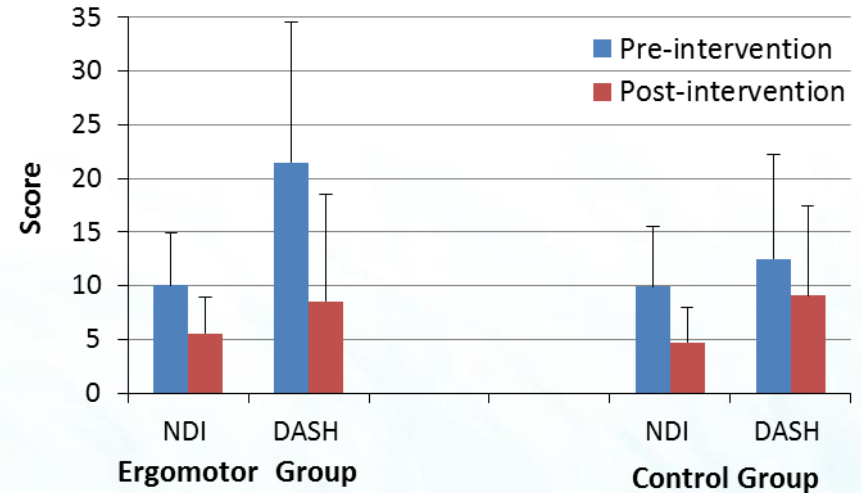
- Pain score
- Neck Disability Index (NDI)
- Disabilities of the Arm, Shoulder & Hand (DASH)
- Job-related Physical Demand
- Workstyle
- Pain self-efficacy
- Global recovery score

Total number of subjects recruited = 45, Ergomotor Group= 21, Control Group= 24

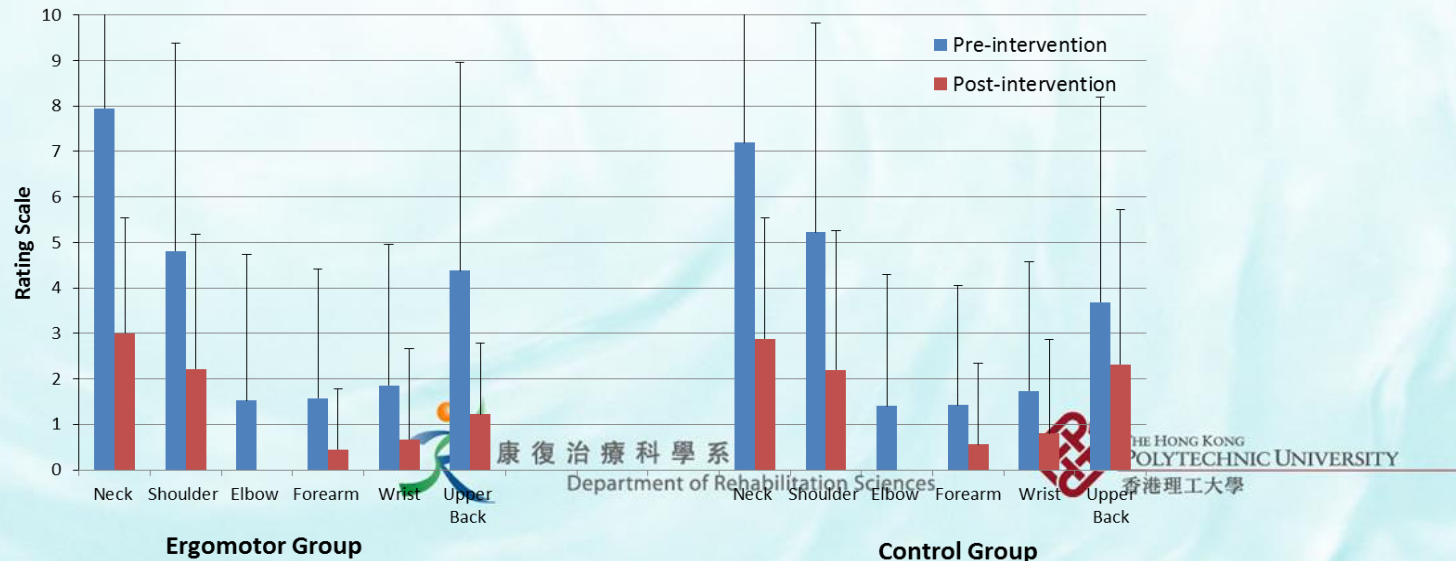
Scores of the Questionnaires

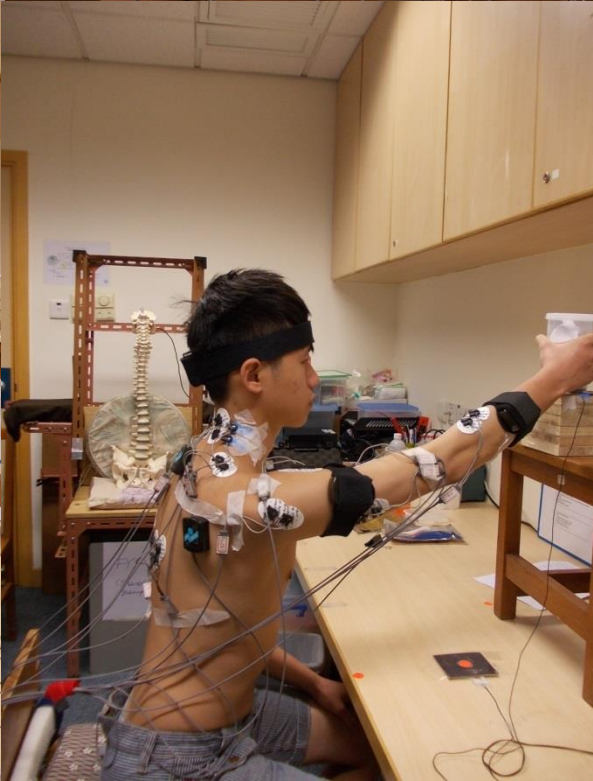
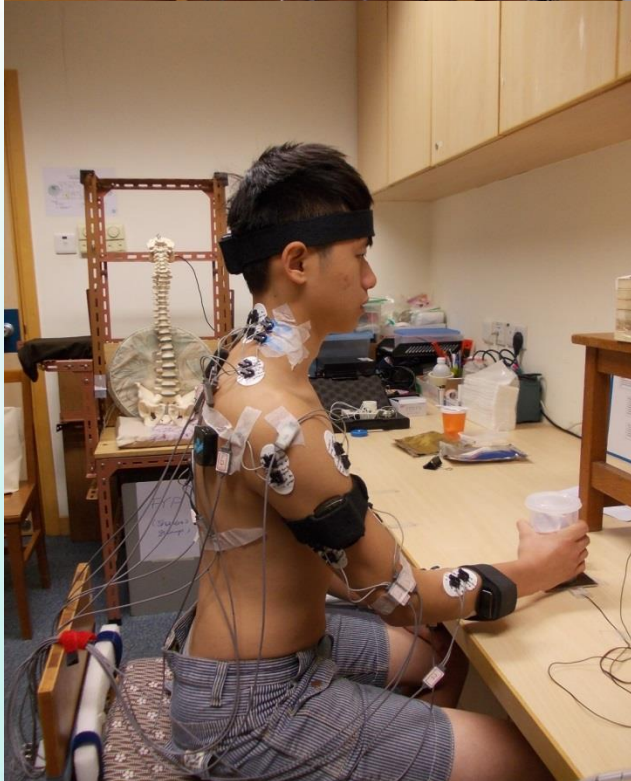
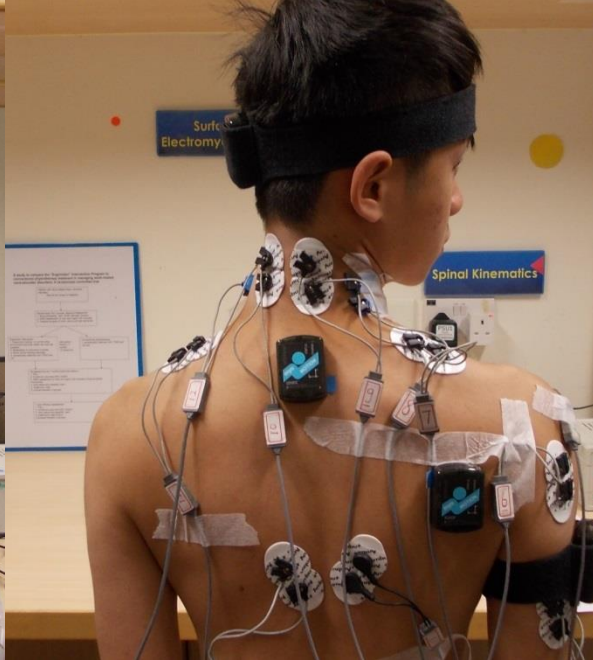
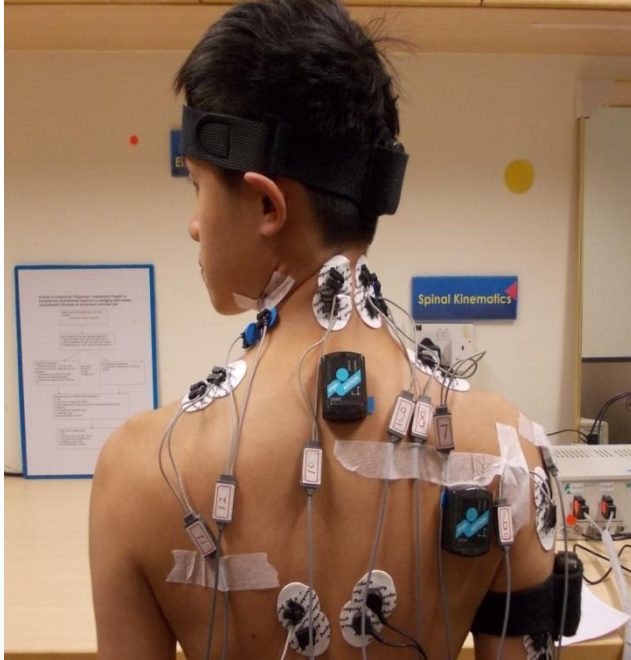


Score of the Questionnaires



Numeric Pain Rating Scale





Surface EMG on 14 muscles

- Bilateral Sterno-cleidomastoid,
- Bilateral Cervical erector spinae,
- Upper trapezius, lower trapezius,
- anterior & posterior deltoid,
- biceps & triceps,
- ECR & FCR

3D Kinematics: Neck, scapular, shoulder joint and elbow joint movements