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Summary

EFFECTIVENESS OF ERGONOMICS PROGRAM BASED ON MOVEMENT ANALYSIS FOR EXPERIENCED ENDOSCOPISTS: A PILOT STUDY

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A 16-week individualized kinetic ergonomics program with physical therapists improved pain intensity and frequency in four of five main pain sites among 15 endoscopists practicing more than 10 years.

KEY POINTS

- All 15 long-term endoscopists showed various ergonomic problems at baseline, with pain most commonly found in the low back, neck, shoulder, wrist, and thumb among 12 areas evaluated.
- The KEMA program included one-to-one customized exercise, posture re-education during and between procedures, procedure suite optimization, and pain education delivered by physical therapists.
- After 16 weeks, four of five main painful joints (80 percent) showed improvement in pain intensity and frequency, with the shoulder being the exception.
- Knowledge about ergonomics increased from an average of 28 to 33.6 points on a 5-point scale across 10 items, though ergonomic attitudes and performance did not change significantly.
- The authors conclude this approach helped recognition of body condition and pain relief, and suggest it could potentially contribute to career longevity and reduced burnout among endoscopists.

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