

Ergonomic Tips for a Healthier Career

Insights from the MTF Ergonomics Project— Phase One

Simple adjustments to your application of techniques can enhance comfort, performance, and career longevity while reducing your risk of injury.



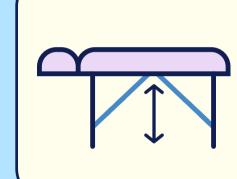
- MT is physical labor; your strength, endurance, and flexibility are
- Don't forget self-care and recovery!

important

Take Care of Those Digits

- Use overpressure to support your fingers
- Avoid using your thumbs



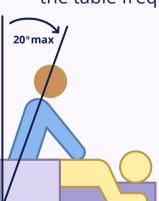


Adjust Your Table

- For light pressure strokes use a higher table
- For moderate-to-firm stroke, lower your table

Use Position to Your Advantage

 Use the stride stance at the side of the table frequently



- Trunk aligned with stroke direction
- Trunk flexion no more than 20 degrees
- Avoid trunk and neck lateral flexion and rotation

Avoid Overreaching

- Use shorter strokes and avoid long excursions
- Stand as close to the table and body area as possible
- Minimize
 reaching across
 the midline to
 only direct
 contralateral
 strokes



www.massagetherapyfoundation.org/mtf-ergo-project/