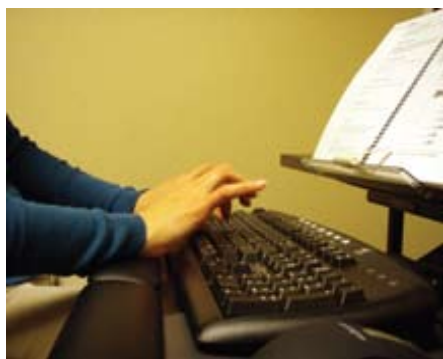


## Occupational Overuse Injury Program

Introducing our Onsite Ergonomics Program which includes a comprehensive workstation evaluation, thorough analysis of your body mechanics and a customized exercise program to improve your posture and decrease pain.



*Improper wrist & keyboard position could cause debilitating pain.*

**With help of our fully accessorized workstation our certified ergonomist will recommend proper:**

- Computer position
- Keyboard placement
- Mouse operation
- Chair ergonomics
- Overall posture

The individualized exercise program will be designed to increase your strength and flexibility which will improve posture and decrease pain.

### **MouseKeyDo System (specific ergonomics program for keyboard and computer users)**

MouseKeyDo® is an additional ergonomics training program for proper mouse and keyboard technique. This program was created by Norman Kahan, M.D., founder and director of Sports and Occupation Medical Associates. Our certified ergonomist was personally trained by Dr. Kahan and will educate you on specific techniques for keyboard, mouse, and laptop use to minimize the stresses that occur with repetitive computer use.

#### **Proven benefits include:**

- Reduced and alleviated upper body pain
- New pain-free computer skills



Improve your workday today. To schedule an ergonomics consultation with our Certified Associate Ergonomist, Susan Casner-Kay, or for additional information, call OPTM Saratoga at 408-973-7700.

#### *Physical Therapist Biography*

Susan Casner-Kay, M.S., P.T., O.C.S., C.A.E., has worked as a skilled orthopedic physical therapist since 1981. Her certification as an Associate Ergonomist designates her with professional standing in the field of Industrial Ergonomics. She is also Board Certified as an Orthopedic Specialist. Fabrice Rockich, D.P.T., O.C.S., C.S.C.S. was also trained by Dr. Kahan and certified as a MouseKeyDo specialist.