Workstation Configuration Affects Upper Extremity Posture/Muscle Load and their Dynamic Range during Computer Mouse Use

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Learning Objectives: Participants will be able to 1) discuss the impact of non-optimal computer workstation on female users in terms of should posture; 2) discuss the impact of non-optimal computer workstation on female users in terms of muscle load; 3) describe different postures users adapt while using a sitting computer workstation compared to a standing computer workstation; and to 4) describe different muscle load patterns users adapt while using a sitting computer workstation compared to a standing computer workstation.

TBD

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Learning Objectives: TBD

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All are welcome to attend. ♦ Light lunch and drinks available or bring your own.