Ergonomics for Ophthalmologists

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Financial Disclosures:

• None

The Real Disclaimer:

“Do as I say, Not as I do.”
Who cares?

You should care...

- Neck symptoms 33-69%
- Upper extremity/shoulder symptoms 27-33%
- Low back symptoms 30-80%

More Evidence:

Survey of 697 ophthalmologists in Northeastern United States:
- 15% were slightly to moderately limited in their work as a result of neck, upper extremity, or lower back pain
- Upper extremity pain associated with female gender


More Evidence:

- Women were more likely to report neck pain, upper extremity pain, and weakness despite seeing fewer patients and performing fewer procedures per week
  - Shorter stature
  - Shorter arms/reach
  - Clothing necessitates accommodation at slit lamp

Who Cares?

You Should Care

What can I do?

Spine Anatomy 101:
In the Operating Room
In the Operating Room

Take Time To Stretch

Take Care of Yourself
- Exercise
- Stress management
- Get help!
Ergonomic Goals:

- Maintain normal spinal curvature
- Support upper extremity
- Reduce awkward and static postures

Any Questions?

Thank You!