

Optimizing ergonomics after endoscopy



Figure 1. **A**, Wrist stretching. **B**, Strengthening exercises for finger extensor muscles. **C**, Shoulder stretch. **D**, Back stretch.

Ergonomics plays an important role in injury prevention for endoscopists. Raising awareness and enhancing ergonomics in endoscopy may prevent endoscopic-related injury. In this video ([Video 1](http://www.VideoGIE.org), available online at www.VideoGIE.org), we review techniques for optimizing ergonomics after and between endoscopic procedures. This includes stretches and exercises of the hand, wrist, elbow, shoulders, back, and neck ([Fig. 1A-D](#)). The goal of this video is to enhance awareness of ergonomic principles and prevent endoscopic-related injuries.

DISCLOSURE

All authors disclosed no financial relationships relevant to this publication.

Michael A. Chang, MD, Jeffrey Mitchell, MSPT, OCS, Syed M. Abbas Fehmi, MSc, MD, University of California San Diego, San Diego, California, USA

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<http://dx.doi.org/10.1016/j.vgie.2017.03.006>

Written transcript of the video audio is available online at www.VideoGIE.org.