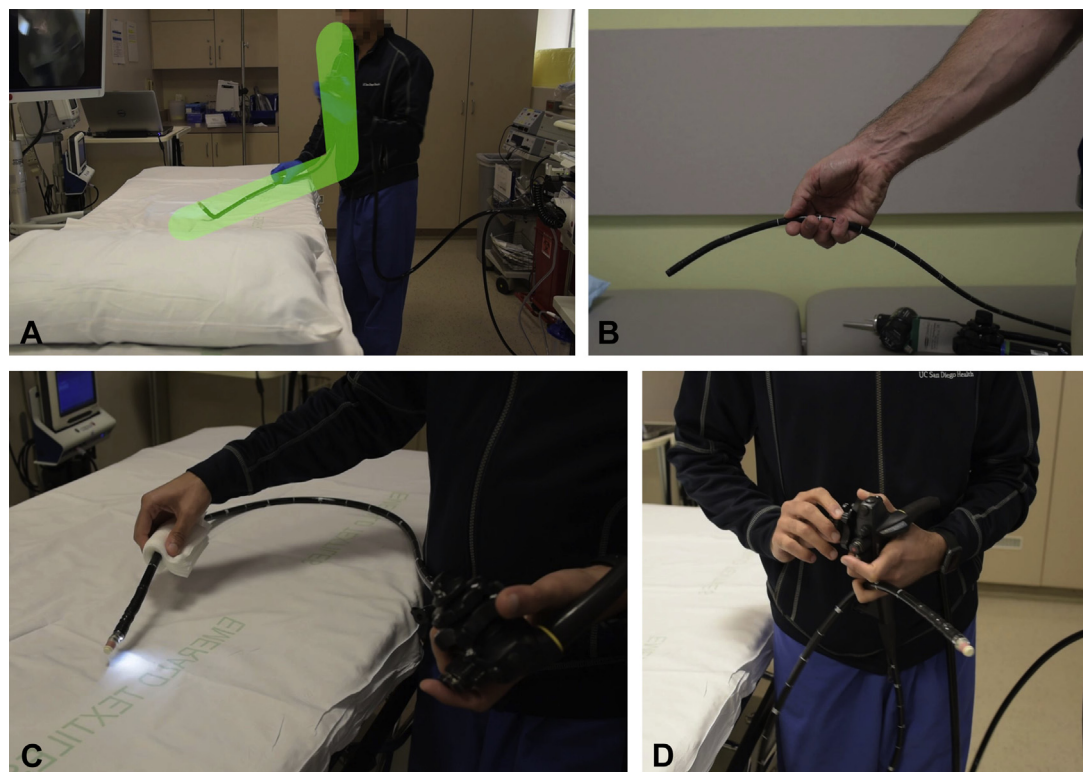


## Optimizing ergonomics during endoscopy



**Figure 1.** **A**, Scope acting as a lever to reduce right hand torque. **B**, Neutral thumb grip position. **C**, Right-hand grip with gauze to reduce grip pressure. **D**, Left-hand pinky grip technique to reduce right-hand strain, which can be used in difficult or tight endoscope positions.

Ergonomics plays an important role in injury prevention for endoscopists. Raising awareness and enhancing ergonomics in endoscopy may prevent endoscopic-related injury. Most endoscopists learn their skills through individual teaching during fellowship training. The level of skill among trainees and teachers varies widely, and most endoscopic teaching neglects ergonomics.

Certain techniques offer advantages to prevent repetitive stress injury during endoscopy. In this video (Video 1, available online at [www.VideoGIE.org](http://www.VideoGIE.org)) we review techniques for optimizing ergonomics during endoscopy including body position, endoscope positioning, and gripping the endoscope to prevent injury (Fig. 1A-D). The goal of this video is to enhance awareness of ergonomic principles and prevent endoscopic-related injuries.

### DISCLOSURE

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Written transcript of the video audio is available online at [www.VideoGIE.org](http://www.VideoGIE.org).