



17th April 2020

INTERACTIVE WEBINAR: PROMOTING GOOD POSTURE WHILE WORKING FROM HOME

MDBC PREMIUM PARTNERS 2020



HOUSE RULES

1. Attendees will be automatically muted and video cam will be off when entering the webinar, please remain muted throughout the session (unless otherwise specified) to avoid any disruptions to the presenter(s).
2. Should you have any questions about the session, you may post your questions via the chatroom.
3. MDBC & Sunway Medical Centre reserve the right to expel anyone from the chatroom or the session for unnecessary interruptions.
4. While you are encouraged and allowed to share the webinar link with your colleagues and other MDBC members, we kindly request you not to share the link with any non-MDBC member.

Mr Choo Khai Shaun

Physiotherapist,
Sunway Medical Centre

Khai Shaun is a Physiotherapist at Sunway Medical Centre. In his 6 years, he has accumulated experience dealing with musculoskeletal cases.

As a speaker, Khai Shaun has conducted several public forums relating to safety and ergonomics.



POSTURE

Is there such thing as
a Perfect Posture?



Posture is the attitude assumed by the body either when the body is stationary or when is it moving.

Posture is attained as a result of the coordinated action of various muscles working to maintain stability

Posture is basically divided into 2 types

Inactive

These are postures / attitudes adopted for resting or sleeping.

They require theoretically minimal muscle activity and are usually assumed in need of relaxation

Active

The integrated action of many muscles is required to maintain active postures

Active posture is basically divided into 2 types

Static Postures

Body segments are aligned and maintained in fixed positions.

This is usually achieved by co-ordination and interaction of various muscle groups which are working statically to counteract gravity and other forces.

Examples of static postures are standing, sitting, lying, and kneeling.

Dynamic Postures

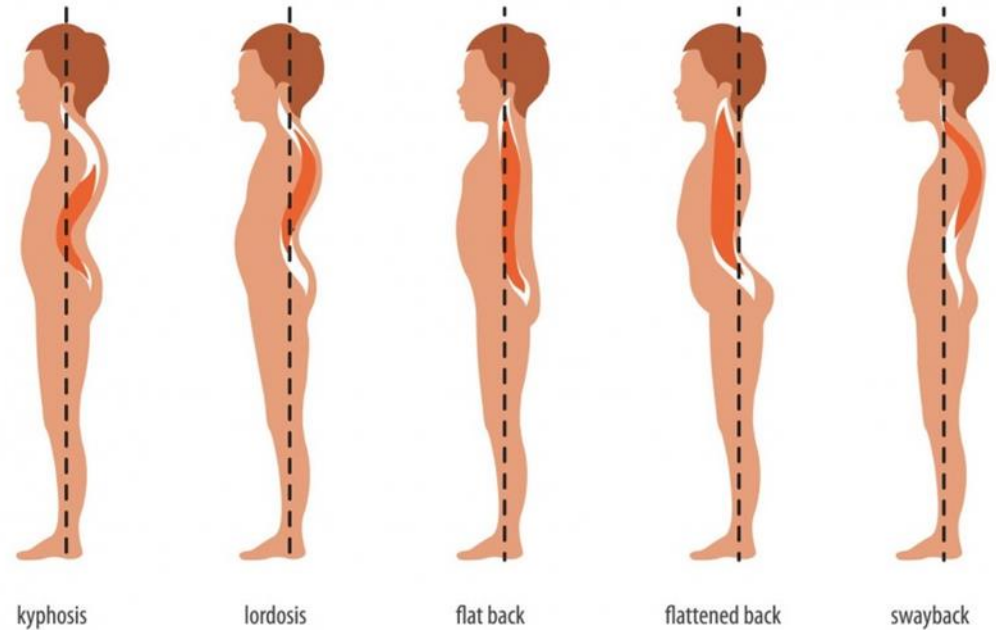
In this type of posture body segments are moving. It is usually required to form an efficient basis for movement.

Muscles and non-contractile structures have to work to adapt to changing circumstances.

Examples are walking, running, jumping, throwing, and lifting.

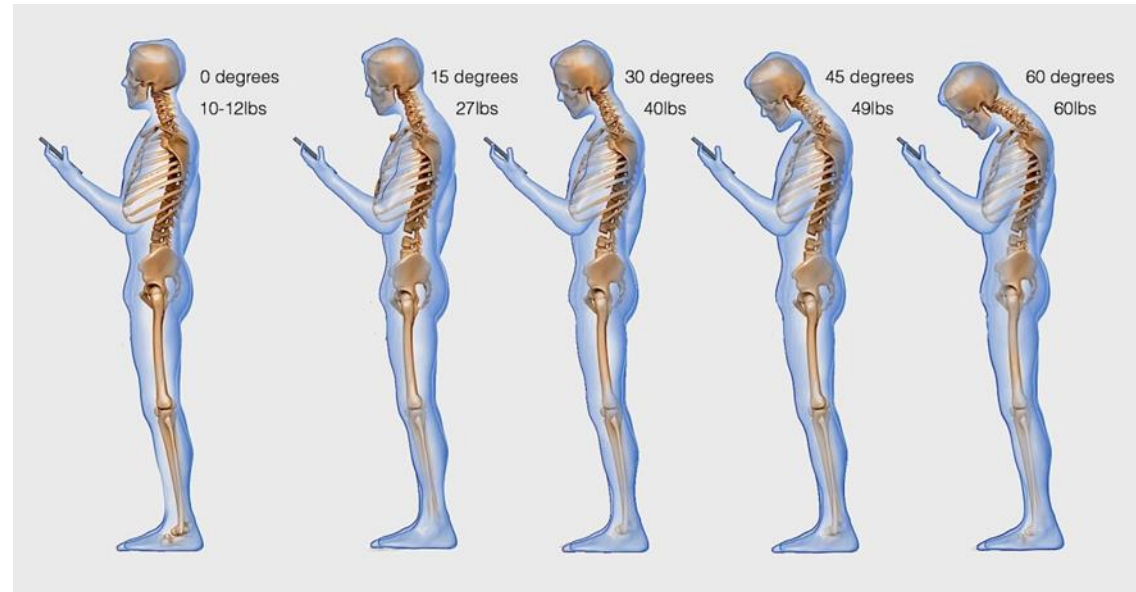
NO, the evidence shows that there is no agreed gold standard of a “good” posture

Is there really such a thing as a “good” posture?



But, no matter how 'well' you sit or stand, if you hardly move for an hour. You might be stiff as a stick man!

So, does that mean that there is no need to pay attention to my posture?



Lets put more
emphasis on how we
can avoid sustained
posture and move
more



**“The best posture is
the next posture”**

Karen Loesing, owner of California-based
The Ergonomic Expert

Work From Home Posture





Seek natural light and take frequent breaks

TO PREVENT DIGITAL EYE STRAIN

TAKE A
20
SECOND BREAK

EVERY
20
MINUTES

LOOK AT SOMETHING
20
FEET AWAY

**20-20-20 rule endorsed by the American
Optometric Association**

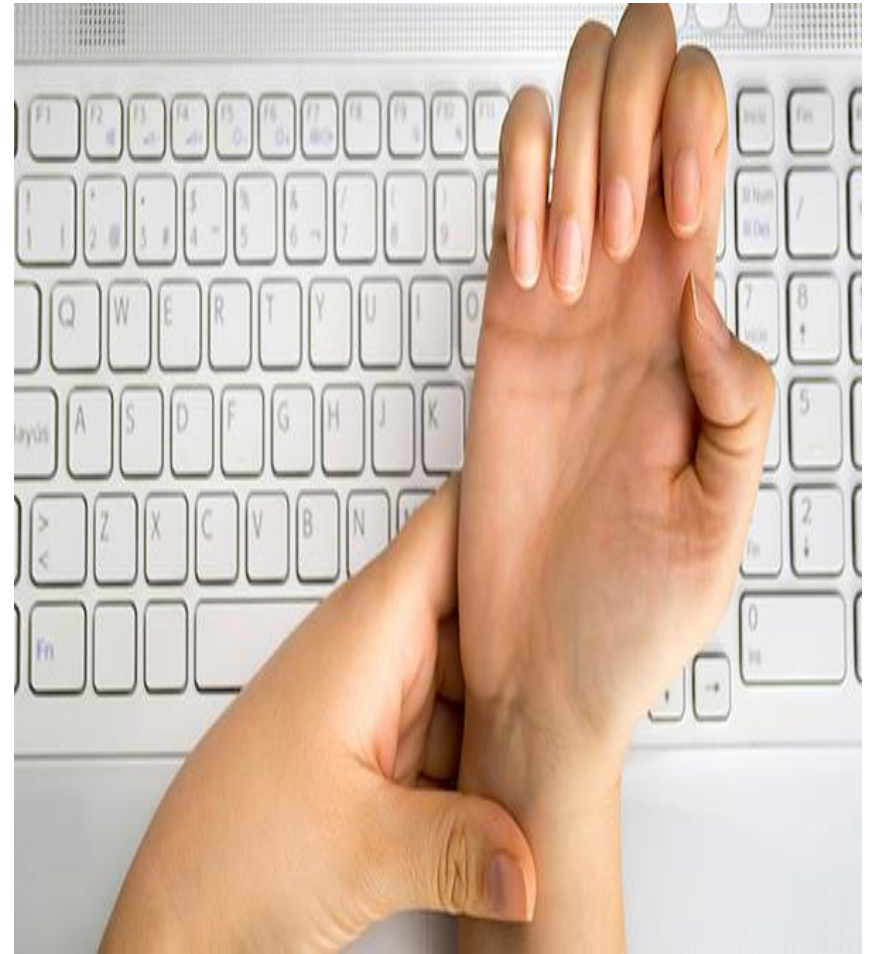
Sitting Position



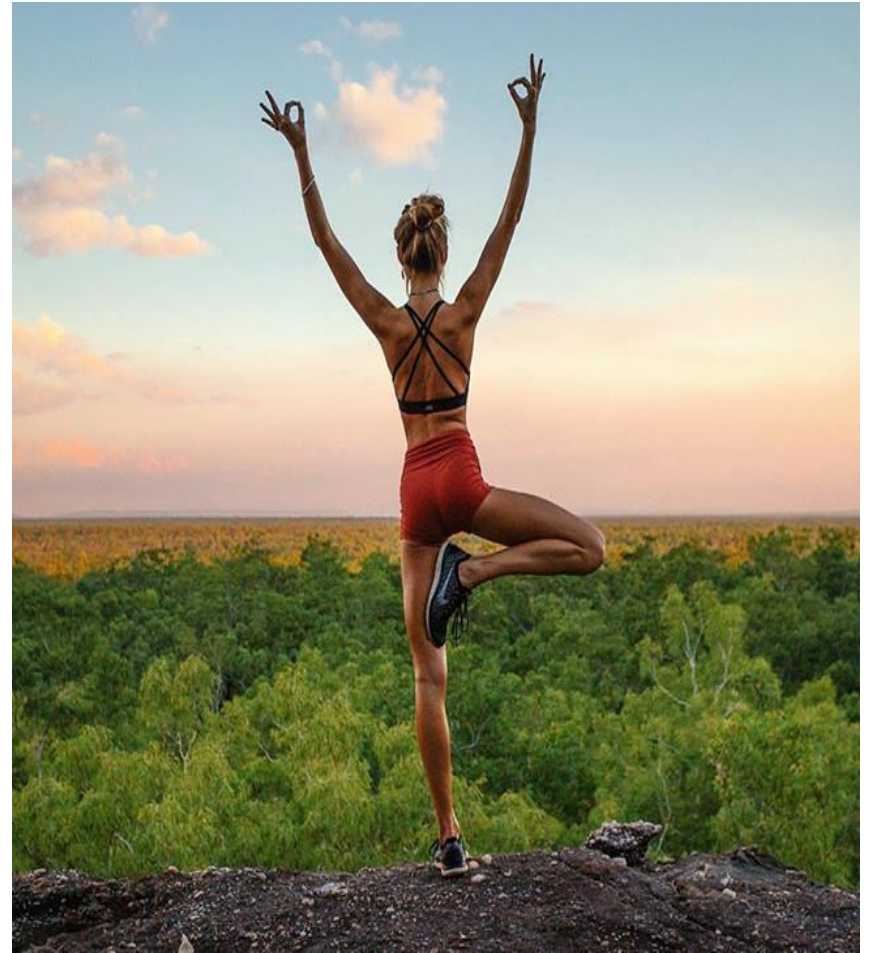
Leg Cramps



Carpal Tunnel Syndrome



Get Moving



Get Hydrated



Avoid Sustained Posture

Get Proper Equipment

Keep your wrists flat and straight

Move around every half an hour

Get hydrated

Whatever you do, do not work on your sofa

What should I do during MCO and while working from home?



Take small
breaks and
move, your brain
will thank you!



The best posture is ALWAYS
your NEXT posture'

Thank you for your attention
and its time to MOVE now!!

Muhammad Ghazali

Sports Rehabilitation Instructor,
Sunway Medical Centre

Ghazali has 13 years of experience working as a sports therapist in various areas in treating patient on Sport Injuries, Musculoskeletal, Orthopedic, and Pediatric.

He is the sports and fitness instructor for LEAN club and focuses both adult and children weight management in Sunway Medical Centre.





THANK YOU FOR JOINING!

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