Awareness Camp at Corporation Bank Headquarters, Mangalore

On World Physiotherapy Day, a community Physiotherapy awareness camp was organized at the Corporation Bank Headquarters, Mangalore. The speaker for the programme was Prof.Umasankar Mohanty, Central Executive Committee Member of The Indian Association of Physiotherapists. Physiotherapists Dr.Uttam Kumar Tiwary and Dr.Vishal Goel also assisted in the awareness camp. Nearly 200 bank executives attended the awareness programme.

The following were the contents of the awareness programme.

- Structure of the Neck, Back and upper limb-basic anatomy
- Basics of ergonomics concerning computer users
- Predisposing risk factors for Repetitive Stress Injuries(RSI)
- Balanced working posture while using computer
- Proper workstation and chair set-up
- Risk areas and common errors
- Explanation of Cervicogenic Headache, Neck pain, Shoulder pain and Back Pain with faulty posture
- Visual ergonomics
- Chair adjustment and workstation setup (including demonstration)
- Balanced computing posture (including demonstration)
- Correct keyboard and mouse techniques
- Exercise instruction for stretching and warm-ups
- Warning signs of problems and when to seek medical help