Your Posture Matters

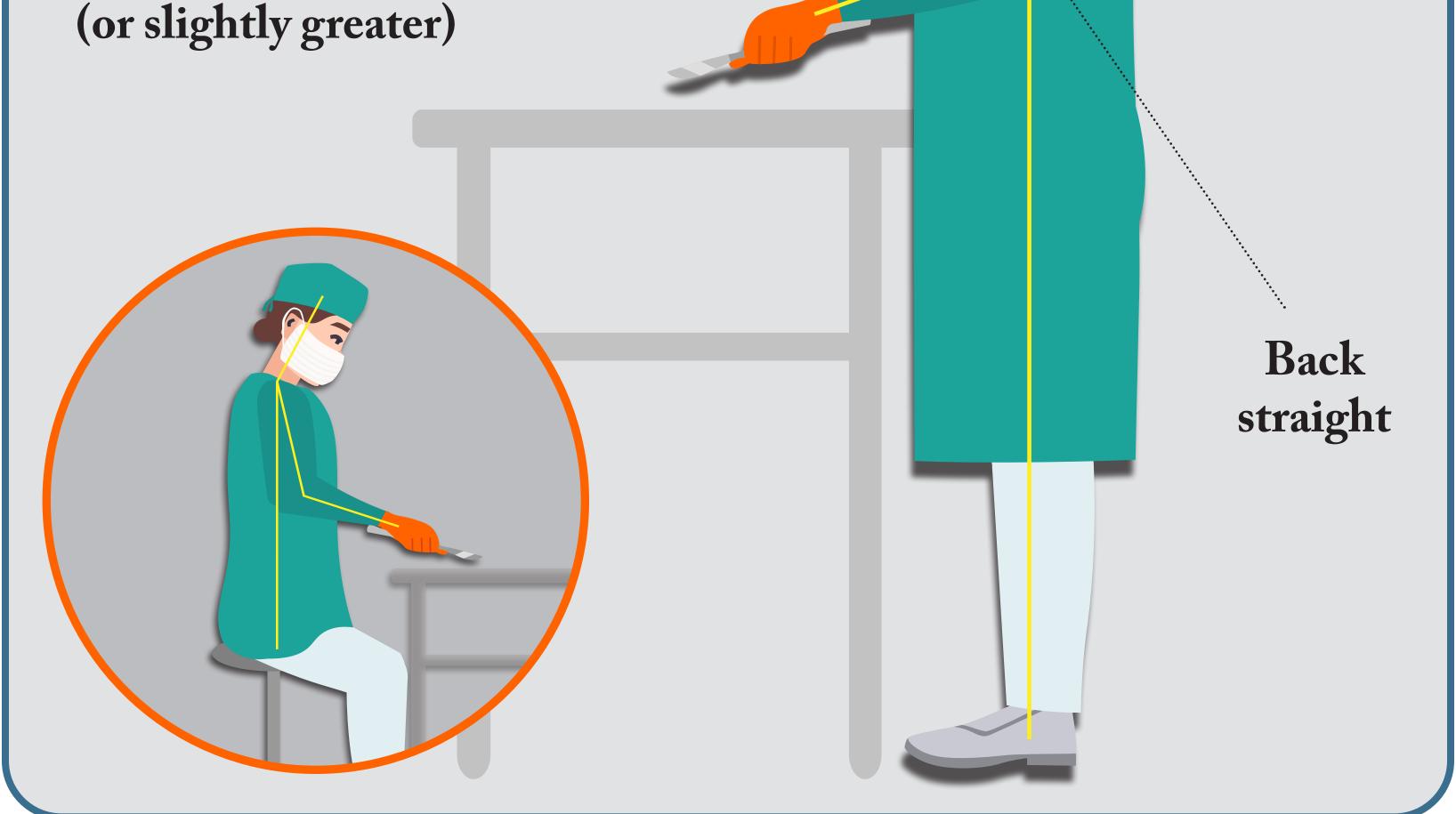
Good physical ergonomics while performing surgery can help prevent musculoskeletal discomfort.

Whether sitting or standing, adopting the posture below will decrease surgeon fatigue that may lead to pain.

Shoulders relaxed

Neck at 20-30° angle

Arms at 90° angle



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