

NEW JERSEY JEWISH NEWS

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Women's Health *and* Well Being

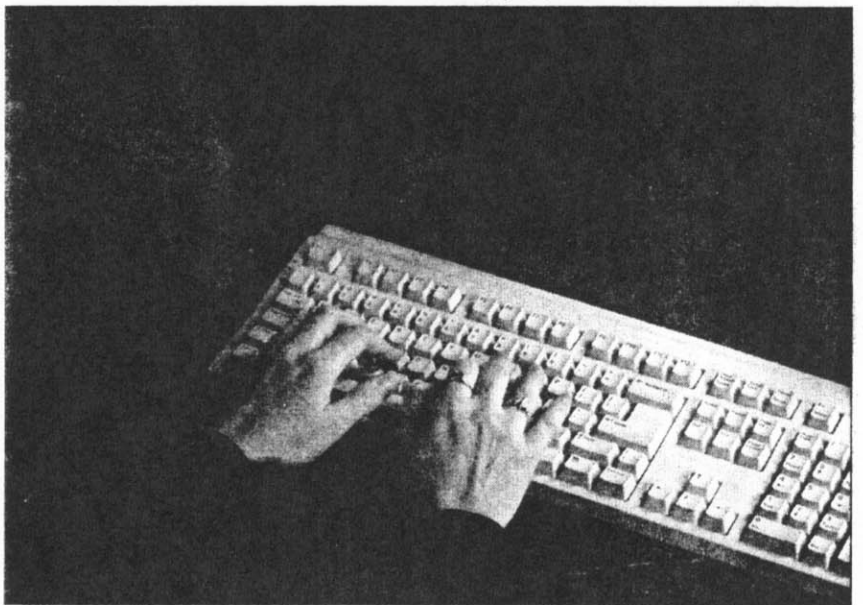
Ergo Rehab Services improves the ergonomics of a work space

resulting in greater well-being — and productivity — in the office

How often have you felt sore and uncomfortable after an hour of surfing the Web, let alone sitting for a whole day of work at the computer? If you feel hand, arm, back or neck discomfort, or eye strain, you are not alone. While you probably have taken the time to invest in good computer hardware and software; it is very possible, however, that the ergonomics of your workstation have been overlooked.

Poor ergonomics is often the cause of the aches and pains you feel, and can certainly aggravate any pre-existing conditions that you may have. This can relate to sitting in a chair not intended for computer usage, sitting for extended periods without breaks, extended reaching to the mouse or keyboard; looking up or down to the screen, cradling the telephone, improper vision correction, or adverse lighting or glare.

The good news is that many of these issues can easily be corrected by applying basic ergonomic concepts to your



workspace and sitting in a supportive chair, so that you're occasional (or not so occasional) aches and pains do not become more serious and debilitating.

Ellen Rader Smith and her company, Ergo Rehab Services, provide ergonomic ("feel good/work well") consultation services at your home office, for your family computer (to which users of different sizes must adapt) or your traditional office. Ellen has helped numerous people resume pain-

free typing and "mousing." As a hands-on occupational therapist, certified vocational evaluator and certified professional ergonomist, Ellen understands how your body interfaces with the components of your computer workspace.

Invest in your health and comfort by getting to the source of your computer-related aches and pains. Contact Ellen at 973-334-7499 or ergoers@optonline.net to set up an appointment to help you **work pain free.**