

Optimizing ergonomics after endoscopy



Figure 1. **A,** Wrist stretching. **B,** Strengthening exercises for finger extensor muscles. **C,** Shoulder stretch. **D,** Back stretch.

Ergonomics plays an important role in injury prevention for endoscopists. Raising awareness and enhancing ergonomics in endoscopy may prevent endoscopic-related injury. In this video ([Video 1](http://www.VideoGIE.org), available online at www.VideoGIE.org), we review techniques for optimizing ergonomics after and between endoscopic procedures. This includes stretches and exercises of the hand, wrist, elbow, shoulders, back, and neck ([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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Michael A. Chang, MD, Jeffrey Mitchell, MSPT, OCS, Syed M. Abbas Fehmi, MSc, MD, University of California San Diego, San Diego, California, USA

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Written transcript of the video audio is available online at www.VideoGIE.org.