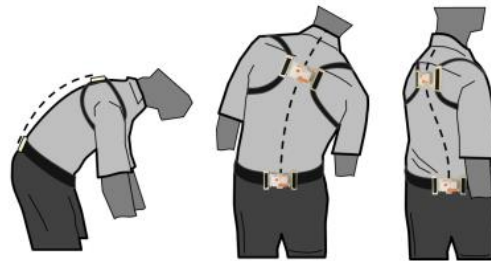


Apps supporting safe back care

CREMSD Webinar
January 31, 2018



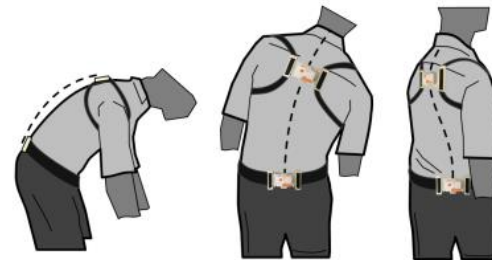
Tilak Dutta, Scientist

Toronto Rehab Institute – University Health Network

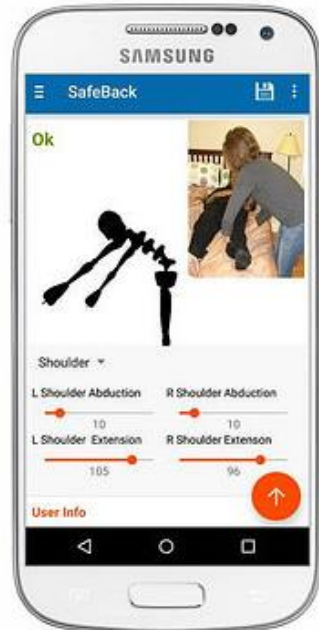
SafeBack



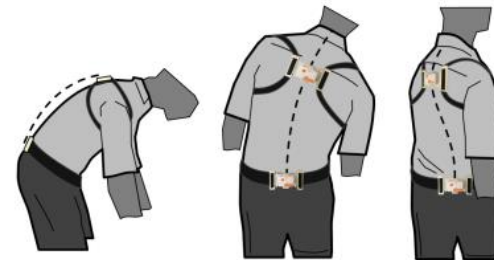
PostureCoach



SafeBack



PostureCoach



Tilak: Introduce and discuss motivation

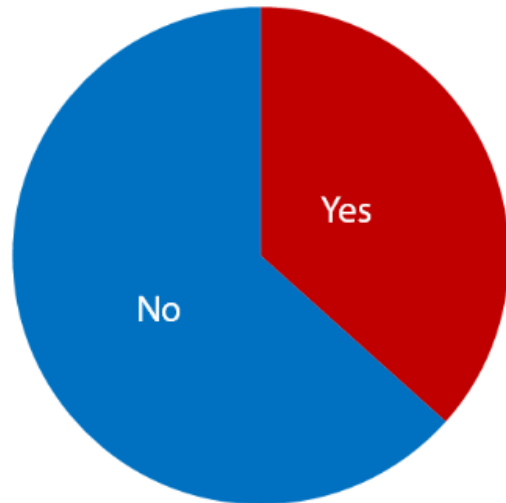
Mike: In-depth analysis of PostureCoach 1.0



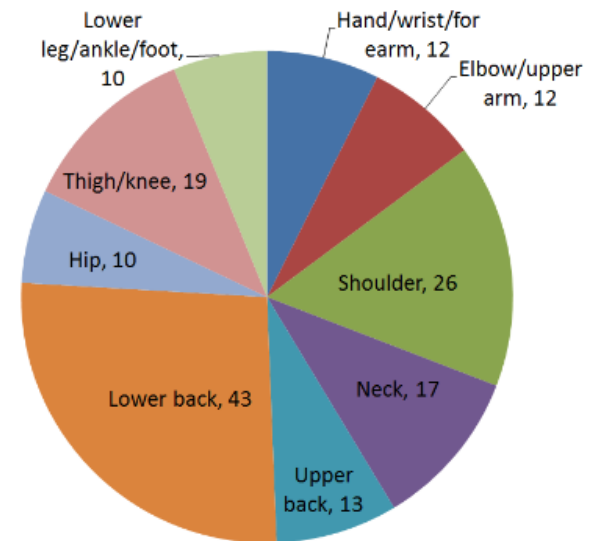


Dr. Emily King

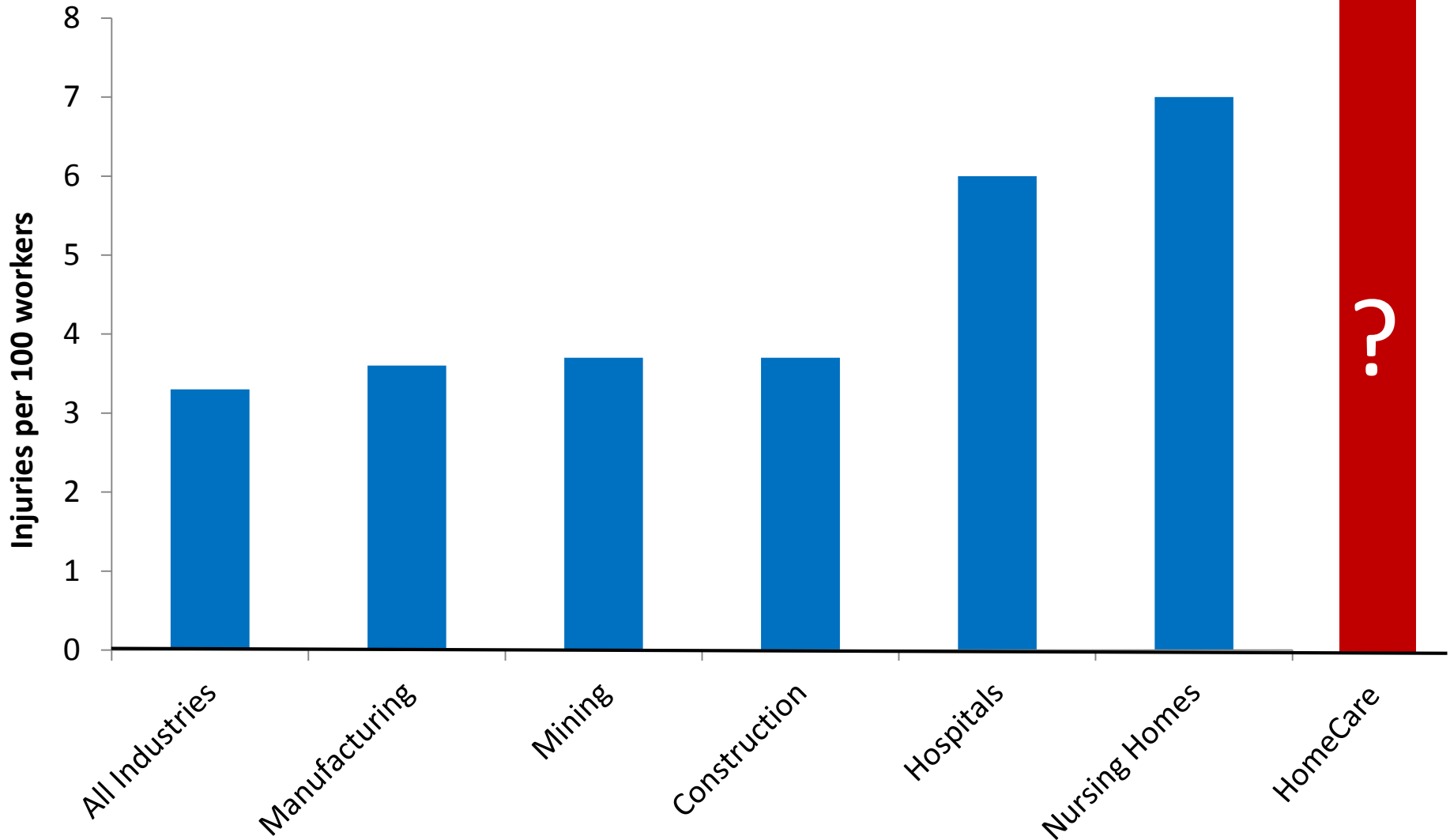
Have you experienced any previous injuries that still affect you?



If so, please indicate what bodypart(s):



Nonfatal Occupational Injuries



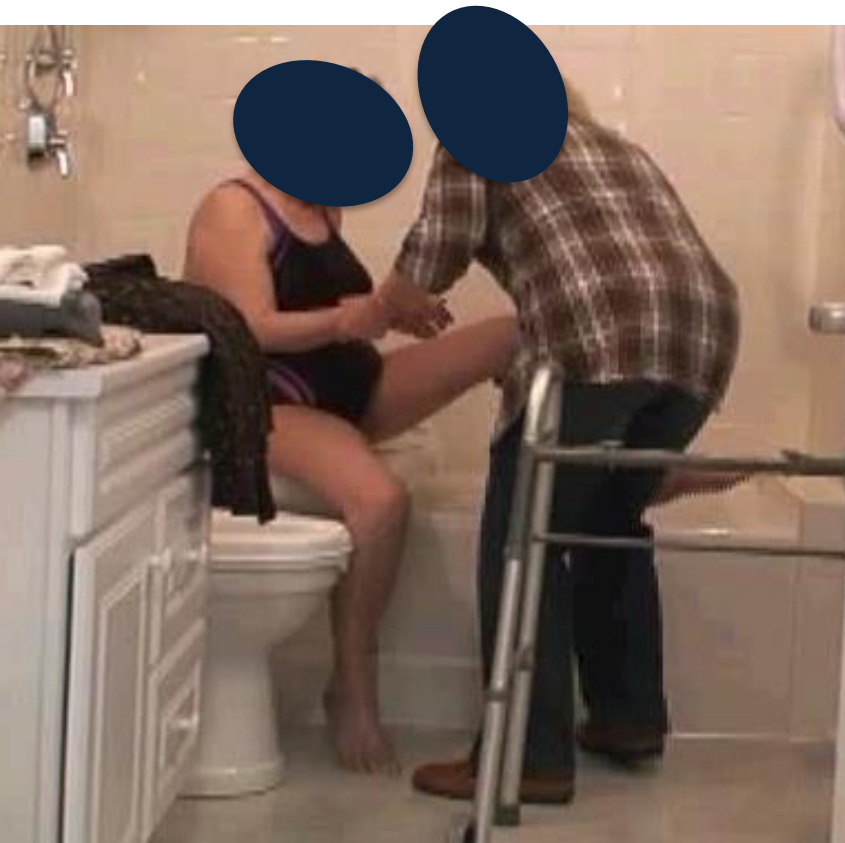
Does your organization provide back injury prevention training to workers?

How often is the back injury prevention training delivered?

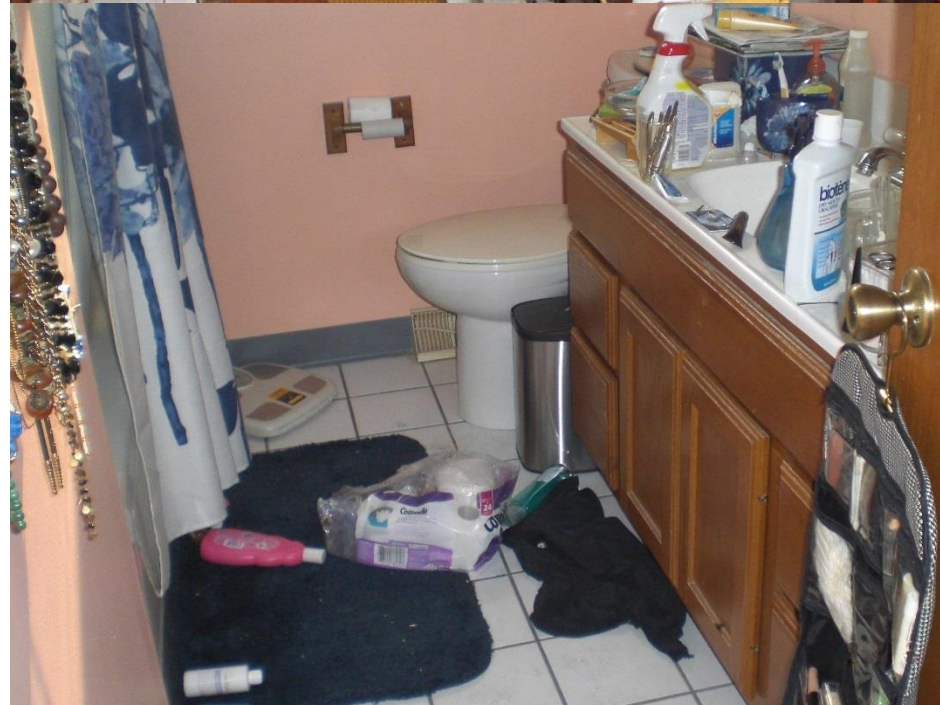
Where is the training delivered?



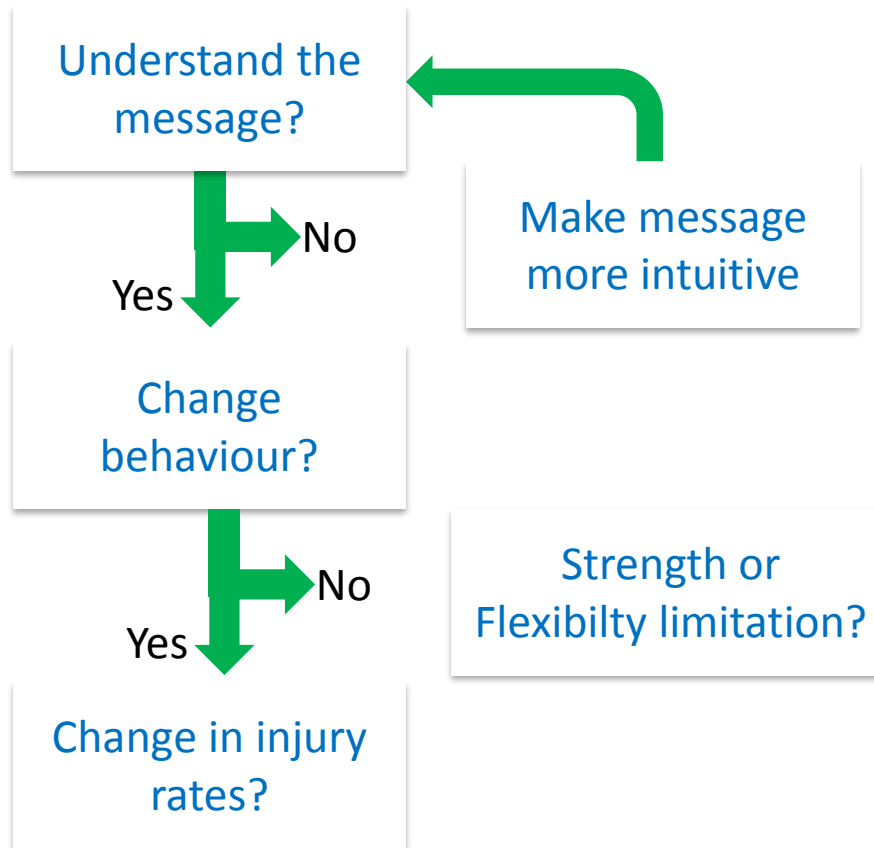




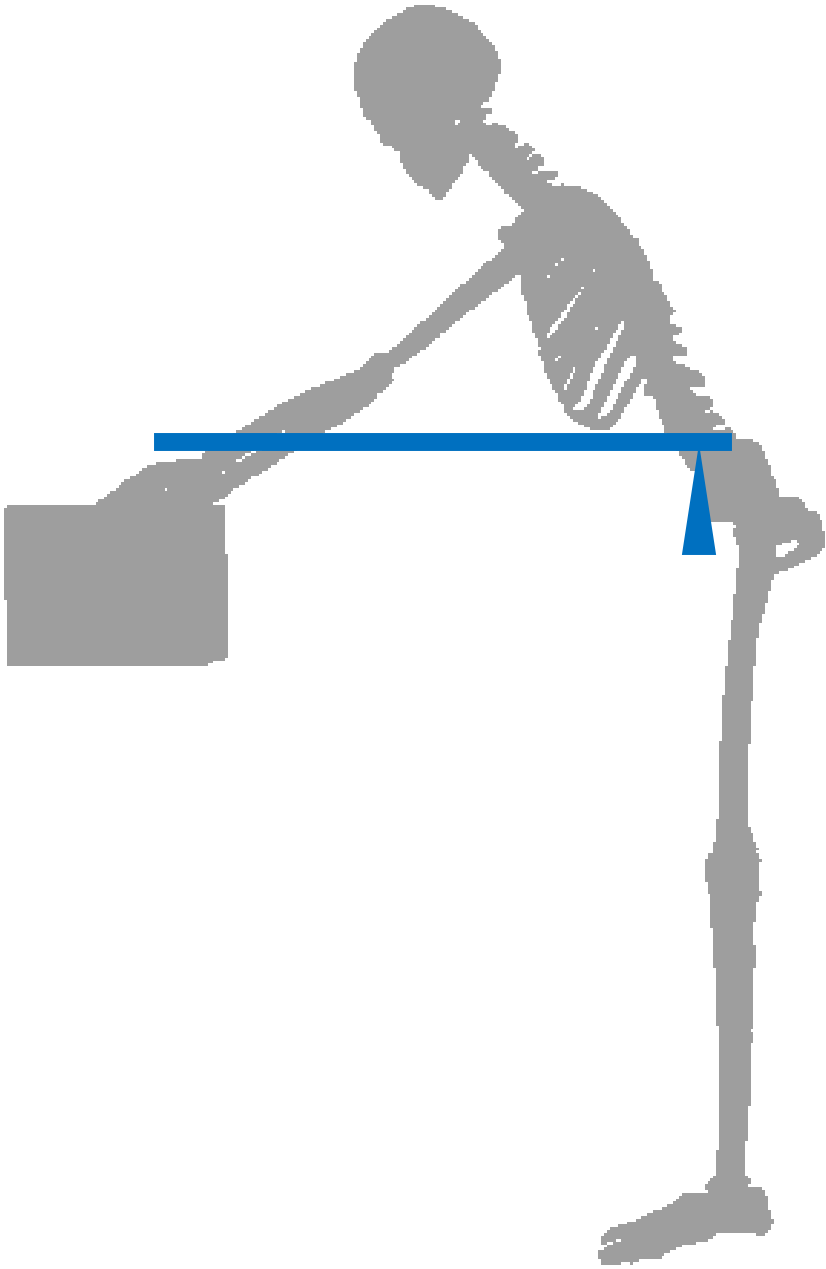
Unpredictable environment

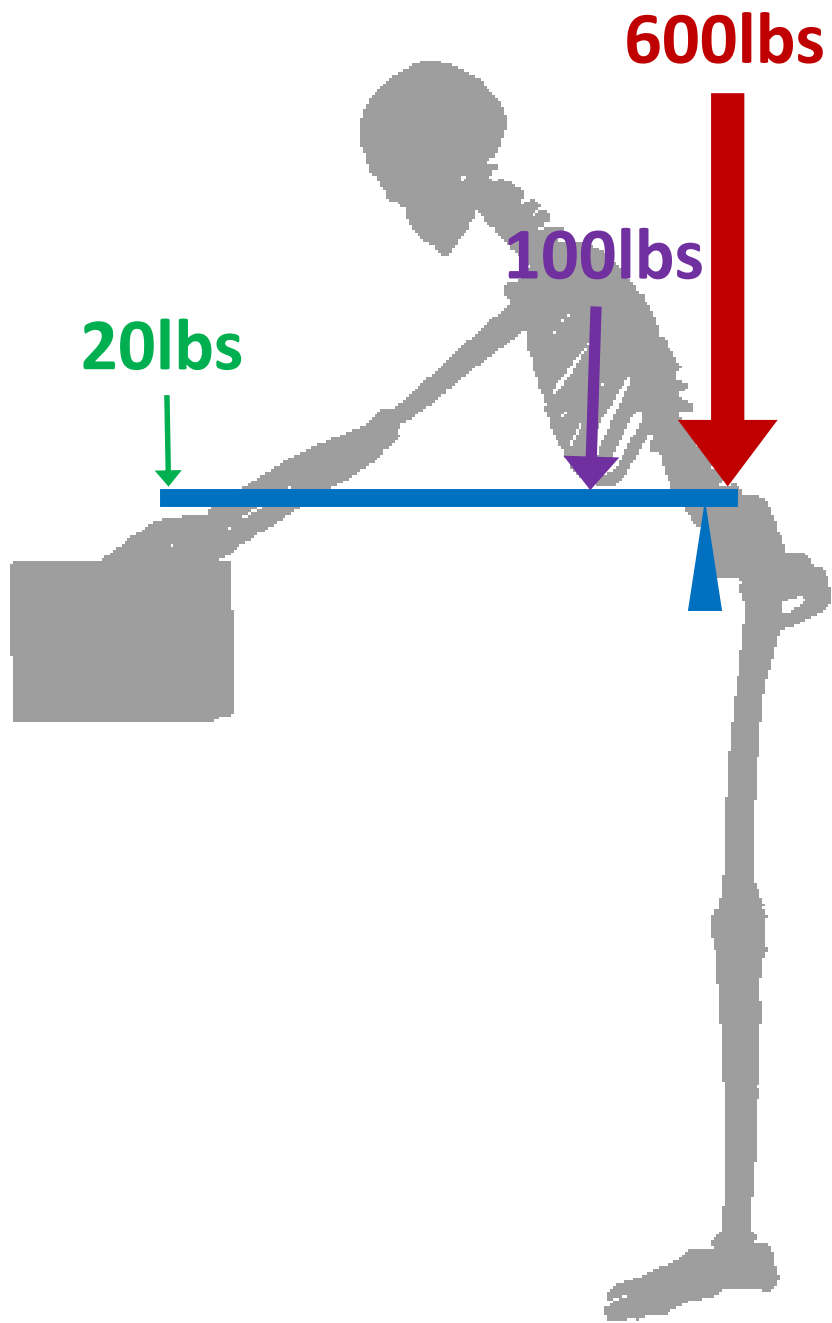


- 1. The injuries are due to a buildup of damage over many years**
- 2. Avoid bending if you can**
- 3. If you have to bend, stick your bum out**









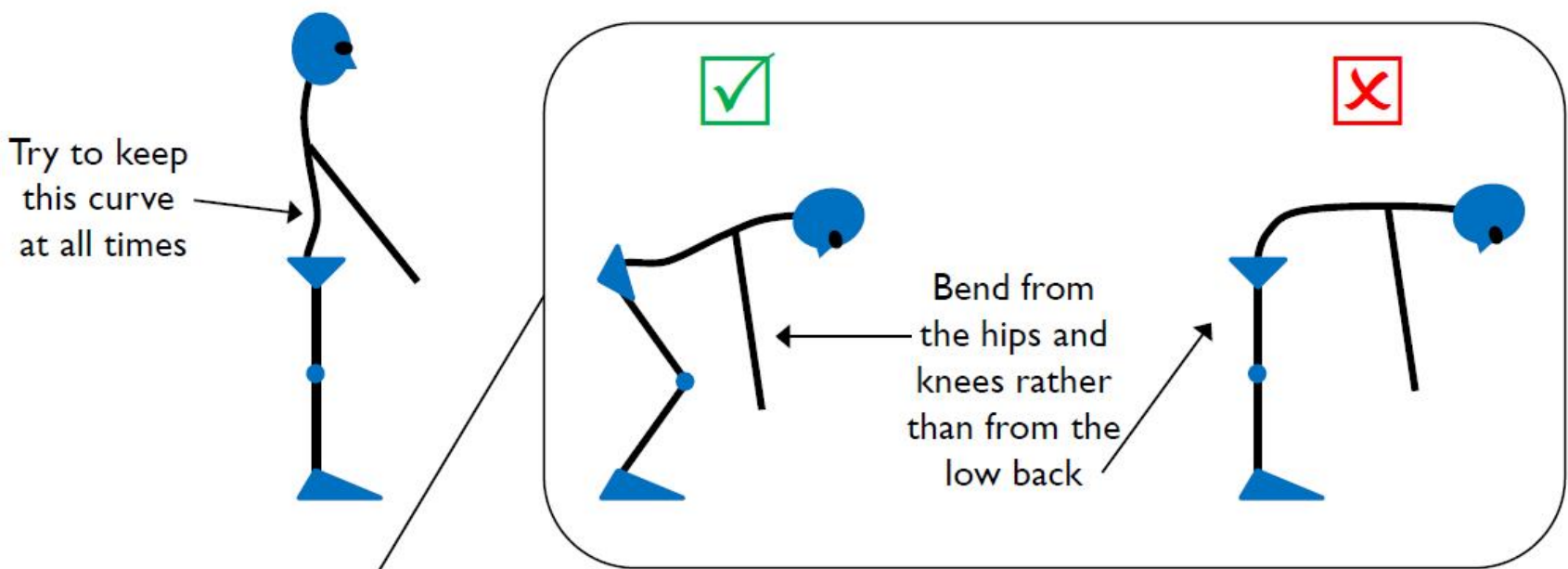
$$\text{Total} = 600 + 100 + 20$$



Tara Kajaks, Felipe Orozco, Mark Semple







• **Stick your bum out**



• This keeps the joints in the vertebrae together supporting the loads rather than putting all the weight on the discs



• *Keep the curve in your lower back*





Karen Ray
Amanda Longfield
Emily King
Tara Kajaks
Tyson Beach
Mike Holmes
Justin Chee
Jessie Leith

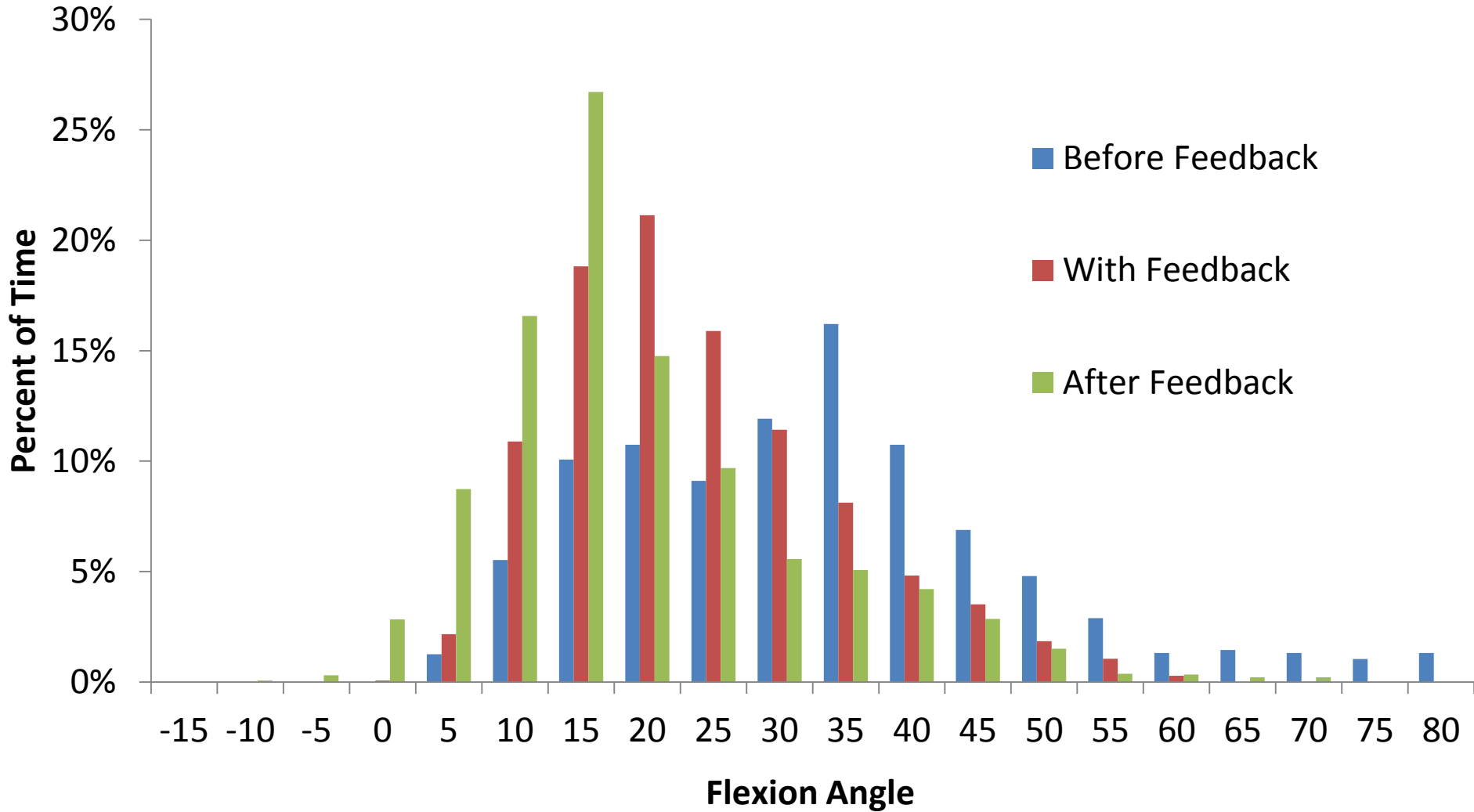
Posture Coach

Demo





Subject G (No Experience)

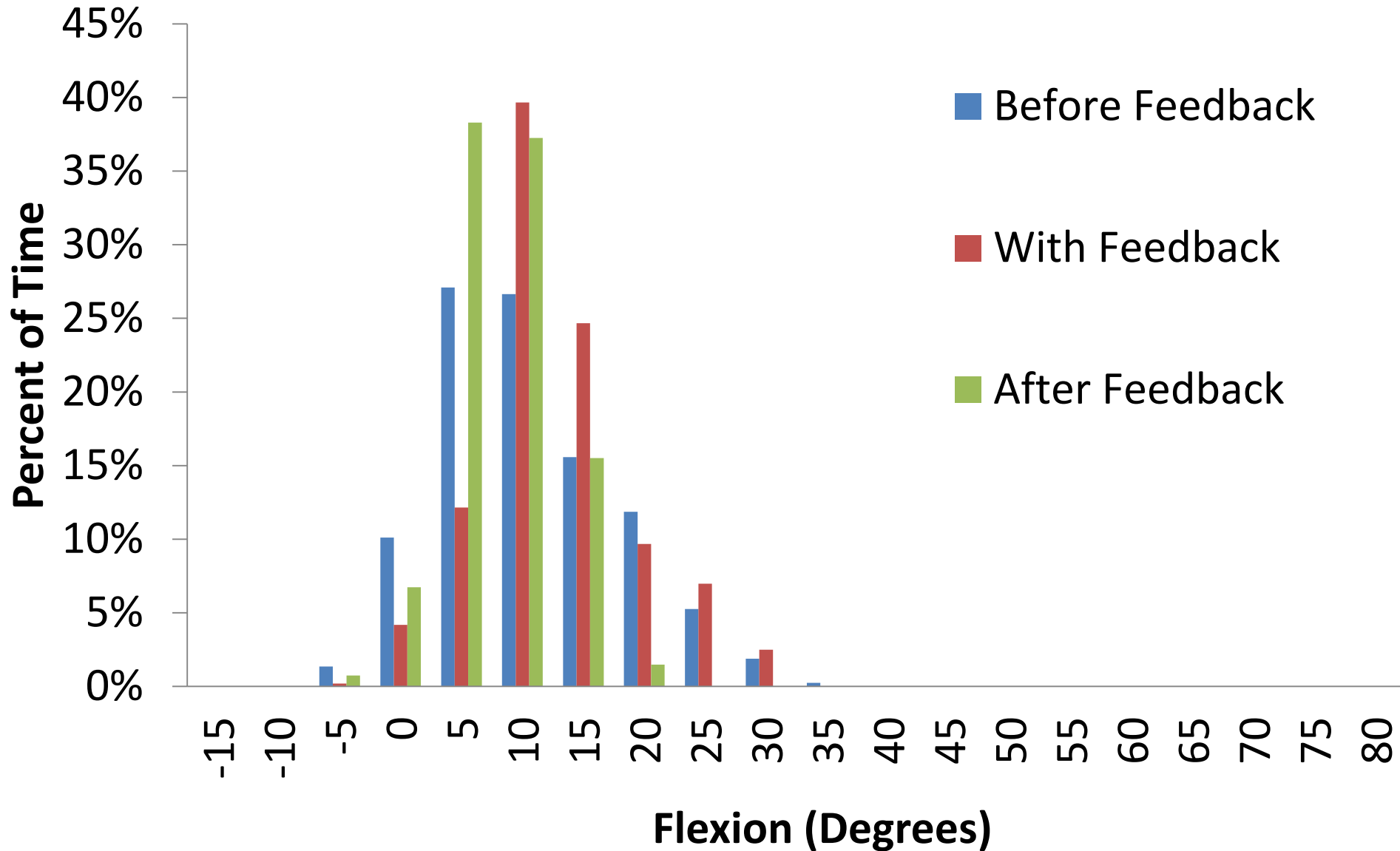


Daniel Ford, Theo Ortega, Tara Kajaks, Amanda Longfield

N=18:

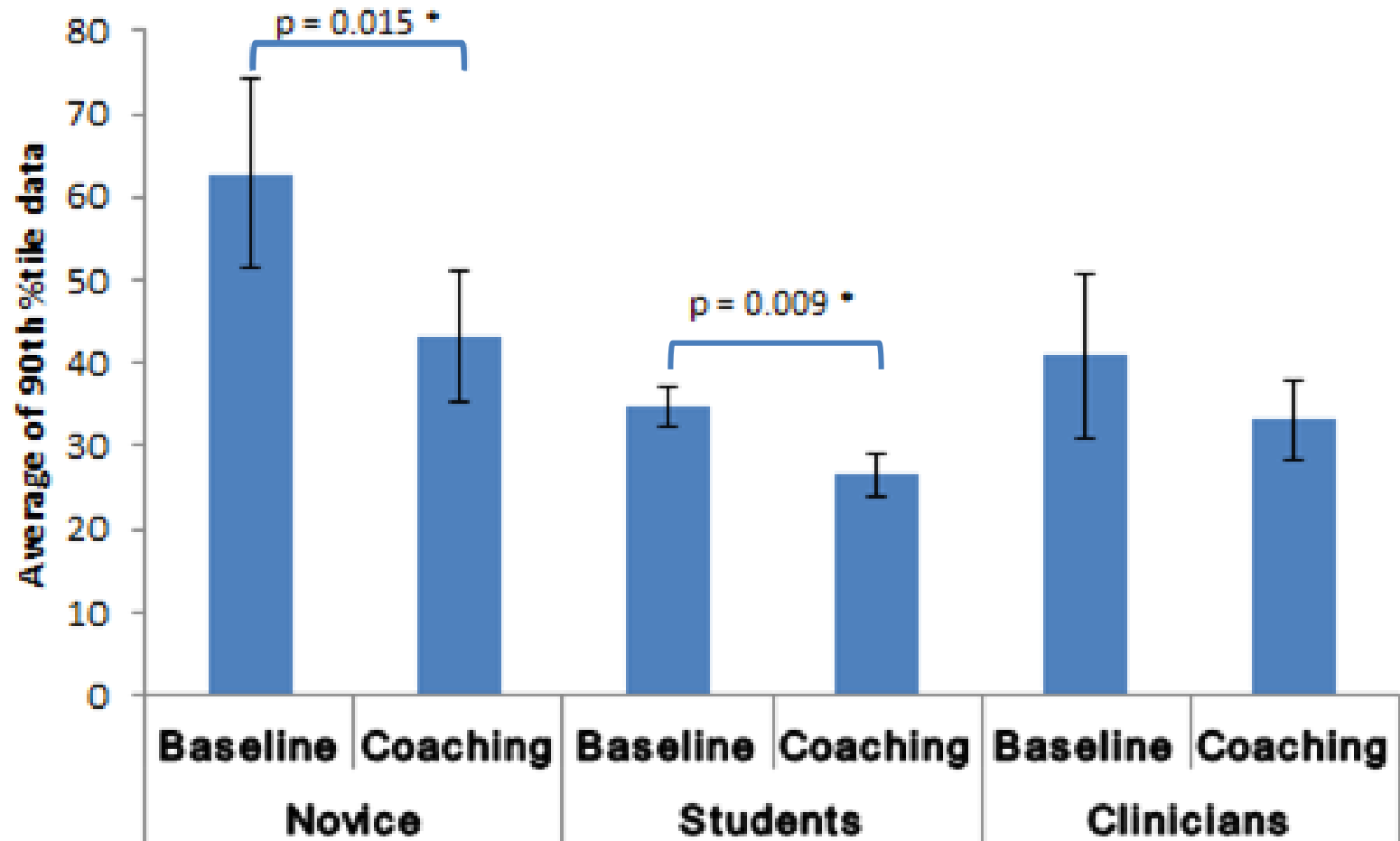
- 6 With no experience in patient handling
- 6 OT or PT students
- 6 Many years of experience in patient handling

Example: Clinician

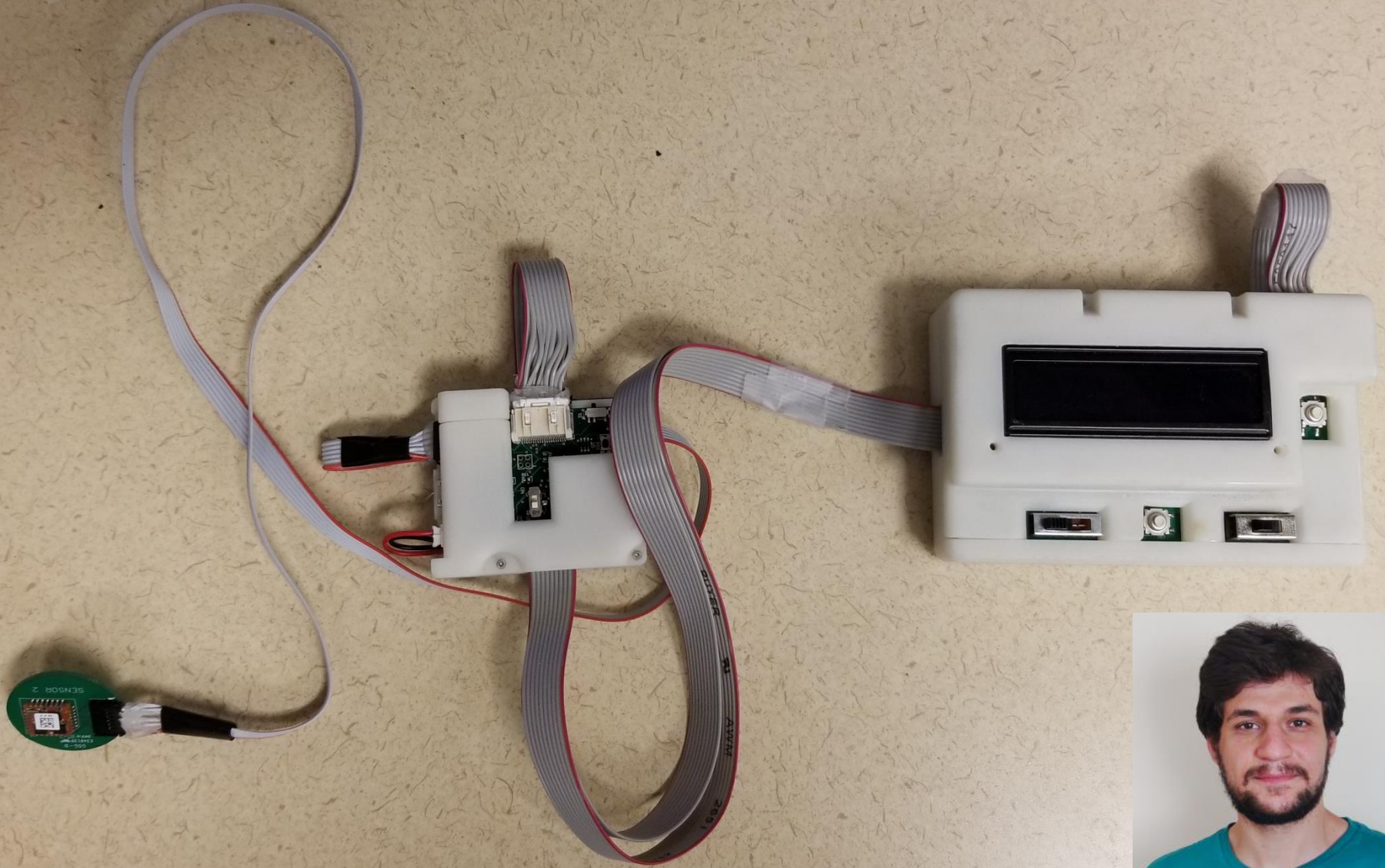


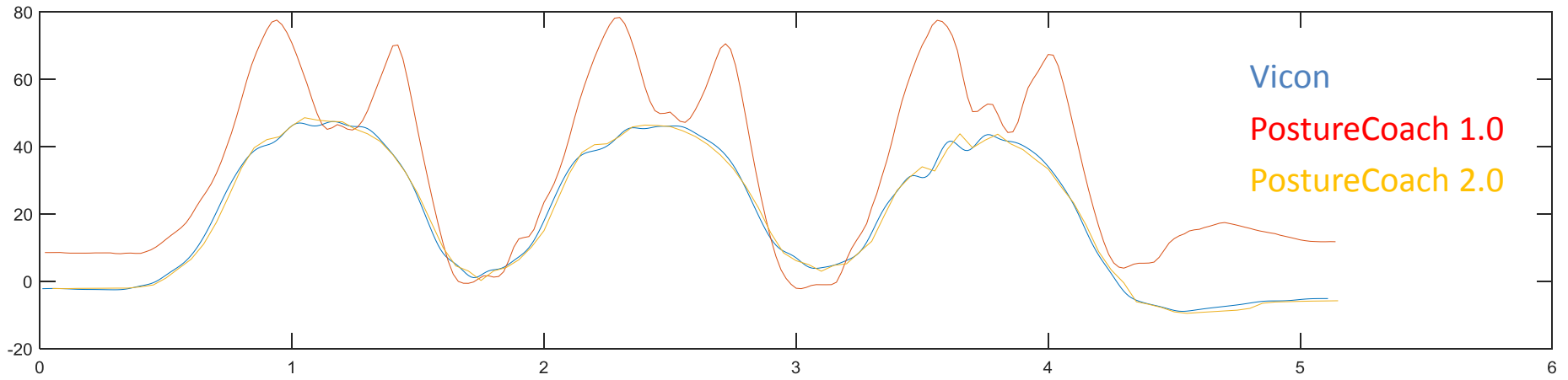
N=18:

- 6 novices (no experience in patient handling)
- 6 OT or PT students
- 6 clinicians (with experience in patient handling)



PostureCoach 2.0





PostureCoach

How often should PostureCoach be worn to see a long-term change in behaviour?

Start-up company with Saint Elizabeth

Well beyond health care



Thanks for tuning in!

tilak.dutta@uhn.ca

Over to Mike Holmes...