

## ***EMDR & ERGONOMICS***

Consider the following scenario... you have just seen your 1,000<sup>th</sup> client and conducted your 10,000<sup>th</sup> EMDR session and manually done 2.5 million EMs... you have yet to consider a Lightbar or Theratappers...

### **What physical shape are you in?**

Do you wish you hadn't got that repetitive strain injury? Start looking after yourself now...

### **The key is Prevention**

#### **SEATING:**

Make use of the tripod principle for stability, in other words, three points of support are better than two. So sitting on the chair, place both feet squarely on the ground and:

- **Try not to** cross your legs.
- **Try not to** put your toes on the ground and place your heels up against the legs of the chair (e.g. to prop a book open on your lap).
- **Try not to** use a swivelling chair, and preferably not a chair on castors unless you can lock the wheels.
- **Try not to** use seats that are too high or too low for you (correct height=feet comfortably flat on the ground or on a solid footrest). Adjust the chair height before starting.
- **Try not to** stretch
- **Make sure you** place the seat in the correct position and at the right angle ('ships passing in the night') to the client before starting.
- **Make sure you** remember whether you are right or left handed!

#### **MANUAL EYE MOVEMENTS:**

- Sit upright.
- Place your thumb on your shoulder and bring your elbow in line with your body.
- Your back, upper and lower arm, should all be vertically in line.
- Placing two fingers upwards, move your whole arm outwards in a straight line from your shoulder.
- The angle of the elbow joint should increase, and subsequently decrease, at exactly twice that of your shoulder joint.
- The effect is a bit like half of a set of 'lazy tongues' from the shoulder.
- Keep the upper and lower arm vertically positioned throughout the entire movement, this will place zero stress on either side of the elbow.
- If your arm drifts forward, pressure will increase on the back of the elbow. The RSI caused is similar to tennis elbow.
- In the extremely unlikely event of your arm drifting backwards, pressure would increase on the front of the elbow and the RSI caused would be similar to golfer's elbow.