

# PTNW

Professional Therapies Northwest

## Ergonomics in the Trenches: Office Ergonomics

Saturday March 30, 2019

Kirkland, WA

**Janet Peterson, PT, DPT, Ergonomic Consultant**

Contact Hours: 7

Registration: \$210 prior to March 20, 2019 and \$245 on or after March 21, 2019

Who should attend?: This 1 day course is appropriate for OT's, COTA's, PT's, and PTA's, and other healthcare professionals

### Course Description:

This is a practical course designed to add an ergonomics piece to your current clinical tools that you can use in the clinic or out in the workplace.

Some of the things that will be covered in the course include:

- Ergonomic evaluations – How is this different from a “normal” physical/occupational therapy evaluation of a patient? What tools are out there for evaluating office ergonomics? What can you do in the clinic?
- Ergonomic equipment – How do you know what to recommend to patients/clients? Where do you go to find out? What should you “stock” in your clinic?
- Communicating with employers – How might an “ergonomic” report to an employer be different from your clinical notes to a physician? What is your role as a therapist in asking for an on-site ergonomic evaluation?
- The Bottom Line – How might ergonomics add to your clinic's revenue? How feasible is it to go out to the workplace? What credentials do you need for this?

### Goals and Objectives:

- Understand where ergonomics fits into the spectrum of patient/client care
- Cite at least 3 research articles that support the claim that ergonomic intervention can reduce the incidence of work-related musculoskeletal disorders
- Conduct an ergonomic assessment of an office workstation
- Discuss the pros and cons of various pieces of ergonomic equipment
- Refer to relevant resources for equipment and measurement tools

### Course Schedule:

**Part 1** – An overview of ergonomics including current trends in office/computer work and what the evidence indicates

**Part 2** - How to conduct a basic office ergonomic evaluation

**Part 3** – Equipment: What to recommend, what not to recommend

**Part 4** - Report-writing, Billing issues, Marketing, Resources

### Janet Peterson, PT, DPT, Ergonomic Consultant

Janet Peterson, PT, DPT, has had her own practice in ergonomic consulting since 1998 in Seattle, Washington. Dr. Peterson earned her master's degree in physical therapy from Stanford University and her DPT from Temple University. She was honored as “Ergonomist of the Year” from the Puget Sound Human Factors and Ergonomics Society (PSHFES) in 2012 and is a member of the Pacific Northwest Ergonomic Roundtable. She has given presentations on ergonomics locally as well as at the Oregon GOSH conference and the Applied Ergonomics Conference. She also teaches ergonomics to DPT students at the University of Washington. Dr. Peterson has been active in her professional association [the American Physical Therapy Association –APTA-] including serving on their Board of Directors for five years. In her spare time, Janet enjoys playing golf and tennis, gardening, travel and visiting family!

**Ergonomics in the Trenches: Office Ergonomics**

Saturday March 30, 2019  
Evergreen Medical Center, Kirkland, WA

**Janet Peterson, PT, DPT**

**Seattle, WA 8:00 – 4:30**

\$210 prior to March 20, 2019  
\$245 on or after March 21, 2019

7 Credit Hours  
Space is limited

**Presenter: Janet Peterson, PT, DPT,  
Ergonomic Consultant**

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**Checks are Payable to:**

Professional Therapies NW

**Send Check and Registration  
Form to:**

Professional Therapies NW  
12068 Lakeside Place NE  
Seattle, WA 98125

**Phone: 206-365-7463**  
**Toll-free: 888-365-1760**  
**Fax: 206-368-2984**

**E-Mail and Web Page:**

course@professionaltherapiesnw.com  
www.professionaltherapiesnw.com

PTNWeb 2019

# PTNW

Professional Therapies Northwest

## Registration Form

Your Name:	
Professional Title:	
State License #:	
Home Address:	
City, State, Zip	
Phone:	(best number to reach you day of course)
Facility/Clinic Name:	
Work Phone:	
Fax:	
Request Special Accommodation:	
E-mail:	<b>(Course Confirmation will be sent via e-mail)</b>
Credit Card #:	_____
Name on Card:	_____
3-Digit Code on back of Card:	_____
Type of Card:	Circle One: VISA Mastercard
Expiration Date:	____/____
Billing Address:	____ same as above _____

**Cancellation Policy:**  
Professional Therapies Northwest will not be responsible for acts of war, weather, or other circumstances requiring cancellation of course. Airfare and hotel fee will not be reimbursed. Cancellations in writing made 3 weeks or more prior to the course date will receive a full refund minus \$75.00 administration fee. Refunds will not be made during the 3 weeks prior to the course, although a substitute may participate in the workshop. If course is cancelled by Professional Therapies NW, then a full refund will be honored.