

# GAITON POSTURAL ANALYSIS



## AIMS

1. To assess and eliminate the risk factors associated with poor standing or sitting working postures.
2. Applying basic ergonomic principles and advice to improve the working posture thus eliminating the number and severity of musculoskeletal disorders (MSDs) and increasing employee productivity, quality, and efficiency, while decreasing workers' compensation claims.

The complications of poor/bad posture include back pain, spinal dysfunction, joint degeneration, rounded shoulders and a potbelly. Suggestions to improve your posture include regular exercise and stretching, ergonomic training and paying attention to the way your body feels. This software based system for Postural analysis helps to identify such problems and eliminate the risk factors for the same.

## THE PROGRAM WILL BE CONDUCTED IN 4 PHASES

- 1 Assess the employee at the workplace using the GaitOn System.
- 2 Analysis of the posture (sitting or Standing) using the software and identifying the abnormalities and postural errors.
- 3 Once the problem is identified, simple ergonomic advice and exercise training will be given to the employees for the correction of posture.
- 4 Revaluation will be done (step 1 shall be repeated) after one month to assess the effect of ergonomic advice and exercise training using the same software based system.

## NOTE

The program can be modified as per the need of industry. The final proposal will be proposed after understanding the nature of work.

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