

# Computer User Strain Relief and Osteopathic Medicine

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# How do YOU Relieve Computer User Strain?

# Osteopathic Medicine

- ▶ **AT Still, MD DO (1828-1917)** founded Osteopathic Medicine after the Civil War
- ▶ [www.Osteopathic.org](http://www.Osteopathic.org)
  - ▶ 186,000 US doctors and medical students are DO = Doctors of Osteopathic Medicine
  - ▶ In USA, DOs and MDs are equally trained, examined, and certified to practice their specialty
  - ▶ DOs also learn Osteopathic Manipulative Medical Treatment (OMT)





# Four Principles of Osteopathy

(AOA Consensus Declaration of 1953)

- ▶ The body is a unit of body, mind & spirit
- ▶ The body is capable of self-regulation, self-healing, and health maintenance
- ▶ Structure and function are reciprocally interrelated
- ▶ Rational treatment is based upon an understanding of [these] basic principles

**Therapeutic exercise** serves as a bridge that helps people relieve pain and improve functional capacity by restoring structural integrity and a sense of personal well-being.

**Pain** may be an entry to other distress  
**Stress** may contribute to or result from pain, fibrosis and being stuck

**Ease** relates to “rel-ease from dis-ease”

**Ergonomics** is efficient environmental set-up to promote performance & ease



© 2024 Dan Schlesinger and Hallie Robbins: “Island in the Sky, 2600 feet above Moab”

# Therapeutic Exercise

Warning:  
Computers can  
be hazardous to  
your health!



[www.WarwickPhysio.com](http://www.WarwickPhysio.com)



# Exercise Strategies:

Ease > # Reps

## Hands, wrists, and arms:

- Forearm washcloth wringout
- Ergonomics

## Shoulder and neck tension:

- Shoulder see-saws

## Posture:

- Breathe with Core Integrity
- Move frequently



# Unstick the Stuck: Tissue Biointegrity & Muscle Memory



Tissues have properties inherent to their form and function:

Tensile

Elastic

Retention / Resilience / Recoil





Inhale



Exhale

BREATHE  
EASY—  
Sitting or  
Standing

“Core  
Integrity”

# Belly Button Tuck Up

- ▶ Feel your abdomen's layers of core muscles
  - ▶ Horizontal (similar to ribs)
  - ▶ Obliques (love handles)
- ▶ “Tuck” your belly button up and back “diagonally” towards the area between your shoulder blades
- ▶ Notice if you're breathing and standing/sitting/moving/exercising more easily
- ▶ Use this BBTU as a “preset” for any other movement, relaxing your belly and back instead of tightening to stand “straight”

# Forearm Washcloth Wringout Exercise



1 or 2 hand grip  
Forehand/Backhand

{Fist-Stretch-Wiggle-  
Relax-Take up slack}  
Repeat x 3 each grip



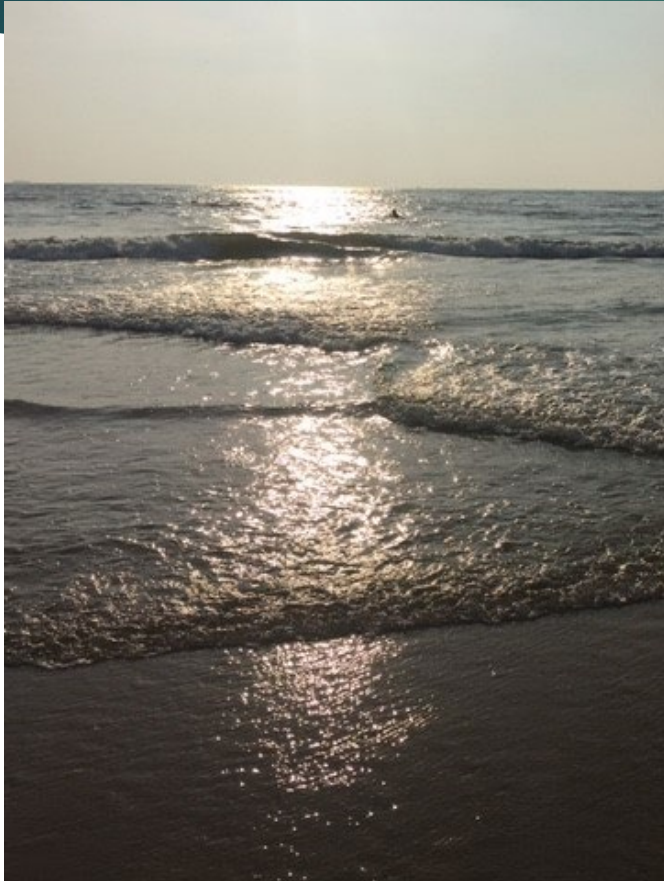


# Shoulder Seesaws exercise

- ▶ Arms at your sides, slide your hands
  - ▶ alternately towards your feet...
  - ▶ Palms down, then palms up
- ▶ Hands on your thighs, slide hands alternately
  - ▶ towards your knees...
  - ▶ Palms down, then palms up
- ▶ Can do this sitting, lying down, standing



# Feel the FLOW



Health > "Absence of Disease"

Limber Body → **MOVE**  
Free Spirit → **BREATHE**  
Supple Mind → **RELATE**  
Joyful Life → **ENJOY**

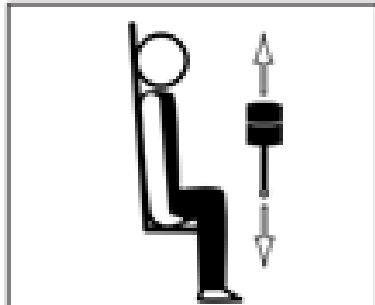


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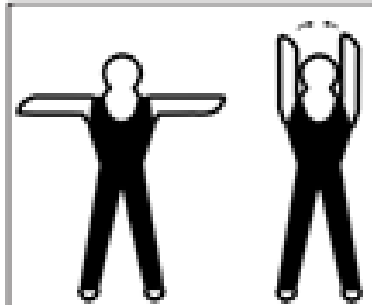
# Dr. Fulford's 7 Daily Exercises

to help maintain structural freedom

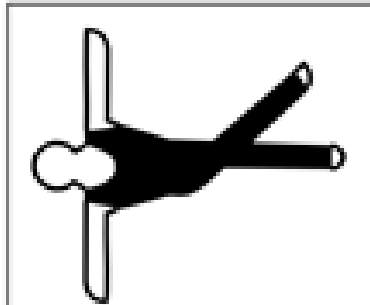
These exercises are to be used only with approval of your physician.



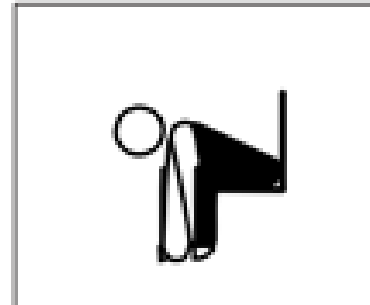
Sit comfortably upright with your arms at the side of your pelvis, palms up. Breathe in and out deeply through your nose (tongue on the roof of your mouth just above your 2 front teeth). Visualize the diaphragm like a piston constantly moving up and down without stopping to help move air in and out. Begin with no more than 3-4 breaths. Be sure to expand the abdomen, then the chest fully.



Stand with your feet shoulder width apart with your arms parallel to the ground. Keep the left palm facing up and the right palm facing down. Breathe. Hold this as long as possible (build up to 10 minutes), then slowly raise your arms above your head, maintaining the relationship of your wrists, until your hands touch. Next lower them slowly to your sides.

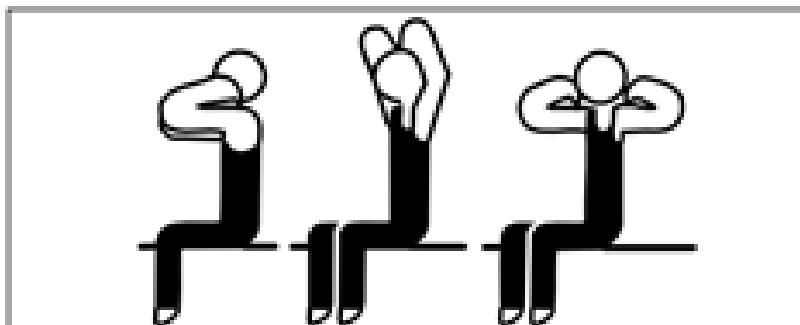
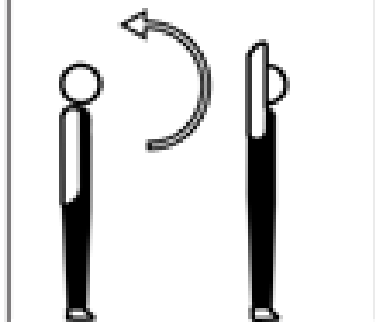


Lie on your back as above, the left palm facing up and the right palm facing down. With both shoulder blades on the floor, cross one leg over the other, rolling one hip up. Work up to 5 minutes in this position, while breathing deeply. You may need to prop the crossed over foot up on a solid elevated object to do this. Repeat this on the opposite side.



Sit in a chair with your thighs parallel to and your lower legs perpendicular to the floor. Bend forward with your elbows between your knees and hold your feet with your fingers under the arches and your thumbs over the top and resting on the outside of your feet. Breathe slowly and fully (into your low back and tailbone).

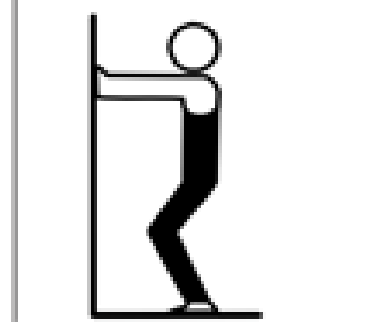
With your feet shoulder width apart, stand against a wall such that your heels, low back, upper back, and shoulder blades touch the wall. While extending the arms towards the fingertips, raise the arms slowly above your head as high as you can. Hold them there and breathe, then slowly lower your arms. Repeat this exercise twice. Perform this once a day.



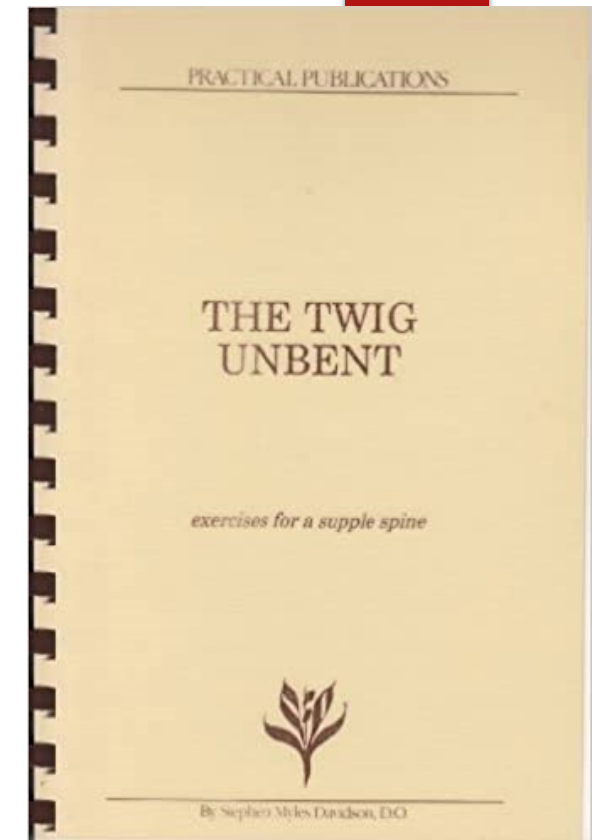
A) Sit in a chair with your back straight and your feet on the floor. Clasp your hands behind your head and neck, with the elbows to the sides. Push your hands forward as you push your neck backwards.  
B) Seated in a chair as above, place your fingertips on your shoulders and first rotate your elbows up, lowering your head slightly. Continue with this motion and roll your elbows backwards, downwards, then upwards to return to your starting position. Lift the head back up. Continue this for 3 revolutions, then reverse the direction for another three.

Repeat both exercises 5 times, 2-3 times a day for neck and shoulder discomfort.

Stand arms' length from a wall with your feet shoulder width apart and your palms on the wall at shoulder height. While keeping your heels flat on the ground, bend your knees as much as is comfortably possible and hold this position to gently stretch the lower legs. Breathe fully while you do this for 1 minute.



Copyright © 1991, 1992, 1997, 2002, Eric J. Dolgin, D.O. These exercises were taken from lectures and handouts in Advanced Percussion. Some illustrations were redrawn from The Tang Unbent by Practical Publications, 1303 W. Bethany Home Rd., Phoenix, AZ. Seven Daily Exercises is published by Osteopathy Book Services. These exercises are distributed free of charge.



Stephen Myles Davidson DO  
FAAO compiled Robert  
Fulford DO's series of twenty  
"exercises for a supple  
spine" (1989)





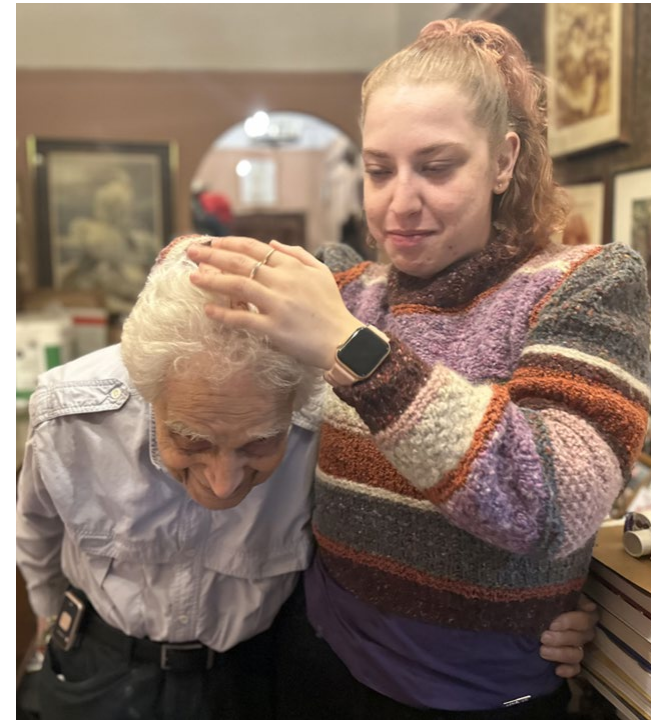
# OMT is Hands-On Health Care

Touch – our first comfort – is soothing

Time to do OMT is time to actively listen

Nonverbal interventions might help some people get beyond the words that trigger their stress, strain or other conditions

Pain reduction and relaxation may reduce physiological components





Questions?  
Thank You

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*Be Well... and Get in Touch!*

