

Move Well, Scope Well

Injury Prevention and Recovery for Endoscopists

Kathryn Driggers, MD; Barbara Zoretic, MS; and Patrick Young, MD, FACG

Nearly 68% of endoscopists experience a work-related injury during their career. Exercising regularly and taking microbreaks to stretch between cases may reduce rates. We suggest the following to get you started! If you have pain that persists or has worrisome features, seek medical attention.

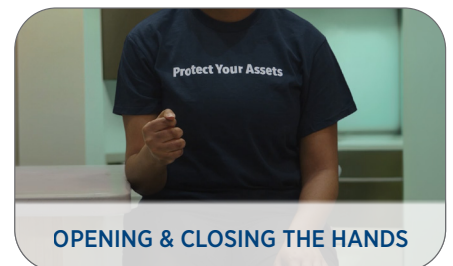
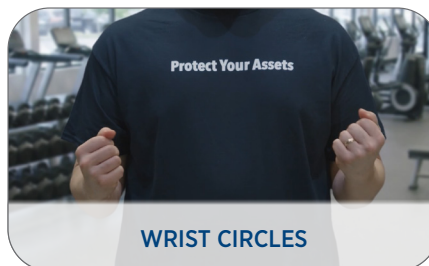
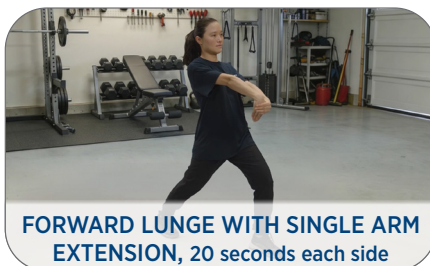
MICROBREAKS

Perform these for ~60 seconds between cases. Emphasize 1 body area per break, rotate each break.

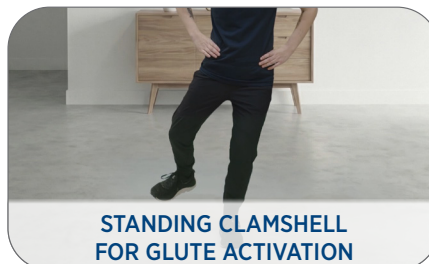
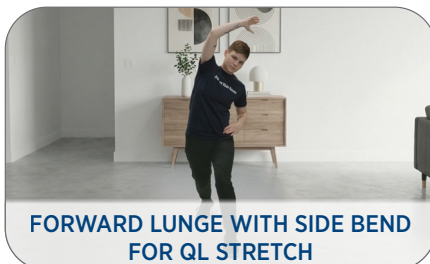
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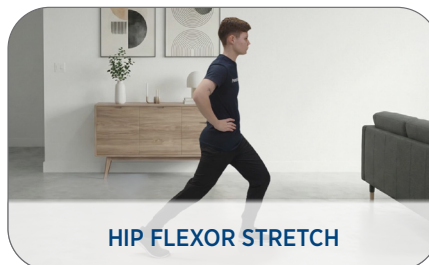
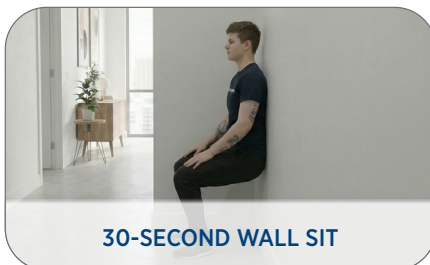
HANDS & WRISTS



SPINE



CORE & LEGS



Watch the Video
for More Info +
Exercises



HOME EXERCISE PROGRAM

A regular exercise routine outside the endoscopy suite reduces injury risk. We suggest adding the following to your exercise routine.

- GRIP STRENGTHENING (STRESS BALL, RICE BUCKET)
- BODY WEIGHT SQUATS
- PUSH-UPS
- BIRD DOG
- PLANK



Neither this flyer nor the linked video represent medical advice.