Locations

Island Health Center Physical Therapy
310 Taughannock Blvd.
Ithaca, NY 14850
(607) 252-3500

Brentwood Physical Therapy
10 Brentwood Dr., Suite A
Ithaca, NY 14850
(607) 274-4159

Cortland Physical Therapy
1129 Commons Ave.
Cortland, NY 13052
(607) 252-3500
Ergonomic Assessments

Ergonomic assessments are right for anyone who notices pain at work: aching, burning, or fatigue that is related to performing specific tasks, using tools, or the setup of a workstation or desk.

The five risk factors that are most significant in relation to ergonomic-related injuries are repetition, force, awkward postures, contact stress, and vibration. These factors, in various combinations, play a major role in injuries to the human body. If you are suffering from back pain (which is very common) or upper extremity pain and injuries (such as carpal tunnel syndrome and tendinitis of the shoulders, elbows, wrists or hands) you may benefit from an ergonomic assessment.

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What are the benefits?

- Learning how to use your body correctly during the performance of your job to reduce the risk of injury
- Elimination or reduction of abnormal stressors that are preventing injuries from healing
- Prevention of recurring injuries

Where is Ergonomic Assessment provided?

Our ergonomic specialists typically go into your workplace, observe, and talk with people as they do their jobs. We also talk with employers and make recommendations about ways in which jobs can be modified to reduce risk factors. Your employer needs to be notified and must approve the on-site visit.

Does my insurance cover this?

Workers’ Compensation and most private insurance plans cover work-site Ergonomic Assessments that are performed by a licensed physical therapist. It is important to check with your insurance or benefits manager at your place of employment before scheduling your appointment.

How do I get started?

Speak with your employer or your doctor about the program. You need a referral from your physician or a payment agreement from your employer to have an Ergonomic Assessment. To schedule an appointment, call (607) 274-4159.

What if I need physical therapy to recover from work-related injuries?

Cayuga Medical Center’s three outpatient rehabilitation sites provide our physical therapists with access to the latest equipment and technology to facilitate the healing process.