



Ergonomics for Rehabilitation Professionals

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Despite the apparently distinct differences between the disciplines of ergonomics and rehabilitation, they deal with the same issues, although at different ends of the spectrum. Keeping this in mind, **Ergonomics for Rehabilitation Professionals** explores their philosophies and goals, their parallel, divergent, and complementary aspects. It traces the origin of each field and examines the role of ergonomics in rehabilitation.

The book begins with a theoretical and conceptual review of ergonomics and its role in rehabilitation. It covers anthropometry and its impact on human biomechanics, allowing readers to grasp complex concepts, visualize what forces are acting where, and understand the consequence of this force. A chapter on tissue mechanics provides an understanding of the effect of the overall load on the tissues and a rationale for possible mechanisms of injury that can be used to design prevention and treatment methods. The book explores the relevant physiological issues, looking at the energy cost of activities and the data on strength and endurance. It discusses whole body biomechanics using an approach that supplies intuitive understanding of the effects of force, gravity, and physiological variables in an integrated manner.

Addressing theoretical underpinnings with scientific rigor, the book covers a broad range of topics, always emphasizing design in rehabilitation. The editor's organization of the material develops concepts in concentric circles with increasing radii, sequencing ideas and exploring them from simple to complex. This selection of topics from two vast and seemingly diverse disciplines provides the tools for setting realistic goals and developing the strategies to achieve them.

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