

## EMG Muscle Tone Management

### SPECIFIC TARGETS:

Reduce or prevent muscular tension in the shoulder and neck muscles using focused, individually defined methods

### CONTENTS:

- Measuring muscle tone in the workplace under real life conditions using electromyography (EMG)
- Testing and implementation if simple, easy to implement tips to provide relief in the shoulder and neck area
- Checking ergonomic features
- Online control of the effects of targeted measures (biofeedback)
- Recommendations for long-term implementation
- QR-Code: Results and special exercises digitally available

### SPECIFIC REQUIREMENTS:

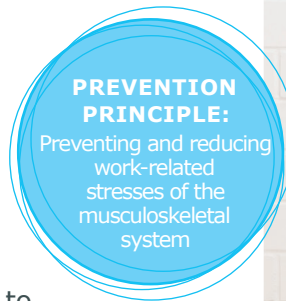
Schulter-Nackebereich muss zur Messung freigemacht werden

### TIME REQUIRED:

Measurement and consulting time: 60 minutes  
(including 20 min. individual recommendations)  
Numbers: 16 participants per day

### ORGANISATION:

Access to the workplace  
Power socket: 230 V



## EMG Muscle Tone Management

### BACKGROUND:

Muscle tensions in the shoulder neck area are a widespread health issue in the modern working world. Following internal measurements with over 5000 subjects, it is possible to assume that approx. **two thirds of employees** are affected. It is often small things that are easy to change which become a problem over time. Therefore, it is essential to identify the **factors that cause these tensions** under real life working conditions and to deal with them in a targeted way.

### PROCESS:

A mini, professional electromyography device is used to measure the **muscle tone** (state of tension) in the musculature of the shoulder-neck area. The device is simply applied to the skin using adhesive electrodes (requiring access to the upper collar area only) and is **easy** to wear, so that measurements can be carried out for over an hour without disrupting work processes.

### RESULTS:

EMG technology can identify the causes of muscle tension on the one hand, and demonstrate **concrete solutions** on the other. These solutions can be directly verified for their individual suitability and efficiency. Changes can be made for example to their seating position, body posture, short term solutions for relief, relaxation, loosening or stretching exercises that result in significant improvements. The effect of these **corrective exercises** is immediately evident which ensures the learning effect continues in the long term.

