



LIFECHIROPRACTIC

COLLEGE WEST

NEWS RELEASE

25001 Industrial Blvd • Hayward, CA 94545 • tel. 510-780-4500 • fax 510-780-4528 • www.lifewest.edu

FOR IMMEDIATE RELEASE

Contact: Iris Murillo
Phone: 510-780-4500, ext. 2425
E-mail: imurillo@lifewest.edu

INTEGRATED ERGONOMIC STUDY FOCUSES ON KNOWLEDGE WORKER INJURIES

HAYWARD, Calif. September 15, 2010 – Life West faculty member and Principal Investigator, Dale Johnson, PhD, and his research team at Life Chiropractic College West in Hayward, California have initiated a case series examining the effectiveness of combining ergonomics and chiropractic intervention for the management of musculo-skeletal disorders of knowledge workers.

Every year in the United States, billions are lost due to missed work days stemming from preventable, work-related injuries. Left unattended, these can result in expensive medical conditions and workers' compensation costs for the employer as well as dramatically lower quality and quantity of worker output.

Dr. Johnson states, "The impact of the study can potentially affect public policy and provide support for the inclusion of ergonomic systems for a sustainable, highly productive work environment".

One common example of a knowledge worker is a person engaging in work-related tasks involving heavy computer use. Their jobs involve being seated for long periods of time, using a mouse, typing documents, entering data to spreadsheets and answering calls. Common physical complaints can include chronic low back pain, wrist pain, tension in the upper back and neck pain.

Enrolled subjects will receive a customized ergonomic upgrade of their work environments combined with a 16-week period of chiropractic care. The investigation seeks to determine the safety, effectiveness and tolerability of the combined ergonomic-chiropractic intervention. Benefits to subjects may include reduced pain and discomfort, increased productivity and overall improvement in functional health.

Those interested in either gathering more information or providing much-needed support, can reach Dr. Dale Johnson at (510) 780-4500 Ext. 2363.

Life West, established in 1976, is an accredited non-profit institution of higher learning. Currently over 400 students from across the United States and abroad are enrolled, and over 3,700 graduates of Life West are now providing chiropractic care worldwide. The college's Health Center, a public outpatient facility, staffed by approximately 150 senior interns who are guided by licensed doctors of chiropractic, provides affordable health care to more than 1,500 patients per week in the city of Hayward, California. The college and Health Center maintain a Web site at www.lifewest.edu.