

Authoritative testimonials of the Ergopush product

These opinions are based on the video provided on our website
as well as the test result from the EMG test performed 2008 in Örebro, Sweden.

The participants in this survey were all given the task to write their thoughts of the product Ergopush.

PHYSIOTHERAPIST

Review for the Ergopush.

"..this product is a worthwhile investment and is a device I truly endorse."

I reviewed the product and I must say I am thoroughly impressed with the innovative design. It seems very easy and practical and it does tackle issues commonly faced by cleaners. So I pray your continued blessings and improvement for your product.

There is indeed a need for an increase in ergonomically stable tool designs, with optimum tool quality and performance in today's society. This is substantiated by the advancement in research showing the effects of improper posture during cleaning activities and the increase in overuse injuries. The Ergopush product definitely encapsulates this as its well thought out purpose and sleek revolutionary design help to tackle certain common overuse injuries which would occur in persons who mop or sweep for a living.

The incidence of mechanical lower back pain secondary to improper posture and overuse of certain muscle groups is alarmingly high and as a therapist in the Caribbean region this is a common problem seen in the clinics. This device, through its handle placement, helps to maintain the perfect position for the wrist and elbows throughout a work session. This will help to reduce the continued elbow flexion and extension which eventually leads to tennis elbow or golfers elbow. The handles also allow for even distribution of weight through each hand during the activity.

The abdominal plate adds to the overall stability and allows the Ergopush to be easily manoeuvrable. The ability to increase the control while using the device is very important as this adds to the distribution of shear forces and the engagement of the larger muscles groups. The quality of work is not compromised with this as there is the ability to adjust each part according to comfort and control.

All in all as a physiotherapist who has seen a lot of overuse injuries from repetitive movement using cleaning actions, this product is a worthwhile investment and is a device I truly endorse.

Orane Williams
Physiotherapist

MEDICAL STUDENT

Honest Testimonial about the Medical Benefits of Ergopush® - A perfect tool of cleaning with no medically guaranteed ergonomic side effects.

I'm currently studying as a 4th year medical student, School of Medicine, University of Alabama, where I was assigned to do a short research about main pros and cons about an innovative new cleaning staff ergonomic related product and to write a short analytical essay. So having found this tool, this one really impressed me as a medical student because of its perfect design for cleaning staff, ensuring an injury free background for those who use it. No exaggeration is to say that this product is the best ever innovated floor cleaning device as it has great medically proven benefits.

Main cause of regarding the cleaning staff is that they have to work with high shoulders and wrists in the outer positions, neck side and ground inclined and their body leaned. This makes their local muscle groups stressed, go through high tensions and painful, by which there could possibly develop certain acute and chronic disorders in those muscles. Repetitive Stress Injury of the Upper Trapezius is a condition faced by people working with their neck slightly dropped downwards including casual computer workers to cleaning staff. Highly medically recommended technique has been utilized to develop this concept that, not only for neck area but also, repetitive stress injuries happens by placing too much stress or strain on a joint or musculoskeletal tissues like wrists, shoulders plus back areas has reduced up to 90% as there are no repetition of muscle works needed in the whole process of cleaning if you use this device.

Carpal Tunnel Syndrome which is another painful condition of the hands and wrists caused by pressure on the median nerve, which runs from the shoulder down the arm to the hands. Repetitive movement of the wrist along with outstretched wrists is the main cause of this clearly faced by cleaning staff, and Ergopush® has used a flexible handle and an abdominal plate that could lower the potential of damaging the median nerve instead of the straight bar held by out stretched wrists in a normal mop. Normally when a cleaning worker has to cover a whole lot of area, it is natural to go for quick complex

movements like extension or flexion (up and down or left and right), ulnar or radial deviation (sideward) in the wrist which increases the tendency for CTS. This ambiance has been reduced by Ergopush® holding the mop with straight wrists placed in a comfortable and rubber made grip attached, position adjustable handle. Abdominal plate gives the user a back word force to the abdominal area, automatically recalling him to be straight posture throughout the process even in stressful condition, unlike using a normal mop.

Another important rectified aspect is the proper placement of the shoulders in a lower dropped position, reducing each and every possibility to be caught up with Shoulder pain; a cumulative disorder caused due to static loading, awkward postures, force or pressure, even in small amounts and working with even slightly elevated arms. The adjustable gripped handle makes it easy to the user to grab the mop in a lowered healthy shoulder position. Mentioning the use of our elbow in mopping, it is important to state that repetitive forced rotation of the forearm can cause a severe medical condition; "Tennis Elbow" which may cause severe pain and inflammation in elbow has been reduced through ERGO PUSH. Back pain is one of the most common work-related injuries claimed by the cleaners, often caused by ordinary stressed work activities. Our body requires straight posture in most of the activities and if one does not remain straight for a longer time period inclining forward, acute back pain would result and this may persist up to a chronic back pain.

It's a really hard thing to grab a drawback in a sophisticated product like this but I can see that even though all muscle groups are working properly in their right positions without getting repetitive and strained movement, its use is limited to hassle free environments as one can't handle it easily in packed environment. This one way can increase the probability to cause a bruise as it is out of your control for a certain extent as the second attachment is to the abdomen and it's not fixed.

Straight wrists, lowered shoulders, symmetrical and good posture of the vertebral column and evenly distributed force throughout the whole body including the legs has made this device a unique, health friendly and easy to use for the cleaning staffs. So if you need to mop your house, working area or a big arena, why not try the best way to do it!

Writer **Sean Walker**

Fourth year medical student at University of Alabama, United States of America. Currently on my clinical rotations and my knowledge about medicine along with some medical database research would output a unique result.

Mopping with wringing

A wet mop can weigh up to 25 pounds when fully saturated. Wet mopping can cause significant contact stress over the hand and wrist. It also adds strain to the lower back.

Always Remember!

Sweeping floors may involve awkward positions of wrists and prolonged contact pressure on hands. Also, the back and neck are often in an awkward forward bent posture.

Custodians, janitors, housekeepers and professional cleaners suffers from injuries that frequently involve bone, cartilage, muscle, and nerves.

The most common body parts affected are:

- Neck
- Back
- Shoulders
- Arms
- Elbows
- Wrists/hands/fingers
- Knees

What Causes Injuries and stress load?

Certain actions can lead to fatigue, discomfort, or pain when you do them over and over without a break. Some examples of this include:

- Exerting force to perform a task or to use a tool (e.g., lifting tables or scrubbing with a brush)
- Working in awkward postures, such as bending or twisting the back, overhead reaching for dusting,
- Mopping with elbows away from the body remaining in the same position for a long time.
- Holding equipment in wrong way and using it in uncomfortable posture.

Noticing Problems

If you feel discomfort, pain, or other symptoms, you must either change the way you work or the equipment you use. If no changes are made, your symptoms may get worse and keep you from working at all.

Watch for these signs & symptoms:

- Pain
- Numbness
- Tingling
- Swelling
- Weakness
- Decreased range of motion
- Cold hands
- Changes in skin color

Different Aspects of Mopping Induced Muscle and Joints Stress

Group Study Showing Reduced Stress & Work Load by Changing Movements and Postures

During Conventional mopping it has been found through different studies that repetitive physical movements with wrong body posture induce painful effects on shoulder muscles, wrists, vertebral column, neck and lower limbs.

Cardiovascular and muscle load levels were evaluated during floor cleaning. A group of 18 experienced cleaners participated in the study held at Beijing Pudong Neuro-surgery institute. Of the subjects six used a mopping method using conventional mops mostly used. Six were given a traditional scrub and cloth method. Where they had to completely bend on knees and sweep floors. Remaining six were given an alternative way where they were given back support to reduce curved posture and used a controlled mop stick which can be decreased or increased in size of mopping shaft according to height of particular person.

Heart rate, oxygen consumption, rating of perceived exertion, electromyography from the trapezius muscle and video recordings were obtained during floor cleaning. With respect to relative heart rate and oxygen consumption the two groups did not differ. But third group revealed lower readings regarding work load.

The results revealed a high cardiovascular load corresponding on average to 53 percent of the individual maximal oxygen uptake. In addition 65 percent of the observed period was spent with the back in a position forward flexed more than 20 degrees C. The time spent in extreme forward back flexion was shorter for the mopping group. First 2 groups exhibited high static, median and peak shoulder muscle load levels of 10 percent, 25 percent and 54 percent maximal voluntary contraction, respectively. At the same time, however, the third mopping group tended to have a lesser shoulder

load than the other 2 groups using the scrub and cloth methods and conventional mops. Furthermore, electromyographic signs of fatigue in the trapezius muscle indicated a more stereotype activation of the shoulder muscles in first 2 groups during mopping and during scrubbing.

Based on these results, two findings were concluded.

1. It was concluded that mopping cannot be recommended as less strenuous than scrubbing, while using conventional moping techniques.
2. By changing the length of mops shaft and giving back support from either sides to reduced curved posture of spine can have lower stress and word load on shoulder muscles and less complaints of pain and muscle stiffness.

Changes Required Determined by Ergonomic Measurements

Do we need to make changes using modern ergonomic studies in various repetitive physical working jobs.

The Work Condition studies suggest that around 65% of all cleaning professionals in suffer from neck pain, shoulder pain and muscle stiffness each week. The EMG-tests and studying numerous medical cases revealed following findings.

Small changes in body and working postures reduce the complications to 65%.

Mopping and sweeping in traditional way cause following (short term & long term complaints)

- Stress and load on Lumber region L1 to L5 vertebrae
- Stress on Clavicle
- Pressure load on scapula due to repetitive body movements specially mopping.
- Articular surface of head of humerus, Shoulder joints and Neck muscles are effected by the raising and lowering of shoulders repeatedly for a long duration.

Upper or lower arm pain. The pain at the arms can be very disturbing, very painful. The pain is perceived at certain locations on the arm.

Sometimes it is the rotator cuff pain.

Often, there is tension and pain along the meridian of Large Intestine. Points like LI 10, LI 12, LI14, LI 15 are frequently the most painful.

Such pain is experienced in some cleaning professionals using wrong cleaning positions (body postures, and curved spinal repetitions during floor cleaning.

Carpel tunnel

Carpel tunnel syndrome is a painful disorder at the wrist. Moving the wrist can send a shocking pain toward the hand. It is caused by long duration of hand use; computer keyboard, checkout counters, washing, mopping or any other type of repetitive works with hands. These activities can overly stress the muscles in the arms and hands. Overtimes, the nerve under the wrist become sensitive, resulting in severe pain.

Numbness In arms and fingers

Whenever sensory nerves are squeezed, it will turn numb. We experience this numbing sensation after sitting at the same position for a long time, similarly resting after doing repetitive physical exercise. This is caused by nerves being squeezed. If the squeeze is tight enough, the blood flow would also be stopped. When this happens, the limbs turn cold and pale. This is a common phenomenon called pinched nerve.

Similar phenomenon is observed in workers doing repetitive physical movements, scrubbing, mopping sweeping etc.

Cuff Pain and Frozen Shoulder

Cleaning personnel doing repetitive mopping, sweeping, scrubbing or brushing, involving raised shoulders, continued to and fro and bent spinal posture often develop cuff pain and frozen shoulder, developing to stiff neck.

Deduction based on Posture and Ergonomics Study It is advised that as body posture directly effects the above mentioned

Better equipment usage can reduce these effects support given to maintain an upright posture decreases these symptoms and ailments.

Reducing the up & down movement of shoulders will help to avoid many painful conditions.

Less stress and load on Lumbar, Thoracic and shoulder regions can be attained by using better devices supporting and encouraging improved position to perform work.

These Findings are also Ref by BCSSA and Ergonomics Open Journal 2009

Writer **Dr Nousher Tariq**
MBBS & Pharm-D

The Daily Life and way of seeing it a better one with new technologies. The wonder product.

You clean the floors of a hotel, hospital or at any other place, there is someone out there to think about you and make your work easier and more efficient. Yes they have discovered a product that can make you feel less tired at the end of the day and making your nights better. Well you sleep good, refreshed in the morning and good to go for the day's work.

I said it a wonder product because it is really the need of the day for professional worker. The conventional older way of cleaning the floor with rod in the hands is clearly causing more damage and there is a sure need to replace it with some better technique. The most beautiful thing of the product is the way it keeps the body posture in perfect way. Moving it up and down with stretched shoulders, continuous twisting and untwisting of the hands and back and forth movements of back with bent posture is clearly showing excess and vigorous movements which can cause damage both in short term and long term.

Due to continuous twisting and untwisting of the wrist joints, there are more chances of injury and breaks in the cartilage very early in life leading to arthritis which is an irreversible effect causing not only frequent sick leaves but also making the worker to change his profession in addition to the cost on treatment. Disc prolapse later in life can be a major complication because of continuous back and forth movements of back with bent posture. The reason of disc prolapse is the same as for arthritis of wrist joints. Back bone and its joints are important as it will be your support in adult life and imaging not having a good support can make you bed ridden and difficult to move around to the places. Muscle tears can also be produced due to the excess movements.

The point is to think about the benefits of this product in preventing the long term complications in professional workers, it is a green signal.

Lactic acid accumulation in the muscle fibers is fast due to exaggerated movements leading to early fatigue and painful nights. These movements can also cause muscle injury leading to inflammation and swelling of the muscle, which means the next day is off.

In comparison, this product is looking to have a solution for all these problems. The posture is straight, without back and forth movements, shoulders unstretched and at their place, and wrists also in relaxed position. With the support on abdomen and hands on the soft handle, the force is applied by the legs and pectoral muscles due to straight shoulders in addition to the trapezius muscle of the shoulder, hence the load being shared by the different body parts causing lesser accumulation of lactic acid and more efficient work, less tiredness and comfortable nights.

Also the other useful aspects of the products is the adjustable rod length, according to the height of the worker. Also the different parts of the product are connected in a way to ease the movements and make it work according to the requirement.

Of all the beneficial prospects of the product, is the prevention from the long term complications of the conventional method. If the cartilage is damaged once, it leads to permanent impairment of movements with painful joint. Disc prolapse not only restricts the movements of the person but also can cause damage to the nerves of the spinal cords leading to numbness or loss of motor function in specific part of the body. All these ailments are money consuming, not only making the person jobless but also costing him the treatment of the diseases which has no great outcome. As someone said that the prevention is better than cure, this product fulfills this phrase.

The product can still be improved in some ways to make the worker use it in a more better way. One bad rather lazy aspect of the product is it is a little uncomfortable may be for someone to use the rod by using your belly as support. Well making the product in a way to keep the posture straight while still using the rod from side ways so that the worker will feel the enthusiasm and excitement in the work. I think it's a great initiative towards making this field work easier and more comfortable and taking into account the problems faced by these people in their profession.

Writer **Asad Omer**: Final year MBBS medical student at King Edward Medical University, Lahore Pakistan

MEDICAL STUDENT

PHYSIOTHERAPIST

Cleaners & musculoskeletal disorders

"..this product is a worthwhile investment and is a device I truly endorse."

Cleaning activities can be physically demanding and should be done without exposing workers to the risks of accidental injury or work-related ill health.

MSDs are impairments of bodily structures such as muscles, joints, tendons, ligaments, nerves, bones. Low back pain, neck & upper limb strain & most commonly lower limb disorder (housemaid's knee) while working on knees with household cleaners.

Some common risk factors occur while using the ordinary cleaners,

- awkward postures such as reaching or stooping
- high application of forces such as wringing actions or controlling equipment
- repetitive movements and insufficient rest periods
- static work loads (high-pressure spraying or overhead cleaning)
- poor ergonomics design of the shape, size, adjustment and angle of equipment handles.

In unhygienic situations, cleaners wear gloves. Gloves, however, can make the hands hot and uncomfortable. They can also reduce the wearer's effective grip strength and hasten the onset of fatigue.

ERGONOMIST VIEW:

COMMON USED CLEANERS & PROBLEMS USING THEM:

Problems found with mopping systems included:

- unsuitable mop heights
- uncomfortable grip design
- high pressures needed to squeeze mops
- heavy, unstable buckets.

Problems found with buffing machines included:

- excessive machine height, weight and vibration
 - poor grip, trigger and lever design
 - awkward location of controls, combined with high activation pressures.
- Problems found with vacuum machines included:
- poor grip design
 - lack of safety/power indication displays
 - flex management difficulties.

Being a Physiotherapist I would like to recommend the newly introduced cleaning equipment 'ERGOPUSH' keeping in mind the above difficulties found very common in every home, industry etc. This product seems to be very beneficial in reducing the onset of MSDs. The very beautiful, comfortable & attention seeking design of this equipment can be proven health beneficial for every one. This product design is based on important ergonomic rules; comfortable rubber support & grip reduce the MSDs onsets. There will be no need to wear gloves for the perfect grip.

E for Ease, E for Ergopush

"Ease your life with Ergopush"

I am a professional physiotherapist. I know all about different body pains and which muscles and bones are the cause of them. I can assess the points and give advice on how to exercise those points so you can heal and get better.

Dr. Maryyam Sana

DOCTOR OF PHARMACY STUDENT

Save yourself from pain while cleaning by using Ergopush®

A mop is a small regular household item which is why many people do not pay attention to the details of the mop and they end up buying the cheapest one they find. But the problem with such cheap straight shaft mops is that they cause some problems and are the main reason the cleaners experience pain. While using the regular stick mops, the shoulders have to be raised high, and the wrists have to be in outer position and continuously in motion. What happens because of this is that all the force is focused on a small group of muscles. This is why repetitive motion injuries are common in the cleaning industry.

The mops become heavier when they are wet and the force on the small group of muscles increases. This causes pain in various parts of the body like the base of your neck, your back, shoulders, and wrists. These pains gradually lead to repetitive motion injuries like carpal tunnel syndrome, bursitis, and tendonitis.

A regular mop causes diseases!

Carpal tunnel syndrome is a very painful disease of the fingers and the hand. This is caused when a major nerve is compressed by the repetitive motions. Bursitis is when a bursa in the joint of the shoulder gets inflamed causing great pain when moving the shoulder. And tendonitis is the inflammation of tendons caused by too much use of the tendons. All these injuries lead to the cleaners taking more and more sickness leaves and unhappy employers along with a dirty environment whether it is a working place or home. For this purpose, Ergopush was made, keeping the cleaners in mind. Our main aim was to remove the force from the small group of muscles and instead focus the force on a larger area of muscles specifically on the major groups of muscles like the legs and the torso. For this, we made a mop with handles and an abdominal plate. With the abdominal plate, the force is now focused on the abdomen helping to push the mop without creating pain in your back or neck because you won't have to bend your neck too.

With Ergopush, the shoulders remain lowered, preventing bursitis. The posture of the cleaner is also kept right because the shoulders do not have to be kept high maintaining good ergonomics. The Ergopush mop is not skewed, but it is symmetrical helping to keep the wrists straight.

Inventors take care of your comfort.

I've been told that one thing the inventors aimed for while making the Ergopush mop was that the cleaner is made as comfortable as possible so that the cleaner enjoys his work and does the best he can. For this, there are ideas of having rubber surface on the abdominal plate for great comfort (if that is intended to use on the first production model is unclear currently) and a rubber surface on the handle for a comfortable and painless grip. There is also a screw on the bar of the handle so that the position of the handlebar can be adjusted easily. The mop has a ball joint connection for a flexible maneuver. You can also attach an alternative mop if you do not like the one already present. You can also use a wider mop. Don't worry; ergo push is designed in such a way that the tension on your wrists and the arms remain low.

Advantages of using Ergopush:

There are a lot of advantages of buying an ergo push mop instead of a straight shaft mop. Of course, the mop is a bit pricier but nothing good comes for free now, does it? The biggest advantage of using ergo push is that it is easy to use, and not much effort is required hence the work is made easy.

Prevention from tendonitis

Secondly, the worker using ergo push will not be a victim of repetitive motion injury in the arm and the forearm. The disease not only causes tardiness but also causes pain in the shoulder blade, and they usually occur with the use of a regular straight shaft mop. This happens because a repetitive motion injury creates micro tears in the tendon. Since the tendons are continuously working, they do not get time to heal properly, conclusively leading to a painful disease called tendonitis.

Vertebral column strain

Ergopush also prevents the strain of the vertebral column. With Ergopush, the back and the spinal vertebral column is not bended while you swing the mop around. The amount of tiredness and fatigue is also greatly reduced because there are fewer loads on the shoulder joint, the spinal cord, and the clavicle keeping the cleaner active for a longer period. Fewer chances of injuries

Many a times, the regular mop causes the cleaner to fall due to slipping. When a person falls due to the straight shaft mop, the elbows are away from the body because of the position the mop has to be held in. Hence, this leads to broken bones, dislocated knee, hip, shoulder and ankle joint and strained muscles. With Ergopush, all these chances of injuries have been greatly reduced.

Prevention from sprain

Ergopush also reduces the sprains and the muscles. The shoulder muscle called trapezius is also not injured whereas when using a regular mop, the ligaments in the shoulder muscles are destroyed. Same goes for the pectoral muscle in the chest and the longissimus muscle in the back. With regular shaft mops, you are bound to have a ligament injury, however, with ergo push, chances of such painful injuries are greatly reduced.

So, not only do you save yourself from having a sore body with Ergopush, but you also save yourself from losing money by calling in sick too many times. You might just get a pay raise since you will be able to cover the same area in much less time! Ergopush does not only make the cleaner happy but also benefits the company that employs the cleaner. The company has more satisfied employees in the company, and there is also a reduction in the staff turnover. The company also does not need to deal with new employees that need to be trained.

In my opinion it is guaranteed that buying an Ergopush will not make you regret your choices so go get one now!

Writer **Komal Nadeem**

Studying to be Doctor of Pharmacy at I. International Med School. Third year. Just passed the fourth semester with 3.63/4 gpa.



“..very effective with significant benefits..”

Inappropriate positions generate tensions on small muscle groups and this is the case with conventional materials used for cleaning, the video shows perfectly. It is widely known and scientifically proving that exposing muscle groups to repeated stresses and these are poorly distributed overload generating the emergence of various diseases. Clearly, the product generates a better distribution of force and pressure, limiting the occurrence of these diseases.

I could enumerate a long list of muscle groups involved in the development of the activity of cleaning. On the arm there are over 40 muscles that run synchronously, used or set in motion a greater or lesser extent, so does the rest of the body, overburden, or use a group of them more than the rest causes excessive load and damage. You should know and consider that this is not the only factor that influences the occurrence of disease in this group of workers, keep non-physiological position (the position is related to physiological body axes) cause similar effects to muscle tension. It encompasses not only the voltage but also the position.

DOCTOR

Joints, tendons, ligaments, nerves and bones are also affected. A movement is done with the participation of all the structures mentioned, repeated movements in non-physiological positions cause considerable wear on the joints that increase as the age of the worker, are conditions such as bursitis, tendonitis hands, shoulders and elbow, cervical spondylosis, others can cause nerve injuries such as carpal tunnel syndrome.

Conventional cleaning brush required to adopt a poor posture, your product keeps an upright position, which greatly benefits the back and lumbar region, myalgia avoiding the back muscles, back pain, sciatic pain, very common diseases in this type of work .

It noted that all these diseases occur acutely, but by keeping the factor that generates very often evolve into chronicity, generating sick leave for workers and expense for the employer.

During the study of the product, EMG was performed before and after the experiment with workers. EMG is a quantitative method to measure the effectiveness of the product but must consider the impact and the benefit can not be measured in a short period of time and considering only an anatomical structure. Let me explain better, diseases caused by poor posture, acute or chronic, do not appear in one day, it takes a certain time exposed to the same factor to appear. I believe that the most successful results of your product will get them in a study in the medium and long term. Generally your product is very effective with significant benefits in the medium and long-term health of workers. I suggest incorporating a small cushion brush to prevent the worker is affected in a collision. In addition to providing various sizes of brushes to facilitate work in different areas.

To summarize:

- Generate a better distribution of muscle tension, avoiding the overhead of small muscle groups and onset of myalgia.
- Involves less movements of the joints of the hand, forearm, arm, shoulder, spine, preventing diseases such as low back pain, sciatica, bursitis, tendinitis, cervical spondylitis among others.
- Corrects poor posture, avoiding injuries; joint, muscle, nerve and deformation, especially of the spine.
- Meets the objectives of ergonomics in the search for ways of working that benefit employees and employer.
- A study is needed in the medium and long term to demonstrate the results of the product.

Writer **Erislaine Tamayo**, I am a graduate of the University of Medical Sciences in Havana, Cuba, where in addition to general medical training, we received throughout our career training in preventive medicine, primary health care and occupational medicine.

MEDICAL STUDENT

Healthy Citizens Are The Greatest Asset Any Country Can Have

*"..Less load on clavicle, shoulder joint and spinal cord..."
"Reduced muscle sprains and ligamentous injury.."*

Occupational safety and health is important for moral, legal and financial reasons. Good occupation safety and health practices can also reduce employee injury and illness related costs including medical care, sick leave and disability benefit costs.

Professional cleaning is a basic service occupation that is integral part of different work places outdoor and indoor.

In my opinion mopping by Ergopush product is better then old way of mopping.

I would like to discuss few points about Ergopush that have positive effects on human body:-

1. Easy to use with less effort applied.

2. The worker will not have *repetitive motion injury of arm and forearm that causes pain and fatigue in shoulder region as does occur by normal mop.

*Repetitive motion injury causes micro tears in tendon. Micro tears do not have time to heal properly leading to injury called tendonitis.

3. No bending of the back or spinal vertebral column while swinging the mop around. Thus maintaining a straight posture. This prevents the strain of vertebral column.

4. Chances of slip and fall injuries by mopping with elbows away from the body leading to broken bone, strained muscles, dislocated knee, hip, shoulder or ankle joint has greatly reduced.

5. Less load on clavicle, shoulder joint and spinal cord leading to minimum fatigue and tiredness.

6. Reduced muscle sprains and ligamentous injury of shoulder muscle (trapezius), chest (pectoral muscle), muscle of back (latissimus dorsi) as recorded by electromyography.

7. It also reduces the risk of vertebral disc injury.

The only thing that require careful handling of Ergopush is by pregnant female workers as it may causes abdominal pain.

Writer **Somaiya Shahid**

Final year medical student.

Institute: University of health sciences / Title of Education:

Doctor of Medicine and Surgery

“..drastically reduce the incidence of cleaners needing to take pain relievers and massages..”

MASSAGE AND FITNESS THERAPIST

Stress is an offshoot of repeated body strain. When one repeatedly exerts himself/herself beyond his/her capabilities over a period of time, stress is bound to occur. Stress could come in various forms; pain, weakness, illness, or inflammation of the affected area.

As a massage and fitness therapist, I've been faced with complaints that mostly affect specific muscle groups; shoulders, back, wrists and waist. This means that I have to devise means to alleviate the pain without causing even further discomforts.

I do Swedish massage, Deep-tissue massage, and Acupressure to make sure the sufferer is as comfortable as possible, while suggesting to them ways to avoid the situation next time. This may work for those who undergo stress once in a while. However; what happens to those in jobs or vocations like cleaning and haulage, that induce constant stress, and have repeatedly received massages or taken pain-killers to alleviate pain?

The answer will be to change the ergonomic functions of their work tools.

I have witnessed first-hand, the pain and discomfort that professional cleaners experience in the line of duty. This is mostly caused by none other than the use of traditional cleaning mops.

The traditional mop alters the way the human body is engineered to function. With a traditional mop, a cleaner will have to raise his/her shoulder a little higher than convenient (this causes muscle cramps and pain), and bend his/her back at an angle that disfigures the symmetric lining of the spinal cord (this leads to back and waist pain, and problems with bending over). Having to move the wrists in line with the traditional mop's direction; which is to clean in a linear or haphazard direction also puts a strain on the muscles in the wrist – which naturally isn't suited for stressful man-handlings. This situation makes the job of the professional cleaner more nightmarish, than fun, and tools that will alleviate this situation are urgently needed. In the light of this; we can say that cleaners are becoming endangered species.

One of such tools that make work fun, while reducing the strain and injuries that come from constant manipulation of the oft affected areas (wrists,

shoulders, back, and waist) is Ergopush.

Ergopush® is an ergonomically designed cleaning device that makes cleaning easier without the added baggage of unwanted pain and stress. It has a handle with which to steer it in the direction you want. This means you do not have to flip your wrists, or even lift your shoulders to get the job done. It also comes with an abdominal plate for balance and stability.

This makes sure you do not at any time mistake nly bend your wrists, crunch your should ers, or turn your waist at an unfavorable angle.

The cleaning mop is also much large enough to clean a large area at once, thereby, making the cleaning experience an enjoyable one. It is even more useful if for some reason, you have a postural problem either due to accidents, injuries, or genetics.

To picture what it feels like to use Ergopush®, picture yourself using a steering wheel to control a cart. Interesting isn't it?

The awesome thing about making the small investment of purchasing Ergopush® is that its use will drastically reduce the incidence of cleaners needing to take pain relievers and massages for on-the-job injuries, minimize the need for cleaners to take more sick leaves off work; it reduces the amount the organization has to spend on health, massage treatments, and health insurance. So, in Ergopush®, you have a cleaning device that saves you from loads of stress. Wouldn't you rather own one today?

Massage and Fitness Therapist.

Resume contains: Massage and Fitness Therapist 2011- Till Date. Gave massages (deep tissue, Swedish) to those requiring to de-stress, Helped Stroke patients gain mobility of their limbs. Help Arthritic and Rheumatic sufferers alleviate the stiffness and pain in their joints. Consultant at Private Hospital. Deal with weight loss issues for clients with positive results Organize fitness classes to help people get fitter.

Writer **Olumide Oluwasegun**

Massage and Fitness Therapist, before being a freelancer. Below is a cursory look at what I do.

Massage and Fitness Therapist 2011- Till Date
Gave massages (deep tissue, Swedish) to those requiring to de-stress, Helped Stroke patients gain mobility of their limbs. Help Arthritic and Rheumatic sufferers alleviate the stiffness and pain in their joints. Consultant at Private Hospital Deal with weight loss issues for clients with positive results. Organize fitness classes to help people get fitter.



Physical Therapist with John F Barnes myofascial release perspective.

This is a short review on Ergopush® from a Physical Therapist perspective. I specialize in John F Barnes myofascial release so my review will factor that specialty into it.

Fascial restrictions in the body have many roots - and over time, these restrictions actually torque our bodies to bend and twist into positions, although subtle, that can cause a miserable life of pain. Ergopush® relieves the fascial system of creating lines of restriction by eliminating the repetitive movements of using a mop. Ergopush® allows the core to do the work and a more ergonomic posture to be enjoyed thus, keeping the body in better, a symmetrical alignment and reducing or eliminating pain, strain and fatigue.

Marcia Oliver
MSPT Owner,
HomeHealthPT.com

Marcia Oliver has been a Home Health Physical Therapist since 1993 and Personal Trainer since 2001. Licensed in the United States of America.



Myofascial Release is a safe and very effective hands-on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion. John F.

Barnes, PT has been the featured speaker at the American Back Society symposiums for over 25 years. The American Back Society is comprised of neurosurgeons, orthopedic surgeons, psychiatrists, therapists and TMJ specialists whose focus has been the most important advances in healthcare in the last century.

PHYSICAL THERAPIST DOCTOR OF PHARMACY

Doctor of Pharmacy view on Ergopush® - “Can be life changer for cleaners..”

Frequent and repetitive activities or activities with awkward postures cause stress on the muscles, tendons, ligaments and bones, this result in Over-use injuries or Work-related musculoskeletal disorders (WMSDs). These injuries are the major problem of workers, causing painful days and sick leaves from work. Healthcare professional and agencies trying to implement preventive techniques to reduce such injuries.

Ergopush® with its novel feature can be life changer for cleaners and sweepers. Its innovative design can reduce the occupational risk factors work-related musculoskeletal disorders such as repetitive wrist motions, repetitive shoulder motions, and forceful rotation of the forearm, bending of wrist, hand twisting and forceful gripping, and prolonged shoulder flexion.

Its design keeps you flexible and in well-balanced posture even while working. It can reduce a lot of muscle strain which is not possible with conventional equipment and designs.

Ergopush® is well-designed tool which aids cleaners and sweepers to avoid unnecessary motion of shoulders and arms, and also keep helps to keep muscles relax. It'll obviously have positive impact on reducing risks of tenosynovitis, epicondylitis, carpal tunnel syndrome, DeQuervain's disease, thoracic outlet syndrome.

Ergopush® is a practical approach to prevent such injuries and reduce healthcare cost, improve productivity and performance by reducing risk for musculoskeletal disorders.

A question: Is there any medicine you could prescribe to people who has got pain or even cronic pain from cleaning?

- In conventional medicine there is no claim for having such medicine but what should be given and what should not, it depends on individual case. Yes there is treatment in homoeopathic medicine but it has it's own method and limitations.

Dr. Awais Anwar

Doctor of pharmacy and doctor of homoeopathic medicine. Registered Pharmacist & Registered Homoeopathic Medical Practitioner.



Ergopush : A step ahead of technology

Why choose Ergopush®?

That's a big question. Why not choose a cheap common mop for our cleaning activities? It is no longer news that a lot of productivity is lost due to rapid motion injury, which is caused by chronic repetitive motion, encountered by professional cleaners.

Introducing Ergopush®, an ergonomic breakthrough in science. It is well constructed to eliminate chronic pains and rapid motion injury, which are commonly encountered with other types of mopping equipments

Benefits

Structurally, Ergopush® consists of a bellyplate which has a rubber plate for greater comfort. This ensures no injury is sustained at the abdominal region, thus enhancing productivity. Moreover, the bellyplate is flattened from side to side and spreads pressure over the recti and other abdominal muscle groups, thus each muscle is actively involved and energy evenly distributed. More than half of all cleaners experienced problems with pain when they performed their work, thus the presence of a ball joint for flexible maneuver. Also present on the shaft is a handle with a rubber surface for comfortable grip, which has a screw for easy adjustment. This ensures that the shoulder and wrist joints are in the right position. Pressure on the clavicle puts stress on the sternocleidomastoid muscle, and can lead to pain. This design prevents this by distributing the pressure. Also, the risk of carpal tunnel syndrome

and nerve entrapment is ruled out as this device releases the pressure common mops put on the median nerve. The rubber-coated handle also prevents tears and wears on the palm.

Ergopush® ensures the vertebral column is maintained in a vertical position, such that less pressure is exerted on the nucleus pulposus and annulus fibrosus of the spinal cord, hence preventing sprains. It reduces the chances of bone fracture, displacement or injury because it maintains the elbow at a point near to the body. Generally, its ergonomic design prevents ligamentous tear of the pectoralis muscle, the trapezius, deltoid and latissimus dorsi muscle.

Life is easier with Ergopush®. No need of spending much money on pain relievers. No need for numerous sick leaves. Why not give yourself a trial today. With Ergopush®, it's a goodbye to chronic repetitive pain.

Angela Strayhorn, MBBS: Medicine and surgery (Final year student), United States Medical Licensing Examination approved.

United States Medical Licensing Examination {USMLE}
MBBS: MEDICINE AND SURGERY
All Saints University of medicine, DOMINICA, USA



“..the body stays in proper alignment while using less muscle force.”

Back pain is the most common reason for office visits with primary care and acute care medical providers. This complaint is more common amongst workers with labor-intensive professions. Back pain is also a common reason for worker's compensation claims. The body mechanics associated with traditional mopping are really a full-body exercise. The shoulder and arm muscles are used to push the mop side-to-side, and the back is either rigid to prevent rotation or used to rotate and assist in pushing the mop. The legs are used to balance the body and maintain the stance while pushing the mop. This makes for a great workout, but repetitive spinal rotation and the counter forces between the upper and lower body can lead to back pain.

The Ergopush has been designed by ergonomic professionals and biophysicists specifically to maintain alignment of the back and utilize the large muscle groups of the shoulder, legs, and back in unison to make mopping easy. The combination handles and body plate allow the user to simply walk forward and steer. By eliminating the twisting and stabilization counter forces, the body stays in proper alignment while using less muscle force. It's as easy as walking with a shopping cart!

Writer **Mr. M. Schwanke**, PA-C Trained at Midwestern University in Glendale Arizona. Physician Assistant working in urgent care medicine. I have experience as an undergrad TA, tutor, and college adjunct professor.

“...I would recommend this product to everyone”

Cleaning products are the necessity and are being used daily. There are many cleaning products available in the market. But these products have always health related issues for short term as well as long term when you use them. Not only physical issues but mental as well like mental tiredness and stress. That's where we come in; Ergopush is developed not just for cleaning purposes. Yes! It is a cleaning product useful in day to day cleaning but also it is made considering the physical and mental health of the customers. So people from all walks of life can have beautiful stress free clean and safe life. As there are so many cleaning products in the market then what characteristics, properties make this product superior, unique and salable? The answer is simple! Because there is a need, requirement of such product that not just do cleaning but also focus on your health providing you the perfect balance. Ergopush is that product that provides you the perfect balance unlike any other cleaning product in the market.

About the product

Ergopush is a cleaning product especially made considering the structure of the human body. So anybody can use it without having any pain, stress, and problem, to the muscles of your body. Ergonomically, Ergopush provide balance to your body muscles that stress should not focus on any muscle like shoulder, wrist, elbow; your back muscles rather provide balance while cleaning to keep your body out of stress and pain. Also the design of the product helps to reduce the amount of friction while working. It has a proper design fulfilling the needs that work perfectly.

It has an abdominal plate with a cleaning mop that is changeable as required. It has a very sleek and smooth design

providing you the perfect grip. Also it has a beautiful four way handle that is adjustable and has rubber grip adding style and comfort at the same time.

For greater comfort and body balance, Ergopush has a ball joint-connection for flexibility in its design. As per height advantage, there is a screw for easily adjusting position of handle bar.

Providing you great comfort in your work, without putting any stress on wrist and shoulders and back muscles. At the end of this article we have an expert's opinion from a highly qualified and well known Physiotherapist among his ranks about this beautiful product and what he has to say and recommend to you.

Professional Physiotherapist view about this product (Ergopush) /About the product:

My Recommendations

After looking at all the aspects about this product here is what I recommend as a physiotherapist:

- * First of all using this product will help you keep your posture, muscles, but when you clean you apply force, this product has the ability to distribute that force in area where needed.
- * Secondly to be honest this product has some limitation it will not be effective in narrow places where it's hard to reach.
- * Body will have a proper balance and there will be no pressure on your wrists.
- * Shoulder will be under less stress while cleaning with Ergopush.
- * After analyzing, I found that range of motion using this product definitely gives a slight edge on other products.
- * When you push to clean, it's easy to work against friction with its mop which keeps your body safe from tiring that is the best thing about this product.
- * There is no doubt that this is a product that is best suitable for cleaning purposes, Apart from that it is best suitable for people in any environment. I would recommend this product to everyone.

Writer **Sardar Faisal**

Studied as a physiotherapist from Agha Khan University

PHYSICIAN

General Physician view on Ergopush®

"I believe Ergopush® is the solution for most cleaning workers diseases."

Working as an occupational physician I have noticed that most cleaning professionals suffer from musculoskeletal diseases, like injuries to the muscles, tendons, ligaments, or even nerves. These injuries are typically in the neck, shoulders, arms, wrists, legs, and back.

When we investigate the cause of these injuries it is easy to understand that they are caused by the tools used for cleaning. The mops, brooms, and vacuums that are currently on the market are not ergonomically designed. The use of all of them includes repeating the same movements many times, and adopting awkward postures. Actually, these injuries are so common that cleaning professionals consider them part of the job.

However, I think that should be changed. There are many ways in which we can help these workers to avoid the aches and injuries. One solution could be educating the workers to adopt correct postures during the working hours. Moreover, a big scale solution would be the creation of ergonomic tools, which force the workers to adopt appropriate positions.

About Ergopush®, I can say that it can be an excellent solution for most cleaning professionals diseases. The abdominal plate of Ergopush makes the worker adopt a good posture, and the worker can also maintain the back in the correct position. At the same time, with this abdominal plate the force used to push the mop is distributed onto the legs and the torso, and not to the back or wrists. In resume, this abdominal plate helps to avoid awkward postures, such as bending or twisting the back which can produce diseases like lumbago and intervertebral discs injuries.

In the same way, the adjustable design of Ergopush® allows it to be a perfect fit for any worker, with any stature. Both the handle and the body can be adjusted, so any person can use it regardless of the relationship between the length of his arms and legs. In other terms, it can offer the same comfort to a short worker than to a tall one. Using the common tools, the worker can't adjust them to his/her height; therefore, his/her shoulders are too high or too low, which can produce rotator cuff disorder and back pain.

In the rotator cuff disorder, the patient feels pain while moving the shoulder and arm, this pain may spread down to the outside of the upper arm, and even to the elbow. Lifting the arm to the side or to the front makes the pain worse. Meanwhile, the handle also allows to maintain the arms and the wrists in a neutral position. With conventional mops, the worker tends to put the wrists in an outer position. When this position is frequently adopted and for long periods of time, the worker can suffer of carpal tunnel syndrome, where the median nerve is affected, and the worker can experience numbness and pain in the hands, forearms or wrists, plus occasional tingling, and "pins-and-needles" sensation, among others.

In conclusion, I believe Ergopush® is the solution for most cleaning workers diseases. Using this mop the ergonomics are guaranteed during working hours, so it decreases the risk of musculoskeletal diseases. This, besides giving benefits to the worker, it gives benefits to the employer, because having healthy workers means less medical rest is needed. Definitely, I want one of them!

Writer **Aurelysmar Grimán**, Venezuelan, General Physician certified on Occupational Medicine.

“...Ergopush can prevent the irreversible damage...”

MEDICAL STUDENT

The most common injuries requiring days off from work were sprains, strains, and tears (accounting for 38 percent), the most common source of those was "overexertion in lifting or lowering" and by far the most common thing injured was the back. (At study in 2012 conducted in America about work injuries) Some of these injuries are very common in workers in the cleaning services or simply at home.

The mechanisms by which the back can be injured are the uneven distribution of weight on the vertebral column or the muscles attached to it, which could cause kyphosis (excessive outward curvature of the spine, causing hunching of the back) or disc herniation leading to chronic pain and/or nerve compression causing muscle weakness or paralysis, this process could develop over years of the use of some products or machines.

Ergopush can prevent the irreversible damage because it doesn't require the user to lean over to apply pressure or to have abnormal posture, it actually maintain the perfect anatomical position to distribute the pressure on the muscles or bones in very symmetrical manner.

Some machines or tools also require the use of muscles in rotation, abduction and extension in repetitive motion of the arms and shoulders leading to chronic pain or loss of coordination between limbs or muscle inflammation due to over use of one hand or shoulder with contralateral side being idle with no movements at all.

And of course not to forget about joints since the human body is connected in a manner if one structure is effected the other structures attached to it will suffer as well, in this case since the bones and muscles are attached to the joint by ligaments, it will cause the joints to be damaged and the loss of mobility leading to pain, carpal tunnel syndrome and inflammation (arthritis) and these preventable diseases are irreversible once occurred and it takes a lot of medical care from drugs to surgeries to just relief the pain.

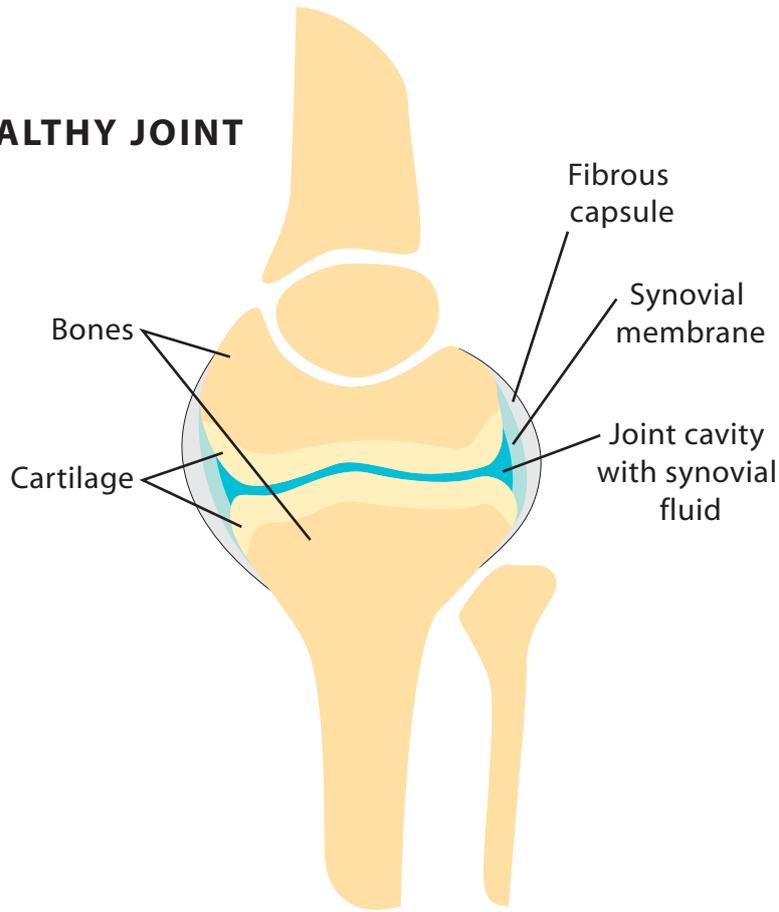
Ergopush came as ultimate solution prevent such things to happen because the mechanics used to operate it doesn't require you to lean forward or put a lot of pressure on the skeletal structure specially the joints, so if the joints aren't going through alot of stress the damage is less likely to occur.

Writer Dr **Tarek Zaiter**

Carol Davila University of Medicine and Pharmacy
Sixt year student

Annex: Rheumatoid arthritis

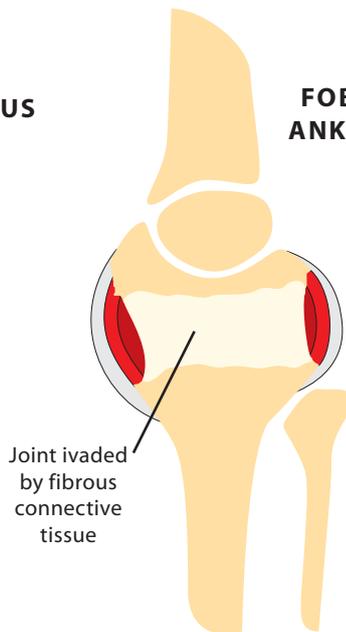
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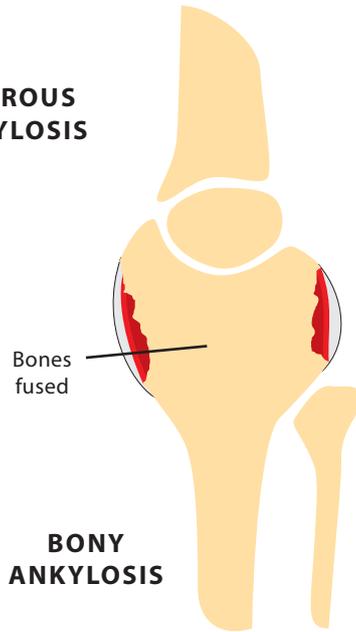
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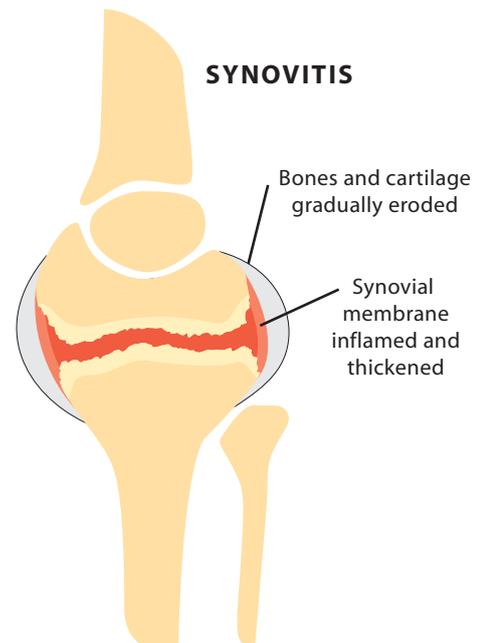
FIBROUS ANKYLOSIS



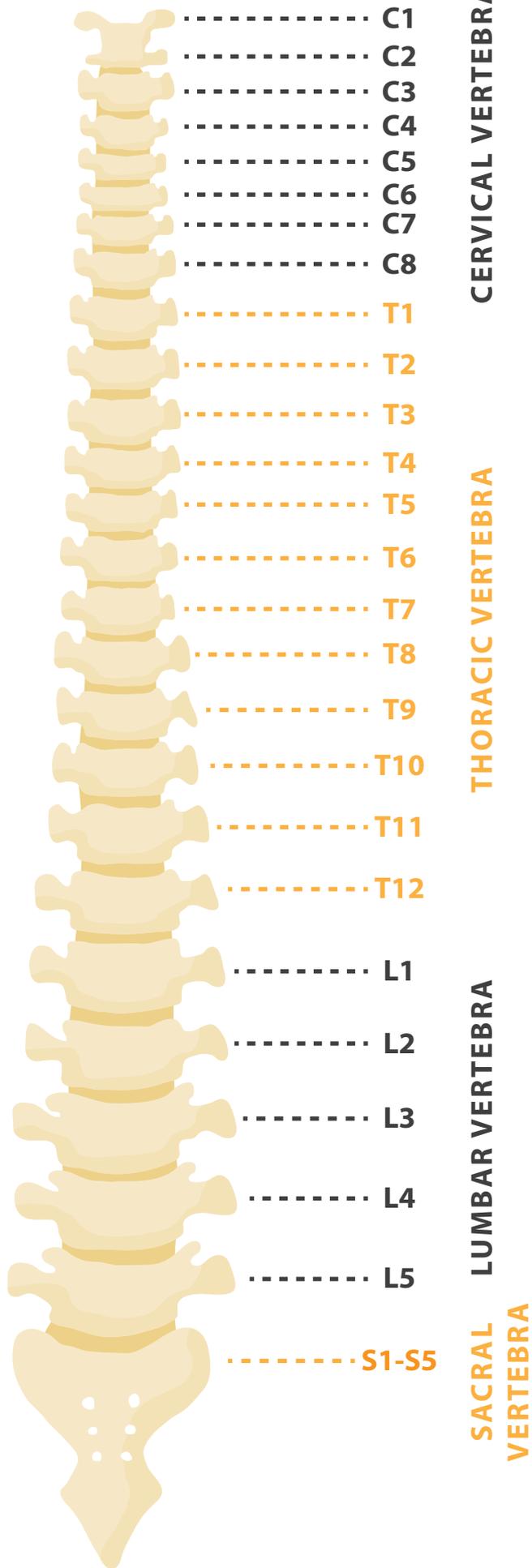
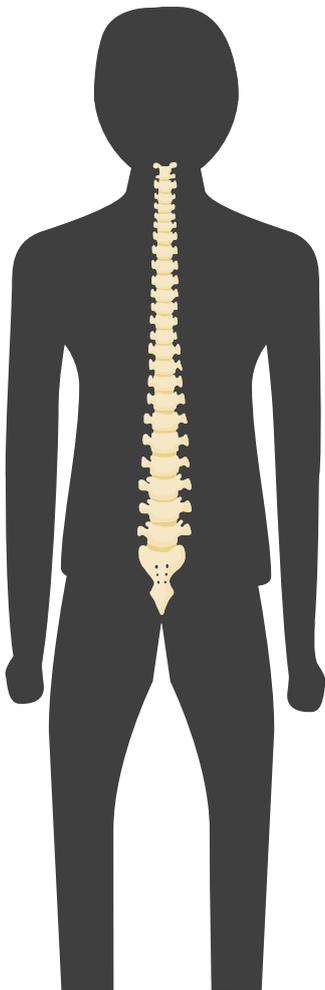
BONY ANKYLOSIS



SYNOVITIS



Annex: Vertebral column



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