

The Accidental Ergonomist

Power not pain with Tim Finucane



Welcome!

Hi and welcome to my blog!

As 'The Accidental Ergonomist' I'm looking forward to sharing my experiences and somewhat heretical ideas about posture and body use, as well as how they relate to (sometimes dramatically) improved performance, reduced stress, improved health (relief from backpain, etc) and life in general.

The purpose of this blog is threefold:

- 1) to generate debate
- 2) to support those who have met me and know something about what I am teaching
- 3) to inspire those who are looking for something new regarding posture and body use

Einstein is reputed to have said that *"we can't solve problems by using same kind of thinking we used when we created them"*, and this is no less true in regard to posture, body use and the development of musculoskeletal disorders (MSDs).



Down by the lakeside

I have reached the point where I am in no doubt that **far too much of what is taught today** about posture and how to use the body in so-called 'harmony and balance' **inadvertently helps to create the disharmony and mechanical distortion** that not only causes us to **struggle with simple actions** such as sitting and standing but also **results in or supports the development of** many musculoskeletal disorders (MSDs), such as lower back pain (LBP), and neck and shoulder pain (the most common causes of absence from work).

In order to convey more clearly what I mean by this I will be presenting different aspects of Power Ergonomics (www.powerergonomics.com) here, both in theory and practice, for you to think about and 'try on'.