



Returning Patients to the Speed of Life

Physical & Hand Therapy

Centralized Scheduling
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SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Sports Injury Treatments
- Work Injuries, including FCEs and work conditioning
- Diagnoses treated include:
 - spinal disorders
 - pre/post-op surgical disorders
 - repetitive stress disorders
 - hand and upper extremity injuries/disorders

OUR CLINICS

Belton
Blue Ridge Tower
Harrisonville
KC North
Kearney
Lansing
Lee's Summit
Liberty
Metro North
Olathe
Overland Park
South Raytown
Shawnee

In the Clinic: Desktop Ergonomics



Do you spend a majority of your workday at a desk? You may be experiencing pain or discomfort on a regular basis, but feel that it is simply "part of the job." It doesn't have to be. Ergonomics can be a very useful way of preventing injury and pain from repetitive movements and static posture.

Start by asking yourself a few questions.

- What items on my desk do I use most? Am I constantly reaching for them?
- Do I spend most of my time writing or typing?
- Do I spend a lot of time on the phone?
- Is my chair comfortable?
- Am I using correct posture when sitting and standing?
- Am I constantly readjusting my work space?

Then, consider how Physical Therapy can help. The therapists at SERC can review your workplace to make sure you have the optimal working environment and to reduce your risk of injury.

We work with your existing furniture and equipment to make suggestions

and alterations to your work environment. Then, if necessary, we can make suggestions for alternative furniture or accessories.

In addition, Physical Therapy can treat the pain and discomfort that result from poor ergonomics and poor posture, including neck pain and headaches, shoulder pain, low back pain and hip pain.

SERC Physical Therapy uses conservative, non-invasive treatments to get to the root of the problem. Our goal is to help you safely protect your work capability.

With desktop ergonomics working in your favor, you can easily prevent injury, and work safely throughout your work day.

Meet the Staff: Beth Daze, DPT

Beth Daze is a physical therapist at SERC of South Raytown. She attended Washington University in St. Louis and has been working for SERC for three

and a half years. Beth specializes in ergonomics training and vestibular rehabilitation. She enjoys working with people on posture and ergonomics.

In her spare time, Beth likes to play volleyball, scrapbook, and hang out with her husband and her puppy.