

Exercise

Title Physical exercises.
Areas of Work / Skills Correct posture and prevention of RSI etc.
Duration
Resources Required
Related information From the National Technical Institute for the Deaf (NTID) in Rochester New York. Have a book that has been published talking about high risk signing behaviours. They also talk about how the muscles work
Detail (step-by-step explanation of the task) You should sit comfortably in your chair with you feet flat on the floor. People who are not injured have what is called mini-breaks. This is when the non-dominating hand goes down – although it can be both hands. If the non-dominating hand is not dropped down then the muscles are always tense. The min-breaks are more restful for your body. Signing in a “Ballistic manner”. People signing quickly with jerking movements and in a small signing space. This is risky signing behaviour. Staying in your sign space. E.g. if you rotate your arms outside your signing space you put excessive stress on the muscles in your arms and shoulders these movements are unnatural and can lead to damage. Wrist - try and keep them straight and most neutral position you can. I.e. change your sign slightly so your wrist stays straight. You may be able to move you elbow so that you can keep your wrist straight.
Progression / Variation (eg. Are there more advanced or different ways of approaching the same task?) Babbling – using a BSL tape copy the signs so that you can gain muscle memory. Eye training – increase your peripheral vision and overall gathering of information. Keeping your head still only moving your eyes take in all the information you can.
What materials did you use for this task? Any other recommendations?
Review (was it simple / effective / would you recommend it?)