

YouTube Video Critique

Student Name: Emily van der Kamp

Case # + Diagnosis: Case 7 Upper back and shoulder pain

Data for Video

Title of the Video	20 tricks for sitting at your desk without hurting your back
Duration of the Video	3 minutes 20 seconds
Number of Days on YouTube	361 days
Total Number of Views	58,949 views
Any Links to the Video	Video is linked to from BusinessInsider.com as well as: Slate.com, zeenewsindia.com, techinsider.io and many others
Comments of the Viewers	Four comments, two of which are about the music, one says the video is helpful and the last commenter was of the opinion that the monitor set-up advice is wrong.

Criterion for utility in the site.

Technical Aspects	
Images are clear	Yes
Sounds are clear and background is free from noise	Yes, there is music in the background but it is instrumental only and does not interfere with the information being relayed.
Time to download is reasonable (about 10-15 minutes at the maximum)	Yes, though that depends on the internet connection.
Author/creator	
The creator and/or organization providing the video are mentioned	Yes, it was created by Business Insider Success (BI Success), produced by Justin Gmoser.
The information about the creator is up-to date	Yes
Provide further support for the use of this YouTube video on your case site.	
<p>This video gives simple advice such as using books to raise the monitor height. This video gives straightforward and simple information about 20 tricks for sitting at a computer desk. The visuals are clear, the advice is delivered with written words as well as images. As much as possible the examples of how to fix posture use what any student or office worker would typically have available. The sources the video used for advice are listed at the end of the video and appear to be quite dependable, including UCLA Ergonomics and Mayo Clinic amongst others.</p>	