

Website Critique

Student Name: Celese Thompson

Case # + Diagnosis: Case #7, Chronic Upper Back and Neck Pain

Data for Website

Title of the Website	Sitting at a computer causes upper back pain – what can you do about 'computer back'?
Web Address	http://www.simplebackpain.com/sittingatacomputer.html#axzz40NuRlaVc

<p>Criterion for utility in the site. Scale of 1 to 5: 1. Very true of the site 5. Very untrue of the site</p>			Criterion Value
Website Content			
The purpose of the website is clear.	Yes, the purpose of this is clear. It explains how sitting at your computer for long periods of time causes upper back pain and offers some strategies to help with this pain.	2	
The website has up to date knowledge.	This website does not say when it was last updated, but the websites copyright date is 2013 – 2016.	3	
The website is interesting.	The website provides a good explanation of what causes upper back pain and easy tips to help minimize the effects of upper back pain.	2	
The website is directly about the topic of the case	The website is all about upper back pain from computer use, which is what our case is about. It talks about how muscle fatigue of the trapezius muscle is the main contributor to upper back pain.	1	

The contents about the concept studies are scientifically correct and credible.	I can not be certain that the material is scientifically correct and credible, but it is says it is from a credible registered Physiotherapy, so I would hope that it is. 3
The website covers the topic identified in the title	Yes, the content of the website is clearly aligned with the websites title. 1
The information about the creator is up to date	The website is the creators personal website, so there is a lot of up to date information and links about the author. 1
The authors of the website have the appropriate credentials to provide the material on this website	The website states that the author is a principal figure in the world of Physiotherapy who helps people all over the world who are struggling with back pain. She has published many articles and books about back pain. On the other hand, she is only one physical therapist from Australia and the information and resources she is providing are indented to only be used for general application. One other concern is that this website is on the internet, and anyone can pretend to be someone/something that they are not. 3
Website Usefulness	
The website is useful for the occupational therapy student.	This website provides an overview of upper back pain caused by sitting at a computer and explains two reasons how the trapezius muscle is effected and causes this pain. It also provides simple strategies to help with the pain. 3
The website is useful for the person in the case	This website relates to the person in the case and provides them with an explanation about their situation and offers some strategies to help with the pain, but the information is for

	<p>general application only and not for a specific person.</p> <p>3</p>
<p>I would recommend this website for the person in the case</p>	<p>Yes, I think this website could provide the person in my case (Stephanie) some simple exercises she can try that might help with her back pain. It also has several other pages and resources she can access if she would like more information.</p> <p>3</p>
<p>What components of the site are most useful?</p> <p>The website does not go into a lot of specific detail about all of the anatomical features of the back and neck, but it provides a helpful overview of upper back pain associated with computer use and explains what causes muscle fatigue of your trapezius, which is one of the main muscles that contributes to upper back pain. This website begins by quickly explaining the anatomy of the spine and how sitting for long periods of time causes your intervertebral discs to become compressed and how this can develop into back pain. It then explains how muscle fatigue of the trapezius is the main contributor to upper back pain. The trapezius works to keep your shoulders back, but when a person sits at their computer for extended periods of time it over works the muscle. This can lead to compression of the spinal segments, dowager's hump, poor posture, stiffness, decrease range of motion in the shoulders and elbow flexion contractures. It also talks about how waste products can stimulate nerve endings during long periods of sitting, which contribute to upper back pain. This website is also useful for providing simple strategies and exercise a person can do to reduce upper back pain.</p> <p>Do you think an OT colleague of yours would need a lot of former knowledge to use the website?</p> <p>No, I do not think an OT colleague of mine would need any other former knowledge to understand this website. It is clearly explained and easy to understand. All of the OT's took an anatomy class, so we know the anatomy of the back and are able to understand how over use of the trapezius can cause upper back pain during long durations of sitting.</p> <p>Are there tools and resources in the website that would be useful for the person in the case? If not, what else should have been provided?</p> <p>Yes, simple stretches are provided that the person of our case could try to help with her upper back pain. There are also many other pages and resources on this website that could provide the person in our case a better understanding of back pain. The person (Stephanie) has to remember that this information is only from one professional and is intended for general use only.</p>	