

# YouTube Video Critique

**Student Name:** Amjad Yahia

**Case # + Diagnosis:** Case 7 – Chronic Back Pain

## Data for Video

<i>Title of the Video</i>	The Benefits of Good Posture - Murat Dalkilic
<i>Duration of the Video</i>	4 Minutes and 26 Seconds
<i>Number of Days on YouTube</i>	~260 Days
<i>Total Number of Views</i>	1,206,353
<i>Any Links to the Video</i>	<a href="https://www.youtube.com/watch?v=OyK0oE5rwFY">https://www.youtube.com/watch?v=OyK0oE5rwFY</a>
<i>Comments of the Viewers</i>	523 Comments. Highest rated: "I've been struggling with keeping good posture. About 20 times a day I adjust the way I sit, but before I even realize it I'm slouching again. Who has tips for improving your posture?"

## Criterion for utility in the site.

### Technical Aspects

<i>Images are clear</i>	This video features very well done and well narrated animations. The animations are professionally arranged and they illustrate the narrator's points effectively. The animations helped shine a light on certain aspects of posture that would be hard to explain if this video was not animated. For example, the narrator explains the curvatures of the vertebra and shows the development of these curvatures from childhood to adulthood. Furthermore, the use of simple backgrounds was especially effective. The backgrounds were not too bright to the eyes (e.g. dark yellow and dark green) which contrasted well with the characters of the video. Although the transitions between different segments of the animations are very smooth, it feels a little too fast at times. Regardless, the video is easy to follow whether the viewer is a younger child or is well into their adulthood
<i>Sounds are clear and background is free from noise</i>	The voice of the narrator is very easy to understand and the background is clear from any noise. The only other noises you may hear listening to this video are the sound effects. For example, a bell when the character gets an idea or the sound of the falling apple. All of those aspects and effects make the video

	smoother and clearer in terms of delivery.
<i>Time to download is reasonable (about 10-15 minutes at the maximum)</i>	This is a YouTube video, therefore the viewer does not have to download anything. Time for the video to buffer/load on a standard 6 mb/s connection is less than 1 minute.
<b>Author/Creator</b>	
<i>The creator and/or organization providing the video are mentioned</i>	The organization TedEd – “Lessons Worth Sharing” is clearly mentioned at the beginning and end of the video. Furthermore, the creators of the video: Murat Dalkilinc, Addison Anderson, and Nadav Arbel are mentioned at the end of the video. In the description box, more information and links can be found.
<i>The information about the creator is up-to date</i>	The video itself does not really mention anything more than the name of the creators. However, the link in the description of the video takes the viewer to the ed.ted.com website which has more information on the lesson/video. On that same page, the viewer can see the creator’s profiles to get more information about the authors.

Provide further support for the use of this YouTube video on your case site.

My role as student 9 in the case group is to find more information on body posture, positioning and balance. Therefore, in my search of a video, I was focused on finding body position issues in sitting. This is because our case is on Stephanie who is a PhD student with chronic back pain. As occupational therapists our focus needs to always be client-centered, therefore as a group, we conducted an interview with Dr. Stephanie. After a brief conversation it was clear that Stephanie’s main concern was sitting at her desk for too long with incorrect body mechanics.

This video is very informative in the sense that not only does it educate viewers like Stephanie about the importance of body posture but it also covers

some basic techniques which could be useful. For example, the video discusses how the use of electronic devices like computers can negatively affect our posture. It also explains that if maintaining a proper posture is difficult which is definitely an issue for Dr. Stephanie, then altering the environment could be beneficial. For example, the level of your computer screen needs to be at eye level or slightly lower than your eyes. Also, the hand rests of your chair need to be adjusted to a higher level as well as it recommends using ergonomic elbow and wrist supports.

The video also explains that muscle aches sometimes occur due to the fact that our posture is not optimal. The body is trying to compensate by tightening and loosening certain muscles which may explain why Dr. Stephanie feels a certain tightness in her shoulders after typing for a very long time. It is important to consider these issues, the video explains that over time poor body posture can lead to certain impairments, disabilities, emotional instabilities and other health conditions. Finally, the video explains that holding a good posture for a very long time can be just as bad if not worse than having a bad posture. This relates to our case because by Dr. Stephanie's own account, she realizes that she does not take many breaks from typing and almost never gets up to stretch.