

Website Critique

Student Name: Paula Tactay

Component: Strength and Endurance Training

Case #: Case of Stephanie (Number 7)

Diagnosis: Neck and Upper Back Pain

Data for Website

Title of the Website	Spine-health
Web Address	http://www.spine-health.com

Criterion for utility in the site. Scale of 1 to 5: 1. Very true of the site 5. Very untrue of the site	
	Criterion Value
Website Content	
The purpose of the website is clear.	1 The purpose of the website is clear which is to provide individuals with a resource for information on back and neck pain.
The website has up to date knowledge.	1 Website is updated; it features new and useful information with videos and animation.
The website is interesting.	1 Website is interesting with a variety of features such as multiple subpages, animations, videos, forums, a blog, and health specialists' contact information, etc.
The website is directly about the topic of the case	2 Website provides comprehensive information on understanding, preventing, and treating a variety of common back and neck pain

	conditions.
The contents about the concept studies are scientifically correct and credible.	<p>1</p> <p>The contents of this website are reviewed by health professionals as well as at least one member of the Medical Advisory Board before the content is publish on the site.</p>
The website covers the topic identified in the title	<p>2</p> <p>Website has a lot of information on different back and neck pain conditions. Specifically there are subpages on upper back pain and neck pain with sections on exercises, stretches, and strengthening.</p>
The information about the creator is up to date	<p>2</p> <p>There is an "About" section (updated January 2014) on the website that tells users who the creators of Spine-health are: Peter F. Ullrich, Jr., MD and Stephanie Burke.</p>
The authors of the website have the appropriate credentials to provide the material on this website	<p>1</p> <p>The authors of the website are a group medical professionals who specialize in treating back pain such as medical doctors, chiropractors, physical therapists, etc.</p>
Website Usefulness	
The website is useful for the occupational therapy student.	<p>1</p> <p>Website is a useful resource for occupational therapy students who want a better understanding of neck and back pain.</p>
The website is useful for the person in the case	<p>1</p> <p>Website is useful for Stephanie in understanding, preventing, and seeking appropriate treatment for her neck and upper back pain.</p>
I would recommend this website for the	1

person in the case	Yes, I would recommend this website for Stephanie as it is a great resource.
<p>Further comments:</p> <p>What components of the site are most useful?</p> <ul style="list-style-type: none"> • The website is clear, allows for users to gather useful information, and some sections are also translated into Spanish. The site has good visual aesthetics with pictures and a modern web design, but at times the website does appear to be over-crowded with text, animations, and videos. • The website has an extensive information on back and neck pain and related conditions. There are multiple subpages on different conditions, prevention, treatments, wellness, forums, a blog, and finding a medical specialist. • The components of the site that are most useful are the conditions and wellness subpages. The conditions subpages provides users with information on a variety of common back and neck pain conditions, including causes, treatment, prevention, and exercises to help users better understand their medical condition. The wellness subpage is a combination of topics on ergonomics, exercises, diet, sleep, and positive lifestyle choices. <p>Do you think an OT colleague of yours would need a lot of former knowledge to use the website?</p> <ul style="list-style-type: none"> • No, this website is fairly easy to navigate even for an inexperience internet user so an OT colleague of mine would not require a lot of former knowledge to use the website. The website is overall well organized but on occasion can be overly dense. <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> <ul style="list-style-type: none"> • This website is useful for Stephanie because the website provides her with general information about neck pain and upper back pain. More importantly there are webpages on neck exercises, stretches, and strengthening exercises to help relieve neck pain accompanied by upper back pain caused by postural problems. These webpages are a great resource for Stephanie as the exercises are clearly explained in text but are also accompanied by illustrations of the exercises; as well the duration and repetitions of the exercises are clearly laid out. There is also a section on ergonomics that can provide Stephanie with guidelines on good posture and office ergonomics that can help prevent work-related neck and upper back pain. Finally, a great feature about this website is that Stephanie can easily find the subsection on neck pain by simply searching it on the search engine on the top-right-hand corner of the website. 	