Website Critique

**Student Name:** \_\_\_\_\_\_\_\_\_\_\_Victor Wu\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Case # + Diagnosis:** \_\_\_\_Case #7, Carpal Tunnel Syndrome \_\_\_\_\_\_\_\_\_\_\_\_\_

**Data for Website**

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| Title of the Website | Posture, movement and Biomechanics 2– Example: Carpal Tunnel Syndrome << Scott Aronin |
| Web Address | http://www.scottaronin.com/posture-movement-and-biomechanics-2-example-carpal-tunnel-syndrome/ |

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| Criterion for utility in the site.  Scale of 1 to 5:   1. Very true of the site 2. Very untrue of the site | | |
| **Website Content** | **Criterion Value** | |
| The purpose of the website is clear. | The reader can gauge that the page will link carpal tunnel syndrome (CTS) to posture, movement, and biomechanics and how these aspects can lead to or prevent CTS. | 1 |
| The website has up to date knowledge. | Page was last edited on November 21, 2011 and the latest academic reference provided is from 2007. Therefore, there may have been much more knowledge produced on CTS since then. | 4 |
| The website is interesting. | A pleasing colour scheme is used and the page is written in almost a conversational tone, making the information easy to read and grasp. However, there is no use of pictures or figures to supplement the text or break it up into more manageable chunks. | 3 |
| The website is directly about the topic of the case | The page speaks a lot to how things like posture or static positions can lead to the development of CTS and even ties it to issues of the upper back and neck, which are central to Stephanie’s case. However, it does work to characterize grip or prehension, other than quickly stating that CTS can lead to numbness of hands/fingers. | 3 |
| The contents about the concept studies are scientifically correct and credible. | Three textbooks are cited, along with two credible websites (WebMD and Mayo Clinic). However, the page does not provide any page numbers for the textbook citations, making it hard to verify the stated facts. Also, much of the information that is written is not cited in-text, making it hard to tell what the author is writing anecdotally and what is from literature. | 3 |
| The website covers the topic identified in the title | The author links the movement and posture pieces back to carpal tunnel, but sparingly ties it back to biomechanics. | 2 |
| The information about the creator is up to date | The site has a section about the author, though it does not seem to have been updated since 2012. It lists his credentials and professional history up to that point. | 4 |
| The authors of the website have the appropriate credentials to provide the material on this website | The author has a masters degree in exercise physiology and nutrition from Columbia University and is also a certified strength and conditioning specialist. He has also taken many yoga courses as well as teaching it to many students. | 1 |
| **Website Usefulness** |  |  |
| The website is useful for the occupational therapy student. | The website does a good job of giving an overview on potential causes of CTS and simple prevention strategies which can be easily implemented. It also touches on some of the anatomical issues and considerations for CTS, which is a useful reminder for me about which structures can be affected. However, it does not consider the occupations CTS can impact and how the condition can influence everyday tasks. Therefore, the site seems to be more medically focused that occupation-based. | 3 |
| The website is useful for the person in the case | Stephanie can gain a lot of good insight into the issues of her wrist and hand with this site. Its more casual tone makes the information easier to take in and linking the wrist pain back to issues with the shoulder and neck is something that she may not have considered previous. The prevention tips will also benefit her greatly, though more strategies and a focus on adapting the work environment would have been more useful. | 2 |
| I would recommend this website for the person in the case | I think this site would be good for Stephanie to take a peek at as it is quick and easy. She might not gain a wealth of knowledge from the information that is there, but there may be some insights that she had not considered. There is some lingo when it comes to the anatomy aspects of CTS but overall the piece is written in layman’s terms. I think this would be a good website for Stephanie to get some introductory information from and serves as a good starting point for the rest of her research into CTS. | 2 |
| **What components of the site are most useful?**  The most useful components of the page are the strategies the author provides to prevent CTS (including which muscles in particular to target for exercises), as well as linking CTS to the upper back/neck issues that Stephanie has been having. The light tone and lack of jargon also helps the information be easier to digest.  **Do you think an OT colleague of yours would need a lot of former knowledge to use the website?**  The hardest part of the page is its inclusion of specific anatomy terms and some medical terms. Beyond that however, there is not much background information needed to understand what is on the page.  **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?**  The strategies that the author mentions to help prevent and delay progression of CTS are useful for the person in the case. The reference list also provides some resources that Stephanie can consider. However, the references are not laid out properly so the texts that are cited may be hard to find. Also, it does not seem like any recent resources are cited or provided. More tools and resources which focused on adapting the office environment to prevent CTS could have also been included or touched upon. | |  |