YouTube Video Critique

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

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

**Data for Video**

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| Title of the Video | Grip Strength & Hand Exercise |
| Duration of the Video | 6:00 |
| Number of Days on YouTube | 7 years, 10 months |
| Total Number of Views | 116,135 Views |
| Any Links to the Video | www.handmasterplus.com |
| Comments of the Viewers | Some comments are very skeptical of the video, especially as the creator is trying to sell his product at the end. Users commented that similar exercises can be completed without purchasing his product. Other users were asking questions to the creator of the video, as he is active in the comment section as well. Questions are generally things like “What do you think of grippers?”, “Will the product help me with martial arts?” etc. The video creator responds accordingly, always promoting the use of his product. Not an overly positive tone to the comment section, but there are a few users vouching for the product.  |

**Criterion for utility in the site.**

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| **Technical Aspects** |  |
| Images are clear | The video was shot with a low quality camera and is therefore a little unclear. However, still able to see the actions he was demonstrating |
| Sounds are clear and background is free from noise | Yes |
| Time to download is reasonable (about 10-15 minutes at the maximum) | Yes, less than 10 seconds |
| **Author/creator** |  |
| The creator and/or organization providing the video are mentioned | Yes, the creator is Dr. Terry Zachary, promoting the Handmaster Plus product |
| The information about the creator is up-to date | No, there is no information on him other than the fact that he is a doctor (though his exact credentials are never stated) |
| **Provide further support for the use of this YouTube video on your case site.** The biggest drawbacks to this video are the low quality of the visuals and the fact that it is ultimately a video to promote the Handmaster Plus product. Though the commercial aspect of the video may seem like a large turn off, I feel that it should not detract too much from the otherwise informative content. Dr. Zachary starts by giving a basic overview on the location of the flexors and extensors of the hand without using much jargon or overwhelming specifics. He then provides insight into the importance of the extensors of the hand while gripping, providing an analogy for the counterintuitive concept. He also emphasizes the idea of a balance between the flexor and extensor muscles of the hand and how an imbalance (typically an overuse of the flexors) can lead to injuries like carpal tunnel. A lot of the rest of the video is dedicated to showing the Handmaster Plus product, which may not be as useful to Stephanie. However, the product does work to provide resistance in both hand flexion and extension to strengthen both muscle groups and the video goes to show the exercises that can be done with this product. Stephanie might be able to use the concept and design of the product and create a makeshift version of her own, performing similar exercises. The video also touches on the fact that performing strengthening exercise for flexion and extension can benefit not only office workers, but musicians (helps with holding their instrument for an extended period), and athletes as well, and also has a few other activities in the description which may benefit from this strengthening. Therefore, there is not only a bit of an occupation focus to the video, but touches on prehension and grasp by mentioning these few tasks. Though overall, the video is really a long ad for the Handmaster Plus, I think its concepts can be used by Stephanie in ensuring that her hand flexors and extensors remain balanced and also provides a design for a tool she might be able to craft herself.  |