



Bodyhealth Software™

Bodyhealth Software™ is a wellness software that is aimed at individuals who spend long hours in front of a computer, putting them at risk of musculoskeletal disorders through poor ergonomics and sustained postures and repetitive tasks.

Bodyhealth Software™ allows individuals to reduce their musculoskeletal problems such as headaches, neck pain, and back pain etc. by:

1. Performing their own workstation ergonomics, guided by the program
2. Performing active micro breaks in the form of clinically targeted desk exercises, generated by the program.



Bodyhealth Software™ is based on a clinical trial and scientific research. It is a software program that is a desktop app, compatible with Windows XP, Windows 7 (32 and 64 bit), Windows 8 and Mac, allowing computer users from across the board to benefit. Bodyhealth Software™ has a reporting system that both the user and HR can use to track ergonomic problems and recommendations as well as exercise compliance. This report can be saved, printed and emailed.

A clinical trial was performed in 2013 involving office workers with postural neck pain. There were 2 groups in the trial who were randomly selected. The control group received an ergonomic workstation assessment and adjustment only, the experimental group received an ergonomic workstation assessment and adjustment as well as the neck pain module from the software program. The important findings from this trial were that ergonomic workstation adjustments were statistically significant in reducing the neck pain disability scores of individuals suffering from postural neck pain, and adding the neck exercise module greatly enhanced the statistical results in the intervention group further.*

The ergonomic assessment module in the programme is based on research by Canadian ergonomists, with their permission, combined with the occupational ergonomic experience of the creator of the software.

*The Neck Pain Disability Index Score tests the effects of neck pain on daily life. The higher the score, the more neck pain is negatively affecting a person's daily life.

Computer use is growing rapidly in the world and South Africa, constantly increasing the proportion of the population influenced and affected by this technology, with a parallel increase in musculoskeletal disorders such as neck pain, back pain, headaches and carpal tunnel syndrome.

These musculoskeletal disorders have been shown to negatively affect the GDP substantially (up to 5 %) and are in fact amongst the top 5 causes for lost income due to ill health and reduced productivity.

Finding a cost effective solution with on the ground results can only benefit everyone, employer and employee alike.

Bodyhealth Software™ Individual is both cost effective and has proven on the ground results through its clinical trial.

