



**Office work is very often characterized by:**

1. Passive work and performed sitting down. Even when elevation tables are available, only 15% use them frequently.
2. Many tasks in the office are characterized by high repetitive work in hand and arms. Writing, document control, graphic, and accountant work are typical examples of high-risk tasks

**The physical challenges lead to:**

1. 2% of all office workers experience issues with carpal tunnel syndrome and tennis elbow.
2. 15% reports low back pain within the last 4 weeks
3. Physical symptoms like headache, tension in shoulder and neck are very common among office workers

**The consequence is lowered efficiency, high sick leave, and lower life quality**

**The Zurich Insurance case:**

In Zurich Insurance a group of employees had elbow issues due to extensive computer work and increasing work from home. In the specific case, a group of **22 individuals with more than 6 months of elbow pain** participated. They wore the **MLI® Elbow for 6 weeks** and followed the guidelines and recommendations provided - based on their individual strain.

**The results:**

After using the MLI® Elbow for 6 weeks there were:

1. **25% reduction in critical strain and**
2. **38% reduction in pain**

Several participants requested afterwards prolonged use to maximize the results further and to anchor the new behaviors.