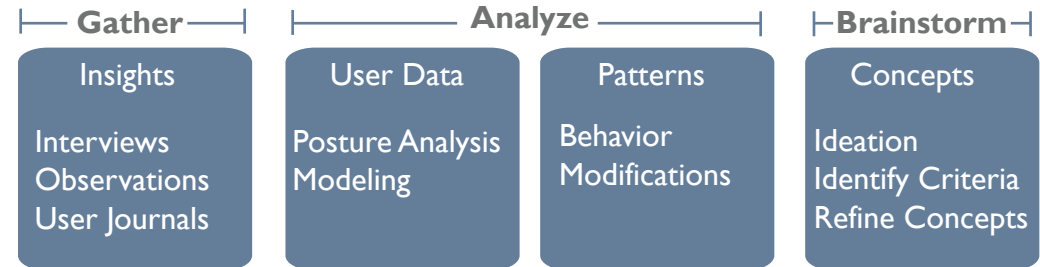


Posture Assessment of Video Gaming

The purpose of this project was to examine the task of video gaming and resulting chronic conditions of fixated seating on the musculoskeletal system.

Design recommendations are made based on identified areas of intervention and behavior modification to support healthier postures.

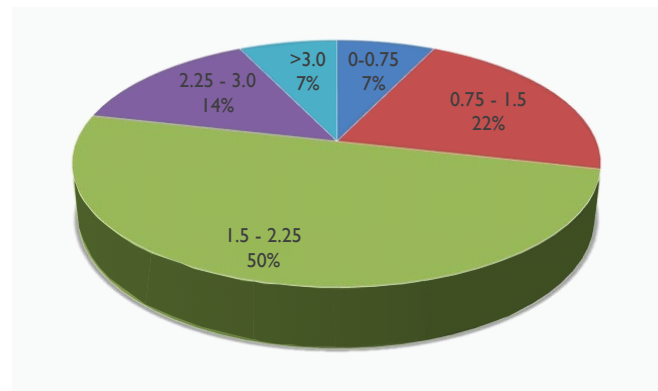
Design Process



Journal Self-Reporting

Fourteen participants were asked to self-document their weekly gaming habits through prepared consumer journals including duration, location and any resulting feelings of discomfort.

Major issues identified from collected user journals included pain felt in the lower back from poor posture, reports of arms and legs falling asleep during extended durations of play, discomfort felt in areas of the elbows, wrists and knees, and overall seats being non user-friendly.



Avg. Consecutive Hours Played

The average video gamer spends 2-3 consecutive hours a day playing video games, often without breaks. Most male participants between the age range of 12- 32 spend up to 14 hours a week playing games.

14 participants - 11 M, 3 F
Average Age 25 y/o

