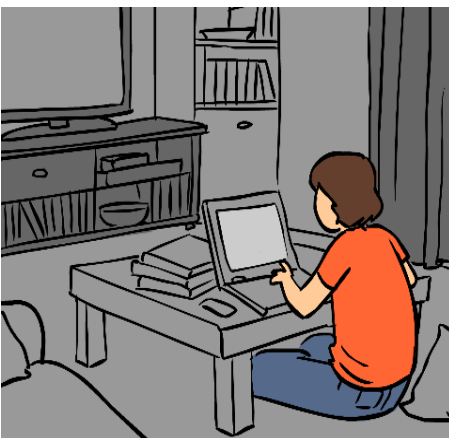




Trastornos musculoesqueléticos



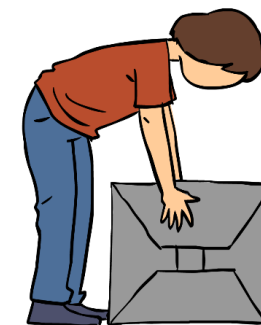
Flexionar y girar el tronco



Adoptar posturas inadecuadas frente al ordenador



Sobrecarga muscular



Lumbalgia



Cervicalgia

