

PROGRAM - Ergonomics for Knitting

Robin M. provided a summary of her full-day workshop with Carson Demers, who is a physical therapist and also a knitter. She explained how to attain neutral position with arms supported, and the importance of moving every 15-30 minutes (use a different stitch marker as a reminder of when to move). She also discussed contact stress, how to pick the right kinds of needles for particular yarns and textures, and provided handouts with this information as well as suggested specific exercises.