



ERGONOMICS IN CAMINO DE SANTIAGO II



**Addressed to:
Pilgrims traveling to Santiago**

**Produced by:
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WHAT YOU SHOULD KNOW ABOUT

- Feet, the vehicle in the mountains
- Proper clothing
- Right use of the stick

FEET, THE VEHICLE IN THE MOUNTAINS

Recommendations:

1- You have to "**tame**" boots slowly in short trips so that they will adapt to your feet. A new or unused long boots, can cause chafing.

2- **Tie them properly:** they should fit right but without squeeze anywhere.



3- Keep your **feet clean** by washing and drying them conveniently. Apply a little Vaseline or moisturizer over your dry feet.

4- **Nails** must be short and straight (not peak) to avoid injury.

5- **Socks** must be of your size and never bigger to avoid wrinkles and chafes.

6- When finishing the route, take **contrast baths on your feet** (cold and hot water) to stimulate circulation. Take also a **good massage**.



PROPER CLOTHING

Indispensable things to carry in your backpack:

— Rubber flip flops for the shower.



— Lightweight, quick-drying pants. At least one of them long. A good option is pants with detachable legs .

— Shirts or jackets: lightweight and fast drying.

— Sweater or polar fleece.

— Several changes of underwear.

— Several pairs of socks.

— Hat or cap.

— Raincoat



Optional:

— A bathing suit (it can replace one of the pants). You can find pools or rivers where maybe you would like to take a dip.

— Sunglasses.



USO DEL BASTÓN

1- If you walk **with one stick**, you should change hands occasionally to distribute the effort between the two arms.



2- If you walk with **two sticks** body works better, but more attention to coordination must be paid. In addition, excessive use of two walking sticks can cause injury in the natural balance because you get used to additional points of support.

3- Depending on the type ground :

- On flat ground you should take the stick at the elbow height with the arm bent at a right angle

- If you walk uphill you have to grab it below and sink it into the ground to push yourself up.

- Downhill is advisable to grab the shoulder and foot nail it ahead to download the weight on the arm.

4- **Going forward**, the stick should move with the opposite leg .

