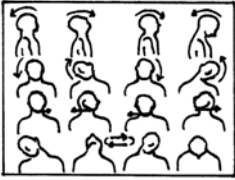



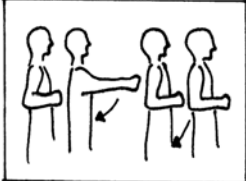

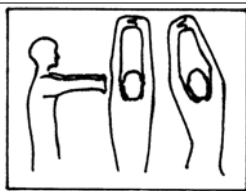



Supplemental Digital Content 1

Ergonomic principles

- Monitor and surgical team position ^[15,18]
- Height of the operating table ^[16]
- Use and position of foot pedal ^[19]
- Footrests ^[17]
- Sit/stand stools for micro-breaks ^[17]
- Lead aprons ^[17]
- Anti-fatigue mats and footwear ^[17]

Self-treatment exercises	Bodily area	Phase 1	Phase 2
Two-phases-protocol for each bodily area, 5 minutes before and after the procedure	Neck		
	Neck and shoulder		
Phase 1 No-resistance active exercises: 10 repetitions at least	Shoulder and upper back		
	Upper and lower back		
Phase 2 Static stretching: 20 seconds at least	Upper and lower back	