

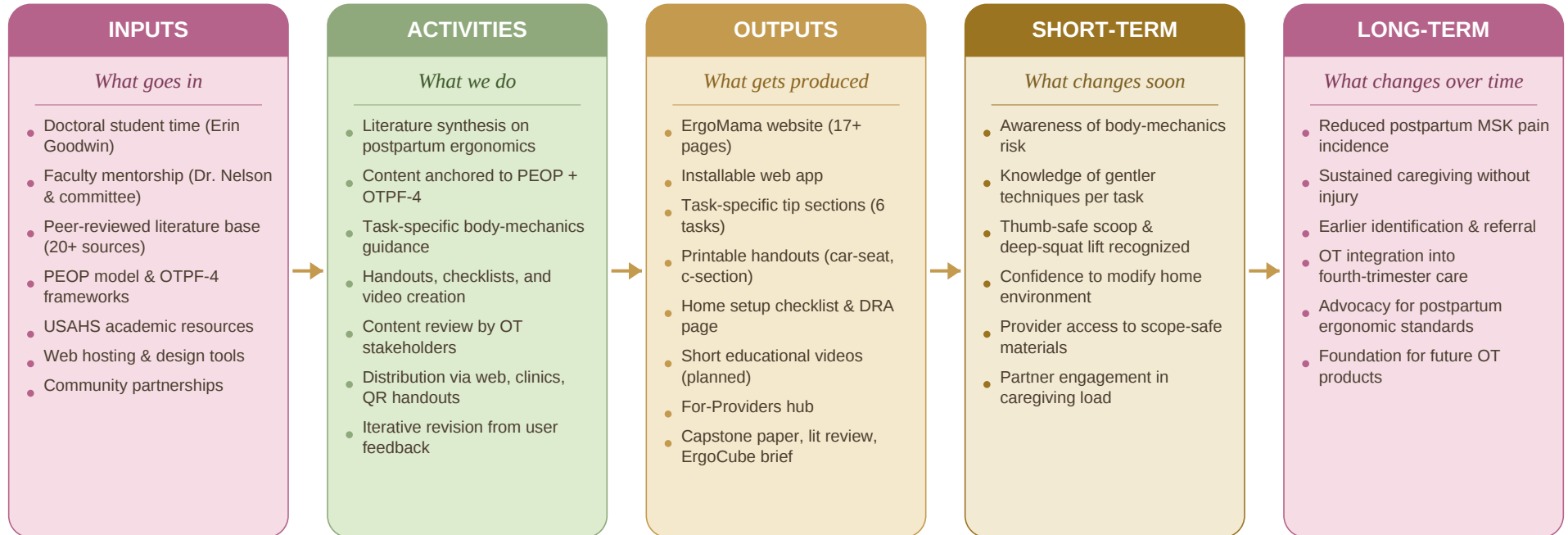
ErgoMama — Program Logic Model

Preventing strain, supporting strength.

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THE PROBLEM

Up to 97% of new mothers report postpartum musculoskeletal pain, yet only about a quarter receive any ergonomic education. ErgoMama closes that gap with free, evidence-anchored, occupation-based body-mechanics education.



Person + Environment + Occupation → better Performance

ASSUMPTIONS

- Postpartum mothers are motivated to protect their bodies given accessible, non-judgmental education.
- Web- and video-based delivery is a valid channel for postpartum education (Kim et al., 2022).
- Providers will share free, scope-safe resources when distribution barriers are removed.
- Small, task-specific behavior changes yield meaningful reductions in cumulative load.

EXTERNAL FACTORS

- Fourth-trimester care delivery varies by region and health system.
- Individual caregiving load, birth recovery, and support differ across families.
- Access to internet, smartphones, and healthcare varies across the population.
- Clinical adoption depends on provider workflow and organizational openness.

THEORETICAL FRAMEWORK

Person-Environment-Occupation-Performance (Christiansen & Baum; Bass et al., 2015; 2024) · Occupational Therapy Practice Framework, 4th ed. (OTA, 2020)

An occupational therapy doctoral capstone project · Every column maps to PEOP components and the OTPF-4 domains of Caregiving, ADLs, IADLs, and Health Management.