Client Ergonomic Assessment Report

Personalised sim racing posture, positioning and rig adjustment recommendations

Client name	Just Dave
Assessment date	16/11/2026
Assessment package	£49 - Written Assessment
Assessor	David Best
Report issued	16/11/2026

1 Summary

Client contacted SRE with pain in the front of his shoulders and upper back in the scapula area. This pain is mainly presents in the sim rig, but can flare up after long sessions with symptoms lasting some days after. Believed to be chronic as issue that has persisted over 12 weeks. After assessing the clients image and subsequent conversations about his career and working conditions, SRE was able to determine that the client is typically in a more shoulder forward position due to working at a computer all day, then sim racing in the evenings for 2-3 hours at a time. Due to the forces applied through the upper body from a high powered, incorrectly placed wheelbase and wheel, it's clear that this is causing more tension and work through the Anterior Deltoid (Front Shoulder Muscle) and that the Scapula (Shoulder Blades) supporting muscles i.e Rhomboids and Mid/Low Trapezius are not supporting the shoulder sufficiently. Recommended actions in this review should see the client become pain free within 2-6 weeks.

2 Client goals and assessment inputs

Main concerns / discomfort	Pain and discomfort in front shoulder and between shoulder blades when sim racing
Client goals	Pain reduction over long racing sessions
Rig / seat / wheel / pedals	SimLab P1X Ultimate, SimLab S1 Enduro GT, Simagic Evo ultra, Simagic P-Active pedals
Materials reviewed	Images provided by client with follow up conversations and questions
Relevant history or restrictions	Pain only presented with a new rig and wheelbase. No previous issues reported.

3 Original client photographs

Insert the original client-supplied images without modification. Identify each view and capture conditions.

Image A — original side view



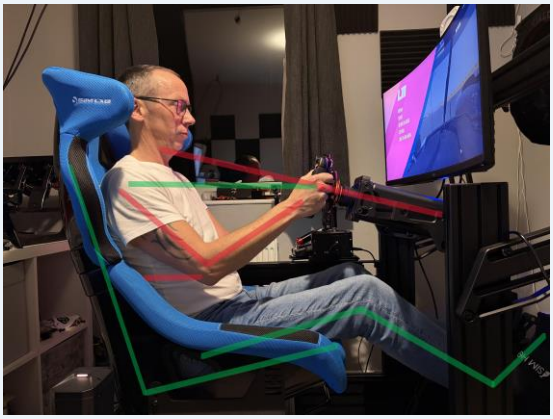
Image B — original front / alternate view

No further image required

4 Visual findings — annotated assessment and recommended changes

Use one visual findings panel for each significant issue. Insert the client's original view alongside your marked-up copy, then explain what you observed, what to change, why it may help and how the client should check the result. Duplicate a panel as needed. Label estimated angles as estimates, not measurements.

Finding 01 — Overall posture

CLIENT ORIGINAL — BEFORE	SRE MARK-UP — ANNOTATED
	
Observation / visible evidence	Overall posture is mixed. Seating position is fine for the back, legs, knee and pedals. Distance from Wheel to body is too far and wheel angle is too high. This results in the elbows being brought too far forward from the body which is leading to shoulder discomfort and instability due to overworking the front shoulder muscles and the shoulder blades being in a more vulnerable position.
Recommended change	See blow – various wheelbase and wheel adjustments required
Reason / expected benefit	With the posture in its as-is position, this is putting excess strain on the front shoulder and causing the scapula (shoulder blader) stabilizer muscles to function incorrectly. By making the recommended adjustments and doing the exercises/stretches below, this will bring the upper body into a more natural position and strengthen the weaker muscles in the shoulder blade area, while allowing the pressure on the front shoulder to reduce. Expected outcome is a complete reduction in pain.
How to verify	'Pressure' or tension on the front shoulder muscles should reduce, not completely as they will still do work in sim racing, however you should feel more stability in the upper back at the shoulder blade area after a short period of the below recommended exercises and stretches.
Assumptions / confidence	Unable to see much of the ankle due to the upright, however this is not impacted the reported issue, so not a causable factor to require further imaging or investigation.
Client action priority	Detailed below

5 Recommended changes

Priority	Area	Recommended change	Reason / check
1	Wheelbase	Bring Closer to you by 1-1.5inches	Elbows should be slight closer to the body without being impeded when turning wheel past 90 degrees
2	Wheel	Tilt the front of the base down by 1cm	Brings the wheel angle in line with the middle of the throat. You can verify these changes at 90 degree wheel rotation – you should have a neutral wrist position.
3	Wheelbase	Lower from 25NM to 18NM	Forces are too high for build and shoulder stability

Implementation guidance: Follow the visual findings above. Make one change at a time, photograph the revised position from the same angle and test comfort and control during short sessions. Do not force a position or persist with changes that worsen symptoms.

6 Optional mobility, stretching or conditioning

Exercise / stretch	Purpose	Suggested dose	Technique / precautions
Front shoulder stretch	Reduce built up tension	2 x per day for 20 days	Stay within mild discomfort during the stretch - https://youtu.be/y33JqS7DFZA?si=lNUVg_ii2mmB5y5G
Pectoralis major stretch	Assisting with the forward position of the shoulders, and the Scapula exercise below	Before each workout	Stay within mild discomfort during the stretch and only to be done before the exercise below - https://youtu.be/U97ktFbE_ZM?si=HpjtaTMVhtE6UMav
Pectoralis Minor Stretch	Assisting with the forward position of the shoulders, and the Scapula exercise below	2 x per day for 20 days	Stay within mild discomfort during the stretch and only to be done before the exercise below - https://youtu.be/SR5JeNEYneY?si=EDLimDqMrrePq6w1
Reverse Dumbbell fly's	Shoulder blade stability	3 x 20 reps 4 x per week	Can be done at home with substitute identical weights i.e. bag of rice - https://youtu.be/3MKmYlhxgOo?si=0TDShALmxf8YSTQW

Exercise safety notes: If you are unsure how to safely follow these videos, seek a gym instructors guidance. They will be free and shouldn't cost any money if you are a member of the gym. If you are at home, follow the guidance in the videos carefully and stay away from sharp pain or use light weights and control the weight carefully during the exercise. Contact me with any questions if required.

7 Assumptions, uncertainties and limitations

Assumptions: Assumed ankle is in correct position as pictures provided are not clear in that regard. no other assumptions were made in this assessment.

Uncertainties / information needed: No uncertainties or information required

Limitations: This report is based on remote information and visual review, not an in-person physical examination. Estimated positions and angles may differ from actual measurements.

8 Overall conclusions and next steps

Summary of key findings: Client presented with anterior (front) shoulder pain when sim racing. After conversations via video call with the information provided by the client i determined that the wheelbase NM was set to 25NM and 70% in game. This mixed with the client's position in the sim rig indicates that the power is too high for the position his upper body is in. I have recommended the client to make the adjustments indicated above to bring the wheel into a more neutral position for his upper body and lower the NM of the base to 18NM. Remedial exercises have been provided above to help with shoulder stability.

Review / follow-up arrangements: Client has 30 days from the creation of this report for follow-up adjustments to fine tune to comfort and preference.

9 Scope and important safety information

This is a sim-racing ergonomic assessment and is not a medical diagnosis, physiotherapy service or substitute for clinical assessment. Recommendations are based on the information supplied and may require adjustment following feedback. Do not force painful positions or exercises; stop changes that worsen symptoms. Seek appropriate medical advice for persistent or worsening symptoms, and urgent medical help for serious new neurological or other emergency symptoms.

Prepared by: David Best Date: 16/11/2026