The performance of surgery imposes physical challenges with potentially lasting consequences on surgeons. The surgeon operates in relatively static positions, held for long periods of time, resulting in stiffness and pain that often persists outside of the operating room. Ergonomic risk factors for pain/discomfort are awkward postures, static positions, high force exertion and long periods of working time without breaks. However, surgeons accept pain and discomfort as the “cost of the job” and accept of the poor ergonomic working conditions for the sake of their patients where “the needs of the patient come first”. Both the physical and mental workloads for surgeons and their teams are high. These two stressors in combination with long hours with little time for recovery can lead to work-related musculoskeletal disorders, reduction in quality of life and burn-out for the surgeon and surgical team.