Outcome of treatment of work related musculoskeletal disorders in an onsite clinic
– a case study in a single IT company

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1. Introduction

Use of computer substantially increased in working populations throughout the world as well as in India. 64% of Indian IT professionals reported symptoms of pain and discomfort in a recent study. Several risk factors are associated with the development of work related musculoskeletal disorders (WRMSD) among the workers who use computer extensively at their workplace. All the risk factors can be divided into two major categories: occupational and non-occupational or personal. Among the occupational factors, repetition, force, awkward/static postures, duration of exposure and vibration are the major risk factors. The primary aim of this study was to analyze the clinical features and outcome of treatment of WRMSDs in onsite clinics of a single IT company in India.

2. Methodology

It is a case study done in a single IT company in India. Occupational health records of 7672 employees who worked for a single IT company in 7 locations and who reported musculoskeletal pain and discomfort were retrospectively analyzed. All the subjects reported their symptoms to the designated Physiotherapist cum Ergonomist at the onsite clinic in their respective office premises. The subjects were assessed and details including demographic data, symptom(s), work relatedness of the condition, regional distribution of pain, and diagnosis were recorded. The assessment was followed by treatment using a sequenced rehabilitation protocol. The status of recovery was noted during follow up visits. Subjective feedbacks were collected from the subjects about their functional recovery with help of VAS scale. Data was analysed statistically using descriptive tools like mean and percentile values.

3. Results

Out of 7672 subjects 74% were males and 26% females. Though men had more problems according to results, there is no relation between gender and MSD symptoms. More men are affected as men workers are more in number than women. Mean age of the subjects was 29 years. 97% of the subjects were IT professionals of different cadres which included programmers, HR, team lead and senior managers who work in a computer varying from 3 hours to 12 hours a day.

Over 80% of the symptoms were found to be work related. The commonest non work related disorders were post fracture pain, muscle strains of traumatic origin while playing sports or exercising in the gymnasium. Common work related problems were listed in table 1. Common body regions affected were lower back (60%) followed by neck (53%) and shoulder (25%). Statistical analysis revealed significant recovery among most of the subjects after treatment. 99% of the subjects were found relieved from their current symptoms.

Table 1. Common WRMSD’s

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>%</th>
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</thead>
<tbody>
<tr>
<td>Myofascial Pain Syndrome</td>
<td>40</td>
</tr>
<tr>
<td>Thoracic outlet Syndrome</td>
<td>27</td>
</tr>
<tr>
<td>Fibromyalgia Syndrome</td>
<td>17</td>
</tr>
<tr>
<td>Wrist tendinitis</td>
<td>02</td>
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</tbody>
</table>

4. Discussion

The study revealed that WRMSD were most commonly reported than MSD’s due to other causes among IT professionals. Traumatic MSD’s were mostly caused by sporting activities or exercising in a gymnasium.
without proper assistance. The study recommends setting up onsite clinics in offices in order to prevent and effectively treat both work related and non work related MSD’s.

References


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