

# Work-related Musculoskeletal Disorders, Ergonomics and Orthopaedics in the Workplace

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## Introduction:

Musculoskeletal pain is the most common reason for consultation in Occupational Orthopaedics. Pain is always related to work by the patients and has received different names, the most common is Work-related Musculoskeletal Disorders (WRMDs).

## Methods:

A descriptive study has been carried out to evaluate the application of ergonomic measures in the prevention of WRMDs in different workplaces of light industries and services companies.

## Results:

Two types of WRMDs were described:

- a) Specific WRMDs related to physical work load demands and ergonomic risk factors that respond to physical ergonomic measures.
- b) Unspecific WRMDs related to mental work and psychosocial factors associated with non-occupational risk factors that respond to organizational ergonomic measures.

## Discussion & Conclusions:

WRMDs are related not only to physical work load demands but to mental work, psychosocial factors and non-occupational risk factors. Classical orthopaedic approach to the problem is insufficient. The evaluation of the medical and occupational history and the combination of physical and organizational ergonomic measures is the most useful tool in the prevention of WRMDs. A multidisciplinary team is mandatory for an effective outcome.

## References:

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