E-Poster

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Low Back Pain in the Workplace: Epidemiological Insights and Rehabilitation Strategies

Topic: Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

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BACKGROUND

Spine disorders and the pain they cause represent a significant medical, social, and economic challenge, particularly within the paramedical sector.

However, there is a lack of research in Tunisia that evaluate the prevalence and nature of spine pain among physiotherapists (PTS). To more understand this gap, we conduct a study focusing on people working in the town of Mahdia (Tunisia), we had also explored the influence of personal and professional factors.

METHODS

A Self-administered questionnaire (demographic data, details of work related pain, work setting, and effect on professional activities) was sent to PTS working either in hospital or private practice. The study was conducted over a period of two months, from November 2024 to December 2024.

RESULTS

Our 55 respondents were meanly aged between 42 -75 years with 22 men (about 40%) and 33 women (about 60%). The median of seniority at work was seven years [1-15 years]. Prevalence of spine disorders was 81% with a female predominance (75%). The most common complaint was neck pain (52%) followed by low back pain (30%) and 15% of participants reported middle back pain. Main factors revealed were prolonged standing (60%), treating a large number of patients in a single day and poor posture (45%). Discomfort at work was reported in 80% of cases and 30% of physio-therapists required sick leave.

CONCLUSION

This study highlights the high prevalence of spine-related musculoskeletal disorders, particularly neck and back pain, among PTs. Key risk factors include lifting, transferring, awkward postures, and heavy workloads. To reduce risks without compromising treatment quality, PTs should use mechanical aids and implement strategies to minimize physical strain during patient care.

Statement of Disclosures

None

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