

4th International Conference on

Orthopedics & Rheumatology

October 26-28, 2015 Baltimore, Maryland, USA

Prevalence of musculoskeletal disorders in farmers of Kanpur-rural, India

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Background: Musculoskeletal disorders are prevalent and the impact is pervasive across a wide spectrum of occupations, as is evident from numerous studies conducted across the globe. However, there are very few studies that document the prevalence of MSDs in India and there are hardly any studies that focus on the country's farming community, which constitutes more than 58 percent of the Indian work force. Thus in the present study an attempt has been made to analyze the prevalence of MSDs in farmers of Kanpur-Rural, India.

Methods: A sample of 300 farmers of Kanpur rural district, aged between 20-70 years, was selected. NMQ to measure the musculoskeletal disorders was given to all the farmers.

Results: Analysis of data identified four most common MSD affecting the farmers of Kanpur-Rural: LBP (60%); knee pain (39%), shoulder pain (22%) and neck pain (10%).

Conclusion: Finding of the present study shows that yearly prevalence of MSDs in farmers of Kanpur-Rural, India is alarmingly high and it suggests that nearly 60 percent of Indian cultivators could be afflicted by this disease, which urgently needs to be corroborated by similar studies at the national level. LBP is the most prevalent type of MSDs affecting the farmers. Knee, shoulder and neck pain are other important MSDs affecting farmers in the study area. Observations made during the present study suggest that poor postures and lack of ergonomic awareness in the farming community are the two principal causative factors contributing to the development of MSDs.

Biography

Garima Gupta is a result oriented Physiotherapist. She is presently working as Head of Department, Researcher and Assistant Professor in Saaii College of Medical Science and Technology, India. She has done her graduation from super specialty HOSMAT Hospital Bangalore. In 2010, she completed her Master's in Physiotherapy (Neurology) from Indian Spinal Injury Center, New Delhi. She is actively involved in various ongoing research projects and has multiple international books and research publication in the field of physiotherapy. She actively contributes as Reviewer for many international journals. She has also presented two papers in international conferences.

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