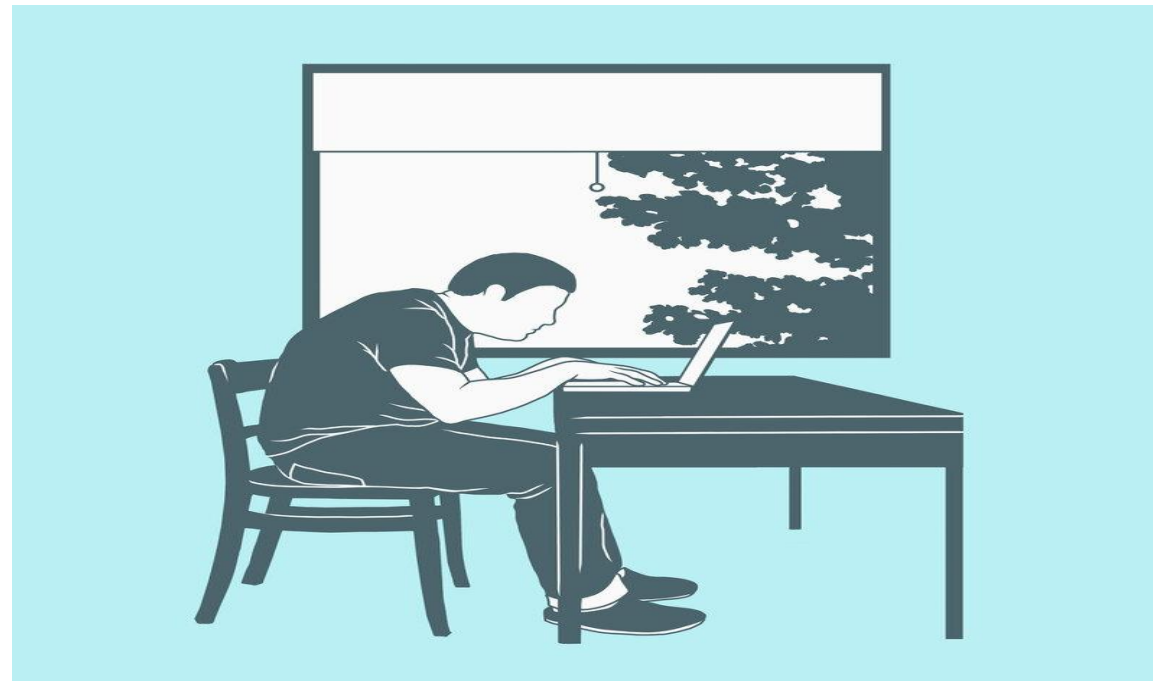


Inconspicuous Health Issues Related to Work



Objectives

- To help communities to be aware of common health problems related to work.
- To prevent people from having serious medical conditions resulting from long standing occupational ill health.
- To promote healthy working habits in the long run.

Outlines

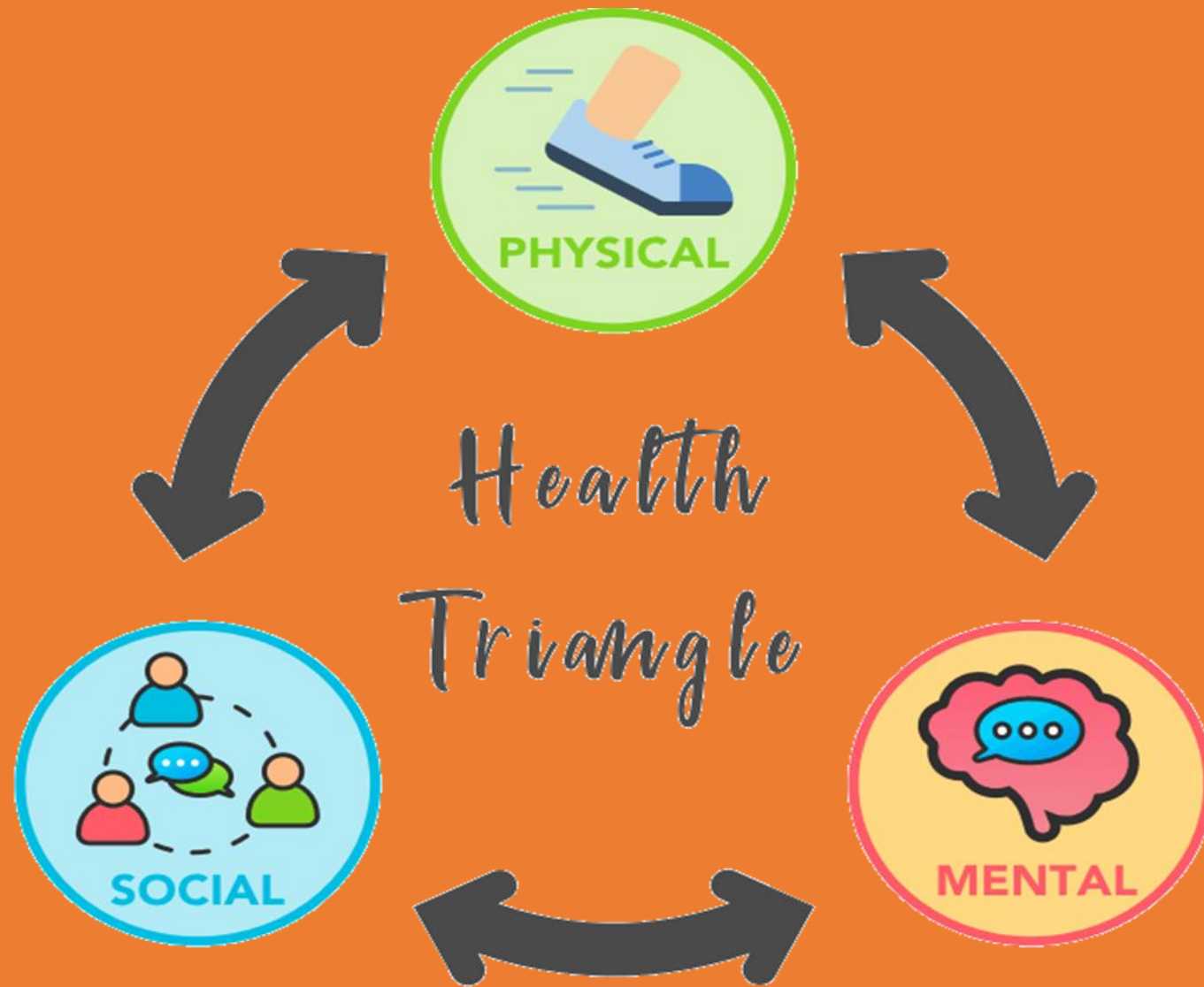
- What is Health?
- What are the common health issues encountered at work?
- How do they happen?
- How could we prevent them?
- How could we manage them?
- Q & A Session

What is Health?



Health Definition

- Health is a state of complete physical, mental and social well-being and NOT merely the absence of disease or infirmity (WHO, 2023).

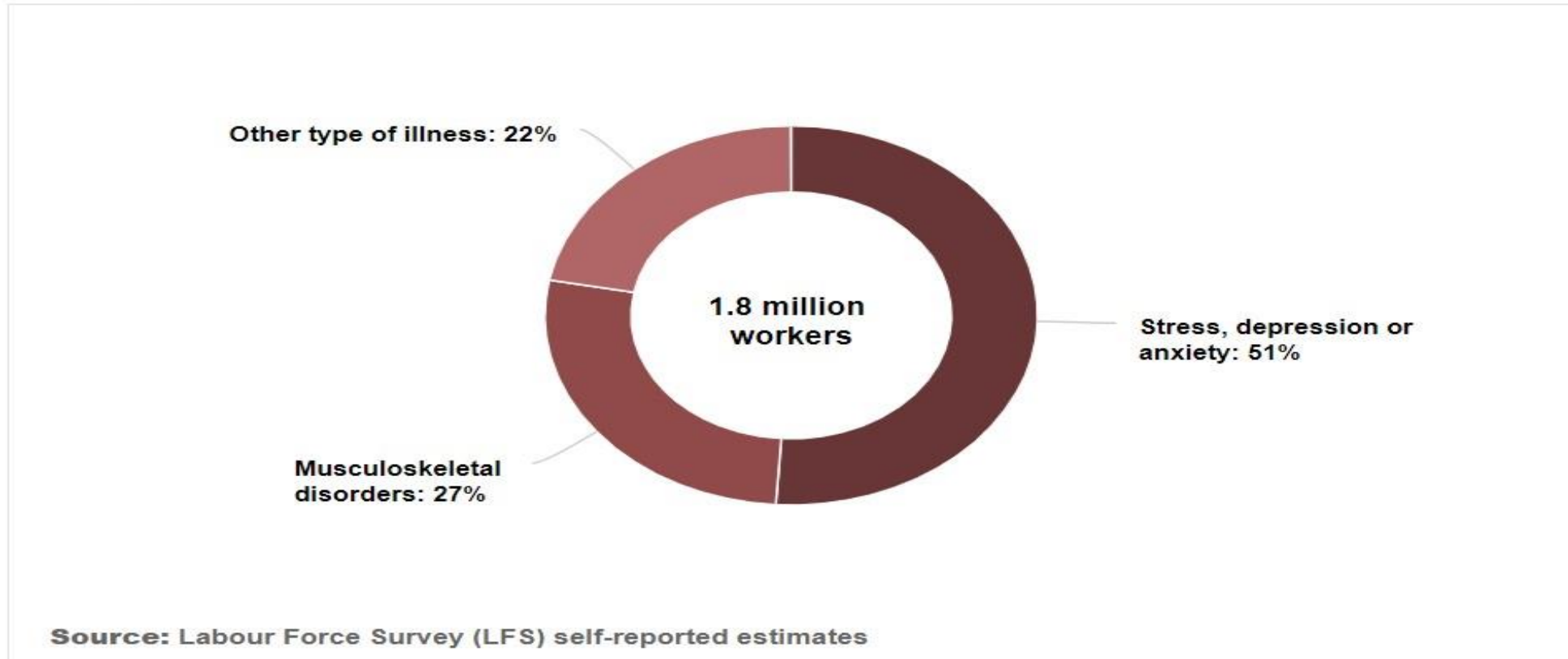


(Mindmypeelings, 2019)

What are the common health issues related to work and how prevalent are they?

According to Labor Force Survey in Britain,

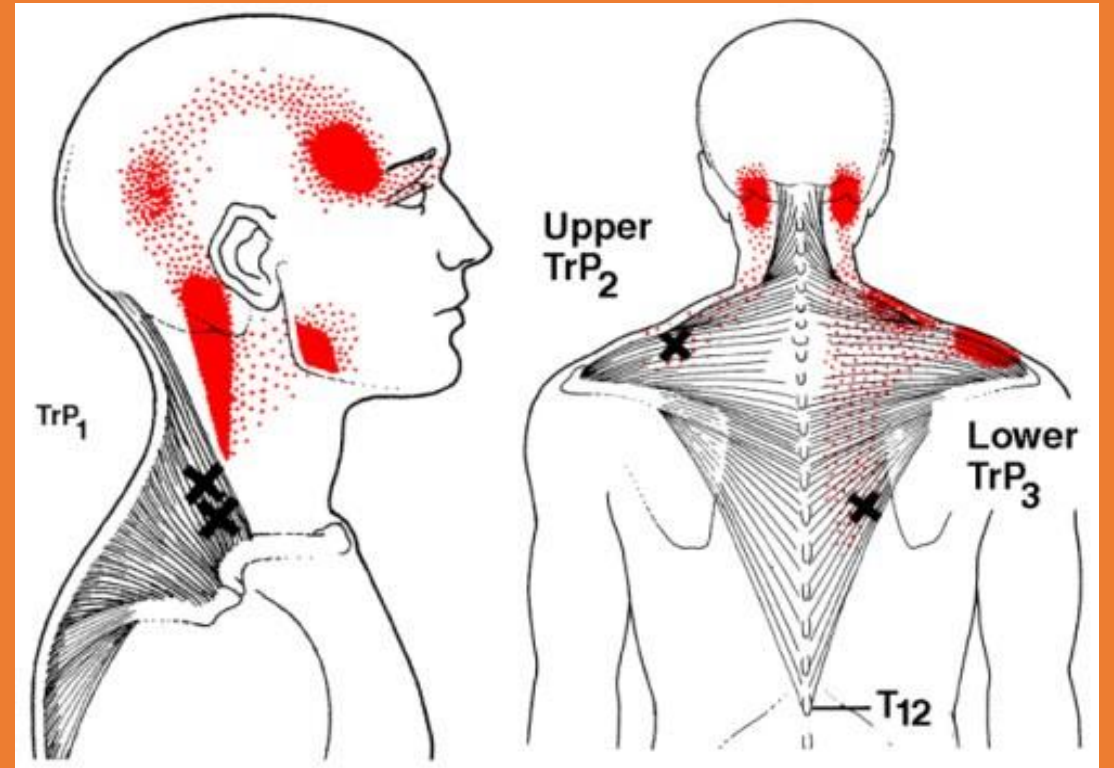
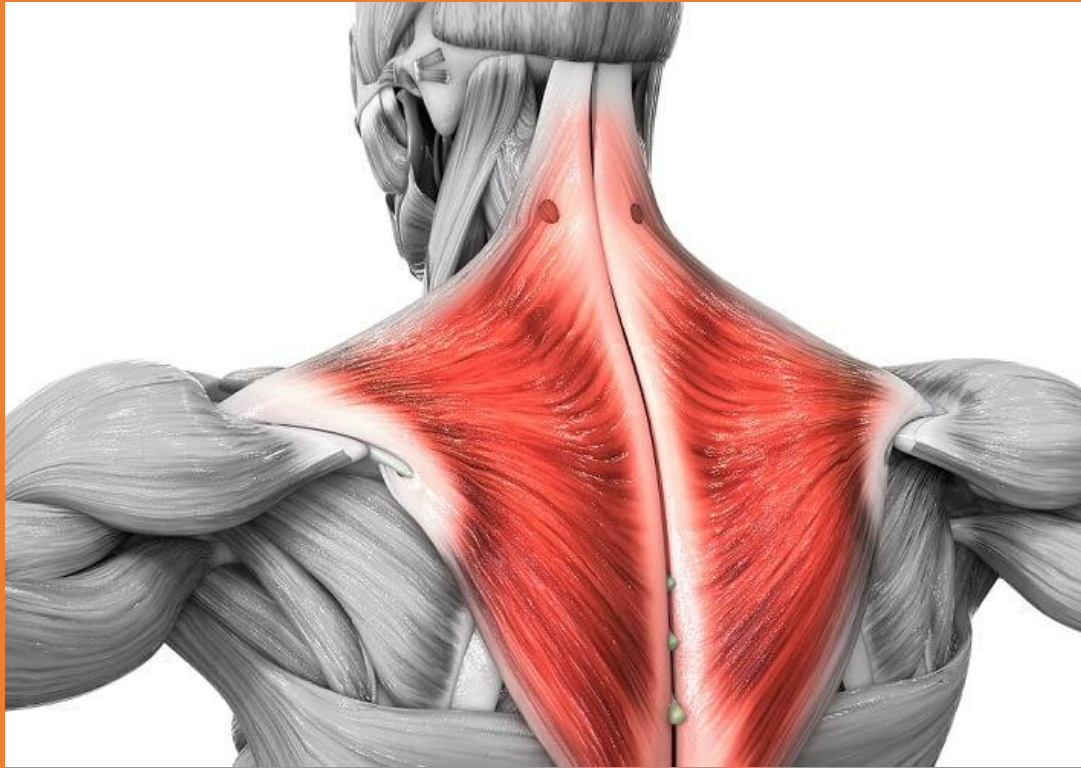
New and long-standing cases of work-related ill health by type, 2021/22



Musculoskeletal Disorders

- 1. Trapezius muscle spasm
- 2. Mechanical Low back pain (Paraspinal muscle spasm)
- 3. Cervical Spondylosis
- 4. Lumbar Spondylosis
- 5. Carpal tunnel Syndrome
- 6. Trigger fingers
- 7. Disuse syndrome

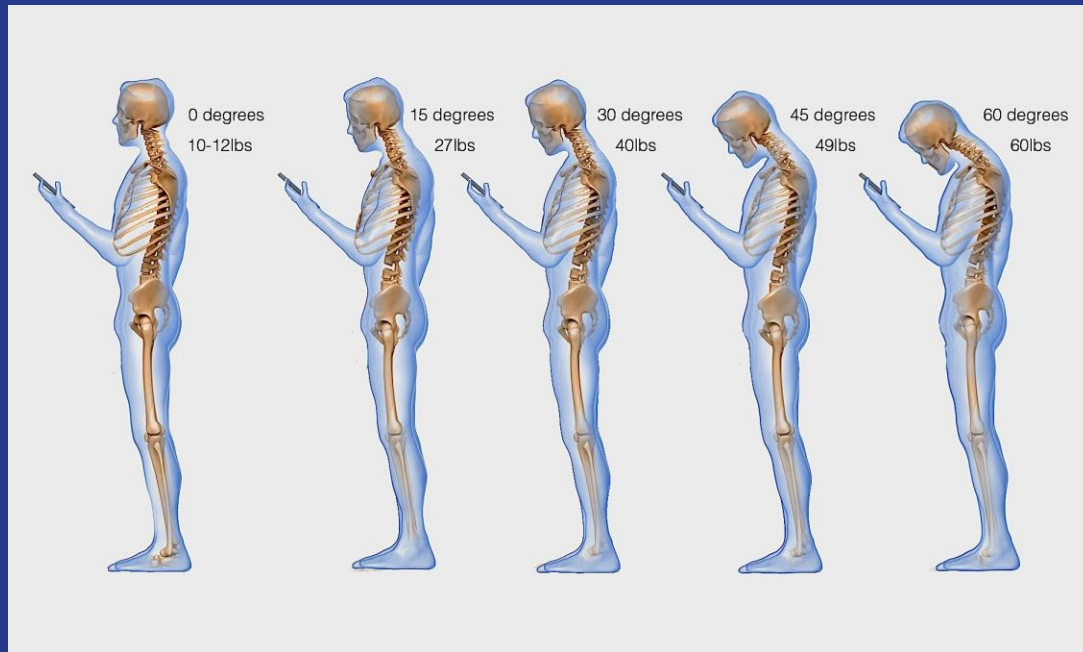
1. Trapezius Muscle Spasm



Source; <https://biologydictionary.net/trapezius-muscle/>

<https://fpphysicaltherapy.com/upper-trap-neck-pain-treatment-prevention/>

Causes of Trapezius Muscle Spasm

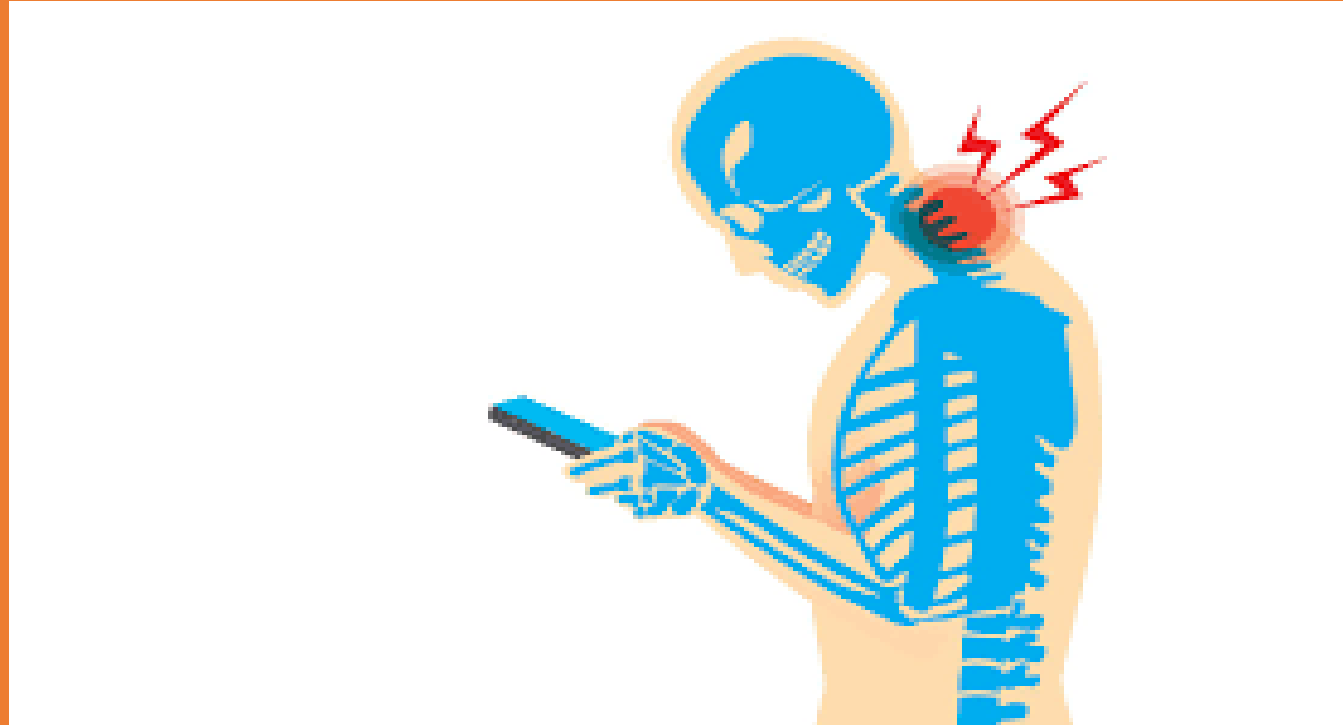


Source; <https://time.com/3595976/spine-phone/>



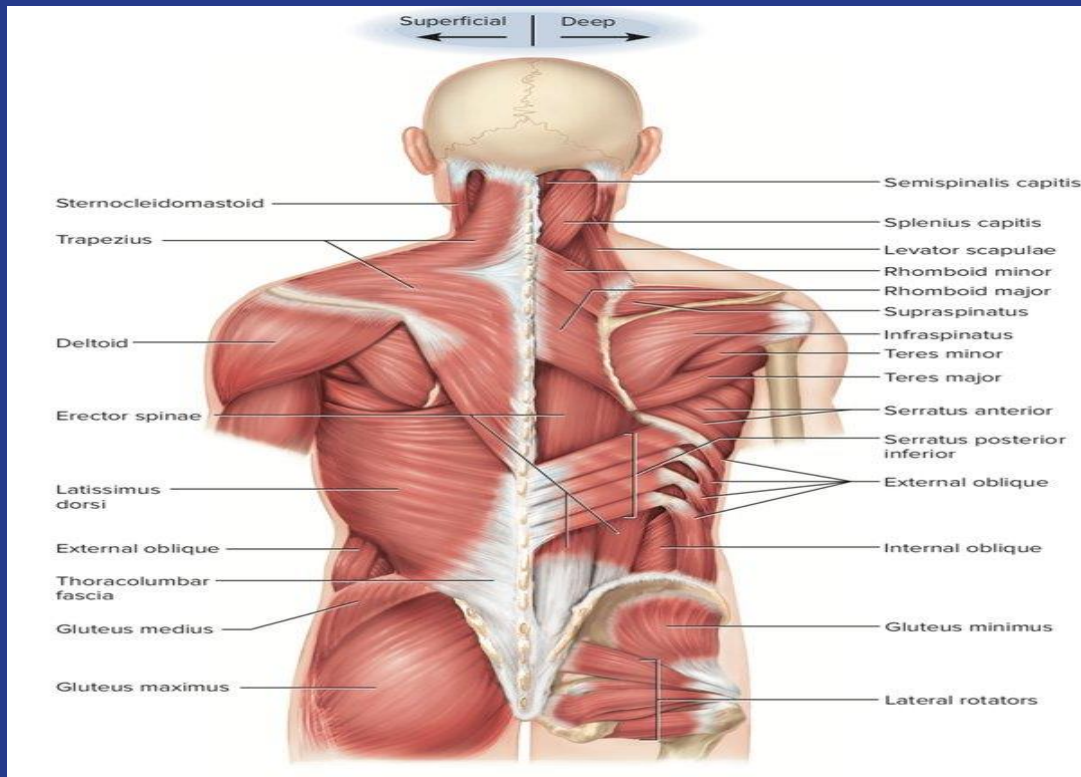
Source; <https://ctosteopathy.com/how-does-text-neck-cause-pain/>

Be Aware of Your Neck Position!



Source; <https://paincareclinic.co.uk/self-help/how-to-avoid-your-neck-pain-becoming-a-pain-in-the-neck/>

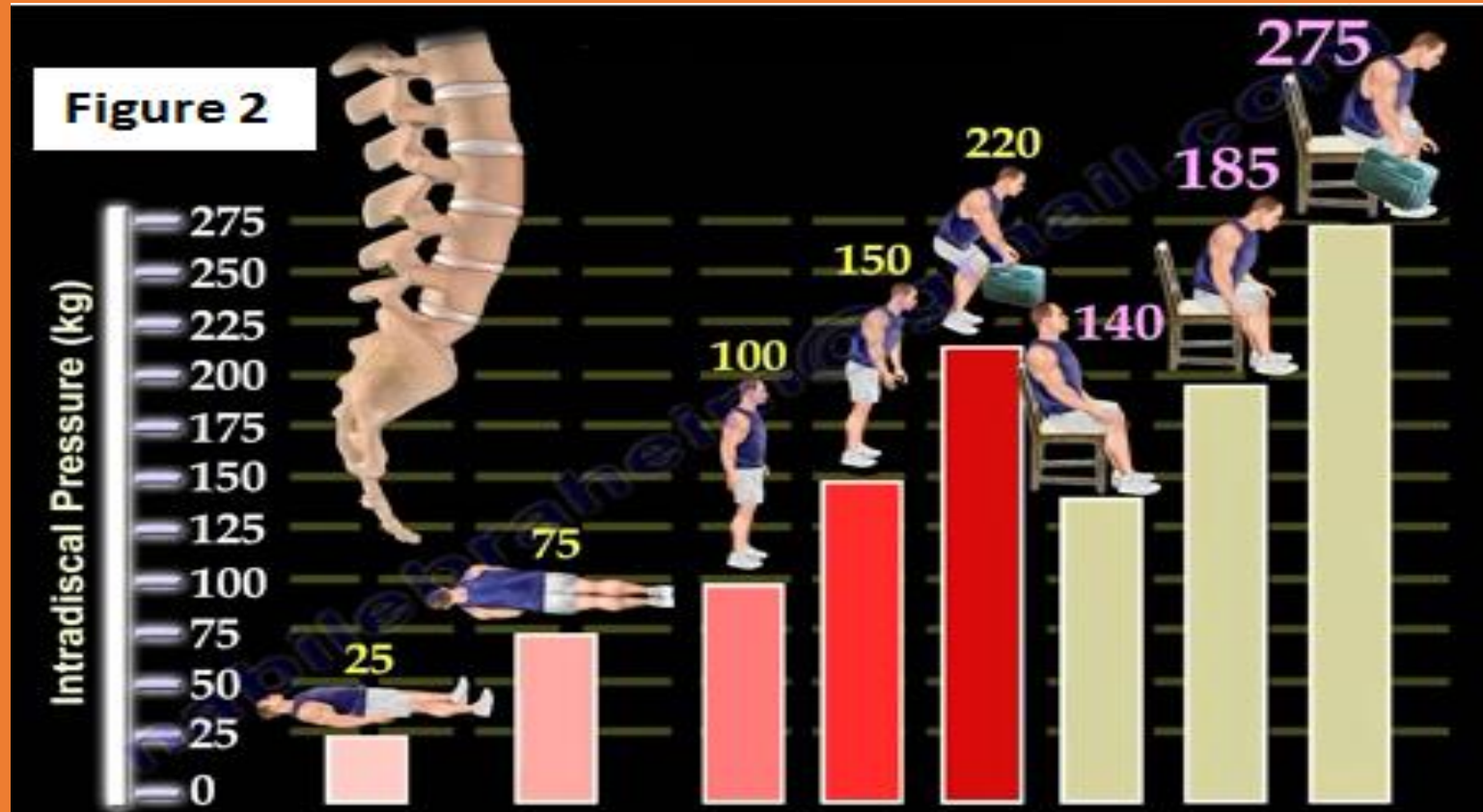
2. Low Back Pain (Paraspinal Muscles Spasm)



Sources; <https://www.quora.com/How-do-I-treat-the-straightening-of-a-lumbar-spine-which-is-caused-due-to-muscle-spasms>

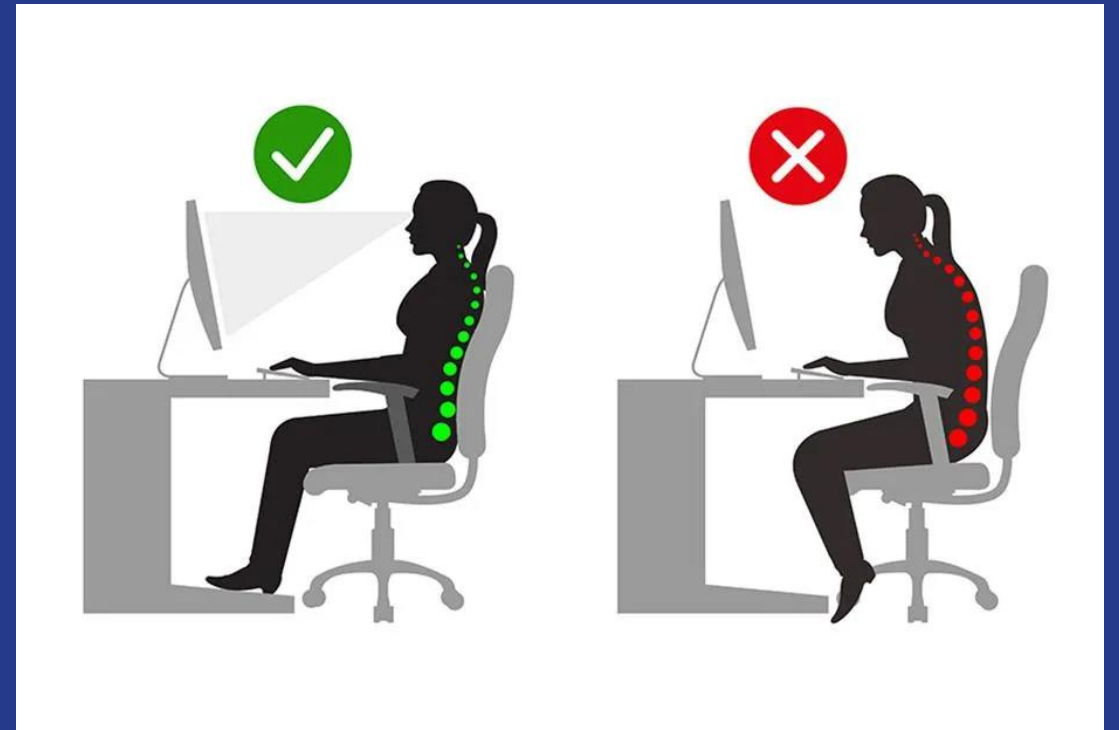
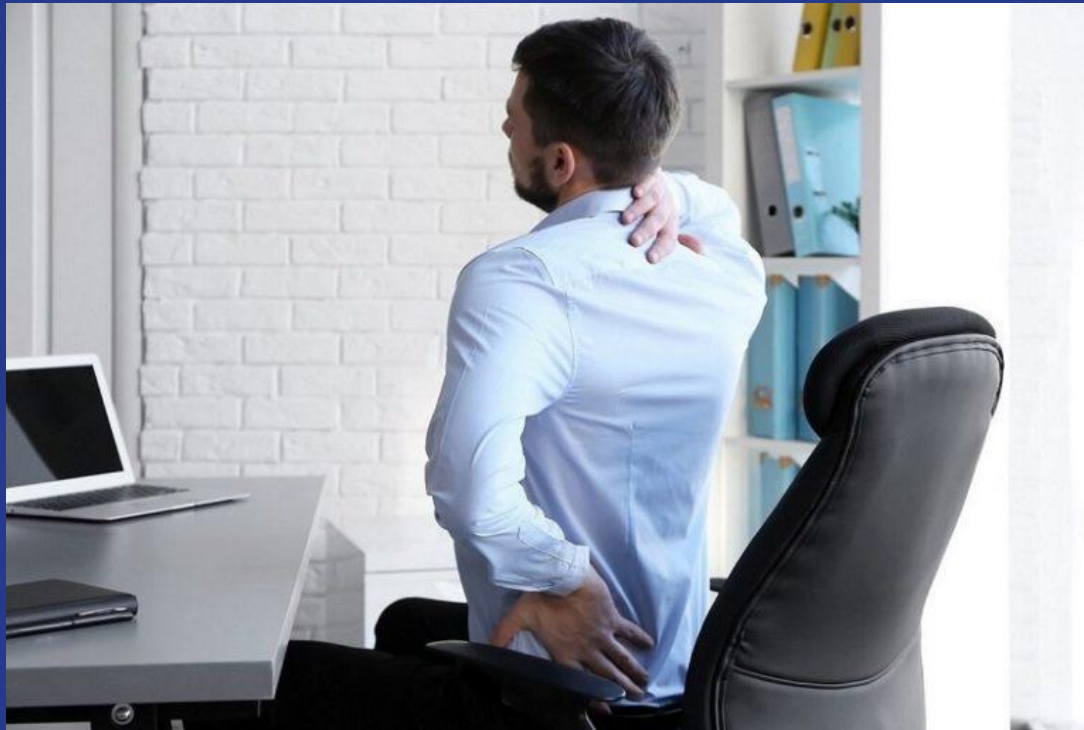
Source: https://www.prophysiomt.com/index.php?p=525111&action=view&post_id=1815

Cause of Low Back Pain



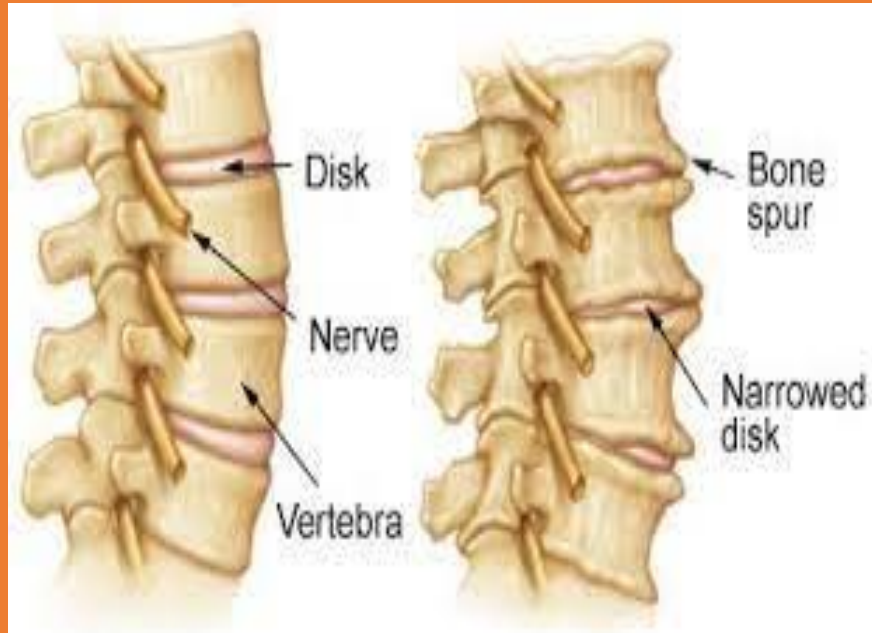
Source; https://www.huffpost.com/entry/body-positions-affecting_b_12008446

Be Aware of Your Sitting Position!



Source; <https://www.curavi.com/blogs/all/lower-back-pain-when-sitting-causes-and-helpful-pain-relief-tips>

3.4. Cervical and Lumbar Spondylosis

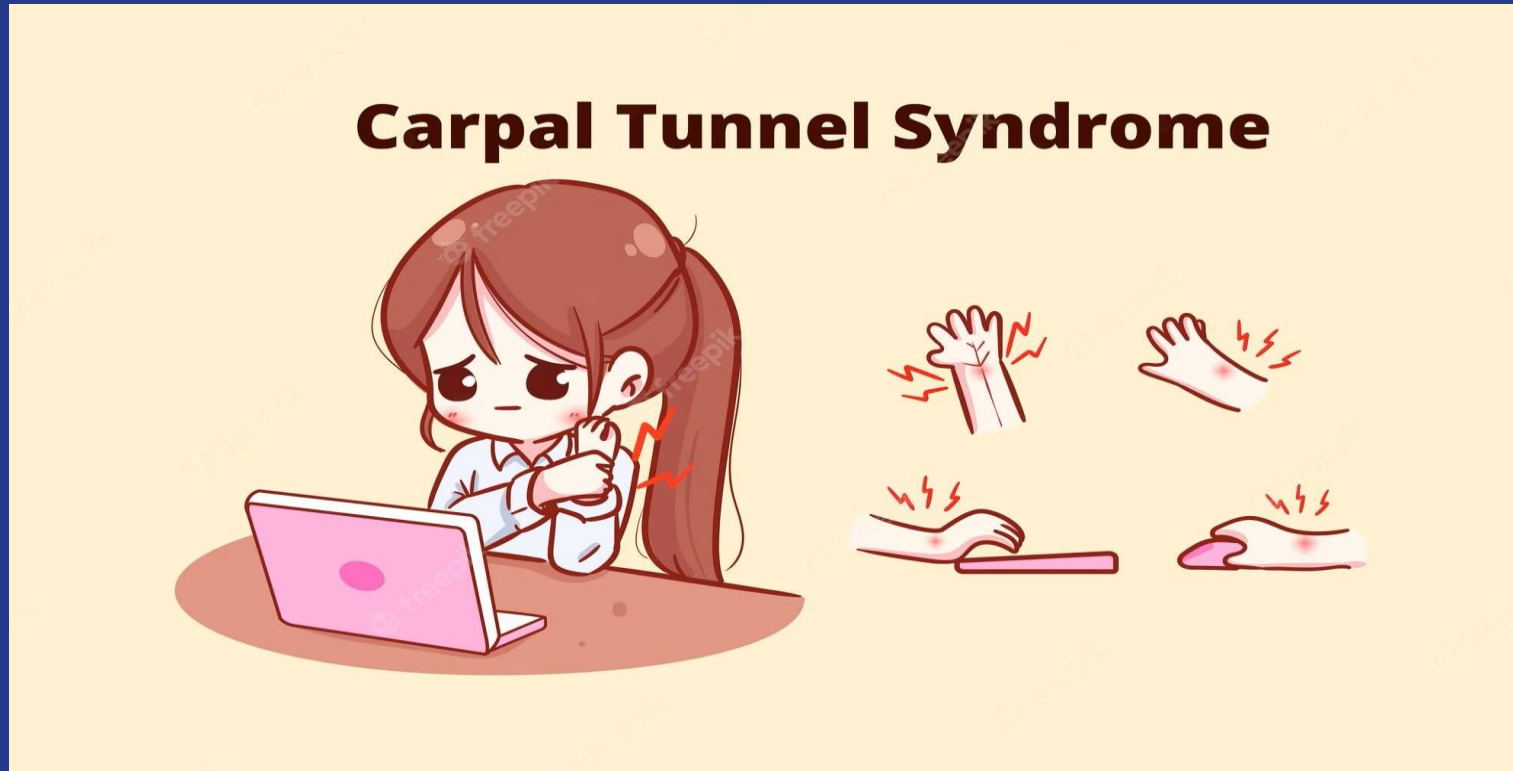


Source;<https://www.metrophysio.co.uk/conditions/neck-pain-physiotherapy/cervical-spondylosis/>



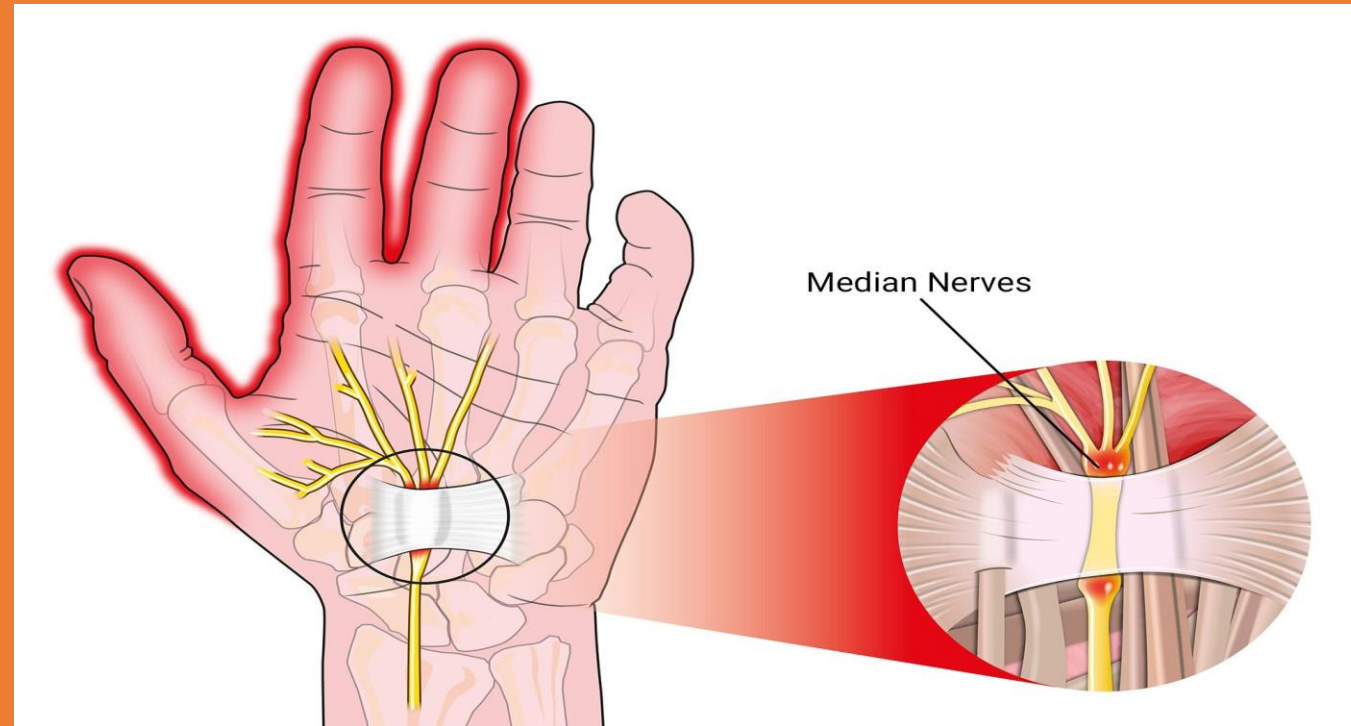
Source;<https://segurapaincenter.com/conditions/lumbar-spondylosis/>

5. Carpal Tunnel Syndrome



Source; https://www.freepik.com/free-vector/office-worker-woman-suffering-from-hand-pain-due-hard-work-carpal-tunnel-syndrome-cartoon-illustration_27992476.htm

What is Carpal Tunnel Syndrome?



Source; <https://www.orthoaustin.com/carpal-tunnel-syndrome>

6. Trigger Finger



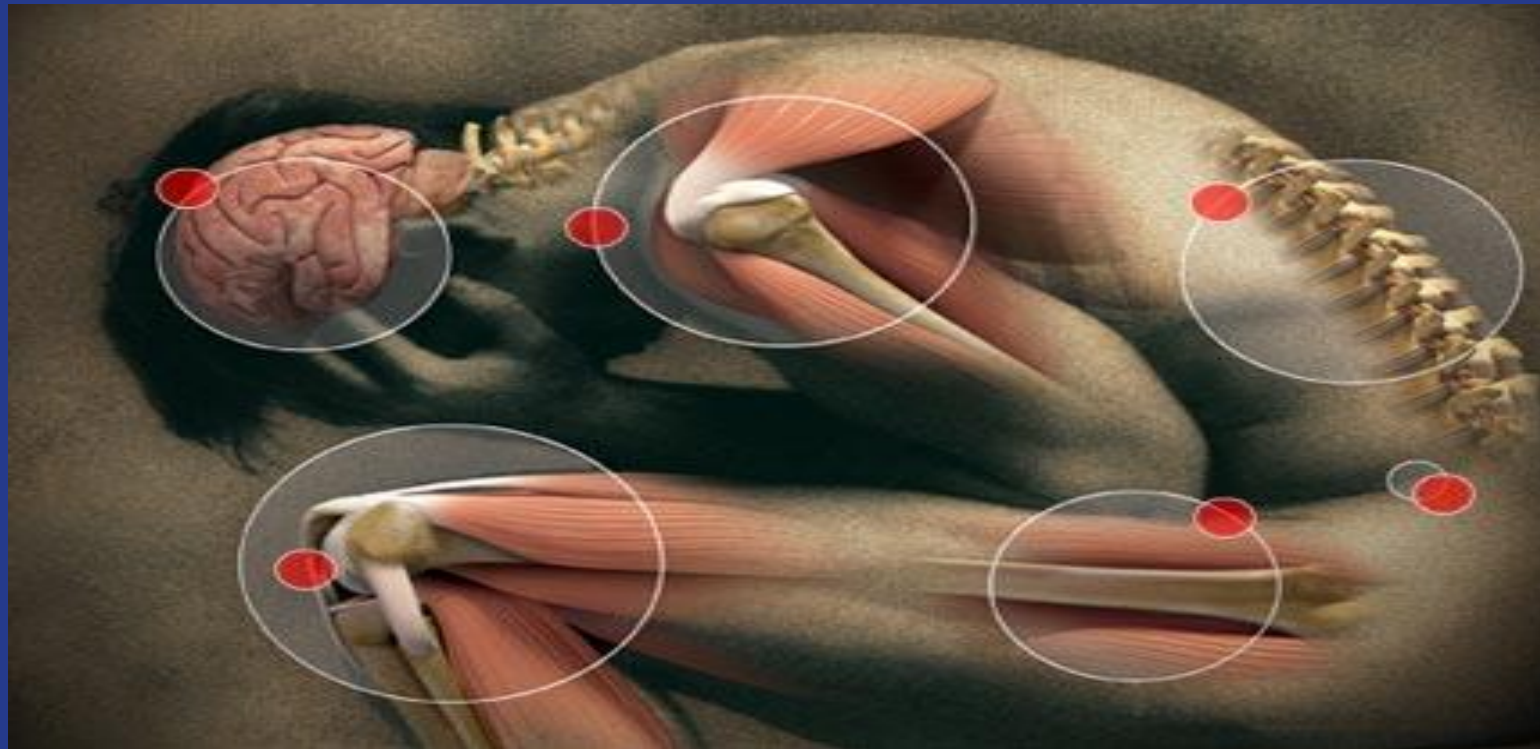
Source; <https://www.shutterstock.com/search/trigger-finger>

What is Trigger Finger ?



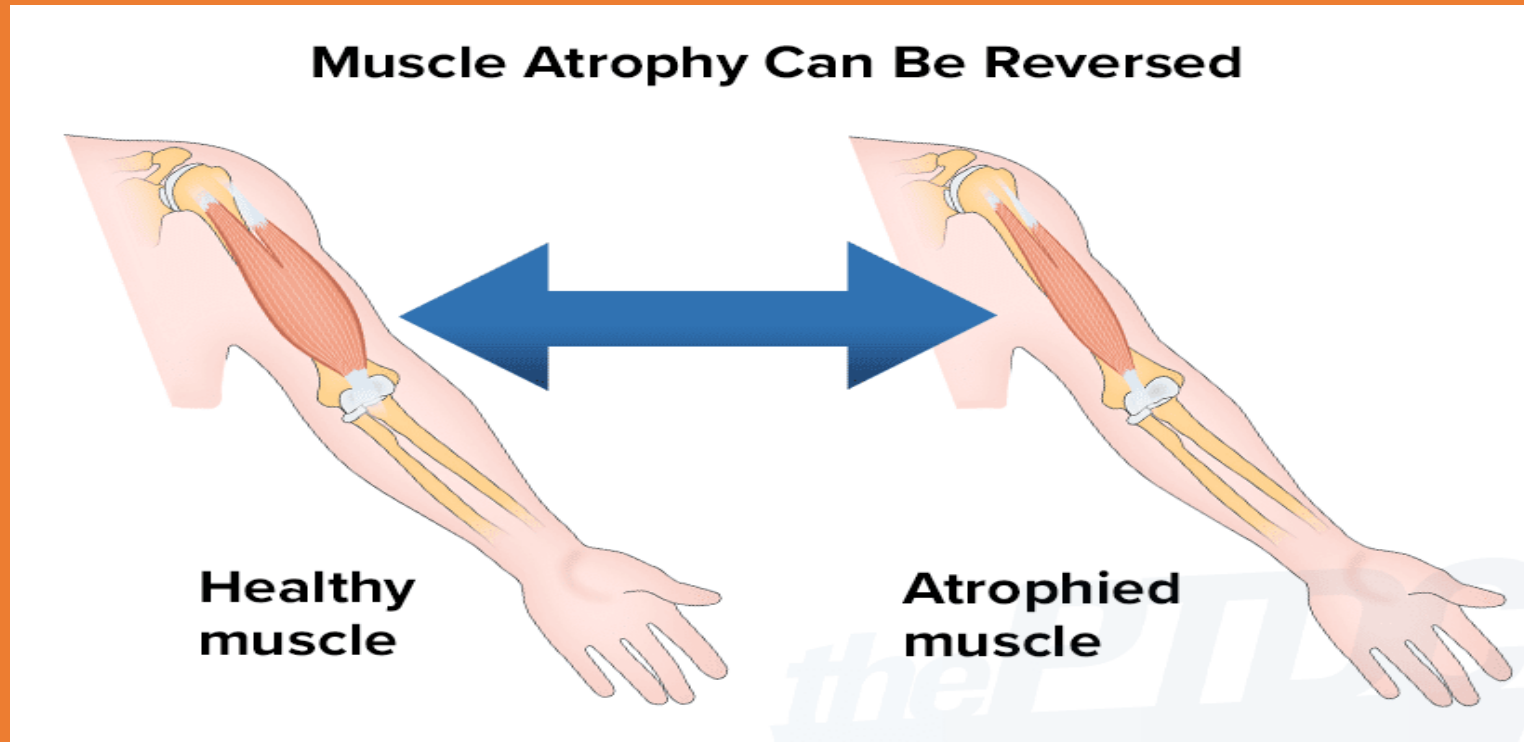
Source; <https://handsots.com/painful-trigger-fingers/>

7. Disuse Syndrome



Source; <https://eastsidemedicalcleveland.com/tag/disuse-syndrome/>

What is Disuse Syndrome?



Source; <https://www.theptdc.com/articles/muscle-atrophy-after-injury>

What Cause Disuse Syndrome?



**Sedentary
lifestyle. So, Use
it or Lose it!**

Source; <https://www.southsidepainspecialists.com/use-it-or-lose-it-disuse-syndrome/>

How could we prevent and manage them? (OR)

What would be the solution for all these problems?

Physical Activities !!!



Source; <https://bitescience.com/articles/the-effectiveness-of-exergames-on-teens-physical-activity/>

Health Benefits

Improvement in Heart and Lungs fitness

Maintenance of a healthy weight

Good control of blood pressure, cholesterol, and sugar

Reduction in risks of High blood pressure, High blood cholesterol and Diabetes Mellitus

Reduction in certain diseases like Heart diseases, Stroke, Kidney disease, Fatty liver, Breast and Colon cancers

Reduction in stress, fatigue and mental burn out

Enhancement in immunity and sleep quality

Increase in self-esteem and confidence

Improvement in muscle strength, flexibility and joint movement

Reduction in fall risk in elderly population

Take Home Message



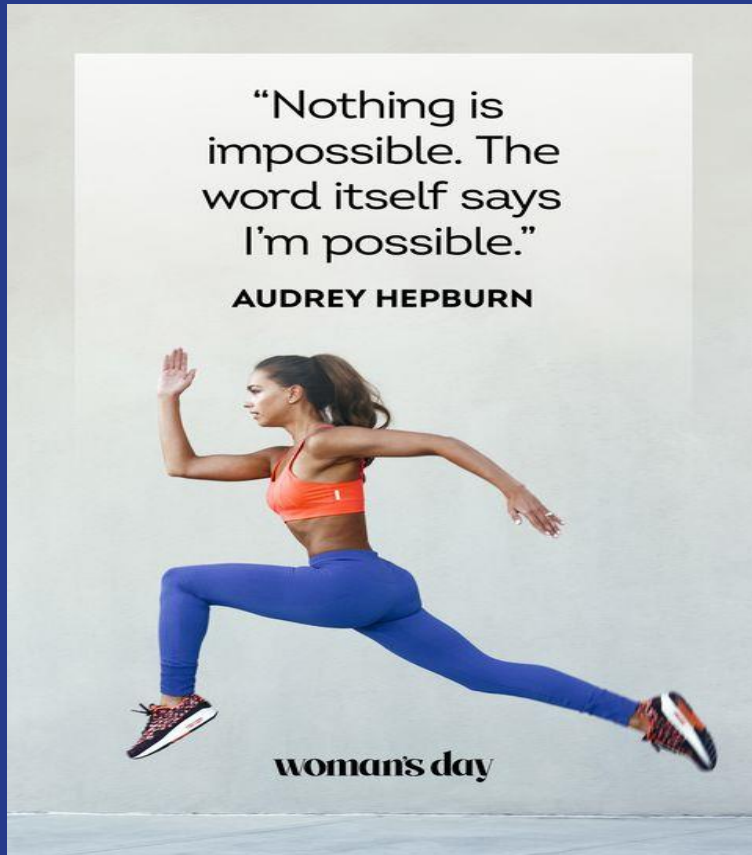
SIT LESS & BE MORE ACTIVE!



TRAIN YOUR BODY AND IT WILL THANK YOU BY THE TIME YOU GET OLDER!

Life is all about BALANCE.
Balance your Life and Work.

LET'S GET MOVING!





Q&A

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- <https://handsots.com/painful-trigger-fingers/>
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- <https://eastsidemedicalcleveland.com/tag/disuse-syndrome/>

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- <https://bitescience.com/articles/the-effectiveness-of-exergames-on-teens-physical-activity/>

Thank You



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