

# **BACK IN ACTION** PHYSIOTHERAPY

This is an educational back care program designed to help workers prevent and manage back disorders at the workplace.

## **RATIONALE**

Low back pain affects a large proportion of our population in the society we live in. Thousands of work days are lost and as a result, millions of dollars are spent in replacing or rehabilitating workers with such ailments. This is commonly observed in younger workers with equal representation from both sexes. Clerical workers are affected as much as those involved in heavy labour. It is estimated that 80 to 90 % of the general population will experience low back pain sometime in their lives. Non- work related injuries can stem from routine activities like lifting an infant from his crib or receiving a hard tackle in football. Even the former president of the U.S., John Kennedy or the "great one" in hockey, Wayne Gretsky cannot escape from that fate. The fact is, everyone is affected by back problems directly or indirectly

With increasing awareness of the above facts, efforts have been made towards preventative treatment of the disability. This would decrease potential absenteeism, resulting in substantial financial savings. Back education also creates happier and healthier workers who in turn shall provide improved productivity.

## **LEARNING OBJECTIVES**

At the end of the program, the student should be able to:

1. To answer questions related to the anatomy and mechanics of the spine
2. To articulate the causes of back pain
3. To be able to manage their back disorder

4. To avoid low back pain from work related injuries by recognizing harmful situations

## **METHOD**

The program will be conducted by a registered physiotherapist. Instructions will be provided through audio-visual means, hands-on demonstration and active participation. A maximum of 30 participants is recommended.

This program comes in various length, depending on the depth of skills required. For evening programs, I suggest two 90-minute sessions. For weekend programs, one full day or two half-day programs are recommended to allow for more in-depth study and practical sessions.

## **DESCRIPTION**

- |             |    |                                    |
|-------------|----|------------------------------------|
| Session # 1 | A. | Anatomy and mechanics of the spine |
|             | B. | Common causes of low back pain     |
|             | C. | Common treatment of back disorders |
| Session # 2 | A. | Ergonomics at the workplace        |
|             | B. | Practising good body mechanics     |
|             | C. | Exercise and low back pain         |