

Analysis of work-related musculoskeletal disorders in selected occupations.

The project is intended for adults, women and men, selected professions that meet the following requirements (inclusion criteria):

1. Representatives of selected professions: musicians, office workers, fitness instructors, physiotherapists, nurses, midwives, dentists, hairdressers, academic teachers, IT (computer) specialists.
2. Minimum 5 years of work experience

Participant exclusion criteria

1. Infections
2. Acute injuries
3. Balance system and motor control disorders
4. Cancer
5. Pregnancy
6. Chronic wounds

Persons qualified for the project will undergo a series of non-invasive and completely safe tests to determine the occurrence of postural defects, center of gravity distribution, symmetry of lower limb load and gait parameters. In addition, the assessment of pain, functioning in everyday life, quality of life and physical activity will be examined.

The study is cross-sectional and will allow to assess the incidence of musculoskeletal disorders in selected occupations and work-related pain.

Participation in the trials is voluntary and patients can opt out of the project at any stage of its duration.

For more detailed information, please contact the project manager - dr Antonina Kaczorowska (antonina.kaczorowska@uni.opole.pl)