

Musculoskeletal Disorders

Prevalence and Etiology of Back Pains

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Preface

This book focuses on summery of prevalence and etiology of back pains with emphasis on risk factors, engineering and administrative controls, treatment methods and rehabilitation. The chapter contains a total of 5 parts divided into different sections.

Part I focuses on necessity of Back Pains consideration by statistics of involved population, annually cost for treatment and workers compensation claims. The statistics are presented according to Bureau of Labor Statistics, World Health Organization, National Institute for Occupational Safety and Health etc. in different workplace separately.

Part II provides knowledge about why the back (spine) is vulnerable and Back Pains are prevalent among workers and general population. Section I concentrates on anatomy of the back and static and dynamic low back biomechanical modeling, while Section II explains about kinds of Back Pain and relevant disorders (Neck Pain, cervicoid degenerative disc etc.)

Part III mainly focuses on risk factors for work-related low back disorders such as age, gender, race, BMI, marital status, workload etc. the Part III divided into three section (demographical, organizational, environmental factors).

Part IV presents methods for assessment of Back Pain including observational/ clinical and objective/subjective methods. In this part, the methods classify according to their originality. In addition, practical examples show for cases application.

Part V provide information about Back pain treatment methods and rehabilitation. Fundamentally this part divide into two section, medical management of Back pains and applications of ergonomics knowledge in rehabilitation. Programs for post-injury management include in this part.

The literature provides that, among musculoskeletal disorders, Back pains have the highest prevalence. So, focus on Back pains can provide useful guideline for a large number of professionals, students, ergonomists, and practitioners who interest in to improve product and process quality, worker health and safety, and productivity in a variety of industries and businesses.