

Prevalence of musculoskeletal disorders in farmers of Kanpur, India

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Objective: Musculoskeletal disorders (MSDs) are prevalent and their impact is pervasive. The prevalence of MSDs is studied among various occupations. In India, farming is one of the most important occupations. The prevalence of MSDs among the Indian population is not well documented. Thus, in the present study; an attempt has been made to study the prevalence of MSDs in farmers in Kanpur, India.

Method: A sample of 300 farmers of Kanpur, aged between 20-70 years, was selected. Nordic musculoskeletal questionnaire to measure the musculoskeletal disorders was given to all the farmers.

Results: Descriptive analysis of data found four most common musculoskeletal disorders affecting the farmers of Kanpur-lower back pain (60%), knee pain (39%), shoulder pain (22%), and neck pain (10%).

Conclusion: Finding of the present study suggests that yearly prevalence of MSDs in farmers of Kanpur, India is high. Low back pain is the most prevalent MSDs affecting the famers. Knee, shoulder and neck pain are other important MSDs which are affecting the farmers in Kanpur, India. Observation made during the present study suggests that poor postures and lack of ergonomic awareness in the farmers are the causative factors contributing to the development of MSDs in farmers of Kanpur, India.

Keywords: Musculoskeletal disorders (MSDs); Prevalence; Farmers; India

Biography

Garima Gupta is result oriented physiotherapist. She is presently working as a Researcher and Assistant Professor in Saaii College of Medical Science and Technology, India. She has done her graduation from HOSMAT hospital Bangalore. In, 2010 she completed her masters in physiotherapy (Neurology) from Indian Spinal Injury center, New Delhi. She is actively involved in various ongoing research projects and has various international books and research publication in the field of physiotherapy. She also has presented two papers in International Conferences.

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