Musculoskeletal Disorders among the Physiotherapists and their effect on Work Performance

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ABSTRACT

A work related musculoskeletal disorders (WRMD) defined “an injury as a result of work-related occurrence or from a specific direct exposure in the job setting”. The physically severe kind of job responsibilities and clinical needs of physiotherapists are supposed to be a factor to the excessive frequency of WRMD among them. Due to this physical therapist majorly restrict their aptitude to carry on functioning in physically challenging tasks. Therefore the purpose of this study is to analyze the effect of WRMDs on work performance of physical therapists in Karachi and to create awareness about the above issue in health care industry.

The comparative survey conducted (n=345) for 4 months based on the questionnaire taken from hospital and other physical therapy rehabilitation centers created by Yesim Salik, Work Performance Index (WPI). According to the results of this study, the rate of musculoskeletal disorders in physiotherapists in Karachi prevails due to their profession and it affects their work performance. Therefore, adaptation of some strategies for treatment and work load management by physical therapists will improve their performance.

Keywords: Physical therapist, musculoskeletal disorders, work performance, Work related Musculoskeletal Disorder (WRMD).