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Ergonomics analysis to identify the prevalence of work-related musculoskeletal distress among Prosthodontists in Bangalore city: A Survey

Sheetal Jain¹, Harshitha BH Gowda²

¹ MDS, Senior Lecturer, Department of Prosthodontics and Crown and Bridge, Ahmedabad Dental College and Hospital, Ahmedabad, Gujarat, India

² MDS, Professor, Department of Prosthodontics and Crown and Bridge, Ramaiah University of Applied Sciences, Bangalore, Karnataka, India

Corresponding author's Name: Dr. Sheetal Jain

Address: B-301, Abhilasha apartment, Jodhpur gam road, satellite, Ahmedabad, Gujarat, India, 380015

Email Id: serviceheb@gmail.com

ABSTRACT:

Aim: To identify the prevalence of work related musculoskeletal distress among Prosthodontists in Bangalore city.

Methodology: A self-administered validated questionnaire based on Standard Nordic Questionnaire and REBA (Rapid Entire Body assessment) was filled by 97 Prosthodontists from various dental institutions in Bangalore, India.

Results: A total of 88.7% of participants reported musculoskeletal complaints out of which 15.5% participants experienced constant pain. More than half of the respondents had experienced symptoms in the neck (51.5%) followed by shoulder (48.5%) and lower back (43.3%). Among the body parts, there was lower prevalence of trouble with ankles/feet (26.8%), knees (10.3%), and elbows (8.2%). 11.3% of respondents indicated no trouble in any part of their bodies.

Conclusion: The study showed high prevalence of musculoskeletal disorders in Prosthodontists, therefore, implementation of ergonomics among Prosthodontists becomes a core focus in determining how to achieve a successful practice with less stress.

Keywords: Musculoskeletal disorders, Prosthodontists, REBA

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