



“बेटी बचाओ, बेटी पढ़ाओ”

## **Need of physiotherapy in corporate sector where sitting is more than 8 hours**

Jv'n Sonal Jain<sup>1</sup>, Jv'n Uravashi Sharma<sup>2</sup>, Jv'n Renu Sharma<sup>3</sup>

Jayoti Vidyapeeth Women's university, Jharna, Jaipur, Rajasthan - 303122

### **ABSTRACT**

According to the ancient era, there were no such facilities provided to employees by corporate sectors, but recent research shows that those corporate sectors that hire physiotherapists are working to improve the health of their employees, which is directly beneficial to the company as well. Physiotherapists also accept referrals from general practitioners and specialists. Such direct referral allows health difficulties and other medical disorders to be addressed in the corporate medical centre without losing time, which is an important aspect in lowering expenses and freeing up time for corporate sector personnel to focus on the company's success.

**Keywords:** Ergonomics, Physiotherapist (PT), Corporate Sectors, Safety Discussion, Musculoskeletal Disorders, Organization.

### **INTRODUCTION:**

Ergonomics has aided the well-being of people in a variety of jobs. The evaluation is carried out by health care experts or physiotherapists who are concerned with the cure of impairments and disabilities and the improvement of mobility, working ability, motions, and quality of life. The therapist for physical therapy has an understanding of ergonomics and a desire to work in the field of physical therapy and rehabilitation. This may lower the risk of musculoskeletal injuries by implementing adequate ergonomic workstations and providing proper ergonomic training.

Every business sector requires a physical therapist, who lowers the rate of musculoskeletal problems and enhances employees' working skills, reduces the likelihood of absenteeism, promotes company productivity, and lowers medical costs. Long exercise programmes, which a client cannot afford in a fast-paced working environment, are avoided by physiotherapists hired in corporate

sectors. As a result, there is no need to handle appointments, which is helpful to employees because their working schedule is not disrupted, and it is also beneficial to management. According to recent studies, sitting for long periods of time can cause health problems such as an increase in blood pressure and blood sugar levels, the accumulation of too much fat leading to obesity, an increase in bad cholesterol level, and an increased risk of death, cardiovascular disease, and cancer, among other serious diseases. According to data collected from over one million people, sitting less and moving more leads to improved health. For instance, if you're looking for a unique way to express yourself, try Take a 25- 30 minute break in between prolonged sittings, if you work at a desk, switch to a standing desk to improve your health, always opt for standing whether you're talking on the phone or watching TV, avoid sitting type conferences and opt for standing ones, use the treadmill to stay in motion and burn some unhealthy fat in your body, increase your energy, and maintain muscle tone.

## **Review of literature**

### **Michael Foster, Ergonomics and the Physiotherapist, in September 10, 1988-**

The paper demonstrates that having a physiotherapist guide you through proper ergonomics is beneficial to both management and employees. The physiotherapist is striving to enhance the working stations and the health issues that arise at the workplace.

### **Kishore P. Madhwani and P. K. Nagi in MAY 2017-**

According to this research report, there are numerous health issues, including as musculoskeletal illnesses and poor posture, which necessitate the use of good ergonomically stations so that employees can work in a safe atmosphere.

### **Dr. Nidhi Deouskar June-2017-**

According to this article, the impact of ergonomics on people's productivity in the modern era, because there are so many tasks that can be completed digitally, health issues and stress levels among employees are on the rise, and this has a direct impact on productivity, so choosing proper ergonomics is very important for everyone.

### **Dr.Gurkirpal Singh in June-2018**

Employee health is particularly vital for employees as well as the corporate sector where they work, according to this article, because the company's production is dependent on the employees themselves. As a result, it is the responsibility of the organisation to improve the facilities and work on the company's ergonomics under competent supervision.

## **MATERIAL AND METHODS**

1. STUDY AREA – Jayoti Vidyapeeth Women's university is a public higher educational institution established in April 2008. The campus is located in Jharna, Ajmer, Delhi express way.

1. **SAMPLING METHOD**- Simple random sampling method.

2. **SAMPLING PROCEDURE**- Sample collection will take place at JVWU University, and data will be collected based on the following categories:

- a) Inclusion Criteria - Patients were chosen for the study based on the following criteria: Employees who work in the corporate sector for more than 8 hours, employees who work more seated than standing, neck and unilateral radiating pain, and a baseline neck disability index score of 10 or above.
- b) Exclusion Criteria- Patients were excluded for the following reasons: Warning Signs (i.e. Tumor. Fracture, metabolic disease, Rheumatoid arthritis, Prolonged use of steroid, Infections etc.), Prior surgery to the neck, thoracic spine, and involved upper extremity, incapacity to finish therapy and follow up programme, Pregnant Women's
- c) **MATERIALS USED**: Assessment kit, assessment chart, and pen; Informed Consent Form; Examination table, pencil and paper; Weighing machine; Chair and pillow.

2. **QUALITATIVE OUTCOME-** For pain severity, use a visual analogue scale (VAS). For functional ability, BMI, and edoema scale, the neck disability scale index (NDI) is used.

### **3. Data Analysis and Conclusion**

The region of the head, neck, and shoulder was shown to have a high incidence of discomfort in this investigation. It's also linked to poor placement and inappropriate furniture. The feeling of discomfort with the furniture was significant, implying the necessity for furniture upgrading initiatives and increased awareness of the importance of sitting. The lumbosacral region was another prominent outcome of discomfort. Physical issues, weariness, and symptomatology of discomfort are caused by increased pressure on the disc, thighs, and buttocks, as well as improper posture when held for lengthy periods of time. To alleviate the symptoms of these disorders, change positions, attempting to avoid exhaustion, improve sitting postures, and stand up and walk for a few minutes. In the business sector, having a physiotherapist on site is a very cost-effective decision that reduces the risk of musculoskeletal disorders at work. It is quite simple to maintain expert help for pre-interventions and pre-care of problems that may arise for employees. Early prevention and treatment aid in the resolution of serious problems that may arise later on, as well as keeping employees physically and mentally well.

Dealing with high-quality rehabilitation work yields better results and cuts down on unnecessary research and treatment costs. The A physiotherapist who has been trained to assess an employee's workstation can immediately help to reduce the likelihood of musculoskeletal illnesses by changing it, curing the employee, providing health advice on posture, and advising them to undertake some basic exercises at their workplace.

## **References**

- a) Effects of comprehensive lifestyle modification on blood pressure control: main result of premier clinical trial by D.W.Harsh in 2003, page no. 2083-2093
- b) Interventions to promote physical activity and dirty lifestyle changes for cardiovascular risk factor reduction in adults a scientific statement from American Heart Association in 2010, page no. 406-441.
- c) High B.P. Awareness, advice from health professional and actions taken to reduce high B.P. among US by J Cline hyper tens IN 2005, Page no. 513-519.
- d) Effects of Exercises, diet and weight loss on high blood pressure sports med. By S.L. Bacon in 2004, page no.- 307-316.
- e) Astrand P, Rohdahl K Textbook of Work Physiology. McGraw-Hill, New York1977