

## Statistics

- 539,000 sickness absences were due to work related musculoskeletal disorders last year in the UK (41% of total sickness absence)
- Each absence averaged 16 days. This adds up to 8.8 million days (34% of all sickness days lost)
- This can be divided into back (39%), upper limb (36%) and lower limb (26%)
- People working in health and social work are at above average risk of work related musculoskeletal disorders.

<http://www.hse.gov.uk/statistics/causdis/musculoskeletal/msd.pdf>

- Surprisingly sickness rates of Administrative staff (Sedentary) is as high as 4.3% in Wales NHS workers, only 2.1% lower than that for more frontline 'hands on' professions such as Nursing, midwifery and Health Visitors (6.4%) (StatsWales 2017)

## Services Available to Staff

### Occupational Health Self Referral

- Call Occupational Health to book an appointment with one of our Chartered Physiotherapists
- Access to Display Screen Equipment (DSE) assessments on the intranet page

For further information and details on the variety of services available please go to the 'Your Health & Wellbeing' Section on the trust internet page:

[www.cardiffandvaleuhb.wales.nhs.uk](http://www.cardiffandvaleuhb.wales.nhs.uk)

### Employee Wellbeing Service

For more information and a self-referral form; click on their internet link, phone 02920744465 or email

[employee.wellbeing@wales.nhs.uk](mailto:employee.wellbeing@wales.nhs.uk)

### Staff Dietetic Services

Eating for Life – 02920668089

[Dietitian.reception.uhw@wales.nhs.uk](mailto:Dietitian.reception.uhw@wales.nhs.uk)



## Sedentary Workers: Occupational Health Physiotherapy Information



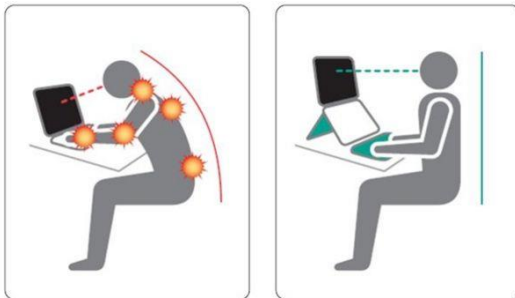
## Ischaemic Pain

### What is it?

- Primarily muscular pain
- Static positions and muscle strain → lack of blood flow → lactic acid build up → PAIN
- Usually from prolonged sitting positions
- Common in desk based workers

### Do you recognise any symptoms?

- Ache, burning in your back, shoulders, buttocks, legs
- Worse with being in one position for a long time (sitting, standing, kneeling, stooping)
- Stiffness or tension
- Knots in muscles



### Self treatment

- Self-massage: stand against a wall and firmly roll your buttocks/back muscles on a tennis ball placed between you and the wall
- Micro pauses / desk exercises to improve circulation
- Drink plenty of water to flush away waste products
- Use heat and stretching to promote

## Micro-pauses

Don't become 'chained' to your desk



Regular micro-pauses are not a waste of time. They can help you become more productive to work with less stress and therefore with greater accuracy and effectiveness.

Stopping for a few seconds could save you from debilitating and painful musculoskeletal problems that can cause enforced rest and time off work!

- They take very little time and can easily be developed to become a healthy habit.
- They prevent fatigue build up.
- They are taken before discomfort occurs.

Micro-pauses relax your muscles and restore blood flow. Muscles recover very quickly from low levels of fatigue but quite slowly from high levels of fatigue. Once your muscles become tired and sore, recovery takes a long time. Recovery at frequent periods from low-level fatigue will take only around ten seconds whereas high levels of fatigue will take up to several hours

Very short breaks of 10 to 20 seconds

- ✓ Look away from what you are working on and let go of the mouse if you are using the computer. Shut your eyes for a couple of seconds.
- ✓ Drop your arms to your sides, lean back and allow your shoulders to droop and relax.
- ✓ Pointing the hands towards the floor and gently shaking the wrists
- ✓ Get up and sit back down
- ✓ Short walk

Do one of these, some or all, every 20-30 minutes

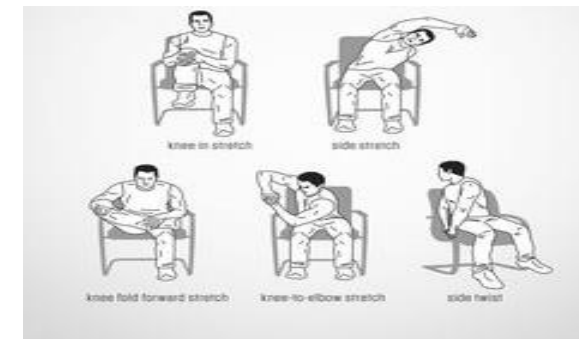
## Exercises

Below are examples of quick exercises that can be completed in and around the desk without the need for equipment!

### Neck and Shoulders



### Lower and Mid Back



Complete the exercises sporadically for 20-30 seconds, moving one side to the other to reduce the incidence of muscular pain brought on by prolonged static postures! For a greater array of exercises you can complete at home or the office please visit the living well section of the NHS choices website!

[http://www.nhs.uk/livewell/fitness/Pages/Fitness\\_home.aspx](http://www.nhs.uk/livewell/fitness/Pages/Fitness_home.aspx)