

In Pain? You're Not Alone

Almost 95 percent of the 500 practitioners responding to our February 2017 Quick Poll have had work-related musculoskeletal disorders. About two-thirds said they've had neck pain. About half the group has had shoulder pain, and half the group also checked yes for lower back pain. One-third of respondents have had upper back pain, and one-third have had wrist and/or hand pain.

To reduce the risk of developing a musculoskeletal disorder or to manage an existing one, two-thirds of respondents said they use out-of-office regimens, such as exercise, yoga, massage, or chiropractic. About half of the respondents modified their office behavior and work flow. Most of the practitioners felt that the measures they were using were either somewhat or very effective.

Most respondents aren't facing large expenses related to musculoskeletal disorders. For two-thirds of respondents, the measures they used cost less than 1 percent of their annual production. For slightly more than two-thirds of respondents, their annual lost revenue/productivity from musculoskeletal disorders was less than 1 percent also.

Respondents credited loops, ergonomic chairs, and yoga, among other approaches, for helping them manage or avoid their pain.

Respondents also felt that students should learn about ergonomics when they are in clinic.

To continue the conversation, go to the Quick Poll Results in the [Member Forum](#).

