

Technology Dependent Life Style and Musculoskeletal Disorder

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Prevalence of musculoskeletal disorder is increasing irrespective of age, sex and geographical location. Neck pain, back pain, shoulder pain, elbow pain and wrist pain is common phenomenon now a day. Technology is using everywhere and gradually we are habituating technology dependent life style. Young generation is fond of computer using day and night for various purposes. Office workers have to use computer for typing, data entry, calculation, net browsing etc. Even homemakers/housewives watch Television by using remote control. Lift use instead of stair climbing is increasing in not only shopping center but also office, apartments. Tendency of riding rickshaw instead of walking is also going upward direction. In addition to this kids are prone to play video games instead of playing field though in urban area scope of playing field is becoming scarce. Though technology has made our life easy, comfortable but on the other hand it makes us lazy, idle as well as keeps us away from physical activity, physical labor and physical exercise. As a result, chance of developing of non-communicable diseases (diabetes, stroke, arthritis, heart disease, COPD) are also increasing. In our day to day practice we observe that most of the office workers do not maintain proper posture (height of computer, height of computer table, height of chair, body position, hand position) while working on computer by sitting on chair. Consequently, pain develops on various point in the body. Actually fact is that almost all of these pain can be preventable by maintaining right posture, doing regular physical exercise, minimizing use of lift etc. Physiotherapist can play key role. They can work on building awareness on right posture and physical exercise. Garments worker have to work at least eight hours every day and most of the time they work on sitting under pressure. But no physiotherapist is found who works in garment sector to minimize or prevent musculoskeletal problem among these large segment of workforce. Owner of garments industry can think about this matter and they can appoint/engage physiotherapist. Though medical officer/paramedic work in garments industry but they are not efficient on musculoskeletal disorder.