

## Work Related

Many conditions can be related to our working environment, either through postural related issues or repetitive movements.

Your physiotherapist will initially work to treat the condition, relieving pain and restoring movement, but can also look at ways of resolving the underlying cause.

It may be that the way you sit, the arrangement of your workstation, or the activities you perform at work could be modified or adjusted to reduce the stress on your body and so reduce the chance of the injury recurring. Advice about equipment to make using your computer less stressful, or arranging your desk more efficiently can often make a huge difference to your body's ability to cope with the demands our work places upon us, and is often a vital part of the management of conditions such as repetitive strain injury or back pain.

Physiotherapy is extremely effective with musculoskeletal disorders (MSDs) such as neck and back pain. In one study, 80 per cent of people who had physiotherapy for their MSD were able to carry on working and did not have to go off sick

Physios can help to prevent and reduce the possibility of sickness and injury in the workplace, as well as help staff return to work through treatment and re-training.