Participatory ergonomic (pe) interventions are not more effective than usual work activity...- to reducing the outcome measures of musculoskeletal disorders. To prevent chronic musculoskeletal injuries. Excessive standing is one of the main risk factors for musculoskeletal disorders. Therefore, ergonomic interventions (ei) has been proven to be a conservative, non-invasive, and effective method to reduce musculoskeletal disorders among female workers. Ergonomic interventions (ei) to prevent musculoskeletal injuries in industry, industrial hygiene science series, no 2. There is some evidence that ergonomic interventions reduce risk and cost of occupational injuries but the study... In regard to workplace ergonomics, there was not enough evidence. For any intervention to reduce or prevent low back pain in nurses...

Work-Related Musculoskeletal Disorders (WMSDs) Evaluation
A workplace ergonomics program can aim to prevent or control injuries and illnesses by eliminating or reducing worker exposure to WMSD risk factors using engineering and administrative controls. PPE is also used in some instances but it is the least effective workplace control to address ergonomic hazards.

International Journal of Industrial Ergonomics - Elsevier

Evidence of Health Risks Associated with Prolonged
Major health risks identified were chronic lower back pain, musculoskeletal pain around neck and back, and musculoskeletal symptoms. Best et al., 1996 reported on the findings from a self-reported questionnaire administered to 1949 hairdressers. Hairdressers were the most reported musculoskeletal disorder followed by neck injuries.

Chiropractors | healthdirect
Chiropractors diagnose, treat and prevent mechanical disorders of the musculoskeletal system and the effects of these disorders on the function of the nervous system and general health. Chiropractors treat a range of musculoskeletal conditions, such as back pain, neck pain and headaches. Spinal manipulation is the main treatment used by chiropractors.

Work Rehabilitation - AOTA
There is a focus on restoring musculoskeletal and cardiovascular systems, as well as safely performing work tasks. This is typically achieved through work simulations and individualized interventions to improve physical capacity that occur 3 to 5 days per week for 2 to 4 hours per session.

More OSHA oversight puts focus on occupational health
Oct 27, 2021 · Workplace ergonomic guidance is the next strategy. Workplace ergonomic guidance can improve employees' safety and improve upon the most common workplace contribution to musculoskeletal disorders. Those include extended sitting, rotational sitting, effects of vibration, chemical/metal fumes, and poor lighting.

Becoming a Physical Therapist | APTA
But PTs also care for people who simply want to become healthier and to prevent future problems. Physical therapists examine each person and then develop a treatment plan to improve their ability to move, reduce or manage pain, restore function, and prevent disability. Physical therapists can have a profound effect on a person’s life.