

Diagnosis and Management of Work-Related Musculoskeletal Disorders

Pre-conference Workshop

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Faculty:

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Work-Related Musculoskeletal Disorders (WRMSD) are injuries or disorders of the muscles, tendons, ligaments, nerves, and other soft tissues that arise from work-related activities. These injuries can occur due to repetitive motions, awkward postures, forceful exertions, and other physical demands of work. WRMSDs can affect anyone who performs physical work, and they can have a significant impact on the productivity and quality of life of affected individuals. It is important to take preventive measures to avoid these injuries and ensure a safe and healthy work environment.

The workshop will cover a thorough examination of patients, diagnostic criteria, tools and imaging tests, management strategies such as physical therapy, pain management, psychological interventions, and ergonomic modifications to work environments. By attending this training session, professionals will be better equipped to provide quality care to workers with WRMSD.

Topics Covered:

- Introduction and Implications of WRMSD.
- Current diagnostic criteria for WRMSD
- How to assess a worker with musculoskeletal symptoms?
- How to perform an Ergonomic Workplace Analysis and select the most appropriate tools to assess the risk of WRMSD?
- Principles of management: DEEPAK SHARAN'S Pain Phenotype Score, SHARAN'S Protocol for WRMSD Rehabilitation
- On-site clinics: procedures and protocols
- Functional Capacity Evaluation as a tool in making return-to-work decisions for patients with WRMSD
- Prognosis of WRMSD

About Our Speakers:

1. Paul Kuijer

Dr Paul Kuijer is a Principal Investigator at the Department of Public and Occupational Health of the Amsterdam University Medical Centers (UMC), Amsterdam, the Netherlands. He works as a human movement specialist on work-related musculoskeletal disorders at the Netherlands Center for Occupational Diseases and at the People and Work Outpatient Clinic, all part of the Amsterdam UMC. Paul's research goal is to enhance work participation among patients with musculoskeletal disorders by improving integrated patient-centered care. Besides doing research and patient care, Paul is the coordinator of the three months elective course “Medicine and elite sports: high demand professions! Ground-breaking multidisciplinary care to enhance participation” for second-year medical students.

2. Henk van der Molen

Full Professor at the Department of Public and Occupational Health of the Amsterdam University Medical Centres (UMC), Amsterdam, the Netherlands. He specializes in Occupational epidemiology, Occupational diseases, Prevention and implementation research. His areas of research include signaling and assessment of occupational diseases, Epidemiology of occupational diseases, and Implementation of preventive measures to reduce work-related diseases.

3. Deepak Sharan

Dr. Deepak Sharan is a highly accomplished consultant specializing in orthopedic surgery, rehabilitation, ergonomics, occupational health, and functional and lifestyle medicine. Based in Bengaluru, India, he is associated with RECOUP Health and holds prominent positions in various prestigious organizations. Dr. Sharan serves as the Chairperson of the Scientific Committee on Musculoskeletal Disorders at the International Commission on Occupational Health and as the President of the International Myopain Society. He is also the Founder Director of the EPM International Ergonomics School in Italy and the Founder President of both the Indian Ergonomics School and the Indian Myopain Society. With an impressive portfolio of over 600 international scientific publications and conference presentations, Dr. Sharan has conducted extensive research on office and industrial ergonomics, healthcare ergonomics, cognitive ergonomics, and work-related musculoskeletal disorders (WRMSD). Notably, he co-developed the Time-based Assessment Computerized Strategy (TACOs) for assessing the risk of WRMSD among physiotherapists. Dr. Sharan has received numerous awards and research grants, including the National Disability Award from the Government of India and prestigious international research awards in the field of orthopedics and pediatric orthopedics. As an internationally recognized expert in WRMSD, he has developed his own validated assessment and treatment approach known as the SHARAN's Protocol, which has successfully treated over a million patients from 45 different countries. Dr. Sharan also works as an ergonomics and occupational health consultant for several Fortune 500 companies and is an authorized trainer for various

methodologies and tools related to ergonomics and occupational health, including the Revised NIOSH Lifting Equation, ERGOcheck Risk Mapping, TACOs Tool, OCRA methods, and Push-Pull-Carry techniques.