

Title	Assessment of working conditions and implementation of changes among employees with spinal cord lesion – A case series
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Abstract	<p>The objective of this study was to identify work situations of concern, implement changes, and evaluate how these changes affect working conditions in a group of employees with traumatic spinal cord injury (SCI) and meningomyelocele (MMC).</p> <p>Six persons with traumatic SCI and one with MMC were visited by an ergonomist at their workplace and assessed regarding accessibility and physical workload factors, especially risk factors for neck/shoulder disorders. The working conditions were documented by means of video, questionnaires, and the ergonomist's own observations. From situations identified, including the participant's own reporting of problematic situations, possible changes were discussed and implemented if feasible. All participants were offered to take part in a myofeedback intervention, aiming at reducing muscle load of the neck and shoulder muscles.</p> <p>A remodelling of the workplace to get better access to items and tools was carried out in five out of seven cases. After these changes, the number of identified situations of concern was reduced. The relative rest time (RRT) improved in the neck and shoulder after the intervention in the four participants that completed the myofeedback training. This study demonstrates that the working conditions of persons with spinal cord lesion (SCL) can be improved by an ergonomic intervention.</p>