INTRODUCTION

Musculoskeletal disorders are the most common occupational health problems in Europe. According to the European Agency for Safety and Health at Work in 2010, 62% of workers are exposed for a quarter of the time or more to repetitive movements of the wrists and hands, 46% to painful or tiring postures, 35% to carrying or moving heavy loads. 25% of workers in the Member States of the European Union complain of back pain and almost as many report muscle pain. According to the European Foundation for the Improvement of Living and Working Conditions, the Fourth European Working Conditions Survey 2007 in 2017, patients with diseases of the musculoskeletal system in the Northern Bulgaria. The persons were hospitalized in the Department of Occupational Diseases and Clinic for Physical Therapy and Rehabilitation, University Hospital - Pleven in the period 2017 - 2020. Clinical, laboratory, functional, imaging and statistical research methods were used. The source of health information are the histories of the disease and the personal ambulatory cards on the patients. All participants signed declarations of informed consent for the study. The respondents are 64 women and 41 men. The age distribution is from 31 to 62 years, with a mean age of 51.2 ± 4.8 years (n=105) (Figure 1). The age distribution is from 31 to 62 years, with a mean age of 51.2 ± 4.8 years (n=105) (Figure 1).

AIM

The aim of the study is to improve the treatment and prevention of occupational injuries of the spine.

MATERIALS AND METHODS

The subject of the study is 105 cases of spinal cord injuries in employees of various enterprises in Northern Bulgaria. The persons were hospitalized in the Department of Occupational Diseases and Clinic for Physical Therapy and Rehabilitation, University Hospital - Pleven in the period 2017 - 2020. Clinical, laboratory, functional, imaging and statistical research methods were used. The source of health information are the histories of the disease and the personal ambulatory cards on the patients. All participants signed declarations of informed consent for the study. The respondents are 64 women and 41 men. The age distribution is from 31 to 62 years, with a mean age of 51.2 ± 4.8 years (n=105) (Figure 1). The age distribution is from 31 to 62 years, with a mean age of 51.2 ± 4.8 years (n=105) (Figure 1).

RESULTS AND DISCUSSION

The distribution of the examined workers by nosological units (Figure 4) includes: Injuries in the cervical spine (cervical spondylosis with radiculopathy, cervical spondylosis with radiculopathy and vertebral osteochondrosis with radiculopathy, cervicalgia). Injuries in the lumbar and lumbo-sacral part of the spine (damage to the intervertebral discs in the lumbo-sacral department with radiculopathy, lumbar or lumbo-sacral nonvertebrogenic radiculopathies, lumbargia). Damage to the cervical and lumbar spine.

CONCLUSION

Spinal injuries are a current health problem for those working in a number of areas of the economy. Treatment with physical factors is an appropriate and successful approach in the treatment of occupational injuries of the spine.

REFERENCES

1. Aleksieva Tsv. and team, Occupational Pathology, Sofia, 1992, pp. 206-238
2. Zhelev V., Physiotherapy in internal and surgical diseases, Sofia, 2013
4. Kostova V. and team, Occupational diseases, Sofia, 2005, pp. 120-125
5. Kolava L., Algorithms for physical prevention, therapy and rehabilitation of some common and socially significant diseases, Sofia, 2006, pp. 34-38
6. Ikonomov M., Complex therapeutic and rehabilitative approach in patients with arthroplasty of the hip joint, 2016, pp. 84-85
7. Popov N., Functional diagnostics and kinesthesiology, Sofia, 2002