

A Participatory Occupational Therapy Program: Preventing Musculoskeletal Disorders in Daily Living

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Introduction : Musculoskeletal disorders (MSDs) are on the rise. Every year, thousands of people are incapacitated by them. Prevention is essential in order to decrease the consequences of this important health issue. Most studies show that MSDs risk factors exist in everyday activities. However, most preventive strategies only focus on work activities. **Objective**: To develop a strategy focusing on both work and everyday activities. The frame of reference is based on occupational therapy, prevention and ergonomics. **Method** : In order to evaluate the preventive potential of the new strategy, an exploratory study was conducted. Twenty-three workers of food industry were recruited along with an associated no-equivalent control group. Measures were taken pre and post intervention, including task modifications at work and at home, pain and stress. Analysis was conducted between both groups. **Results**: The results suggest that the experimental group benefited from significant reduction of their MSDs risk factor exposure, both at work and at home. Pain reduction was felt primarily at the shoulder level. **Contribution to the practice** : Even though, this study has limitations, the results show that considering both activities of daily living and work is promising path for the prevention of the MSDs. It enhances, the role of occupational therapy in this domain and provides new data for evidence based practice in the profession.