



## New Approaches for Prevention from Musculoskeletal Pains

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Musculoskeletal pains are a common symptom in many people (Malmberg-Ceder et al., 2017). In Europe, musculoskeletal pains account for approximately 40% of all occupational diseases and are considered as a growing problem (European Agency for Safety and Health at Work, 2017). The presence of musculoskeletal pains has been associated with reduced quality of life for individuals, decreased productivity, increased sickness, absence from the workplace, and economic consequences for the society (European Agency for Safety and Health at Work, 2017; McDonald, Dibonaventura, & Ullman, 2011; Cancelliere et al., 2011).

Musculoskeletal pain is usually caused by: performing repetitive activities in inappropriate body conditions, keeping body in a steady state for a long time, not paying attention to ergonomic issues in daily activities and during work, not performing simple and periodic exercises during daily activities, having poor physical fitness for exercise, having weak muscles, shortening the length of the tendons and ligaments and fascia, doing improperly stretching exercises, removing and moving heavy loads (especially high altitude), and not paying attention to psychological issues (Dalager, Justesen, & Sjøgaard, 2017).

Therefore, in order to prevent from the occurrence of these pains, special attention should be paid to changing the status of the body during activities; performing simple and periodic

exercises; paying attention to stretching exercises, keeping right ergonomic position in life and work, doing daily activities in a proper physical condition, carrying out activities for physical fitness; reducing repetitive tasks; intervention for musculoskeletal pains prevention and early identification of pain causes (Dalager, Justesen, & Sjøgaard, 2017; Linton, 2002; Falla et al., 2017). Furthermore, the use of virtual reality in the treatment of musculoskeletal pains such as manipulating sensory signs to improve motor function during walking should be considered (Powell & Simmonds, 2014).

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