ABSTRACT

Background:

Physiotherapy students are often exposed to prolonged standing while treating patients and attending practical classes, and they may also adopt poor postural habits. Musculoskeletal complaints have increased significantly in recent years, potentially affecting daily functioning and overall well-being even among these younger student populations.

Objectives:

The purpose of this study was to evaluate the distribution of musculoskeletal pain among the physiotherapy students of Brainware University as well as the prevalence of such pain in various body regions among participants.

Methods:

Physiotherapy students from Brainware University participated in a cross-sectional study. Age and gender were among the demographic information recorded. Using the standardized Nordic Musculoskeletal Questionnaire (NMQ), prevalence of pain for particular joint & overall musculoskeletal pain, activity limitation was recorded for last 7 days & 12 months to evaluate musculoskeletal symptoms.

Results:

The results indicated that 76.77% of participants experienced musculoskeletal pain in at least one body region over the last 12 months, while 48.48% reported pain in the last 7 days. The most commonly affected regions over 12 months were the neck (61.6%) and shoulder (61.6%), followed by the lower back (41.4%) and upper back (32.3%). In the 7-day period, the neck (25.3%) and lower back (23.2%) were the most frequently reported painful regions. The elbow showed the lowest prevalence in both time frames.

Conclusion:

The participants had a very high prevalence of musculoskeletal pain, especially in the neck, shoulder, and lower back. The results indicated that symptoms were common and possibly intermittent, even though the recent (7-day) prevalence was lower than the long- term (12-month) prevalence. These findings emphasize the necessity of early preventive measures to lower the risk of long-term musculoskeletal disorder such as regular physical activity, posture correction and ergonomic awareness.

Keywords: Physiotherapy students, pain, musculoskeletal problems.

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