40 - INTERFERENCE ANALYSIS OF LABORAL GYMNASTICS PRACTICE IN INDIVIDUALS WHO CARRY OSTEOMUSCULAR- LOMBAR DISTURBANCES

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INTRODUCTION
According to MENDES & LEITE (2004), the work itself is not considered damaging or dangerous, but its organizational influence in individuals' health, once it reaches the whole technical, social and economic process.
There is today a world trend to search for a better quality of living; this creates in enterprises the need to implement special programs for their employees, aiming to minimize the damaging effects of bad use of technologies, knowing that the improvement in human behavior will affect the company's reality and its productivity. Men are sentient beings, sensitive to reality, and the company's functioning depends on these human beings.
Adopting actions that improve satisfaction and well being for the employees, like the introduction of physical activities through planned gymnastics integrated to the work environment and during work hours, aiming to improve employees' health, has become essential; soon it will be as important to companies as its organization and competitiveness, which is directly related to the group which develops it.
Laboral gymnastics is a quality of life program and leisure promotion that tries to neutralize the negative effect of work and inadequate use of technology on the human body, preventing the progression to occupational diseases that are the result of repetitive and monotonous work. It's a means to give value to and motivate the practice of physical activities as a way to promote health and improve professional performance (MENDES & LEITE, 2004).
However, the implementation of a laboral gymnastic program doesn't solve all the problems, since it isn't the solution to all the occupational diseases. However, the preventative approach must be spread among the workers; this will facilitate the maintenance of health. Through awareness we will succeed in changing habits.
Capitalism dynamics demand an increase in production, which generates more pressure on the worker due to high levels of demands regarding goals, achievements and work rhythm. This creates anxiety, suffering and tiredness, leading to mental and physical depletion. Thus, people are more susceptible to accidents, to developing or worsening diseases like osteomuscular disturbances.
Lombalgies, according to MENDES & LEITE (2004), are the most common cause of work disturbance, in a temporary or permanent way. The factors responsible for their start are age, posture, level of physical activities, body composition and psychosocial aspects.
The incorrect use of the body creates an unbalance and precocious osteomuscular degeneration. Since people spend most part of their lives at work, it becomes necessary to develop actions to reduce the bad effects of performing work activities inadequately and the stress of modern life. Laboral gymnastics is a way to prevent diseases related to work and improve employees' quality of life.

OBJECTIVE
The objective of this study was to investigate the levels of improvement of osteomuscular disturbances, especially lower back pain, after the implementation of a laboral gymnastics program.

SAMPLE USED
The sample was 52 employees (x=52), males, selected from an engineering company in Timóteo - MG, aged from 19 to 55. The criteria to select the sample for this study were that all subjects were permanent employees and had worked for the company for at least 6 months, and didn't carry renal problems or disk hernias and also wouldn't be taking a vacation soon. All subjects were volunteers. Twenty-eight employees said they practice physical activities outside work and twenty-four are sedentary.

Procedures
In the first meeting was a lecture to emphasize the importance of an intervention program or laboral gymnastics. The program's goal and objectives and benefits were explained and the participants were asked to fill in the questionnaire n°01 which was answered before the program implementation. All questions were explained by the researcher before filling in the questionnaire. This was necessary due to the low education level of the participants. They were asked to, in case of any pain, to show the exact location.
The program lasted six months with a frequency of 3 sessions per week always at the beginning of the shift (7:15 am). Each session had a duration of 15 minutes always supervised by the researcher. All stretching exercises were done in one series of 15 seconds. The stretching exercises were of global reach but with emphasis on the lower back musculature (area with more incidence of pain detected by questionnaire N1) and isquio-tibiais, aiming to reduce possible shortening and to stretch the musculature most required for work. The sequence of stretching exercises was the same during the study period.
After this period the participants were asked to fill in questionnaire n° 02 to be compared and analyzed. All questions were explained by the researcher before filling in the questionnaire. This was necessary due to the low education level of the participants. The questionnaires were filled by the participants without the researcher's interference. There were no job rotations during the study period.

Instruments
An adapted LIMA (2003) questionnaire was used to evaluate the employees' pain index.

STATISTICAL TREATMENT
A descriptive analysis was done to characterize the sample. The results of the two adapted LIMA (2003) questionnaires, were presented based on percentual values. The percentual calculation was done by the EXCEL program.

RESULTS
As table 1 shows, the studied group was composed of 52 employees aged from 32.5 ± 0.57, having worked from 32 ± 2.04 months, which shows a lot of experience in doing their daily activities and a long time with the company.
words, both are the responsibility of everyone in the organization and must be valued by all. Opportunities (MENDES & LEITE, 2004). Themselves the best non medicinal health promoters (LIMA, 2003). Contribute significantly to promoting health and quality of life because physical exercises applied correctly are considered by the link between work and leisure. Increasing their level of awareness regarding the necessity of regular practice of physical activities as a means of improving their health and well being. Thus the laboral gymnastics contribute to improving the employees' physical, mental and social condition and also to increasing their level of awareness regarding the necessity of regular practice of physical activities as a means of improving their health and well being. By this study it is possible to affirm that all investment by the company was worth it, since a reduction in the incidence of pain was reported, improving employee's satisfaction, which directly impacted their professional performance and productivity, improving the link between work and leisure. Laboral gymnastics comes as a way to humanize the organization, promoting employee - company integration and contribute significantly to promoting health and quality of life because physical exercises applied correctly are considered by themselves the best non medicinal health promoters (LIMA, 2003). Health maintenance is based on the lifestyle chosen by each individual, represented by attitudes, values and daily opportunities (MENDES & LEITE, 2004). LIMA (2004) says that employees' quality of life should be taken in consideration at the same level as production, in other words, both are the responsibility of everyone in the organization and must be valued by all. BIBLIOGRAFY


AS ENFERMEDADES OCUPACIONAIS PREOCUPAN CADA DÍA MÁS AOS DIRENTES DE EMPRESAS, PUES GENERALMENTE EVOLUCIONAN PARA LOS ALEJAMIENTOS TEMPORALES, GENERANDO TRANSNÍMOS Y PREJUICIOS TANTO PARA LAS EMPRESAS CUANTO PARA EL EMPLEADO. POR TANTO, LA FINALIDAD DE ESTE TRABAJO ES AVALUAR LOS INDICES DE MEJORAS DE LOS EPISODIOS DE DISTURBIOS DE LA COLONNE VERTÉBRALE, AMELIORANDO LA CALIDAD DE VIDA DEL EMPLEADO. 

LATERAL REDUZIVEL AOS TRABALHADORES, A INFLUÊNCIA DA PRÁTICA DA GYMNASIA LABORAL EM INDIVIDUOS PORTADORES DE DISTURBIOS OSTEOMUSCULARES - LOMBALGIA

RESUMIDO

Os estudos de casos evoluem para os períodos de férias, deixando de serem devido à falta de remuneração. A finalidade dos estudos é avaliar os índices de melhora dos episódios de distúrbios osteomusculares, especialmente as lombalgias, depois da implantação do programa de ginástica laboral. O estudo foi realizado em uma empresa de engenharia. O objetivo deste estudo foi avaliar os índices de melhora dos episódios de distúrbios osteomusculares, especialmente as lombalgias, depois da implantação do programa de ginástica laboral. A amostra (n=52) de trabalhadores do gênero masculino foi selecionada em uma empresa de engenharia. A mensuração dos dados foi feita através de questionários aplicados antes da implantação e depois de 6 meses de sua implantação. Os valores encontrados foram média de idade 32,5 ± 0,57 anos, tempo de serviço na empresa de 32 ± 2,04 meses e uma diminuição de 20% na incidência de lombalgias. Se conclui que a ginástica laboral pode constituir um meio eficaz para prevenir e reabilitar os indivíduos portadores de lombalgias.