

72 - PROPOSED LABOR MASSAGE FOR A WELL BEING ROOM

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doi:10.16887/90.a1.72

INTRODUCTION

Occupational diseases or work-related dysfunctions, known as work-related musculoskeletal disorders - D.O.R.T, have been described since the dawn of humanity, according to COUTO et al (1998).

To reduce and prevent occupational diseases, Labor Gymnastics promotes specific stretching, muscle strengthening, motor coordination and relaxation exercises, performed in different sectors or departments of the company, in order to prevent and reduce cases of RSI (OLIVEIRA)., 2006).

The diseases are so limiting that Codo; Almeida, (1998), cites the picture of a worker who developed paralysis of the hand after prolonged effort to twist sticks.

Dr. Bernardino Ramazzini, considered the father of occupational medicine, made the first historical contribution when, in 1713, he wrote the book entitled "DE MORBIS ARTIFICUM DIATRIBA", based on the study of 54 professions of your time. In this work, occupational disorders and causes were identified. He believed that the injuries found in writers were caused by repetitive use of hands, the position of chairs and excessive mental work, this condition became known as "scribe's paralysis," according to (HELFENSTEIN, 1999).

For Cañete (2001), Labor Gymnastics was introduced in Brazil through Japanese entrepreneurs in 1969, through Ishikawajima do Brasil Estaleiros S / A is a Brazilian shipyard, located in the city of Rio de Janeiro. The company was from the Japanese multinational IHI Corporation., Where it is still practiced today mainly aiming at the prevention of occupational accidents.

In Brazil, as in other countries, we have gone through several phases with regard to the process of adopting the nomenclature. The L.E.R. - Repetitive strain injuries were first described as tenosynovitis or digitosenosis. Also in Brazil, the first ordinance of the Ministry of Social Security, of 08/06/1987, thus identified the disease, because the majority of diagnosed cases affect typists (CODO; ALMEIDA, 1998).

We cannot exclude from the illness process problems associated with inappropriate postures. According to Alves (2001), the absence from work is directly related, in its majority, about 90%, with the issue of posture and the other aggressors of the work environment itself. One of the factors to be observed is that the workers have been submitted to a static, prolonged, repetitive work, with a high level of mental concentration and neuromuscular tension (FIGUEIREDO; MONT ALVÃO, 2005).

The damage to organizations resulting from WRMDs affects several areas, both as regards the reduction of productivity and the increase in costs due to high medical absenteeism, the need for new training, the increase in production costs, and the high costs spent in the field. medical treatment of the affected, for long leaves, expenses with reintegration processes to work and for indemnity claims of civil liability among others (COUTO, et al 1998).

In addition to physiological changes, the rhythm of life of man has contributed to sensitive changes that reflect directly in everyday life, since the Industrial Revolution, there was a significant change in the production process, ie the worker only participates in only part of the process, thus justifying the increase of occupational diseases by repetitive movements.

Monteiro (1993), Dias (1994), the Preparatory Labor Gymnastics is very beneficial because it prepares the worker for daily work activities, improving the general circulation and respiratory system, and preparing the muscle structures for the beginning of the journey that workers achieve lower injury rates. These are activities and physical exercises performed by workers in their workplace, before starting their work activities. These exercises act in a preventive manner by warming up the muscle tissue preventing work accidents, muscle strains and occupational diseases.

The Preparatory Labor Gymnastics originated in Japan, where since 1928, the Japanese post office staff had been attending gymnastics sessions, aimed at relaxation and health promotion. After World War II, this habit spread throughout the country (GARDEN, 1992).

The Ministry of Health stated in 1960 that gymnastics practiced in a Japanese company resulted in increased productivity, decreased work-related injuries and improved physical and psychological well-being of workers (CAÑETE, 1995).

According to Monteiro (1993), accidents occur mostly in the first hours of work, due to workers drowsiness and lack of muscular preparation, leaving them vulnerable to accidents that most often affect the musculoskeletal system, such as strains, sprains and other injuries, resulting in a long recovery time and consequently removal from work.

Physical exercises performed in the middle of the workday, known as Workplace Compensatory or rest gymnastics, have the action to relax the muscles that work during the workday through contraction of their antagonists.

The Workplace Compensatory Gymnastics also allows the break of the routine, aiming at the awakening of the worker thus preventing work accidents (PIGOZZI, 2000).

The first record of this activity dates from 1925 in Poland, where it is called Break Gymnastics and intended for workers. In Russia, approximately five million workers in one hundred and fifty thousand companies practiced compensatory gymnastics adapted to each occupation.

In Belgium the break gymnastics began in March 1961 with the employees of the Brussels Postal Social Service (CANETE, 1995).

Occupational Relaxation Gymnastics is based on stretching exercises and muscle flexibility, usually performed at the end of the workday, in order to oxygenate the muscle structures involved in the daily task, avoiding the accumulation of lactic acid,

preventing possible muscle injuries (ZILLI, 2002).

According to Dias (1994), Labor Gymnastics is composed of specific short-term exercises performed at the workplace, working in prevention, aiming at awakening the body, reducing work accidents, preventing cumulative trauma diseases, correcting postures, increase willingness to work, promote integration among employees, and avoid work-related fatigue.

According to Leite (1995), it is defined that Labor Gymnastics as physical activity with the practice in the workplace voluntarily and collectively by employees. Complete War (1995), stating that it is a prevention program, whose main objective is the quality of life and health of workers through a bio-psycho-social preparation.

According to Reis (2001), Labor Gymnastics can be highlighted as an effective method in the prevention of L.E.R / D.O.R.T., Since it guarantees the stretching and improvement of joint nutrition.

Cañete (2001), Labor Gymnastics has been widely used aiming more broadly at reducing occupational accidents and illnesses than workers' health and quality of life. According to reports we have numerous benefits for both the company providing this practice and the employee performing the practice of Labor Gymnastics.

Lima (2003), Labor Gymnastics can be conceptualized as a set of physical practices elaborated from professional activities performed during working hours, which aims to compensate the most used structures at work and activate those that are not required, relaxing and toning them. -at.

Occupational Gymnastics can provide all these benefits depending on the competence, degree of awareness and ethical posture adopted by the professionals who conduct it.

The discussion about the competencies and skills for the promotion and implementation of exercise programs in companies is complex and broad, going beyond in many cases the main factor that should be the central focus of the concern of all these professionals, which are the real and the delimitation and definition of GL's role within work-related or aggravated disease prevention initiatives.

According to Alves (2000), the expression Labor Gymnastics and the fact that they are collective activities end up suggesting a connection with physical education, but physical exercises have been called gymnastics since ancient Greece. According to the author, the physical therapy approach concerns the prevention of L.E.R./D.O.R.T. Through therapeutic exercises, the focus of physical education refers to the promotion of health in people without occupational discomfort.

One of the possible performances at the time of Labor Relaxation Gymnastics is the practice of self-massage and massage. (NESSI, 2010)

Massage is a practice that acts directly on the muscles and tendons, promoting relaxation of massaged structures. (CASSAR, 2001)

The present study aimed to evaluate the implementation of Labor Massage in the Sala Estado do Bem Estar, in the Business Group in São Paulo, through the Labor Massage Program by the Nessi Institute of Massage Therapy, a program that has been widely used as a method to prevent DORT

METHODOLOGY

For this quantitative and qualitative research, some research instruments and support questionnaires were used. Informed Consent T.C.L.E, stating that the research is based on the guidelines and ethical principles of CNS Resolution No. 196 of 10 October 1996, Anamnesis Form, Adapted EVA Questionnaire Form and Nordic Questionnaire. The Massage Sequence in the Costas Region was applied to 234 employees, who attended the Sala Estado do Bem Estar Room, implemented at the Business Graphic Group in São Paulo, by the Nessi Institute of Massage Therapy. Total of 145 female employees (62, .00%) and 89 male employees (38.00%). Questionnaire applied before and after the calls. The Nordic Questionnaire - Nordic Questionnaire For The Analysis Of Musculoskeletal Kuorinka, et al (1987), internationally recognized as a standard for measuring musculoskeletal investigations, practiced in Brazil by researchers Pinheiro et al (2002), the questionnaire is easy to apply and understanding and identifying musculoskeletal symptoms related to discomfort at work, which serves as standardization and systematic documentation for researchers and health professionals. The questionnaire has simple questions regarding the pain and / or discomfort that precede the analysis and / or currently the employee worked. The questionnaire presents a figure of the human body with posterior view, showing the anatomical regions of the limbs (neck, shoulders, upper and lower back, elbows, wrists / hands, hip / thighs, knees and ankles / feet). This questionnaire was validated and adapted by (BARROS; ALEXANDRE, 2003).

RESULTS

The results obtained with the Labor Massage Program at the Business Graphic Group in São Paulo, using the Nordic questionnaire, adapted VAS questionnaire, were 87% had muscle pain, before three months with massage, after 72% of these have relief or total absence. of the pains.

Prior to the practice of Labor Massage, lasting 15 minutes, in the last 12 months was prevented from performing normal activities such as work, domestic activities or leisure. There were 82% positive response, after three months of massage, the response was 80% improvement.

In the 3rd question about visiting health professionals, such as doctor, nursing, physiotherapy., In the last 12 months, the answer was 67%, after the massage reduced to 14%.

When asked about the degree of pain, from 0 to 10, on the VAS scale, the average was 75%, above 7, with pain, after three months the answer was 13%.

For Archour (1998), the practice of Labor Gymnastics provides some benefits: it eliminates and / or reduces muscle system shortening, eliminates or reduces muscle nodules, increases and / or maintains flexibility, decreases risk of muscle-joint damage, increases muscle relaxation and blood circulation, improve coordination.

The benefits obtained in relation to muscle discomfort are noticeable, such as increased flexibility and improved posture, after the implementation of a Labor Gymnastics Program (ZILLI, 2002).

An interesting study showed 75% of relaxation in the studied population and reduction of pain. MASSELI ((2010).

For Tomaszewski's (2016) studies, their research shows 91.7% relaxation in the workplace with quick massage and decreased muscle pain.

CONCLUSION

We consider that it needs more time and practice in future research, but we concluded through this research that implanting the Welfare State Room, within a Business Graphic Group, to promote Labor Massage to employees, favored a 72% decrease in muscle pain, had an improvement. Of the 80% in domestic and professional activities without limitations, after three

months of evaluation and care, only 14% were in medical consultation, and only 13% were still in pain. Labor Massage, can promote many benefits for the welfare and quality of life for employees.

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PROPOSED LABOR MASSAGE FOR A WELL BEING ROOM
ABSTRACT

Introduction: The significant increase in the number of work-related musculoskeletal disorders has left entrepreneurs and labor institutions in a state of concern. The growing phenomenon of the D.O.R.T is becoming increasingly prominent in the news and on remoteness. Objective: The present study aimed to evaluate the implementation of Labor Massage in the Sala Estado do Bem Estar, in the Business Group in São Paulo, through the Labor Massage Program by the Nessi Institute of Massage Therapy, a program that has been widely used as a method of WMSD prevention Methodology: A total of 234 employees were evaluated over a three-month period: 145 female employees (62.00%) and 89 male employees (38.00%). The Labor Massage Program was coordinated and applied by the staff of the Nessi Institute of Massage Therapy five times a week for 15 minutes daily. Results: Through this research that deploying the State Welfare Room, within a Business Graphic Group, to

promote Labor Massage to employees, favored a 72% reduction in muscle pain, had an 80% improvement in domestic and professional activities without limitations, After the three months of evaluation and care, only 14% were in medical consultation, and only 13% were still in pain. Conclusion: The Labor Massage, can promote many benefits for the welfare and quality of life for employees.

Keyword: Labor Massage, WMSD, Wellness

PROPOSITION DE MASSAGE DU TRAVAIL DANS UNE SALLE DE BIEN-ÊTRE

Résumé

Introduction: L'augmentation significative du nombre de troubles musculo-squelettiques liés au travail a laissé les entrepreneurs et les institutions du travail dans un état préoccupant. Le phénomène croissant de la D.O.R.T est de plus en plus présent dans les actualités et sur l'éloignement. Objectif: La présente étude visait à évaluer la mise en œuvre du massage du travail dans la Sala Estado do Bem Estar du groupe des entreprises à São Paulo, par le biais du programme de massage du travail de l'Institut de massothérapie Nessi, un programme largement utilisé comme méthode de travail. Prévention des TMS Méthodologie: Au total, 234 employés ont été évalués sur une période de trois mois: 145 employés de sexe féminin (62,00%) et 89 employés de sexe masculin (38,00%). Le programme de massage par le travail a été coordonné et appliqué par le personnel de l'Institut de massothérapie Nessi cinq fois par semaine pendant 15 minutes par jour. Résultats: Grâce à cette étude, le déploiement du State Welfare Room, au sein d'un groupe Business Graphic, pour promouvoir le massage ouvrier auprès des employés, a favorisé une réduction de 72% des douleurs musculaires, une amélioration de 80% des activités domestiques et professionnelles sans limitation, Après les trois mois d'évaluation et de prise en charge, seuls 14% étaient en consultation médicale et seulement 13% avaient encore mal. Conclusion: Le massage du travail peut avoir de nombreux avantages pour le bien-être et la qualité de vie des employés.

Mot clé: Massage du travail, TMS, Bien-être

MASAJE LABORAL PROPUESTO PARA UNA SALA DE BIENESTAR

RESUMEN

Introducción: El aumento significativo en el número de trastornos musculoesqueléticos relacionados con el trabajo ha dejado a los empresarios y las instituciones laborales en un estado de preocupación. El creciente fenómeno de la D.O.R.T es cada vez más prominente en las noticias y en la lejanía. Objetivo: El presente estudio tuvo como objetivo evaluar la implementación del Masaje Laboral en la Sala Estado do Bem Estar, en el Grupo Empresarial de São Paulo, a través del Programa de Masaje Laboral del Instituto Nessi de Terapia de Masaje, un programa que ha sido ampliamente utilizado como método de Prevención de WMSD Metodología: Se evaluó un total de 234 empleados durante un período de tres meses: 145 empleadas (62.00%) y 89 empleados (38.00%). El Programa de Masaje Laboral fue coordinado y aplicado por el personal del Instituto de Terapia de Masaje Nessi cinco veces por semana durante 15 minutos diarios. Resultados: a través de esta investigación, el despliegue de la Sala de Bienestar del Estado, dentro de un Grupo Gráfico Empresarial, para promover el Masaje Laboral entre los empleados, favoreció una reducción del 72% en el dolor muscular, tuvo una mejora del 80% en las actividades domésticas y profesionales sin limitaciones, Después de los tres meses de evaluación y atención, solo el 14% estaba en consulta médica y solo el 13% todavía tenía dolor. Conclusión: El masaje laboral puede promover muchos beneficios para el bienestar y la calidad de vida de los empleados.

Palabra clave: Masaje laboral, WMSD, Bienestar

PROPOSTA DE MASSAGEM LABORAL PARA UMA SALA ESTADO DO BEM ESTAR

RESUMO

Introdução: O aumento significativo do número de distúrbios osteomusculares relacionados ao trabalho vem deixando empresários e instituições trabalhistas em estado de preocupação. O fenômeno crescente dos D.O.R.T assume cada dia mais destaque nos noticiários e sobre os afastamentos. Objetivo: O presente estudo teve como objetivo avaliar a implantação da Massagem Laboral na Sala Estado do Bem Estar, no Grupo Empresarial em São Paulo, através do Programa de Massagem Laboral pelo Instituto Nessi de Massoterapia, programa este que vêm sendo muito utilizado como método de prevenção de D.O.R.T. Metodologia: Foram avaliados no período de três meses, 234 funcionários, sendo 145 funcionários do sexo feminino (62,00%) e 89 funcionários do sexo masculino (38,00%). O Programa de Massagem Laboral foi coordenado e aplicado pela equipe do Instituto Nessi de Massoterapia, cinco vezes na semana, durante 15 minutos diários. Resultados: Através desta pesquisa que implantar a Sala Estado do Bem Estar, dentro de um Grupo Gráfico Empresarial, para promover a Massagem Laboral aos funcionários, favoreceu a diminuição 72% dores musculares, teve melhora de 80% nas atividades domésticas e profissionais sem limitações, após os três meses de avaliação e atendimento, apenas 14% foram em consulta médica, e apenas 13% sentiam ainda dor. Conclusão: A Massagem Laboral, pode promover muito benefícios para o Bem Estar e Qualidade de vida aos funcionários.

Palavras-chave: Massagem Laboral, DORT, Bem Estar