57 - EFFECTS OF A PROGRAM OF LABOR GYMNASTICS IN MUSCLE PAIN ON PROFESSIONAL CLEANING FROM AN INSTITUCION OF HIGHER EDUCATION

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INTRODUCTION

The technology invented through the ages, has brought much comfort and benefit to people's daily lives. However those that do not control this technology, are injured and controlled by. The natural consequences are stress, repetitive strain injuries/ musculoskeletal disorders work-related (LER/DORT) fatigue, back pain and so on (MENDES and LEITE, 2008).

The cleaning aids perform strenuous work activities, with great physical effort and awkward postures. Besides these factors, there is usually a double work lead, since large parts of these workers are female. For an improved quality of life of these professionals should be cause some ergonomic adaptations, such as the promotion of regular breaks, the most appropriate use of securities, the adoption of physical exercise in the work environment (labor gymnastics) and stimulating regular practice of sports. However, to achieve the benefits associated with bodily-health, exercises should focus largely on the components that involve the health-related physical fitness (flexibility, muscle strength, aerobic fitness and body composition) (LAFETÁ, 2010).

The Labor Gymnastics has been gaining features and is used as an important tool to improve the quality of work life. It is the art of exercising your body and mind of the worker, through the use of exercises easy to perform, and that is pleasurable to the employee, thus increasing their willingness in performing the tasks proposed to them (MENDES, MILK 2008).

Therefore, the purpose of this study was to assess the effects of a program of labor gymnastics, muscle aches in the professional cleaning of an institution of higher education. The specific objectives are to analyze this possible when pain improves or worsens, how long worked as a janitor, the position remains that most of the time during the workday.

MATERIALS AND METHODS

This study is a field of type cause / effect of cross section with a qualitative approach. The sample was initially composed of 20 janitors working in Faculdade Assis Gurgacz, these remained only six participants, all female, aged 19 to 57 years, all of which worked in the morning shift.

Were excluded from the sample to employees not working as a janitor in FAG, those who refused to answer a term of informed consent or who were doing some kind of treatment for pain.

Before starting the intervention with the gymnastics, a questionnaire was administered, the topography of the pain, the pain worsened when evaluating and decreased to interfere in the work, how long was feeling this pain. The questionnaire was assembled by the author of the study based on questionnaires used by Lima (2008).

The labor gymnastics adopted was compensatory type, it uses massage and stretching exercises, thus promoting an overall relaxation. The exercise program was applied for a month, twice a week, lasting 15 minutes. The session began with global muscle stretching, and then was carried through physiological relaxation boll in the regions with the highest levels of discomfort.

After one month, was applied a new questionnaire, adapted according to Mendes and Leite (2008), to verify the benefits that labor gymnastics can provide, and if there was a decrease in pain.

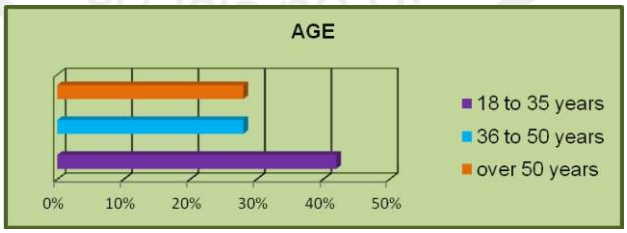
The data were collected, and the application of gymnastics took place between May and June 2011.

The project was submitted to the ethics and research involving human subjects, to assess the risk / benefit of the people involved. After approval has begun the development of research.

RESULTS

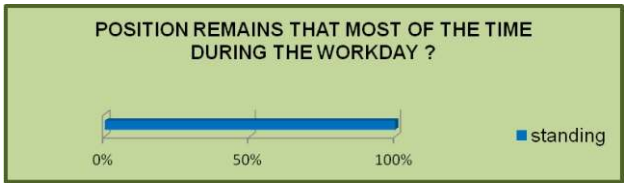
Paraphrasing Pegado (1995) can say that health is the state of completion of the human being, depends on the conditions of life to which people are exposed, it is here that the analysis is based on the results obtained in this study.

CHART 1: Age range of officials investigated



Checking the chart, you realize that most of these employees is in the age of 18 to 35 years. In a study by Pinheiro Tróccoli e Paz, (1999) was observed that increasing age increases the likelihood of reporting musculoskeletal symptoms. In this line, referring to the study in question can be said that there is a tendency of increased muscle pain and discomfort over time.

CHART 2: Position remains that most of the time during the workday.



According to Rio e Pires (1999) "The postures can produce loads and torques appropriate for the maintenance and promotion of health, or may be excessive or inadequate for its preservation leading to deterioration." Following this thought we can say that the fact remain all the time standing facilitates the appearance of pain, spinal problems and lower limbs, in the present study this idea is justified by the analysis in chart 3 below:

CHART 3: Do you feel any pain?

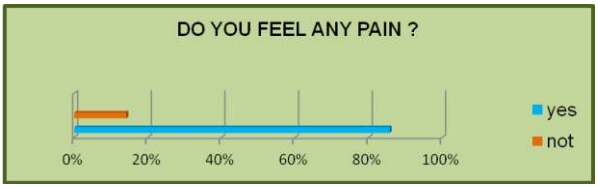
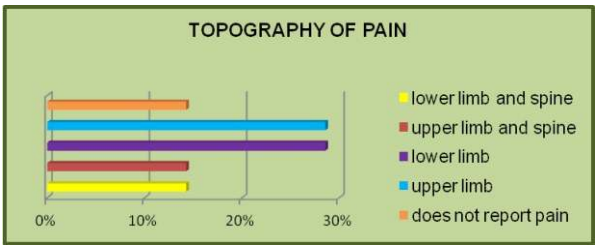


Chart 3 indicates that 84% of respondents feel any pain, only 14% reported not feeling pain. This data shows us that there is already some kind of physical deterioration that may have been triggered by a lot of time staying in the same posture.

From the analysis of chart 4, it is clear that 29% experience pain in the upper limbs, another 29% say pain in the lower extremities, 14% with pain in the lower limbs and spine, upper limbs and 14% column, and 14% report no pain.

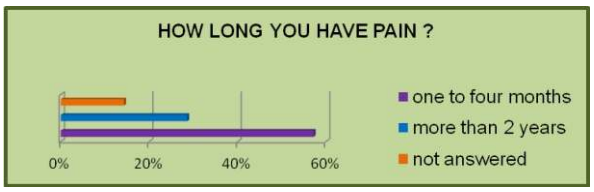
It is clear that most respondents feel pain in the upper and lower limbs, this indicator can be linked to inadequate ergonomic conditions including fatigue by repeated acts of poor posture while performing work tasks.

CHART 4: Topography of pain.



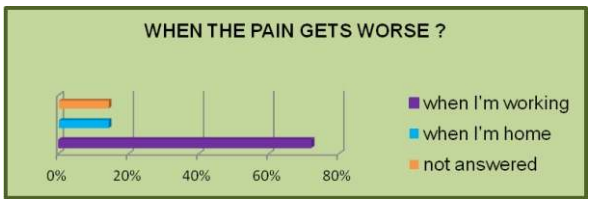
The majority of respondents, 57% reported that the pain appeared around 1 to 4 months, another 29% said they felt these pains for over 2 years, 14% did not answer. This fact shows that although most have begun to feel pain since started work, these women already had some pain before you even start working in the FAG. The situation described can be viewed in the following graph.

CHART 5. How long you have pain?



We see it from chart 5 that 72% of the employees reported that the pain gets worse when working, another 14% said they feel more pain at resting, and 14% did not answer the question. It is clear that although some feel pain at rest, this pain is a result of work activities which in the medium or long term may result in removal of these workers, a factor reflected in a series of disputes between employee and company.

CHART 6: When the pain gets worse?



Beginning in chart 6, it appears that 72% of employees reported that the pain gets worse while working, another 14% said they feel more pain at rest, and 14% did not answer the question. It is evident that although some feel pain at rest, this pain is a result of work activities which in the medium or long term may result in removal of these workers, a factor reflected in a series of disputes between employee and company.

You can see from the chart 6, that 57% of employees reported that the pain only improve with medication, 43% feel relief from pain when they rest. This aspect is a clear need to establish methods to ameliorate the physical pain they are exposed to the interviewees.

Leite (1996) says that, as the individual declines physically, there may be a concomitant deterioration in the sense of well being, resulting in poor self-esteem, anxiety, fatigue and depression.

CHART 7: When the pain better?

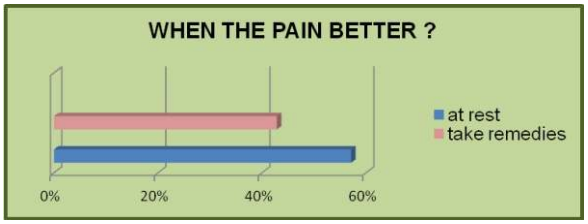
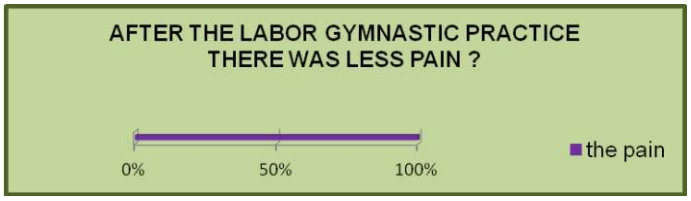


Chart 8 refers to the application of Labor Gymnastics and its outcome as the improvement of factors related to work-related pain. It can be observed, however, that when asked what has improved after the practice of Labor Gymnastics, 100% of the respondents answered that they felt the pain was eased.

Chart 8: After the Labor Gymnastic practice, there was less pain?



The labor gymnastics work stands out as an activity to aid injury prevention in the workplace, to improve flexibility and joint mobility, reduce muscle fatigue due to repetitive stress and affecting tendons, muscles and nerves, and promote the well-being of the individual body awareness through knowing, respecting and encouraging the body (LIMA, 2005).

CONCLUSION

The result of evaluation of the questionnaires shows that the professional cleaners had muscle aches. The labor gymnastics was effective in helping to reduce pain acquired during the time of working. Concluded that labor gymnastics is an essential tool for those professionals where your daily routine becomes overwhelming, which is a great physical effort and use of submitted awkward positions on the other hand can increase self esteem, productivity and possibly improve the quality of life of these workers.

However, it is necessary to conduct a larger study with a larger number of participants, and a longer trial to evaluate other benefits that labor gymnastics can provide workers.

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EFFECTS OF A PROGRAM OF LABOR GYMNASTICS IN MUSCLE PAIN ON PROFESSIONAL CLEANING FROM AN INSTITUCION OF HIGHER EDUCATION

SUMMARY

Introduction: Cleaning workers are at high risk for developing health problems especially those related to the musculoskeletal system due to performance of repetitive movements and awkward postures. The labor gymnastics is a tool used to minimize the effects caused by work, providing an improved quality of life. Objective: This study aimed to analyze the effects of a labor gymnastics program in pain in professional cleaning of an institucion of higher education. The initial sample consisted of 20 janitors who worked at FAG, only six of these remained. Before starting the intervention of the labor gymnastics program, a questionnaire was prepared by the author based on questionnaires used by Lima (2008), to check the topography of the pain, while also evaluating the pain worsens and improves feel and how long pain. The labor gymnastics adopted was the compensatory type, which uses stretching exercises and massage, the program was applied for a month, twice a week, lasting 15 minutes. At the close of the exercise program, was applied a new questionnaire based according to Mendes and Leite (2008), to assess whether there was a reduction of pain. Results: It was observed that 84% of the janitors felt pain, and 14% did not feel. At the end of the program, was determined that there was a reduction in pain in all participants. Thus the labor gymnastics is an essential tool for professionals in the routine of work becomes stressful, where a great physical effort is submitted and when they make use of awkward positions, and possibly is able to assist in improving the quality of life of these workers .

KEYWORDS: Labor Gymnastics. Professional cleaning. Pain

EFFTS D'UN GYMNASE DU TRAVAIL DANS LES DOULEURS DU MUSCLE EN NETTOYAGE PROFESSIONNEL DE L'UNIVERSITÉ DE L'ENSEIGNEMENT SUPERIEUR

SOMMAIRE

Les travailleurs de nettoyage sont à haut risque de développer des problèmes de santé principalement liées au système musculo-squelettique, en raison d'effectuer des mouvements répétitifs et les postures contraignantes. La gymnastique est un outil utilisé pour minimiser les effets causés par le travail, fournissant une meilleure qualité de vie. Cette étude visait à analyser lês effets d'um programme de gymnastique dans la douleur dans le nettoyage professionnel d'une université de l'enseignement supérieur.L'échantillon initial comprenait 20 gardiens travaillant à FAG, seuls six de ces resté. Avant de

commencer l'intervention du programme de gymnastique, un questionnaire a été préparé par l'auteur basés sur des questionnaires par Lima (2008), pour vérifier la topographie de la douleur, cette douleur lors de l'évaluation a également une aggravation et d'amélioration, et combien de temps vous vous sentez douleur. La gymnastique a été adoptée type compensatoire, qui utilise des massages et des exercices d'étirement, le programme a été appliqué pendant un mois, deux fois par semaine, durant 15 minutes. À la fin du programme d'exercice, nous avons appliqué un nouveau questionnaire adapté en fonction de Mendes et de lait (2008), pour évaluer s'il y avait une réduction de la douleur. Il a été observé que 84% des gardiens ressenti aucune douleur, et 14% ne se sentaient pas. A la fin du programme, nous avons déterminé qu'il y avait une réduction de la douleur chez tous les participants. Par conséquent, la gymnastique est un outil essentiel pour les professionnels de la routine du travail devient stressant, où un grand effort physique est soumis et faire usage de positions inconfortables, et éventuellement peut également aider à améliorer la qualité de vie de ces travaiileurs.

MOTS-CLÉS: Travail de gymnastique. Le nettoyage professionnel. Douleur

EFECTOS DE GIMNASIO EM EL DOLOR MUSCULAR EM TRABAJO DE LIMPEZA PROFESSIONAL DE LA UNIVERSIDAD DE LA EDUCACIÓN SUPERIOR

RESUMEN

Trabajadores de la limpieza se encuentran en alto riesgo de desarrollar problemas de salud relacionados principalmente con el sistema musculoesquelético, debido a la realización de movimientos repetitivos y posturas forzadas. La gimnasia es una herramienta utilizada para minimizar los efectos causados por el trabajo, proporcionando una mejor calidad de vida.Este estudio tuvo como objetivo analisar los efectos de un programa de gimnasia em el dolor de la limpieza profesional de una universidad de educación superior. La muestra inicial estuvo constituida por 20 cuidadores que trabajan en FAG, sólo seis de ellos permanecieron Antes de comenzar la intervención del programa de gimnasia, un cuestionario fue elaborado por el autor sobre la base de cuestionarios por parte de Lima (2008), para revisar la topografía del dolor, este dolor también en la evaluación de deterioro y mejora, y por cuánto tiempo usted se siente dolor.La gimnasia se adoptó el tipo de compensacións, que utiliza masajes y ejercicios de estiramiente, el programa se aplico durante um mes, dos veces por semana, com uma duración de 15 minutos.Al cierre del programa de ejercicios, se aplicó un nuevo cuestionario adaptado de acuerdo con Mendes y Leche (2008), para evaluar si hubo una reducción del dolor Se observó que el 84% de los cuidadores sentía ningún dolor, y el 14% no se siente. Al final del programa, se determinó que hubo una reducción en el dolor de todos los participantes. Por lo tanto, la gimnasia es uma herramienta esencial para los profesionales de la rutina del trabajo se convierte em estrés, em donde um gran esfuerzo físico se presenta y hacer uso de posiciones forzadas y, posiblemente, también puede ayudar a mejorar la calidad de vida de estos trabajadores.

PALABRAS CLAVE: GImnasia laboral. Limpieza profesional. Dolor

EFEITOS DE UM PROGRAMA DE GINÁSTICA LABORAL NAS DORES MUSCULARES EM PROFISSIONAIS DE LIMPEZA DE UMA UNIVERSIDADE DE ENSINO SUPERIOR

RESUMO

Os trabalhadores de limpeza apresentam um alto risco para desenvolver problemas de saúde principalmente os relacionados ao sistema músculo esquelético, devido à realização de movimentos repetitivos e posturas inadequadas. A ginástica laboral é uma ferramenta utilizada, para minimizar os efeitos causados pelo trabalho, proporcionando uma melhora na qualidade de vida. O presente estudo teve como objetivo principal analisar os efeitos de um programa de ginástica laboral na dor em profissionais de limpeza de uma universidade de ensino superior. A amostra inicial foi composta por 20 zeladoras que trabalhavam na FAG, destas permaneceram somente 6 . Antes de iniciar a intervenção do programa de ginástica laboral, foi aplicado um questionário elaborado pela autora com base em questionários aplicados por Lima (2008), para verificar a topografia da dor, avaliando também quando esta dor piora e melhora, e há quanto tempo sente dor. A ginástica laboral adotada foi do tipo compensatória, que utiliza exercícios de alongamentos e massagem, o programa foi aplicado durante um mês, duas vezes por semana, com duração de 15 minutos. Ao encerrar o programa de exercícios, foi aplicado um novo questionário adaptado de acordo com Mendes e Leite (2008),para avaliar se houve redução da dor. Observou-se que 84% das zeladoras sentiam algum tipo de dor, e 14% não sentiam . Ao termino do programa foi possível constatar que houve uma redução na dor em todas as participantes. Portanto, a ginástica laboral é uma ferramenta essencial para profissionais em que a rotina de trabalho se torna desgastante, onde um grande esforço físico é submetido e fazem uso de posições inadequadas, e possivelmente é capaz de auxiliar também na melhora da qualidade de vida destes trabalhadores.

PALAVRAS-CHAVE: Ginástica laboral. Profissionais de limpeza. Dor