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## The prevalence of musculoskeletal disorders among dentists in Alexandria

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The purpose of this study was to assess the Musculoskeletal Disorders (MSD) among dentists in Alexandria and to investigate some risk factors that may be associated with the occurrence of MSD. 210 dentists working in the public dental clinics were included in this study. Specially designed questionnaire was used for collection of data that serves the purposes of this study. The majority of dentists (90%) had MSD symptoms. Results showed that the most affected region related to MSD was low back area (53.9%) followed by neck (47.6%), shoulder (33.8%) and wrist (23.3%). Females had higher percentage of MSD (91.8%) compared to males (85.7%). Lower back and neck related symptoms increased with age ( $p=0.048$  &  $p=0.014$ ), respectively. The mild pain was documented with age while sever pain was shown in old age. Dentists who are specialist in orthodontic and endodontic had the highest percentage of MSD (100%). Logistic regression analysis for the risk factors revealed that repetitive movements of hands were the most leading factor to MSD followed by bending of back and neck. The results illustrate the importance of establishing preventive measures to dentists to avoid MSD.

### Biography

Samy Abdel Samad Nasef is the Dean of Faculty of Physical Therapy, Pharos University, Alexandria. He is a PhD holder (1993) (channel emission between Cairo University and Indian University, USA). He is the Associate Editor of the *Journal of Advanced Research*, Cairo University and has published more than 30 papers in conferences and *Journal of Physical Therapy*, Cairo University.

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