

# MEDICAL ATHLETES

## INJURY AND WELLNESS TRENDS

### **Increased injury and illness rates:**

In 2020, healthcare workers experienced a significant rise in injury and illness rates, with a 249% increase compared to previous years. This surge was largely attributed to the COVID-19 pandemic, which introduced new challenges and heightened exposure risks for medical professionals.

(U.S. Department of Labor)

### **Musculoskeletal Disorders (MSDs):**

Healthcare workers are at high risk for MSDs due to tasks involving heavy lifting, patient transfers, and repetitive movements. These activities can lead to injuries such as back pain, strains, and sprains.

(Total Medical Compliance)

### **Common Injury Trends Among Surgeons:**

Musculoskeletal Disorders (MSDs): The physical demands of surgery, including prolonged static postures and repetitive movements, contribute to a high prevalence of MSDs among surgeons. Studies report that 66% to 94% of surgeons performing open surgeries experience work-related musculoskeletal injuries. (Springer Link)

### **Occupational Stress and Burnout:**

The high-stress environment of surgery, coupled with long working hours, contributes to psychological strain, leading to burnout and associated health issues among surgeons. (Physicians Weekly)