

**A Manuscript on the Knowledge and Practice of Ergonomic Principles in Patient Handling Among Physiotherapists in Nigeria.**

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Patient handling in Physiotherapy involves moving or lifting a body part, repetitive movement and sustained posture. These tasks if carried out wrongly can lead to work related musculoskeletal disorders [WMSDs]

**1.2 Background/Objectives:** As advocates of workplace ergonomics, it is expected that Physiotherapists practice proper patient handling.

However, the high level of WMSDs among Physiotherapists suggests laps either in knowledge or in practice of this ergonomic principles in patient handling. This study therefore was designed to evaluate the knowledge and practice of ergonomic principles in patient handling among Physiotherapists.

**2. Method:** Three hundred and sixty Physiotherapist participated in the cross-sectional study across eighteen states in Nigeria. A valid questionnaire was used to obtain information on knowledge and practice of ergonomics principles in patient handling. Descriptive statistics of mean, standard deviation, percentage, and inferential statistics of chi-square were used for analysis. Level of significance was set at  $p < 0.05$

**3. Result:** Majority [87.5%] had ergonomic training from undergraduate level, this contributed to [95.6%] of Physiotherapists having good knowledge of ergonomic principles in patient handling. However, only 48.6% actually practice it regardless of years of experience. Majority [72%] believe lack of patient handling equipment is responsible for poor practice. There was no significance association between knowledge and practice of ergonomic principles.

**5. Conclusion:** Physiotherapists in Nigeria have good knowledge of ergonomic principles and good training from undergraduate level but majority do not put it to practice in patient handling. This could be the cause of high rate of WMSDs experienced by Physiotherapists. Thus, equipping Physiotherapist clinics postgraduate clinical training and other intervention services aimed at reducing risks levels and injuries rates are essential.

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