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Work-related musculoskeletal disorders among Jordanian dental technicians: Prevalence and associated factors

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Abstract: BACKGROUND: Dental technology is a profession that requires precise manual skills and dexterous handling of small tools. There is an abundance research on work-related musculoskeletal disorders (WMSDs) affecting dentists, dental hygienists and dental assistants, yet very few articles investigated WMSDs among dental technicians. OBJECTIVES: This study aimed to determine the prevalence of WMSDs among Jordanian dental technicians and their associated factors. METHODS: A cross-sectional design was conducted. A sample of Jordanian dental technicians (n = 281) were asked to complete a validated structured self-administrated questionnaire to measure WMSDs and its associated factors. RESULTS: A sample of 81 dental technicians completed the survey (50.6% younger than 30 years, 61.7 were males). Pain complains were significantly higher in female, younger technicians, and with increased workload. All participants reported WMSDs in at least one body part in the last 12 months. The most common pain areas reported were in the neck (70.4%) and shoulders (71.6%). CONCLUSION: This study found a high prevalence of musculoskeletal complaints in dental technicians. Future studies are indicated to investigate the actual mechanisms causing WMSDs among dental technicians.