

Double Burden of Longevity of Life; Upcoming Musculoskeletal Problem

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Now day's musculoskeletal symptoms are in increasing trend all over the world and most frequently this problem is self-reported in the entire population resulting long-standing illness. General practitioners, Physiotherapists, Orthopedics, Rheumatologists usually deal number of patients with musculoskeletal pain every day in hospital/clinic/chamber/physiotherapy center. It is well known that low back pain is the most wide spread musculoskeletal problem around the world. Everybody face it one stage of life. Daily activities are hampered tremendously along with loss of productivity. In Bangladesh many colleague reported that number of patients of low back pain, knee pain, neck pain, shoulder pain are coming in their chamber for consultation. Life span has increased due to improvement of health care services and at the same time degenerative diseases like osteoarthritis, spondylosis are also increasing irrespective of sex, socioeconomic status, physical activity. Lack of consciousness, preventive measures, faulty posture, and sedentary life style makes this scenario vulnerable. Evidence suggests that disorders of the musculoskeletal system are the single largest group of work-related illness in every part of the world. As technology makes our life from easy to easier so we are becoming lazier as well as inviting musculoskeletal symptom in our body. Life span is increasing, mortality declining due to improved public health interventions resulting increased number of aged population world-wide. Within 2050, the world wide proportion of persons over 60 years of age is expected to become more than double. In our country Bangladesh life span was 57 years in recent past but now it is 67 years and simultaneously number of aged patients are increasing in Out Patient Department (OPD) day by day. Musculoskeletal problem is going to be family burden because aged people with this disorder face difficulty to move here and there without help of others. So in future musculoskeletal disorder will be number one public health problem. More intensive as well as gold standard research is urgent need to resist this upcoming problem. Scientific community as well as donor agency should come forward regarding this issue to reduce distress of affected people.

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