

## Impact of Pain-How Physical Pain Affects Mental Health Care

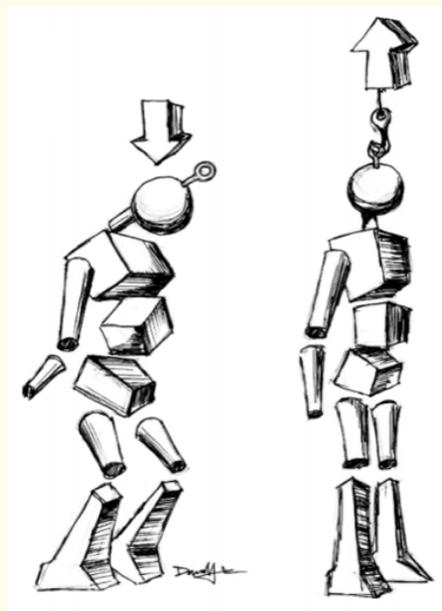
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Today 155.7 Million people are working in USA. According to ergonomic statistics, MSD's [Muscular Skeletal Disorder's] are responsible for the direct cost of \$20 billion a year. Poor posture contributes to more than 60% of Muscular-Skeletal-Disorders in work related injuries. Adding insult to injury, the new at home-work environment increases the chances of poor ergonomics and higher likelihood of RSI [Repetitive Stress Injuries] as at home employees try to find comfort for long hours of work at home. The corporate study conducted by Seattle City Lights documented the impact of posture improvement on physiology, productivity and cognitive work.



*Figure 1*

Posture affect 3 systems of the body; the Muscular, Skeletal and Neuro-logical systems, prolonged RSI's [Repetitive Stress Injuries] cause chronic pain. Sadly 1 out of 5 people in US suffer from chronic pain. People with chronic pain are 3X more likely to develop depression and anxiety than those without chronic pain, having at least twice the risk of suicide than those without chronic pain. Poor Posture is a reflection of chronic repetitive injury due to prolonged poor habits. Adding Home care solutions to working employees to personally address poor posture, related issues with high compliance to reduce discomfort and retrain good behavior to body physiology. MSD'S are the result of RSI's when seeking solutions, it is important to have a systematic approach that im-pacts both Psychosomatic and Somato-Psychic risks of health. The best results are when 4 steps are addressed:

- Detection the underlying cause.
- Correction of the existing problem
- Protection against further damages,
- And Prevention of underlying cause occurrences.

A successful practice of addressing RSI's, physical damage reduces the secondary problem of Somato-Psycho impact to a person's health and wellbeing. Physician health has a direct impact on Mental health, ad-dressing posture has double benefit in a person's health and wellbeing.

I have been recommending OTC [Over the Counter] products for at home collaborative proactive care to my patients for years to address continuing effect of MSD's insults on human health. Most patients I treated could have prevented their condition much earlier and lead a healthier, happier life instead of scheduling doctor visits. Home care is essential to address Repetitive Stress Injuries also known as chronic pain. For those people who want to take preventive measures HOME RELIEF KITS for most common conditions of MSD's promote better health weather under care or as preventive spinal hygiene.

Improving physical health by correction, protection, and prevention of Repetitive Stress Injuries and chronic pain for a happier, healthier better life.

The good news is that while MSDs are very costly to businesses, they are preventable. In fact, 53% of all workplace injuries can be prevented by simply adjusting the way workers use their bodies to interact with their environment, at work and at home.

A study by Dr. Romina Ghassemi and Keith Osborne, [Award Winning Ergonomic/Wellness HSE Specialist], documented 21% increased productivity, 63% improved overall MSD discomfort. When wearing wearables posture corrector while at work.

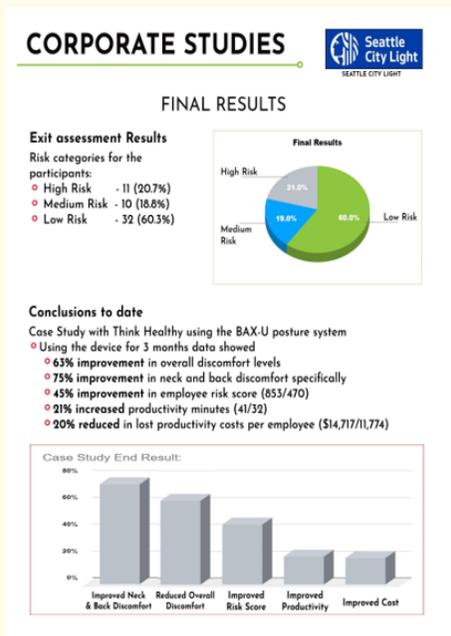


Figure 1