

S52. Musculoskeletal Disorders (MSDs) in Turkish Parachute Trainer- 4 Cases

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Introduction: Although MSDs are the most common group of occupational diseases, the data on this issue is insufficient in Turkey. Jumping with parachute can cause serious MSDs and it would be more intense for those who make parachute training as a profession. We want to present 4 parachute trainers who admitted to our occupational medicine outpatient clinic with various musculoskeletal symptoms.

Case 1:

52 year-old woman who had worked as parachute trainer for 28 years, admitted to our occupational medicine outpatient clinic with pain in her back, legs, knees and feet. According to the lumbar Magnetic Resonance Imaging (MRI) findings (bulging and disc protrusion), she was diagnosed as lumbar discopathy.

Case 2:

47 year-old man who had worked as parachute trainer for 27 years, admitted to our occupational medicine outpatient clinic with neck and back pain. According to the lumbar MRI findings (left dominated central posterior protrusion and spinal compression at level L5-S1), he was diagnosed as lumbar discopathy.

Case 3:

54 year-old man who had worked as parachute trainer for 30 years, admitted to our occupational medicine outpatient clinic with neck and back pain. At his lumbar MRI, there were multiple discopathies. Furthermore, carpal tunnel syndrome was diagnosed at both hands. He was diagnosed as lumbar discopathy and carpal tunnel syndrome.

Case 4:

44 year-old man who had worked as parachute trainer for 19 years, admitted to our occupational medicine outpatient clinic with back pain and weakness in the arms. According to the lumbar MRI findings (diffuse bulging and narrowing of the spinal canal), he was diagnosed as lumbar discopathy.

Conclusion:

MSDs in parachute trainers can range from mild complaints such as pain to severe orthopedic and neurological diseases. To minimize these problems, ergonomic regulations should be carried out and if necessary total number of jumping maneuvers should be limited.

Key Words: Parachute Trainers, Musculoskeletal Disorders, Lumbar Discopathy