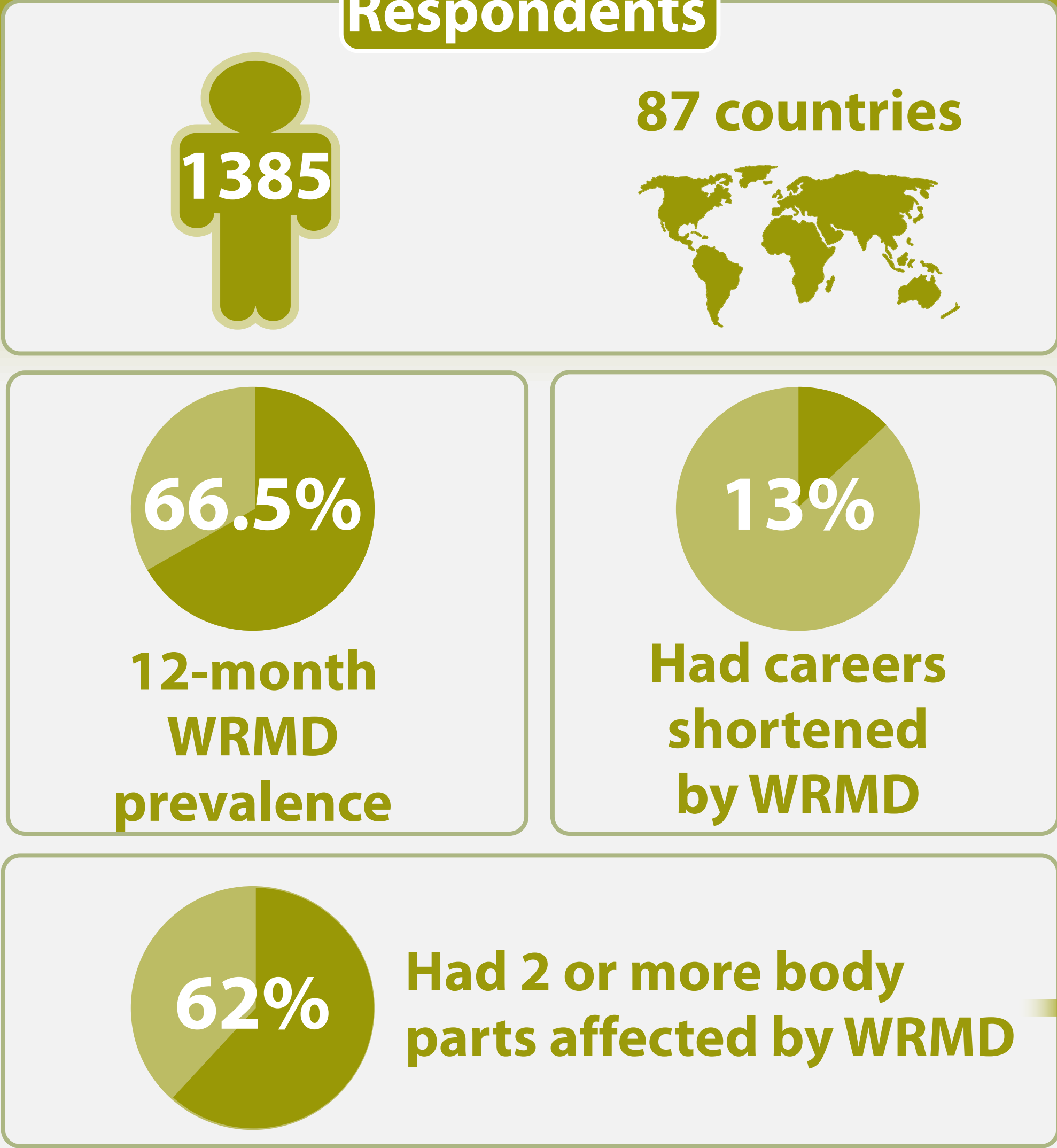


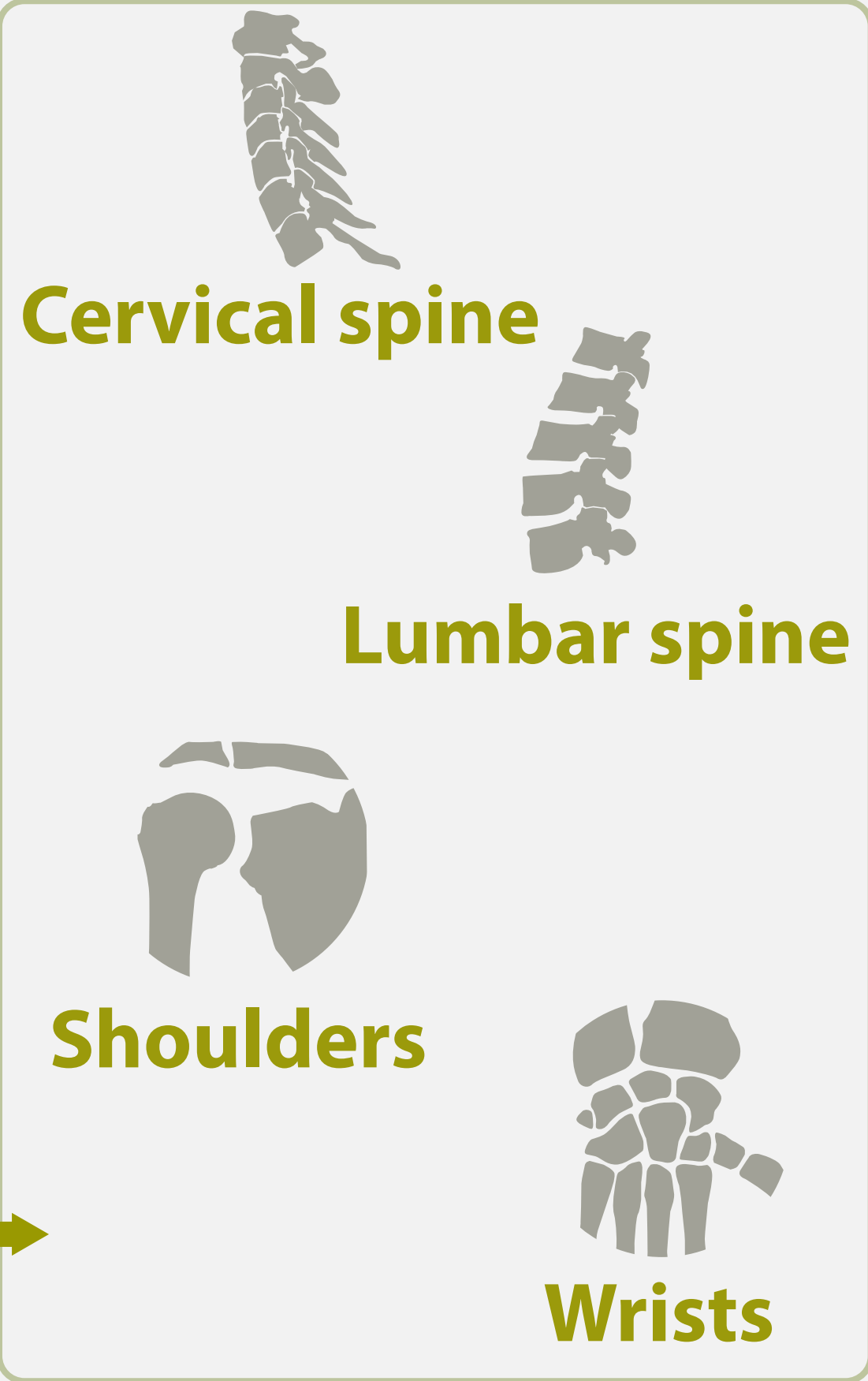
Work-related musculoskeletal disorders (WRMD) in endoscopic sinus and skull base surgeons

An international survey

Respondents



Body regions most commonly involved



Factors associated with higher odds of WRMD in the past year

Factor	OR
BMI $\geq 30\text{kg/m}^2$	3.9 vs BMI $\leq 18.5\text{kg/m}^2$
Female sex	2.9 vs male sex
ORL attending/consultant	2.4 vs ORL trainee not on formal training program
Caseload > 100 cases/year	1.5 vs < 50 cases/year
time in clinic > 6 hours/week	1.7 - 2.0 vs ≤ 5 hours/week
Operating in standing	1.6 vs sitting
No regular exercise	3.3 vs exercise > 7 hours/week

- Endoscopic sinus and skull base surgeons have a higher rate of WRMD than the general population
- WRMD often start during surgical training
- WRMD negatively impact surgeons' performance and their life outside work