

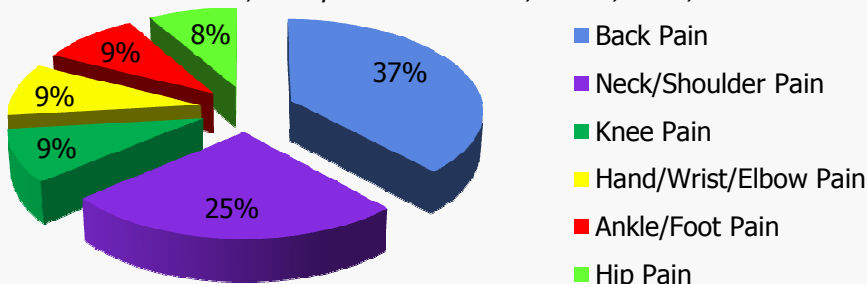
MCSPT, BSc Hons Physiol. Reg with Health Professions Council and CSP member. CRB Approved

FARMER'S FACT SHEET

*Don't put off those injuries and pains. Early intervention with physiotherapy can reduce the amount of time off and is vital in order to prevent an acute problem becoming chronic. We can offer you **FREE advice and support**
Call 0845 6025774 or email us at info@mbillphysio.com*

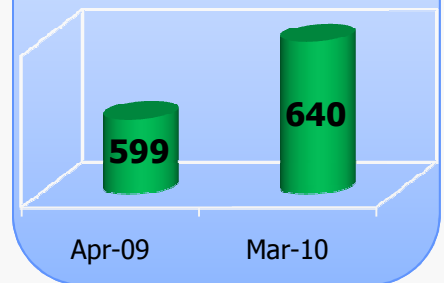
Out of 600 farmers surveyed **56% experienced Musculo Skeletal Disorder (MSD) in the previous year . This would equate to 7280 Somerset farmers and employees**

(Source: Osbourne et al , Occupational Medicine, vol 60, 2010, NHS Somerset)



Major Injuries of British Farmers rose significantly between 2009 and 2010.

(Source: HSE 2010)



Some indirect evidence has reported that farm **children suffer MSD's at rates equivalent or greater than those for adults.** Causes include: Adult sized equipment, lack of physical and emotional maturity, use of poor judgement and potential to fatigue quicker.

(Sources: Bartels, Niederman et al 2000, Miller & Kaufman 1998)



WHAT WE CAN DO TO HELP YOU

- Offer **FREE** advice and support over the phone or via email.
- Provide fast appointments with no waiting list, in or out of hours, in one of our clinics closest to you, on your farm, or at your home.
- Quick onward referrals to Orthopaedic consultants, Podiatrists, GP's and most health professionals.
- Analyse how to adapt your work practice to avoid pain and repeated injury.

WHAT YOU CAN DO TO MINIMISE THE RISKS

- Warm up and mobilise your muscles and back before heavy work (e.g. hay bailing, offloading or lifting heavy materials, lambing etc).
- If you're in pain seek advice – **don't wait** till it becomes chronic and takes longer to treat.

TELL US HOW CAN WE HELP YOU

By telling us how we can help you we can develop our services and network better with other specialists and health professionals to support our local farming community.

Currently offering discounts to local farmers, when booking let us know you are a local farmer to claim your discount.

Clinics: Burnham, Bridgwater, Taunton, Chard , Wellington
We are also based in various locations incl. GP surgeries, Sports Centres, Nursing Homes, Nurseries and Schools. We also provide a home visiting service. You do not need to be referred by your Dr and we are registered with most insurance companies.

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