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Prevention of Low Back Pain in Sewing Workers - An Integrated Review of Physical Activity, Psychosocial, and Ergonomic Strategies: A Review

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ABSTRACT

Sewing employees are particularly susceptible to occupational Low Back Pain (LBP) because of their limited biomechanics, repetitive motions, and extended periods of static position. The bio-psycho-social approach emphasises the importance of the significance of psychosocial stressors, while traditional prevention has concentrated on physical aspects.

This review of the literature summarises the most recent research on the causes of LBP in sewing workers and assesses the efficacy of preventative measures that include ergonomics, physical activity, and psychosocial therapies.

A thorough search was carried out using a structured combination of keywords in the main academic databases (PubMed/MEDLINE, Scopus, Web of Science, and CINAHL). Studies that examined LBP risk factors or therapies having particular study categories such as observational studies or clinical trials, and those which concentrated on sewing workers, were all included.

The review finds that psychosocial stresses like high job demands, poor control, and a lack of social support aggravate the physical risk factors of prolonged sitting and repetitive jobs. Research suggests that the best preventative approach is a comprehensive programme that incorporates: Ergonomic modifications (e.g., adjustable chairs, workstations), structured exercise programmes focusing on core strengthening and stretching, combined with frequent active breaks and psychosocial and organisational interventions such as job redesign, training on stress management, and creating a positive work atmosphere.

For LBP in sewing workers to be effectively prevented, a thorough, bio-psycho-social strategy is required. The most promising way to lower the prevalence and severity of LBP and improve worker well-being and productivity is to combine ergonomic, physical, and psychosocial methods within a collaborative framework. Future initiatives have to concentrate on putting such integrated programmes into practice and assessing their effectiveness in actual industrial contexts.

Keywords: Ergonomics, Exercise, Psychosocial factors

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