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## A short quarantine physiotherapy questionnaire to assess the health status of people (Above 25) working from home

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### Abstract

Health status is a significant indicator of physical and mental wellbeing. Alterations in this can impact a person's lifestyle and fitness. In the current situation, i.e. global pandemic due to COVID-19, we can distinctly observe detrimental effects on health status.

**Aim:** Purpose of this study was to investigate the effects of quarantine due to COVID-19 novel coronavirus, on the health status.

**Objective:** To evaluate the effectiveness of the study of short quarantine questionnaire survey on health status of individuals

**Material and Methodology:** Total of 200 individuals of age 25 years and above participated in this survey. Close-ended formatted questions were given multiple-choices for answers to get a specific outcome. The form combined 19 survey questions, concerning work, pain or discomfort, activity levels during quarantine, sleeping pattern, presence of respiratory problems, etc.

**Result:** Positive findings of this study revealed that 71.5% of people are working from home. 43.5% of individuals adapted forward-leaned sitting posture along with increased work hours. Significant pain and discomfort was more in the lower back 36.5%, neck 35% and upper back 26.5%, than other areas of the body. 81.8% of people actively perform household chores and recreational activities. 55.5% reported being more active ere lockdown. 54.5% stated cancelled walks has affected their health.

**Conclusion:** Recorded outcome measures give an impression that since quarantine, the health status of people working from home has considerably been affected giving rise to pain due to increased work hours with improper sitting posture adaptation. Despite all other tasks, reduced activeness has affected health status distinctively.

**Keywords:** Quarantine, physiotherapy, survey, Covid-19, health status

### Introduction

On account of the present scenario i.e. the global pandemic due to COVID-19 Novel coronavirus, devastating effects are seen over all the aspects.

This formulated survey was to rule out the detrimental effects and consequences in health status i.e. how it has changed an individual's lifestyle including the working pattern, frequency of physical activity, and its impact on physical and mental wellbeing.

The survey questionnaire was carried for the age group 25 years and above, regardless if they have the same lifestyle, nature of work and activities. This survey provided informative questions about daily activities and impairments related to it and to sum up, the total outcome of their health status.

This survey will provide information about individual's concerning health status during a global pandemic and its influence on health and lifestyle.

With the help of this survey, individuals will recognise the evident changes concerning their health and lifestyle, and to avoid the negative impact, will have to modify their lifestyle for a better physical and mental wellbeing, to avoid further comorbidities.

### Methodology and Result

This survey was carried for the age group 25 years and above. It included both males and females. As the age criteria were 25 years and above, few individuals presented with no history of medical illness, while others documented medical conditions like diabetes mellitus, hypo and hypertension, respiratory conditions, cardiac conditions, and other conditions.

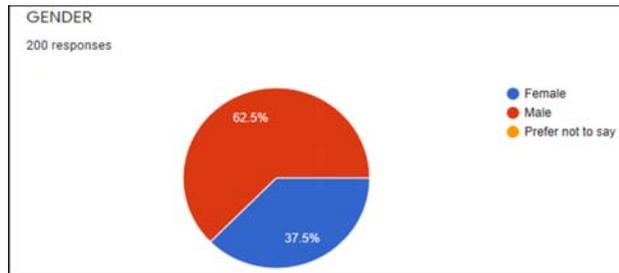
The survey also combined questions regarding addictions like smoking, drinking alcohol or other. Individuals' duration and nature of work, the incidence for any kind of pain and discomfort, localized or generalized to the body, the regularity of staying active or passive during the pandemic and their sleeping pattern was also requested.

The survey processed through mails and other social platforms. It did not compose any specific criteria to participants as it was generally imposed towards the working individuals.

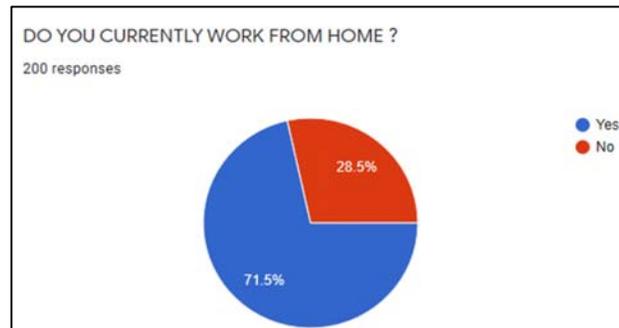
We initiated the survey on 15<sup>th</sup> April 2020 and was circulated online from 9<sup>th</sup> May till 13<sup>th</sup> May 2020. People responded to this survey and the participants appreciated the efforts, providing positive feedback. In return, the participants will be helped and treated for their existing following impairments, to induce a healthy wellbeing and a healthy lifestyle

**Result**

- In the span from 9<sup>th</sup> May till 13<sup>th</sup> May 2020, 200 people responded to the survey. Out of which, 62.5% were males and 37.5 were females.
- 71.5% were people working from home and 28.5% were the people not working from home.

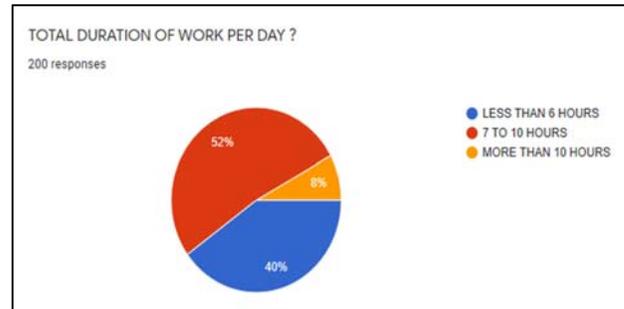


**Fig 1:** Male and Female gender infograph for the survey responses.



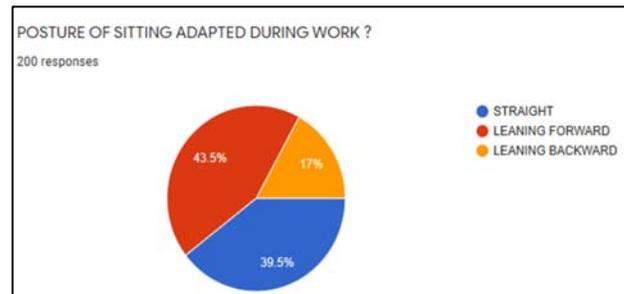
**Fig 2:** Percentage of people working from home.

- Out of the given choices for total duration of work per day, 52% people were working for 7-8 hours, 40% were working for less than 6 hours, 8% were working for more than 8 hours.



**Fig 3:** Percentage of total duration of people working per day.

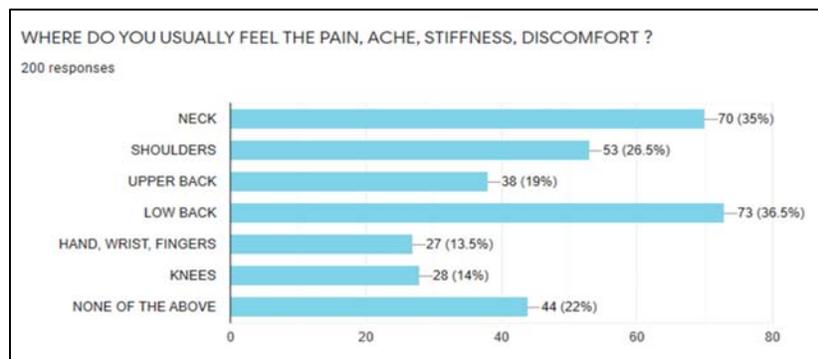
- 43.5% people identified their sitting posture to be leaning forward, 40% people identified it to be leaning backward, while 39.5% people identified their sitting posture to be straight while working.



**Fig 4:** Percentage of adapted sitting posture during work.

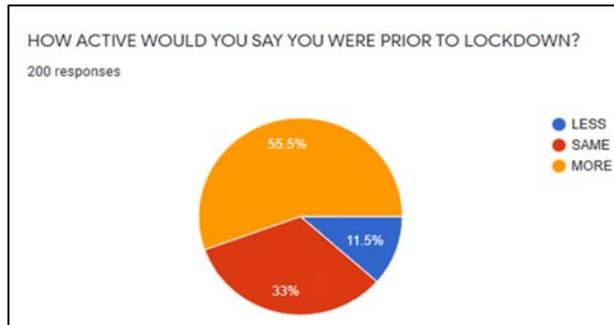
- Out of all 200 responses, most people claimed to experience pain, ache, stiffness or discomfort.

36.5% experienced low back pain, 35% experienced neck pain, 26.5% experienced shoulder pain, 19% experienced upper back pain, 13.5% experienced hand, wrist, finger pain, 14% experienced knee pain, and 22% had no pain at all.



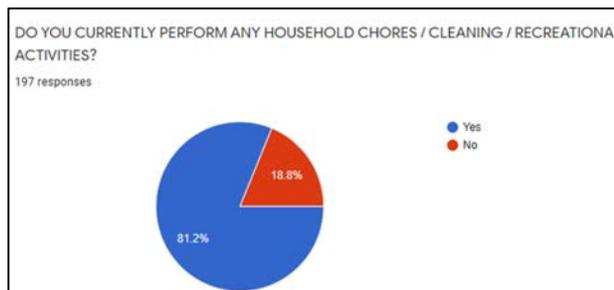
**Fig 5:** Infograph of common areas for pain, ache, discomfort.

- Out of all, 55.5% claimed to be more active prior to lockdown, 33% claimed to have no change in their level of activeness, while 11.5% claimed to be less active prior to lockdown.



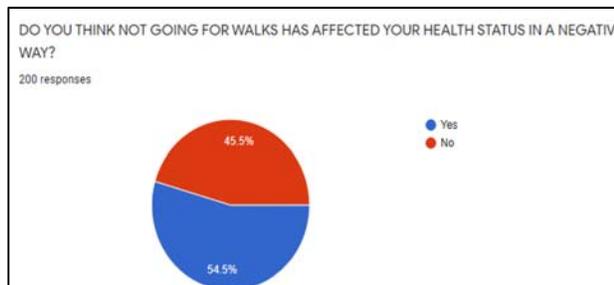
**Fig 6:** Percentage of the peoples' active status prior to lockdown.

- Considering the active participation in household chores, 81.2% people were actively involved, while the rest 18.8% were not.



**Fig 7:** Percentage of current performance of household, recreational activities.

- Similarly, 54.5% agreed that not being able to go for walks has negatively affected their health, while 45.5% people said otherwise



**Fig 8:** Views on impact of cancelled walks (as an exercise) during lockdown

### Conclusion

From the statistics, we can conclude that there is an increased tendency of working from home equal to 7-10 hours. During this, the most common sitting posture adapted was leaning forward, which leads to forward inclination on the upper back region and rounded shoulders. This impaired posture causes increased mechanical loading at other linked joints like the neck, upper back, shoulders and the lower back.

Working from home and the social discontinuity due to the pandemic has transformed the active status of every

individual. There is a significant increase in activity level in household chores, along with work from home and individuals trying to stay active by carrying out recreational and other activities.

Thus, an anterior inclination of the upper back during household activities in standing or sitting posture, causes compressive forces over the spine and lower limb joints, generating increased mechanical loading that induces muscular insufficiency due to muscle imbalance, most commonly leading to shoulder pain, upper back, lower back and knee pain.

Likewise, most people have exhibited a negative opinion about not being able to go for walks as an activity during this time, has surely altered their health status, despite the other activities performed.

Focusing on the result obtained and the conclusion, there is a significant alteration in the physical wellbeing and health status of people during this quarantine phase.

As the survey not only provides outcomes regarding the level of health status but also will help the health practitioners to help improve the physical wellbeing, by presenting people with interventions concerning their impairments.

### Significance of Physiotherapy

It is quite common to suffer from aches and pains. Without proper treatment and diagnosis, pain can be distressing and can affect your activities. Physiotherapy not only has an impact on your standard of living but also helps you start your wellness journey.

Physiotherapists teach you various techniques and exercises, customised to best suit you and your condition, to alleviate pain, improve quality of life, improve your muscle strength and flexibility as well as improve your overall range of motion.

We all know the positive effects of physical exercise on the body. Routine exercising will help to retain normal alignment and body posture. It will help fix the muscle imbalance, malalignment caused and help to maintain the integrity of soft tissues and all joints of the body.

Physiotherapy will not only resolve the impairments by increasing strength, endurance and normal alignment but will also induce wellbeing.

### Thanks for participating in our Post Lockdown Physiotherapy Survey

The survey is now closed. Our final participation response count was 200 responses. Thank you for your participation and sincerity. Your feedback was an invaluable for the success of our survey.

### References

1. Survey form link :  
<https://docs.google.com/forms/d/1qBhVHRHWVWnYIH9MG2el32oICnIZTnPXq9YDEvK78ZQ/edit?ts=5eb79c8b>
2. Coronavirus and Physical Therapy speech by Dr. Sucheta Golhar  
<https://youtu.be/aR4GqrwCx4g>