

# Paul D Maitino DO FAOAO Hip Knee Shoulder & sports medicine Oklahoma City OK

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## Workers Compensation

Injuries at work place are very common and may be debilitating. Workplace injuries often occur because of high-risk jobs, lack of or scarcity in safety devices, lack of training, higher numbers of manual workers and repetitive stress.

Repetitive stress injuries are the most common types of work-related injuries with several risk factors, including repetitive, forceful, or prolonged exertions of the hands and prolonged awkward postures.

The common injuries at work place include:

- Sprains
- Fractures
- Bone dislocations
- Soft tissue injuries
- Injuries requiring limb amputations

Some injuries may damage the nerves that may cause inflammation, loss of muscle control and loss of sensation. Symptoms may proceed to paralysis, limited movement, and immobility. Workplace injuries are diagnosed using X-rays, computed tomography (CT) scans, and magnetic-resonance imaging (MRI) scans.

Depending on the type and severity of injury, treatment will be initiated. Regardless of the type of injury, patient should be provided first aid that includes

- ABC: Airway, breathing and circulation
- Immobilization of the body part affected to avoid further injury
- Shift to hospital and once stabilized, methyl prednisone can be administered (within 8 hours after injury) to reduce swelling and further tissue damage.

You may be treated with pain medications, injections (injecting into joints), physiotherapy, and surgery. Surgery is recommended when other treatments are a failure or inappropriate. Your surgeon may recommend for rehabilitation that includes both physiotherapy and occupational therapy to promote complete and faster healing.

Workman's compensation is the monetary compensation offered to the injured employee or to the dependents in case of death, from the employer.

An individual will be eligible to claim workman's compensation if individual suffers injuries or illnesses during employment and if caused by nature of work. However if the injury occurred is because of negligence of an individual to obey safety rules, if individual was under the influence of alcohol or any drugs, or if the disability because of injury lasts for  $\leq 3$  days, then employer will not be liable to pay the compensation.

Your doctor plays an important role in treating work related injuries and diseases, recovery of an individual from occupational injuries and illnesses.