

Musculoskeletal problems among ethnic people and demand of physiotherapy

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Editorial

Musculoskeletal problems are increasing trend among ethnic people in hilly riverine forest densed area in Bangladesh but we do not know much of them because of lack of available data and lack of attention as well as deficiency of research on health issue particularly musculoskeletal disorder of ethnic community. There are lot of ethnic communities in Bangladesh namely Chakma, Marma, Tripura, Tanchyanga, Garo, Monipuri, Saontal, Khasia, Murong, Kuz. Some of them live in plain land and some in hilly area. They lead diverse life style and belief in traditional system of medicine based on trees. Rely on private practice and door to door visit/survey we observe that in every house at least one or two members are suffering from low back pain, knee pain, elbow joint pain, tennis elbow, frozen shoulder, muscle cramping, tingling sensation, hemiplegia etc. In addition to this they had to climb hill in every day practice and their houses are built in either roof of hill or wall of hill. In Khagrachari district we observe that they did not go to qualified physiotherapist for those problems rather than visited local medical practitioner and took non-steroid anti-inflammatory drugs or traditional healer for remedy. Even they are not aware about these problems and finally they decided those problems are not curable by any treatment though we know about 90% of back pain are due to mechanical derangement of soft tissues like muscles, ligaments, intervertebral disc in which physiotherapy is considered as vital treatment and in some sphere unique treatment. Popularity and orientation of physiotherapy is increasing day by day in our country and at last physiotherapy and rehabilitation services has been reached in remote area like hilly Rangamati, Khagrachari and Bandarban area but still it is insufficient comparing to need and number of ethnic people. Community based physiotherapy should be instituted to ethnic area to reduce distress. Awareness on physiotherapy should be reached door to door level. Government and donor agency can come forward and take initiative.

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Conflicts of interest

None.