

## **Abstract**

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**Title:** Musculoskeletal disorders related to the soldier's occupation

**Objectives:** The main goal of this work was to find out how the prevalence of musculoskeletal disorders is related to the performance of the profession among soldiers of the 13th Artillery Regiment of the Army of the Czech Republic. Another goal was to investigate which risk factors, according to the respondents, most often occur in the origin of their difficulties and to clarify the preventive strategies that the respondents most often use in practice.

**Methods:** The research was conducted using a questionnaire survey. A questionnaire based on the standardized Nordic Musculoskeletal Questionnaire (NMQ) was used to obtain data. The research group consisted of 196 respondents, both male and female soldiers of the 13th Artillery Regiment of the Army of the Czech Republic, who answered questions related mainly to work-related musculoskeletal disorders. Subsequently, the data was analyzed and conclusions drawn.

**Results:** 35,7 % of respondents had at least one experience with work-related musculoskeletal disorder. The most frequently reported problems during the last 12 months were in the area of the lower back, where they occurred in 24,5 % of all respondents. This was followed by the area of the knee joints in 20,9 %. It was also the area of the shoulder joints and cervical spine or neck in 19,9 % of soldiers. A higher prevalence of disorders was found in women compared to men. The most reported risk factor, which according to the respondents had a significant role in the development of their difficulties, was continuing to work despite an injury or pain. The most used preventive strategy was targeted adjustment of body position, which is almost always carried out by 57,1 % of respondents.

**Keywords:** injury, military, musculoskeletal injuries, army soldiers, training, exercises, prevention, musculoskeletal disorders, trauma, WRMDs, NMQ