



# Addressing Musculoskeletal Injuries in Motherhood Resulting from Child Carrying and Lifting

Alexia Wilson, OTS; Elizabeth Barstow PhD, OTR/L, SCLV, FAOTA  
Department of Occupational Therapy | University of Alabama at Birmingham

## Introduction

### Background

The role of motherhood comes with physical demands that often lead to biomechanical stress on the body, such as in the case of child lifting and carrying. Occupational therapists have treated musculoskeletal injuries in other populations and are suitable to treat them in maternal healthcare. Current literature explores musculoskeletal injury in motherhood, however; a gap exists regarding occupational therapy's role in treating this population for preventative behaviors and possible injuries.

### Purpose

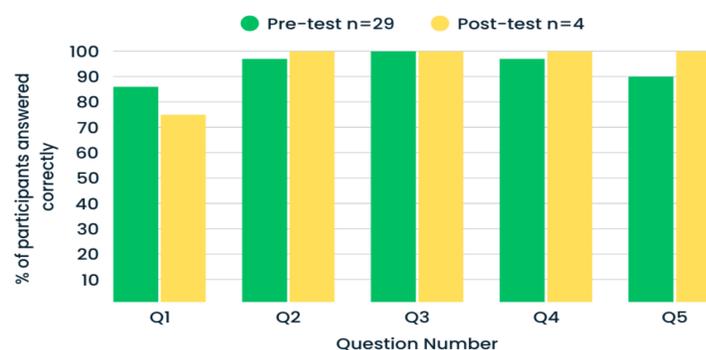
The purpose of this study is to explore the role of occupational therapy in maternal healthcare through program design and implementation.

## Methods

- The capstone student created and disseminated a presentation to educate mothers of young children on safe child lifting and carrying techniques to reduce musculoskeletal injury risk. Development of content included:
  - A literature review
  - A needs assessment survey
  - Consultation with ergonomic practice expert and faculty mentor
- Presentation covered:
  - Basic anatomy
  - Common injuries/warning signs
  - Safety techniques and safety considerations
- The presentation was delivered once in person and google drive folder was created for presentation video access. Participants included MOMS Club of Greater Birmingham members and mothers of children receiving EI services from AIDB.
- Pre and Post surveys assessed program effectiveness for knowledge gained, and the satisfaction evaluated presentation quality.
  - Pre survey responses: 29
  - In-person attendees: 3
  - Post survey responses: 4
  - Satisfaction survey responses: 4

## Results

### KNOWLEDGE TEST QUESTION ACCURACY



## Discussion

### Results

Results indicate the presentation effectively improved participants' understanding of maternal ergonomics, as shown by increased accuracy on the post-knowledge test. Satisfaction survey feedback was generally positive, highlighting the quality of both content and delivery.

### Limitations

Low in-person attendance and few post-test and satisfaction survey responses may limit the generalizability of results. Future efforts should explore strategies on how to increase or improve engagement.

## Conclusion

### Implications

- Educational interventions on maternal ergonomics can effectively enhance knowledge if engagement is sufficient.
- Similar presentations may be beneficial in promoting safe lifting and carrying practices, potentially reducing risk of injury to mothers.
- There is a need for alternative delivery methods or follow-up reminders to increase accessibility and engagement.

### Future clinical application

- Participants reported that this knowledge is helpful prior to delivery or early postpartum. OT initiatives should explore ways to provide this service.

## References

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