

# START'R



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[WWW.IRBMS.COM](http://WWW.IRBMS.COM)

Hello,

You have told us that you experience pain, back pain, rheumatism or MSD (Musculoskeletal Disorders) at work.

The best advice I can give you is to do everything you can to fight these pains, which can become disabling, other than with medication.

**I recommend that you consult your doctor, who will be able to adapt your pain treatment and also advise you to practice an adapted physical activity.**

The practice of an adapted and safe physical activity can allow you to improve your joint mobility and strengthen your muscle tone. The simplest way to start is to start by swimming while waiting for significant progress.

I also recommend that you find out about existing associations or clubs around your home and explain your case in order to receive a coaching adapted to your needs.

I remain at your disposal to help you in your approach which is not made to worry you but to allow you, if need be, to receive the adapted medical supervision in connection with a practice of physical activity safe, adapted and perennial to reduce or make disappear your pains.



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INSTITUT DE RECHERCHE DU BIEN-ÊTRE  
DE LA MÉDECINE ET DU SPORT SANTÉ