

The project "Walailak-Karor musculoskeletal health tracking" aimed to assess musculoskeletal health issues among the general public, migrant workers, and bedridden patients in the Kha Ro subdistrict community. It also provides advice on self-care methods to prevent musculoskeletal problems. A total of 30 people from the Kha Ro subdistrict participated, including 26 general residents, 2 Lao migrant workers, and 2 bedridden patients. Among them, 21 were women (70%) and 9 were men (30%). Non-smokers accounted for 93.3%, while 63.4% believed they had sufficient sleep at night, and 73.3% exercised for at least 20 minutes per session, 3 times a week. The participants' average age was 60.33 ± 16.29 years (ranging from 16 to 91 years), and 56.7% were rubber plantation workers. Their body mass index (BMI) ranged from 18.5 to 24.9 kg/m², indicating that most of the community had a normal to slightly overweight body type. When asked about musculoskeletal pain, 76.7% of the community reported experiencing musculoskeletal issues. Upon physical examination, it was found that most participants had lower back pain caused by tight back muscles and stiffened vertebrae. Treatment involved muscle stretching and guidance on proper stretching techniques and posture correction. Another common issue was knee osteoarthritis, which limited knee flexion. Treatment for these included exercises to strengthen the front thigh muscles and the use of knee support devices. Additionally, myofascial pain syndrome of the upper trapezius muscle, causing neck and shoulder pain that radiated to the head, was treated with muscle stretching, pressure release, and posture correction. After treatment, patients reported a reduction in pain, and the community gained greater knowledge about stretching to alleviate and prevent muscle pain. The migrant workers who participated were two Lao durian plantation workers, both of whom experienced lower back pain due to prolonged continuous work. They were advised on back stretching techniques to relieve and prevent pain. After stretching, the Lao workers reported reduced muscle tension and lower back pain. Furthermore, during home visits to two bedridden patients, it was found that both had muscle weakness and stiffness on the right side of their bodies, preventing them from sitting upright on their own. Treatment included passive movement and active-assisted exercise to strengthen muscles and prevent further joint stiffness. In terms of satisfaction with the project, 97.78% of the community expressed satisfaction with the process (service procedures and staff), 97.78% were satisfied with the knowledge and skills of the instructors, the techniques they used, and their ability to answer questions, 97.04% were satisfied with the problem-solving content, and 100% of the participants believed they could apply the knowledge gained and hoped the project would be organized regularly.