

**On the Job Injuries to Midwives (N-51 of 74 Total Survey Responses)
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Area of Injury	Number & examples of reported injuries
Lower back	23: Prolonged awkward positions for stitching, birthing; after long difficult births; lifting someone out of a birth tub; resolving a shoulder dystocia; bending over birth tub; minor back strain that resolves in days.
Neck	10: Car accident on way to home visit; ongoing neck/arm strain; craning neck to see clock while monitoring/examining cervix.
Shoulders	8: Prolonged twisting for manual dilation or reducing lip; correcting shoulder dystocia; supporting a woman's leg during pushing while seated and twisted in the wrong direction.
Upper back	6: Carrying heavy equipment; emptying a birth tub.
Wrist/arm/fingers	6: Keyboard overuse injury; needle stick; forearm tendonitis from carrying heavy charts and birth bags; boiling water poured on my hand by dad who was heating the bath water.
Knees	3: Slipped and fell on slippery floor.
Smashed/bruised shins, toes	3: Countless times stubbing toes (broken a few toes!); smashed shins on bed legs & chairs.
Hip	2: Slept on horrible couch during a birth, tweaked my hip & still have pain 2 yrs later; twisted pelvis when helping during pushing.
Ribs	2: Woman's foot pressing on my chest during pushing; supporting mom in a squat pulled muscles in my ribs.
Ankle	1: Sprained while running to a birth.
General	2: Adrenal fatigue; prolonged stress.