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# Reduction of fatigue and musculoskeletal complaints in garment sewing operator through a combination of stretching brain gym® and touch for health

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## Abstract

The purpose of this study was to assess the effect of using a combination of stretching and Brain Gym®(BG) + Touch for Health (TfH) movements to reduce fatigue and musculoskeletal complaints (MSCs) in garment-sewing operators. A quasi-experimental study was performed on 53 re-spondents with two sessions of stretching movements and BG + TfH movements of 5 min duration, three times a week for four weeks. Fatigue was measured using a reaction timer and MSCs were measured using a Nordic Body Map questionnaire. Wilcoxon and Mann–Whitney U tests were performed to examine the differences of pre/post and between the intervention group (IG) and control group (CG). A significant difference was found in IG for pre-and post-fatigue ( $p < 0.001$ ) and MSCs ( $p < 0.001$ ), while in CG there

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