

October 2019 Issue

## Understanding Musculoskeletal Disorders



Musculoskeletal Disorders (MSDs) have become a common and expensive issue for businesses across the country. According to the Bureau of Labor Statistics, almost one third of employees who miss work do so because of MSD-related problems with each issue costing the company roughly \$15,000.

Musculoskeletal Disorders can be difficult to define since several other terms often are used to describe this condition. A basic definition of a Musculoskeletal Disorder refers to any injury that affects the body's ability to move properly. With such a large scope, it is easy to see why

prevention is paramount to both employee and employer. This responsibility falls on both parties, with employers providing safe work environments and proper training, and employees behaving in a safe manner while maintaining their physical condition for the work they have chosen to do. Unfortunately, these injuries still occur, making it vital to recognize early signs and symptoms of Musculoskeletal Disorders to reduce their potential escalation.

### Common Signs & Symptoms of Musculoskeletal Disorders

- Decreased range of motion
- Stiffness or weakness
- Joint "noise" (clicking or cracking)
- Sleep disturbances

### Treatment Options for Musculoskeletal Disorders

- Targeted strength training and stretching
- Physical therapy
- Anti-inflammatory medications/injections
- Relaxation techniques (acupuncture/massage)



The most successful ways to manage these issues are to focus on prevention and to take early intervention measures. This includes an emphasis on proper ergonomics, which is the ideal design and arrangement of things people use in their work environment for optimal efficiency and safety. It also consists of providing proper education and training.

## Products to Help Relieve Musculoskeletal Discomfort

Many people experience musculoskeletal injury or pain at some point in their lives. The good news is that several products are available for use at home to help treat or relieve such pain. Below are a few commonly used products along with the benefits they can provide. These items can be found at area sporting goods or running stores.



- **Foam Roller:** This tool helps reduce muscle soreness and lactic-acid buildup as well as improve flexibility by increasing blood flow to the tissue. A foam roller also helps to prevent injury if used on a regular basis in conjunction with stretching. Foam rollers can be found in a variety of sizes, textures, and densities. Each type offers something a little different, so you can choose what works best for your needs.
- **Kinesiology Tape:** This stretchy type of athletic tape can be used to help support or heal a wide variety of muscle and joint injuries without restricting range of motion. When applied correctly for your needs, the tape assists in increasing the circulation of blood and other fluids to the injury by slightly lifting the top layer of skin surrounding it. This can reduce any pain and swelling.
- **Massage Ball:** Massage balls work similarly to foam rollers; however, they typically are more effective for smaller muscle groups or an isolated area within a muscle, such as trying to work out a knot in your hamstring as opposed to massaging your entire muscle. These also are available in different sizes and densities.
- **Trigger point stick-** Trigger points are little knots in your muscles that can be caused by injury, overuse or muscle tightness. These lightweight, hard plastic sticks with knobs on the ends typically are used to easily release or break up trigger points in your neck, back or shoulders. When used frequently, you will notice better range of motion and less pain during activity. These can be found in different sizes and shapes, providing an easy way to reach any muscle group.

Health Talk Live



### Osteoporosis and Fragility Fractures

This event is FREE and no reservation is required



DATE:  
Tuesday,  
November 5, 2019  
TIME:  
6:30 to 7:30 p.m.

Emily Dixon, DO

TriHealth Fitness & Health Pavilion  
Conference Rooms A & B  
6200 Pfeiffer Road  
Cincinnati, OH 45242

