

Diseases of the Musculoskeletal System



Did you know?

- Musculoskeletal conditions affect approximately 1.71 billion people worldwide.
- Across 160 countries, back pain is the leading cause of disability caused by musculoskeletal conditions.
- The prevalence of musculoskeletal conditions is increasing, resulting in early retirement from work, lower levels of well-being, and reduced participation in society.
- There is a rapid increase in the number of people living with musculoskeletal conditions and functional limitations because of population growth and ageing.

Musculoskeletal health means having healthy muscles, bones, joints and connective tissue.

Musculoskeletal conditions can affect:

- **Joints**, including osteoarthritis, rheumatoid arthritis, psoriatic arthritis, gout, and spondylarthritis.
- **Bones**, including osteoporosis, osteopenia, and traumatic fractures.
- **Muscles**, such as sarcopenia.
- **Multiple body areas or systems**, several types of pain conditions are commonly encountered, including regional (such as back and neck pain) and widespread (such as fibromyalgia) pain conditions. Inflammatory diseases have musculoskeletal manifestations, including systemic lupus erythematosus, vasculitis, and amputations caused by disease and trauma.

What are the risk factors?

Several factors increase the risk of developing musculoskeletal disorders, such as age, occupation, level of activity, and lifestyle. Several activities can also wear and tear the musculoskeletal system, which can lead to MSDs later in life.

These factors include:

- Sitting in the same position in front of the computer every day.
- Performing repetitive movements.
- Lifting heavy weights.
- Maintaining a poor posture at work.



Is it possible to treat musculoskeletal pain?

A moderate exercise programme and over-the-counter pain relief medications such as ibuprofen or acetaminophen may help address occasional pain. A medication that reduces inflammation and pain may be prescribed for more severe symptoms. Their recommendations may include physical therapy, occupational therapy, or a combination of both.

It is possible to manage pain and discomfort with these therapies, maintain patient strength and range of motion, and adjust everyday activities and environments with these therapies.

Among the most common treatments are:

- **Acupuncture:** Pain is one of the most common ailments treated with acupuncture, a traditional Chinese method. Acupuncturists use very thin steel needles to stimulate the body's natural processes to deal with illness and symptoms.
- **Chiropractic adjustments:** An experienced chiropractor can provide treatment by using pressure to manipulate the joints to realign the spine and to reduce pain and discomfort.
- **Pain relievers:** Pain relievers are used to reduce or relieve the pain including acetaminophen (Tylenol) and nonsteroidal anti-inflammatory drugs (NSAIDs).
- **Steroid injections:** Also called corticosteroids, are a class of medicines used to treat inflammatory diseases.



Are there any methods to prevent musculoskeletal pain?

Musculoskeletal pain can be prevented by maintaining strong bones and joints.

Tips:

- Keep repetitive movements to a minimum.
- Maintain a good posture, every 20-30 minutes, stretch your stiff muscles and take frequent breaks.
- Lifting techniques must be practised correctly.
- Keep your muscles stretched.
- Early recognition of inflammation and early treatment is key.
- Don't ignore pain. If you experience pain, change your position or stop what you're doing.

For more information, please visit the below website:

- <https://ergo-plus.com/msd-prevention/>
- <https://ergonomics.ucla.edu/injuries-and-prevention/preventing-msd-rsi>