



Musculoskeletal Health Current Awareness Update

April 2020

Welcome to the monthly **Musculoskeletal Health Current Awareness Update** (MSKH-CAU), produced by **PHE Knowledge and Library Services** and the MSK Health Improvement team. The purpose of this update is to provide the latest research to inform future policy and practice to support the prevention of Musculoskeletal (MSK) conditions.

Public Health England, jointly with NHS England, Versus Arthritis and partners, published the **Musculoskeletal Health: 5 Year Prevention Strategic Framework**, setting out a clear statement of commitments to promote good MSK health to prevent MSK conditions across the life course. The MSKH CAU resource will provide evidence and knowledge to support the decisions made by health and social care professionals, the wider public health workforce and employers.

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Please note that not all the articles and resources referred to in this alert are freely available. Some articles may require an Athens username and password, and for PHE and NHS staff, these can be obtained [here](#). If you do not work for PHE or the NHS, you may want to approach your **local health library service** to discuss how you may have access to library services.

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- **Prevention of MSK conditions across the life course**
- **Living well with MSK conditions**
- **MSK in child and adolescent health**
- **MSK and multi-morbidity**
- **MSK Health and nutrition**
- **MSK Health and workplace wellbeing**
- **MSK Health Communication**

Prevention of Common MSK Conditions Across the Life Course

Exercise for low back pain: A bibliometric analysis of global research from 1980 to 2018.

17 Apr 2020

Related Articles Exercise for low back pain: A bibliometric analysis of global research from 1980 to 2018. J Rehabil Med. 2020 Apr 16;: Authors: Wang R, Weng LM, Peng MS, Wang XQ Abstract OBJECTIVE: To make a bibliometric analysis of global trends in research into exercise interventions for low back pain between 1980 and 2018

Socio-demographic, clinical and psychological predictors of healthcare utilization among patients with musculoskeletal disorders: a prospective cohort study.

16 Apr 2020

Socio-demographic, clinical and psychological predictors of healthcare utilization among patients with musculoskeletal disorders: a prospective cohort study. BMC Health Serv Res. 2020 Mar 23;20(1):239

Authors: Budtz CR, Mose S, Christiansen DH Abstract BACKGROUND: Musculoskeletal disorders are common in the general population and a leading cause for care seeking

Effect of yoga intervention among patients undergoing low back pain treatment: A literature review.

25 Mar 2020

Related Articles Effect of yoga intervention among patients undergoing low back pain treatment: A literature review. *Enferm Clin.* 2020 Mar;30 Suppl 2:177-181 Authors: Majid SS, Syahrul S Abstract OBJECTIVE: The aims of this study to get an overview of the effect of yoga in the treatment of chronic lower back pain to improve the clinical outcomes of patients

Cross-cultural adaptation and validation of the Slovenian version of the Core outcome measures index for low back pain.

15 Apr 2020

Related Articles Cross-cultural adaptation and validation of the Slovenian version of the Core outcome measures index for low back pain. *BMC Musculoskelet Disord.* 2020 Apr 13;21(1):232 Authors: Topolovec M, Vozlič D, Plohl N, Vengust R, Vodičar M, Mannion AF Abstract BACKGROUND: To conduct a cross-cultural adaptation and validation of the Core Outcome Measures Index (COMI) in the Slovenian

Author Correction: The association between physical activity and low back pain: a systematic review and meta-analysis of observational studies.

03 Apr 2020

Author Correction: The association between physical activity and low back pain: a systematic review and meta-analysis of observational studies. *Sci Rep.* 2020 Apr 01;10(1):5987 Authors: Alzahrani H, Mackey M, Stamatakis E, Zadro JR, Shirley D Abstract An amendment to this paper has been published and can be accessed via a link at the top of the paper

Physical Activity for the Treatment of Chronic Low Back Pain in Elderly Patients: A Systematic Review.

09 Apr 2020

Related Articles Physical Activity for the Treatment of Chronic Low Back Pain in Elderly Patients: A Systematic Review. *J Clin Med.* 2020 Apr 05;9(4): Authors: Vadalà G, Russo F, De Salvatore S, Cortina G, Albo E, Papalia R, Denaro V Abstract Chronic low back pain (CLBP) affects nearly 20-25% of the population older than 65 years, and it is currently the main cause of disability both in the

The Association of Psychosocial Factors and Exercise-Induced Hypoalgesia in Healthy People and People with Musculoskeletal Pain: A Systematic Review.

08 Apr 2020

Related Articles The Association of Psychosocial Factors and Exercise-Induced Hypoalgesia in Healthy People and People with Musculoskeletal Pain: A Systematic Review. *Pain Pract.* 2020 Apr 07;; Authors: Munneke W, Ickmans K, Voogt L Abstract BACKGROUND: Exercise, a cornerstone in current treatments for people with musculoskeletal pain, elicits a phenomenon called 'exercise-induced hypoalgesia'

A classification-based approach to low back pain in primary care - protocol for a benchmarking controlled trial.

08 Apr 2020

Related Articles A classification-based approach to low back pain in primary care - protocol for a benchmarking controlled trial. *BMC Fam Pract.* 2020 Apr 06;21(1):61 Authors: Simula AS, Malmivaara A, Booth N, Karppinen J Abstract BACKGROUND: Guidelines recommend a biopsychosocial framework for low back pain (LBP) management and the avoidance of inappropriate imaging

"How do Pilates Trained Physiotherapists utilize and value Pilates Exercise for MSK conditions? A Qualitative Study".

07 Apr 2020

"How do Pilates Trained Physiotherapists utilize and value Pilates Exercise for MSK conditions? A Qualitative Study". Musculoskeletal Care. 2020 Apr 06;: Authors: Cuddy P, Gaskell L Abstract BACKGROUND: Pilates is a popular exercise therapy approach offering numerous benefits, including muscular strength, flexibility, control, and core stability

Prognostic indicators for poor outcomes in low back pain patients consulted in primary care.

29 Mar 2020

Related Articles Prognostic indicators for poor outcomes in low back pain patients consulted in primary care. PLoS One. 2020;15(3):e0229265 Authors: Cruz EB, Canhão H, Fernandes R, Caeiro C, Branco JC, Rodrigues AM, Pimentel-Santos F, Gomes LA, Paiva S, Pinto I, Moniz R, Nunes C Abstract BACKGROUND: Non-specific low back pain (NSLBP) is the most prevalent musculoskeletal condition in western

Exercise for the intervertebral disc: a 6-month randomised controlled trial in chronic low back pain.

27 Mar 2020

Related Articles Exercise for the intervertebral disc: a 6-month randomised controlled trial in chronic low back pain. Eur Spine J. 2020 Mar 24;: Authors: Owen PJ, Miller CT, Rantalainen T, Simson KJ, Connell D, Hahne AJ, Trudel G, Ford JJ, Belavy DL Abstract BACKGROUND CONTEXT: Muscle, bone and tendon respond anabolically to mechanical forces

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Living well with MSK conditions

A Web- and Mobile-Based Intervention for Comorbid, Recurrent Depression in Patients With Chronic Back Pain on Sick Leave (Get.Back): Pilot Randomized Controlled Trial on Feasibility, User Satisfaction, and Effectiveness.

16 Apr 2020

A Web- and Mobile-Based Intervention for Comorbid, Recurrent Depression in Patients With Chronic Back Pain on Sick Leave (Get.Back): Pilot Randomized Controlled Trial on Feasibility, User Satisfaction, and Effectiveness. JMIR Ment Health

Digital care for chronic musculoskeletal pain: a 10,000 user longitudinal observational study.

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Related Articles Digital care for chronic musculoskeletal pain: a 10,000 user longitudinal observational study. J Med Internet Res. 2020 Mar 21;: Authors: Bailey JF, Agarwal V, Zheng P, Smuck M, Fredericson M, Kennedy DJ, Krauss J Abstract BACKGROUND: Chronic musculoskeletal pain has a vast global prevalence and economic burden

Psychometric Validation of the Danish Version of the Oswestry Disability Index in Patients with Chronic Low Back Pain.

25 Mar 2020

Related Articles Psychometric Validation of the Danish Version of the Oswestry Disability Index in Patients with Chronic Low Back Pain. *Spine (Phila Pa 1976)*. 2020 Mar 19;: Authors: Comins J, Brodersen J, Wedderkopp N, Lassen MR, Shakir H, Specht K, Brorson S, Christensen KB Abstract STUDY DESIGN: Registry based repeated-measures psychometric validation of the Danish Oswestry Disability Index

Effectiveness of Weight Loss Interventions for Reducing Pain and Disability in People With Common Musculoskeletal Disorders: A Systematic Review With Meta-Analysis.

10 Apr 2020

Effectiveness of Weight Loss Interventions for Reducing Pain and Disability in People With Common Musculoskeletal Disorders: A Systematic Review With Meta-Analysis. *J Orthop Sports Phys Ther*. 2020 Apr 09;:1-55 Authors: Robson EK, Hodder RK, Kamper SJ, O'Brien KM, Williams A, Lee H, Wolfenden L, Yoong S, Wiggers J, Barnett C, Williams CM Abstract OBJECTIVE: To assess the effectiveness of weight

The Relationship between Indicators of Lumbo-Pelvic Coordination and Pain, Disability, Pain Catastrophizing and Depression in Patients Presenting with Non-Chronic Low Back Pain.

14 Apr 2020

The Relationship between Indicators of Lumbo-Pelvic Coordination and Pain, Disability, Pain Catastrophizing and Depression in Patients Presenting with Non-Chronic Low Back Pain. *Ergonomics*. 2020 Apr 11;:1-29 Authors: Salt E, Wiggins AT, Rayens MK, Hooker Q, Shojaei I, Bazrgari B Abstract This study examined associations and changes overtime in low back kinematics and disability, pain, pain

The efficacy of e-health in the self-management of chronic low back pain: A meta analysis.

23 Apr 2020

The efficacy of e-health in the self-management of chronic low back pain: A meta analysis. S Du, W Liu, S Cai, Y Hu, J Dong. *Int J Nurs Stud*. e-Health has been considered as a potential strategy to deliver self-management programs for chronic low back pain, but its effects are uncertain.

Exposure to Odors Increases Pain Threshold in Chronic Low Back Pain Patients.

15 Apr 2020

Exposure to Odors Increases Pain Threshold in Chronic Low Back Pain Patients. *Pain Med*. 2020 Apr 14;: Authors: Gossrau G, Baum D, Koch T, Sabatowski R, Hummel T, Haehner A Abstract OBJECTIVES: Structured exposure to odors is an acknowledged therapy in patients with smell loss but has also been shown to be effective in depression

Optimizing Musculoskeletal Pain Management Research in 2020 and Beyond.

07 Apr 2020

Optimizing Musculoskeletal Pain Management Research in 2020 and Beyond. J Bone Joint Surg Am. 2020 Apr 03;; Authors: Heckman J, Swiontkowski M PMID: 32251128 [PubMed - as supplied by publisher]

A prediction model of low back pain risk: a population based cohort study in Korea.

03 Apr 2020

Related Articles A prediction model of low back pain risk: a population based cohort study in Korea. Korean J Pain. 2020 Apr 01;33(2):153-165 Authors: Mukasa D, Sung J Abstract Background: Well-validated risk prediction models help to identify individuals at high risk of diseases and suggest preventive measures

Central Sensitization in Chronic Musculoskeletal Pain Disorders in Different Populations: A Cross-Sectional Study.

02 Apr 2020

Related Articles Central Sensitization in Chronic Musculoskeletal Pain Disorders in Different Populations: A Cross-Sectional Study. Pain Med. 2020 Mar 31;; Authors: Roldán-Jiménez C, Pérez-Cruzado D, -Neblet R, Gatchel R, Cuesta-Vargas A Abstract OBJECTIVE: Chronic musculoskeletal pain disorders (CMPDs) are among the leading causes of disabilities across populations, resulting in high social and

Effectiveness of manual and electrical needle stimulation in acupuncture for chronic nonspecific low back pain: a randomized controlled trial.

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Related Articles Effectiveness of manual and electrical needle stimulation in acupuncture for chronic nonspecific low back pain: a randomized controlled trial. J Acupunct Meridian Stud. 2020 Mar 26;; Authors: Comachio J, Oliveira CC, Rodrigues Silva IF, Magalhães MO, Marques AP Abstract AIM: The aim of this study was to investigate effectiveness of electroacupuncture (EA) and manual acupuncture

Using vignettes to assess the contribution of goal adjustment in the adaptation to chronic musculoskeletal pain.

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New Developments in Fracture Risk Assessment for Current Osteoporosis Reports.

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Related Articles New Developments in Fracture Risk Assessment for Current Osteoporosis Reports. Curr Osteoporos Rep. 2020 Apr 13;; Authors: Leslie WD, Morin SN Abstract PURPOSE OF REVIEW: Identifying individuals at high fracture risk can be used to target those likely to derive the greatest benefit from treatment

Stress and Self-Efficacy as Long-Term Predictors for Chronic Low Back Pain: A Prospective Longitudinal Study.

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Related Articles Stress and Self-Efficacy as Long-Term Predictors for Chronic Low Back Pain: A Prospective Longitudinal Study. J Pain Res. 2020;13:613-621 Authors: Puschmann AK, Drießlein D, Beck H, Arampatzis A, Moreno Catalá M, Schiltenswolf M, Mayer F, Wippert PM Abstract Purpose: Psychosocial variables are known risk factors for the development and chronification of low back pain (LBP)

Self-efficacy in patients with chronic musculoskeletal conditions discharged from physical therapy service: A cross-sectional study.

09 Apr 2020

Self-efficacy in patients with chronic musculoskeletal conditions discharged from physical therapy service: A cross-sectional study. Musculoskeletal Care. 2020 Apr 08;; Authors: Souza CM, Martins J, Libardoni TC, de Oliveira AS Abstract OBJECTIVES: This study aimed to investigate self-efficacy levels of patients after finishing rehabilitation for chronic musculoskeletal conditions and identify

Optimum Designs for Large Database Research in Musculoskeletal Pain Management.

07 Apr 2020

Optimum Designs for Large Database Research in Musculoskeletal Pain Management. J Bone Joint Surg Am. 2020 Apr 02;; Authors: Bedard NA, Schoenfeld AJ, Kim SC, Large Database Research Discussion Group PMID: 32251134 [PubMed - as supplied by publisher]

Adverse events and safety issues associated with physical activity and exercise for adults with osteoporosis and osteopenia: A systematic review of observational studies and an updated review of interventional studies.

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Predicting EQ-5D-5L Utility Scores from the Oswestry Disability Index and Roland-Morris Disability Questionnaire for Low Back Pain.

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Related Articles Predicting EQ-5D-5L Utility Scores from the Oswestry Disability Index and Roland-Morris Disability Questionnaire for Low Back Pain. J Pain Res. 2020;13:623-631 Authors: Poder TG, Carrier N Abstract Background: Cost utility analysis is important for measuring the impact of chronic disease and helps clinicians and policymakers in patient management and policy decisions, but generic

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MSK in Child and Adolescent Health

Balance and musculoskeletal flexibility in children with obesity: a cross-sectional study.

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Related Articles Balance and musculoskeletal flexibility in children with obesity: a cross-sectional study. Ann Saudi Med. 2020 Mar-Apr;40(2):120-125 Authors: Bataweel EA, Ibrahim AI Abstract BACKGROUND: Studies on the influence of obesity on different physical parameters such as postural balance and musculoskeletal flexibility are limited and have reported varying results – f

Daily School Physical Activity from Before to After Puberty Improves Bone Mass and a Musculoskeletal Composite Risk Score for Fracture.

02 Apr 2020

Related Articles Daily School Physical Activity from Before to After Puberty Improves Bone Mass and a Musculoskeletal Composite Risk Score for Fracture. *Sports (Basel)*. 2020 Mar 28;8(4): Authors: Cronholm F, Lindgren E, Rosengren BE, Dencker M, Karlsson C, Karlsson MK Abstract This 7

Sitting Posture, Sagittal Spinal Curvatures and Back Pain in 8 to 12-Year-Old Children from the Region of Murcia (Spain): ISQUIOS Programme.

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Related Articles Sitting Posture, Sagittal Spinal Curvatures and Back Pain in 8 to 12-Year-Old Children from the Region of Murcia (Spain): ISQUIOS Programme. *Int J Environ Res Public Health*. 2020 Apr 09;17(7): Authors: Sainz de Baranda P, Cejudo A, Martínez-Romero MT, Aparicio-Sarmiento A, Rodríguez-Ferrán O, Collazo-Diéguez M, Hurtado-Avilés J, Andújar P, Santonja-Medina F Abstract To explore

Relationship between School Backpacks and Musculoskeletal Pain in Children 8 to 10 Years of Age: An Observational, Cross-Sectional and Analytical Study.

09 Apr 2020

Related Articles Relationship between School Backpacks and Musculoskeletal Pain in Children 8 to 10 Years of Age: An Observational, Cross-Sectional and Analytical Study. *Int J Environ Res Public Health*. 2020 Apr 05;17(7): Authors: Hernández TL, Ferré MC, Martí SG, Salvat IS Abstract Back pain in children is a reality and various factors are involved in its etiology

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MSK and Multi-morbidity

Low back pain in Parkinson's disease: A cross-sectional study of its prevalence, and implications on functional capacity and quality of life.

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Association between hepatitis B virus infection and risk of osteoporosis: a systematic review and meta-analysis: A protocol for systematic review.

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Related Articles Association between hepatitis B virus infection and risk of osteoporosis: a systematic review and meta-analysis: A protocol for systematic review. *Medicine (Baltimore)*. 2020 Apr;99(16):e19719 Authors: Xie X, Huang R, Li X, Li N, Zhang H, Xu S, Li D, Xi S, Yang K Abstract BACKGROUND: The potential association between hepatitis B virus (HBV) infection and development of

Which strength and balance activities are safe and efficacious for individuals with specific challenges (osteoporosis, vertebral fractures, frailty, dementia)?: A Narrative review.

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Osteosarcopenic obesity, the coexistence of osteoporosis, sarcopenia and obesity and consequences in the quality of life in older adults ≥65 years-old in Greece.

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MSK Health and Nutrition

Are Probiotics the New Calcium and Vitamin D for Bone Health?

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Related Articles Are Probiotics the New Calcium and Vitamin D for Bone Health? Curr Osteoporos Rep. 2020 Apr 13;: Authors: Rizzoli R, Biver E Abstract PURPOSE OF REVIEW: Calcium and vitamin D supplementation is recommended for patients at high risk of fracture and/or for those receiving pharmacological osteoporosis treatments

Bone Health, Calcium, Vitamin D Metabolism, and Gastro-Intestinal Diseases.

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MSK Health and Workplace Wellbeing

Effects of physical exercise at the workplace for treatment of low back pain: a systematic review with meta-analysis.

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Related Articles Effects of physical exercise at the workplace for treatment of low back pain: a systematic review with meta-analysis. Rev Bras Med Trab. 2018;16(2):225-235 Authors: Maciel RRBT, Dos Santos NC, Portella DDA, Alves PGJM, Martinez BP Abstract Background: The prevalence of low back pain is high among the economically active population

The prevention of musculoskeletal complaints: long-term effect of a work-related psychosocial coaching intervention compared to physiotherapy alone-a randomized controlled trial.

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Related Articles The prevention of musculoskeletal complaints: long-term effect of a work-related psychosocial coaching intervention compared to physiotherapy alone-a randomized controlled trial. Int Arch Occup Environ Health

Occurrence and impact of back pain on the quality of life of healthcare workers.

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Related Articles Occurrence and impact of back pain on the quality of life of healthcare workers. *Ann Agric Environ Med.* 2020 Mar 17;27(1):36-42 Authors: Mroczek B, Łubkowska W, Jarno W, Jaraczewska E, Mierzecki A Abstract INTRODUCTION AND OBJECTIVE: Back pain affects specific occupational groups, among which healthcare workers are the most predisposed

Risk Adjustment of the Modified Low Back Pain Disability Questionnaire and Neck Disability Index to Benchmark Physical Therapist Performance: Analysis From an Outcomes Registry.

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Related Articles Risk Adjustment of the Modified Low Back Pain Disability Questionnaire and Neck Disability Index to Benchmark Physical Therapist Performance: Analysis From an Outcomes Registry. *Phys Ther*

Prevalence, risk factors and global impact of musculoskeletal injuries among endoscopists: a nationwide European study.

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Related Articles Prevalence, risk factors and global impact of musculoskeletal injuries among endoscopists: a nationwide European study. *Endosc Int Open.* 2020 Apr;8(4):E470-E480 Authors: Morais R, Vilas-Boas F, Pereira P, Lopes P, Simões C, Dantas E, Cunha I, Roseira J, Cortez-Pinto J, Silva J, Lage J, Caine M, Rocha M, Flor de Lima M, Costa Santos MP, Garrido M, Sousa P, Marcos P, Azevedo R,

Exploring the factors affecting musculoskeletal disorders risk among hospital nurses.

17 Apr 2020

Exploring the factors affecting musculoskeletal disorders risk among hospital nurses. *PLoS One.* 2020;15(4):e0231319 Authors: Lin SC, Lin LL, Liu CJ, Fang CK, Lin MH Abstract BACKGROUND: Musculoskeletal disorder (MSD) is currently recognized as one of the most common occupational injuries for which nursing personnel in the medical service industry have been identified as a high-risk group

Night shift work and osteoporosis: evidence and hypothesis.

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Related Articles Night shift work and osteoporosis: evidence and hypothesis. *Chronobiol Int.* 2019 02;36(2):171-180 Authors: Bukowska-Damska A, Skowronska-Jozwiak E, Peplonska B Abstract Osteoporosis is an important public health problem worldwide. Among the countries with a very high population risk of fractures, there are those with the highest level of economic development

Risk factors for musculoskeletal disorders in an obstetrician-gynecologist and orthopedic surgeon.

21 Apr 2020

Risk factors for musculoskeletal disorders in an obstetrician-gynecologist and orthopedic surgeon. *Work.* 2020 Apr 14;: Authors: Dale L, Fiedler J Abstract BACKGROUND: Orthopedic and obstetrician-gynecologist (OB/GYN) surgeons have risks for musculoskeletal disorders (MSD) during work in the operating room (OR)

A Systematic Review of Workplace Interventions to Rehabilitate Musculoskeletal Disorders Among Employees with Physical Demanding Work.

29 Mar 2020

Related Articles A Systematic Review of Workplace Interventions to Rehabilitate Musculoskeletal Disorders Among Employees with Physical Demanding Work. J Occup Rehabil. 2020 Mar 26;; Authors: Sundstrup E, Seeberg KGV, Bengtsen E, Andersen LL Abstract Purpose This systematic review investigates the effectiveness of workplace interventions to rehabilitate musculoskeletal disorders (MSDs) among

The Relationship Between Fear-avoidance Beliefs in Employees with Chronic Musculoskeletal Pain and Work Productivity: A Longitudinal Study.

29 Mar 2020

Related Articles The Relationship Between Fear-avoidance Beliefs in Employees with Chronic Musculoskeletal Pain and Work Productivity: A Longitudinal Study. J UOEH. 2020;42(1):13-26 Authors: Sugano R, Ikegami K, Ando H, Nozawa H, Michii S, Kondo M, Imoto H, Shima A, Kawatsu Y, Fujino Y, Ogami A Abstract This study aimed to identify risk factors for chronic musculoskeletal pain (CMSP) and sought

Impact of a simulation-based ergonomic training curriculum on work-related musculoskeletal injury risk in colonoscopy.

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Related Articles Impact of a simulation-based ergonomic training curriculum on work-related musculoskeletal injury risk in colonoscopy. Gastrointest Endosc. 2020 Mar 20;; Authors: Khan R, Scaffidi MA, Satchwell J, Gimpaya N, Lee W, Genis S, Tham D, Saperia J, Al-Mazroui A, Walsh CM, Grover SC Abstract BACKGROUND AND AIMS: Endoscopists are at risk of developing musculoskeletal injuries, and few

Low cost ergonomic interventions to reduce risk factors for work related musculoskeletal disorders during dairy farming.

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Related Articles Low cost ergonomic interventions to reduce risk factors for work related musculoskeletal disorders during dairy farming. Work. 2019;64(2):195-201 Authors: Mokarami H, Varmazyar S, Kazemi R, Taghavi SM, Stallones L, Marioryad H, Farahmand F Abstract BACKGROUND: Workers engaged in dairy farming are exposed to awkward and poor postures that may result in work-related musculoskeletal

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MSK Health communication

A systematic review of the effectiveness of mass media campaigns for the management of low back pain.

05 Apr 2020

Related Articles A systematic review of the effectiveness of mass media campaigns for the management of low back pain. Disabil Rehabil. 2020 Apr 03;;:1-29 Authors: Suman A, Armijo-Olivo S, Deshpande S, Marietta-Vasquez J, Dennett L, Miciak M, Reneman M, Werner EL, Straube S, Buchbinder R, Gross DP Abstract Purpose: To synthesize evidence on the effectiveness of mass media campaigns for the