



Musculoskeletal Health Current Awareness Update

May 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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Prevention of Common MSK Conditions Across the Life Course

[Computer-Based Stratified Primary Care for Musculoskeletal Consultations Compared With Usual Care: Study Protocol for the STarT MSK Cluster Randomized Controlled Trial.](#)

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[Dynamics of Changes in Isometric Strength and Muscle Imbalance in the Treatment of Women with Low back Pain.](#)

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Related Articles [Dynamics of Changes in Isometric Strength and Muscle Imbalance in the Treatment of Women with Low back Pain](#). Biomed Res Int. 2020;2020:6139535 Authors: Wilczyński J, Kasprzak A

Abstract The aim of the study was to evaluate the dynamics of isometric changes in strength and muscular lumbar-pelvic imbalances in the treatment of women with low back pain

Early differential diagnosis of ankylosing spondylitis among patients with low back pain in primary care.

18 May 2020

Early differential diagnosis of ankylosing spondylitis among patients with low back pain in primary care. BMC Fam Pract. 2020 May 16;21(1):90 Authors: Riis A, Olesen JL, Thomsen JL Abstract Diagnosing and treating low back pain (LBP) is a worldwide major primary care challenge in which a differential diagnosis between non-specific LBP and conditions with a known pathology is essential for

Prevention and adherence in Rheumatic and Musculoskeletal disease.

18 May 2020

Prevention and adherence in Rheumatic and Musculoskeletal disease. Best Pract Res Clin Rheumatol. 2020 May 13;:101525 Authors: Esbensen BA, Kennedy N, Brodin N Abstract Rheumatic and Musculoskeletal Diseases (RMDs) are chronic conditions that affect a substantial number of people. RMDs are significantly related to co-morbidity

Ambiguity hindering self-management and prevention of osteoporosis in post-menopausal women.

18 May 2020

Ambiguity hindering self-management and prevention of osteoporosis in post-menopausal women. Arch Osteoporos. 2020 May 16;15(1):73 Authors: Barcenilla-Wong AL, Cross M, Fry M, March L Abstract As osteoporosis relies largely on self-managed prevention and adherence to long-term treatment regimens, it is imperative that those at risk understand the disease that they are attempting to prevent

Secondary Prevention of Osteoporosis Through Assessment of Individual and Multiple Risk Factors.

17 May 2020

Secondary Prevention of Osteoporosis Through Assessment of Individual and Multiple Risk Factors. Mater Sociomed. 2020 Mar;32(1):10-14 Authors: Alibasic E, Ljuca F, Brkic S, Fazlic M, Husic D Abstract Introduction: Osteoporosis is a chronic progressive bone disease where the bone tissue resorption exceeds its regenerative capacities

Epidemiology of osteoporosis and its determinants in physically active Majorcan elderly.

17 May 2020

Epidemiology of osteoporosis and its determinants in physically active Majorcan elderly. Mediterr J Rheumatol. 2020 Mar;31(1):42-49 Authors: Juan A, Frontera G, Cacheda AP, Ros I, Narváez J, Marí B, Nolla JM Abstract Objective: To estimate the prevalence and distribution of determinants of osteoporosis (OP) in a population of physically active Majorcans over 60

OSTEOPOROSIS SECONDARY FRACTURE PREVENTION: A UNITED VOICE.

13 May 2020

OSTEOPOROSIS SECONDARY FRACTURE PREVENTION: A UNITED VOICE. Endocr Pract. 2020 May;26(5):571-572 Authors: Kearns AE PMID: 32396778 [PubMed - as supplied by publisher]

Is adding pelvic floor muscle training to an exercise intervention more effective at improving pain in patients with non-specific low back pain? A systematic review of randomized controlled trials.

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Correction to: Effects of a resistance and balance exercise programme on physical fitness, health-related quality of life and fear of falling in older women with osteoporosis and vertebral fracture: a randomized controlled trial.

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Correction to: Effects of a resistance and balance exercise programme on physical fitness, health-related quality of life and fear of falling in older women with osteoporosis and vertebral fracture: a randomized controlled trial. Osteoporos Int

The OPTIMIZE study: protocol of a pragmatic sequential multiple assessment randomized trial of nonpharmacologic treatment for chronic, nonspecific low back pain.

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Living well with MSK conditions

Using artificial intelligence algorithms to identify existing knowledge within the back pain literature.

24 May 2020

Using artificial intelligence algorithms to identify existing knowledge within the back pain literature. Eur Spine J. 2020 May 22;: Authors: Kawchuk GN, Guan R, Keen C, Hauer B, Kondrak G Abstract PURPOSE: Artificial intelligence algorithms can now identify hidden data patterns within the scientific literature

Personalized Treatment Suggestions: The Validity and Applicability of the Risk-Prevention-Index Social in Low Back Pain Exercise Treatments.

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Related Articles Personalized Treatment Suggestions: The Validity and Applicability of the Risk-Prevention-Index Social in Low Back Pain Exercise Treatments. J Clin Med. 2020 Apr 22;9(4): Authors: Wippert PM, Puschmann AK, Drießlein D, Banzer W, Beck H, Schiltenswolf M, Schneider C, Mayer F Abstract Background: The back pain screening tool Risk-Prevention-Index Social (RPI-S) identifies the

Global low back pain prevalence and years lived with disability from 1990 to 2017: estimates from the Global Burden of Disease Study 2017.

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Related Articles Global low back pain prevalence and years lived with disability from 1990 to 2017: estimates from the Global Burden of Disease Study 2017. Ann Transl Med. 2020 Mar;8(6):299 Authors:

Wu A, March L, Zheng X, Huang J, Wang X, Zhao J, Blyth FM, Smith E, Buchbinder R, Hoy D Abstract
Background: Low back pain (LBP) is a common musculoskeletal problem globally

Poor sleep quality among young adults: The role of anxiety, depression, musculoskeletal pain, and low dietary calcium intake.

20 May 2020

Poor sleep quality among young adults: The role of anxiety, depression, musculoskeletal pain, and low dietary calcium intake. *Perspect Psychiatr Care*. 2020 May 19;: Authors: Alkhatatbeh MJ, Abdul-Razzak KK, Khwaileh HN Abstract PURPOSE: This study examined the relationships between sleep quality, anxiety, depression, musculoskeletal pain (MSP), and calcium intake

Utilization of Telemedicine in Addressing Musculoskeletal Care Gap in Long-Term Care Patients.

08 May 2020

Related Articles Utilization of Telemedicine in Addressing Musculoskeletal Care Gap in Long-Term Care Patients. *J Am Acad Orthop Surg Glob Res Rev*. 2020 Apr;4(4): Authors: Cheng O, Law NH, Tulk J, Hunter M Abstract A notable proportion of patient transfers in Ontario are from long-term care facilities for consultation of musculoskeletal (MSK) issues

Impact of skin, musculoskeletal and psychosocial aspects on quality of life in psoriatic arthritis patients: A cross-sectional study of outpatient clinic patients in the biologic treatment era.

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Impact of skin, musculoskeletal and psychosocial aspects on quality of life in psoriatic arthritis patients: A cross-sectional study of outpatient clinic patients in the biologic treatment era. *RMD Open*

Frequency of sleep disturbance with chronic low back pain: a cross sectional study.

14 May 2020

Frequency of sleep disturbance with chronic low back pain: a cross sectional study. *J Pak Med Assoc*. 2020 May;70(5):869-871 Authors: Bukhsh Nazir SN, Akhtar S, Mirza Baig AA Abstract Objective: To determine the frequency of sleep disturbance among individual with chronic low back pain, and to explore the association between the two

Factors in the Effectiveness of e-Health Interventions for Chronic Back Pain: How Self-Efficacy Mediates e-Health Literacy and Healthy Habits.

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Related Articles Factors in the Effectiveness of e-Health Interventions for Chronic Back Pain: How Self-Efficacy Mediates e-Health Literacy and Healthy Habits. *Telemed J E Health*. 2020 May 12;: Authors: Rabenbauer LM, Mevenkamp N Abstract Background: Self-management and healthy habits (long-term health-related behaviors) are life-long requirements for the prevention of chronic back pain

Relationship Between Physical Activity, Depressive Symptoms and Low Back Pain Related Disability in Older Adults With Low Back Pain: A Cross-Sectional Mediation Analysis.

27 Apr 2020

Relationship Between Physical Activity, Depressive Symptoms and Low Back Pain Related Disability in Older Adults With Low Back Pain: A Cross-Sectional Mediation Analysis. *J Aging Phys Act.* 2020 Apr 25;:1-6 Authors: de Jesus-Moraleida FR, Ferreira PH, Silva JP, Andrade AGP, Dias RC, Dias JMD, Assis MG, Pereira LSM Abstract Low back pain (LBP) can be less disabling in those who are physically

Efficacy of acupressure for chronic low back pain: A systematic review.

08 May 2020

Efficacy of acupressure for chronic low back pain: A systematic review. *Complement Ther Clin Pract.* 2020 May;39:101146 Authors: Godley E, Smith MA Abstract OBJECTIVE: Establish the utility of acupressure for chronic low back pain (CLBP). DESIGN: A systematic review of English articles using PubMed and Embase was conducted from 01/2004-01/2020

Pain Diagnosis, Pain Coping, and Function in Individuals with Chronic Musculoskeletal Pain.

06 May 2020

Pain Diagnosis, Pain Coping, and Function in Individuals with Chronic Musculoskeletal Pain. *J Pain Res.* 2020;13:783-794 Authors: Ferreira-Valente A, Queiroz-Garcia I, Pais-Ribeiro J, Jensen MP Abstract Purpose: Research supports a role for coping responses in adjustment to chronic pain

A multicentre randomized controlled follow-up study of the effects of the underwater traction therapy in chronic low back pain.

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Related Articles A multicentre randomized controlled follow-up study of the effects of the underwater traction therapy in chronic low back pain. *Int J Biometeorol.* 2020 May 02;: Authors: Gáti T, Czímer É, Cserháti G, Fehér J, Oláh M, Kulisch Á, Mándó Z, Bender T Abstract Low back pain (LBP) is one of the most costly diseases in the developed world

Common Musculoskeletal Disorders in the Elderly: The Star Triad.

29 Apr 2020

Related Articles Common Musculoskeletal Disorders in the Elderly: The Star Triad. *J Clin Med.* 2020 Apr 23;9(4): Authors: Minetto MA, Giannini A, McConnell R, Busso C, Torre G, Massazza G Abstract Musculoskeletal disorders are debilitating conditions that significantly impair the state of health, especially in elderly subjects

The association between fear of movement, pain catastrophizing, pain anxiety and protective motor behavior in persons with peripheral joint conditions of a musculoskeletal origin: a systematic review.

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The association between fear of movement, pain catastrophizing, pain anxiety and protective motor behavior in persons with peripheral joint conditions of a musculoskeletal origin: a systematic review. *Am J Phys Med Rehabil*

Big Five Personality Traits and Disabling Chronic Low Back Pain: Association with Fear-Avoidance, Anxious and Depressive Moods.

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Confidence, attitudes, beliefs and determinants of implementation behaviours among physiotherapists towards clinical management of low back pain before and after implementation of the BetterBack model of care.

21 May 2020

Confidence, attitudes, beliefs and determinants of implementation behaviours among physiotherapists towards clinical management of low back pain before and after implementation of the BetterBack model of care. BMC Health Serv Res. 2020 May 19;20(1):443 Authors: Schröder K, Öberg B, Enthoven P, Kongsted A, Abbott A Abstract BACKGROUND: Implementing clinical guidelines is challenging

Educational booklet reinforces knowledge of osteoporosis and influences intentions to improve bone health in previously diagnosed and treated patients.

27 Apr 2020

Related Articles Educational booklet reinforces knowledge of osteoporosis and influences intentions to improve bone health in previously diagnosed and treated patients. Osteoporos Int. 2020 Apr 24;: Authors: Linton DN, Porteous J, Eatson H, Chepesiuk R, Long T, Inrig TM, Frankel L, Jain R, Sale JEM Abstract We examined individuals' experiences using an educational booklet developed by the Ontario

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MSK in Child and Adolescent Health

Sleep problems increase the risk of musculoskeletal pain in boys but not girls: a prospective cohort study.

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Related Articles Sleep problems increase the risk of musculoskeletal pain in boys but not girls: a prospective cohort study. Eur J Pediatr. 2020 May 12;: Authors: Andreucci A, Campbell P, Mundy LK, Sawyer SM, Kosola S, Patton GC, Dunn KM Abstract Adults with sleep problems are at higher risk for onset of musculoskeletal pain, but the evidence is less clear for children

Selected Musculoskeletal Issues in Adolescents.

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Related Articles Selected Musculoskeletal Issues in Adolescents. Prim Care. 2020 Jun;47(2):257-271 Authors: Bernstein K, Seales P, Mroszczyk-McDonald A Abstract Musculoskeletal care of the adolescent patient involves unique knowledge of their rapidly changing physical and psychological health

The Adolescent Knee Pain (AK-Pain) prognostic tool: protocol for a prospective cohort study.

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Related Articles The Adolescent Knee Pain (AK-Pain) prognostic tool: protocol for a prospective cohort study. F1000Res. 2019;8:2148 Authors: Andreucci A, Holden S, Bach Jensen M, Skovdal Rathleff M Abstract Background: One in three children and adolescents experience knee pain

Safety, feasibility and efficacy of side-alternating vibration therapy on bone and muscle health in children and adolescents with musculoskeletal disorders: A pilot trial.

22 May 2020

Safety, feasibility and efficacy of side-alternating vibration therapy on bone and muscle health in children and adolescents with musculoskeletal disorders: A pilot trial. J Paediatr Child Health. 2020 May 21;: Authors: Vesey RM, Hofman PL, Derraik JG, Colle P, Biggs JB, Munns CF, Cutfield WS, Gusso S Abstract AIMS: A pilot study was performed to establish the safety, feasibility and efficacy of

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MSK and Multi-morbidity

Association of osteosarcopenic obesity and its components: osteoporosis, sarcopenia and obesity with insulin resistance.

27 Apr 2020

Association of osteosarcopenic obesity and its components: osteoporosis, sarcopenia and obesity with insulin resistance. J Bone Miner Metab. 2020 Apr 25;: Authors: Lee K Abstract INTRODUCTION: To evaluate the differences in the associations of combinations of co-existent osteopenia, obesity, and/or sarcopenia with insulin resistance (IR) according to different criteria of obesity

Effect of Different Exercise Training Intensities on Musculoskeletal and Neuropathic Pain in Inactive Individuals with Type 2 Diabetes - Preliminary Randomised Controlled Trial.

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The Risk of Vitamin D Deficiency, Osteoporosis, and Fractures in Acute Pancreatitis.

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The Risk of Vitamin D Deficiency, Osteoporosis, and Fractures in Acute Pancreatitis. Pancreas. 2020 May/Jun;49(5):629-633 Authors: Abou Saleh M, Alkhayat M, Mansoor E, Khoudari G, Simons-Linares CR, Vargo J, Chahal P, Stevens T Abstract OBJECTIVES: A few past studies have found increased utilization of 25-hydroxyvitamin D and prevalence of osteoporosis in acute pancreatitis (AP)

Osteoporosis in Parkinson's disease - Need of screening in early stages.

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Related Articles Osteoporosis in Parkinson's disease - Need of screening in early stages. Neurol India. 2020 Mar-Apr;68(2):401-402 Authors: Singh M, Garg K PMID: 32415014 [PubMed - as supplied by publisher]

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MSK Health and Inequalities

The impact of socioeconomic status and social deprivation on musculoskeletal limitations.

06 May 2020

The impact of socioeconomic status and social deprivation on musculoskeletal limitations. J Orthop. 2020 Nov-Dec;22:135-142 Authors: Rijk L, Kortlever JTP, Bandell DLJI, Zhang J, Gallagher SM, Bozic KJ, Ring D Abstract Background: Objective (SES) and subjective socioeconomic status (SSS) affect symptom intensity and magnitude of limitations

Sex differences in upper limb musculoskeletal biomechanics during a lifting task.

29 Apr 2020

Sex differences in upper limb musculoskeletal biomechanics during a lifting task. Appl Ergon. 2020 Jul;86:103106 Authors: Martinez R, Assila N, Goubault E, Begon M Abstract Women experience higher prevalence of work-related upper limb musculoskeletal disorders compared to men

A Systematic Review of the Association Between Perceived Injustice and Pain-Related Outcomes in Individuals with Musculoskeletal Pain.

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Related Articles A Systematic Review of the Association Between Perceived Injustice and Pain-Related Outcomes in Individuals with Musculoskeletal Pain. *Pain Med.* 2020 May 07;; Authors: Carriere JS, Donayre Pimentel S, Yakobov E, Edwards RR Abstract OBJECTIVE: A growing body of literature shows that justice-related appraisals are significant determinants of pain-related outcomes and prolonged

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MSK Health and Nutrition

Nutritional factors in chronic musculoskeletal pain: unravelling the underlying mechanisms.

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Related Articles Nutritional factors in chronic musculoskeletal pain: unravelling the underlying mechanisms. *Br J Anaesth.* 2020 Apr 28;; Authors: Elma Ö, Yilmaz ST, Deliens T, Coppieters I, Clarys P, Nijs J, Malfliet A PMID: 32359692 [PubMed - as supplied by publisher]

Expression of Concern: "Menatetrenone (Vitamin K2) and Bone Quality in the Treatment of Postmenopausal Osteoporosis." *Nutrition Reviews* 2006;64(12):509-517.

17 May 2020

Expression of Concern: "Menatetrenone (Vitamin K2) and Bone Quality in the Treatment of Postmenopausal Osteoporosis." *Nutrition Reviews* 2006;64(12):509-517. *Nutr Rev.* 2020 Apr 28;; Authors: PMID: 32412060 [PubMed - as supplied by publisher]

Estimation of salivary calcium level as a screening tool for the osteoporosis in the post-menopausal women: A prospective study.

22 May 2020

Estimation of salivary calcium level as a screening tool for the osteoporosis in the post-menopausal women: A prospective study. *Indian J Dent Res.* 2020 Mar-Apr;31(2):252-256 Authors: Wasti A, Wasti J, Singh R Abstract Aims and Objectives: The aim and objective of the present study was to explore the use of salivary calcium levels as a diagnostic biochemical marker for osteoporosis in menopausal

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MSK Health and Workplace Wellbeing

Trends in Work-Related Musculoskeletal Disorders from the 2002-2014 General Social Survey, Quality of Work Life Supplement.

15 May 2020

Trends in Work-Related Musculoskeletal Disorders from the 2002-2014 General Social Survey, Quality of Work Life Supplement. *J Occup Environ Med.* 2020 May 12;; Authors: Dick RB, Lowe BD, Lu ML, Krieg EF Abstract OBJECTIVE: To update trends in prevalence of back and upper limb musculoskeletal symptoms and risk factors from the 2014 Quality of Work Life (QWL) Survey

Work- and stress-related musculoskeletal and sleep disorders among health professionals: a cross-sectional study in a hospital setting in Switzerland.

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Related Articles Work- and stress-related musculoskeletal and sleep disorders among health professionals: a cross-sectional study in a hospital setting in Switzerland. BMC Musculoskelet Disord. 2020 May 21;21(1):319 Authors: Hämmig O Abstract BACKGROUND: Musculoskeletal and sleep disorders have been reported to be very common among health care and hospital workers and particularly nurses

Risk factors for work-related cardiovascular and musculoskeletal diseases among prehospital urgent care workers: a systematic review.

10 May 2020

Related Articles Risk factors for work-related cardiovascular and musculoskeletal diseases among prehospital urgent care workers: a systematic review. Rev Bras Med Trab. 2017;15(4):355-363 Authors: Sedrez JA, Kasten APDS, Chaise FO, Candotti CT Abstract Background: Studies conducted with prehospital urgent care workers investigated work-related stress and its repercussions on the workers' mental

Tools Appraisal of Organizational Factors Associated with Return-to-Work in Workers on Sick Leave Due to Musculoskeletal and Common Mental Disorders: A Systematic Search and Review.

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Fear-avoidance beliefs are associated with exercise adherence: secondary analysis of a randomised controlled trial (RCT) among female healthcare workers with recurrent low back pain. BMC Sports Sci Med Rehabil

The RAMP package for MSD risk management in manual handling - A freely accessible tool, with website and training courses.

29 Apr 2020

The RAMP package for MSD risk management in manual handling - A freely accessible tool, with website and training courses. Appl Ergon. 2020 Jul;86:103101 Authors: Rose LM, Eklund J, Nord Nilsson L, Barman L, Lind CM Abstract In this paper the RAMP Package is presented with the objective to facilitate the application of the RAMP tool to systematically manage MSD risks

Prevention of Musculoskeletal Diseases and Pain among Dental Professionals through Ergonomic Interventions: A Systematic Literature Review.

21 May 2020

Prevention of Musculoskeletal Diseases and Pain among Dental Professionals through Ergonomic Interventions: A Systematic Literature Review. Int J Environ Res Public Health. 2020 May 16;17(10): Authors: Lietz J, Ulusoy N, Nienhaus A Abstract Musculoskeletal diseases and pain (MSDs) are prevalent among dental professionals

Musculoskeletal disorders and their associations with health- and work-related factors: a cross-sectional comparison between Swedish air force personnel and army soldiers.

17 May 2020

Musculoskeletal disorders and their associations with health- and work-related factors: a cross-sectional comparison between Swedish air force personnel and army soldiers. BMC Musculoskelet Disord. 2020 May 14;21(1):303 Authors: Tegern M, Aasa U, Äng BO, Larsson H Abstract BACKGROUND: The high numbers of musculoskeletal disorders (MSD) among soldiers in the Swedish Armed Forces has led to the

Effects of Risk Factors Related to Computer Use on Musculoskeletal Pain in Office Workers.

07 May 2020

Effects of Risk Factors Related to Computer Use on Musculoskeletal Pain in Office Workers. Int J Occup Saf Ergon. 2020 May 06;:1-18 Authors: Calik BB, Yagci N, Oztop M, Caglar D Abstract PURPOSE: In recent years, work-related musculoskeletal disorders(MSDs) are increasing due to overuse of desktop computer. This investigation was planned to examine musculoskeletal pain in office workers

Vocational Rehabilitation with or without Work Module for Patients with Chronic Musculoskeletal Pain and Sick Leave from Work: Longitudinal Impact on Work Participation.

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Work Ability and Quality of Life in Patients with Work-Related Musculoskeletal Disorders.

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Preventive factors against work-related musculoskeletal disorders: narrative review.

06 May 2020

Preventive factors against work-related musculoskeletal disorders: narrative review. Rev Bras Med Trab. 2019;17(3):415-430 Authors: Soares CO, Pereira BF, Pereira Gomes MV, Marcondes LP, de Campos Gomes F, de Melo-Neto JS Abstract Musculoskeletal disorders (MSDs) are major causes of morbidity among workers. They comprise several signs and symptoms, as e.g

Early Osteoporosis Risks and Associated Factors among Caregivers Working in Disability Institutions: IOF One-Minute Osteoporosis Risk Check.

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Motivational Interviewing and Return to Work for People with Musculoskeletal Disorders: A Systematic Mapping Review.

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A Systematic Review of the Incidence, Prevalence, Costs, and Activity/Work Limitations of Amputation, Osteoarthritis, Rheumatoid Arthritis, Back Pain, Multiple Sclerosis, Spinal Cord Injury, Stroke, and Traumatic Brain Injury in the United States: A 2019 Update.

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A Systematic Review of the Incidence, Prevalence, Costs, and Activity/Work Limitations of Amputation, Osteoarthritis, Rheumatoid Arthritis, Back Pain, Multiple Sclerosis, Spinal Cord Injury, Stroke, and Traumatic Brain Injury in the United States: A 2019 Update. *Arch Phys Med Rehabil*

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