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Language: English; ISBN-10:

9780781736268; ISBN-13:

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Musculoskeletal disorders
'Musculoskeletal disorders' is an

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umbrella term used to identify an injury to soft or bony tissue. The most recent survey of self-reported work-related illness estimated that in 2001/02 some 1.1 million people in Great Britain suffered from musculoskeletal disorders caused or made worse by their current or past work.

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Musculoskeletal Disorders: Definition and Patient Education

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While management of some
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specialist and/or surgical care, many

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musculoskeletal conditions can be managed in primary care through a combination of core non-pharmacologic interventions such as exercise, weight management, psychological therapies and pharmacologic therapies. Social and economic implications

Musculoskeletal conditions - WHO

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Treatment of Musculoskeletal Disorders.
Treating MSD's can include occupational
or physical therapy, as well as over the
counter medication to treat
inflammation. Depending on the level of
severity, the treatment plans will differ.
For more information on treatment,
Prevention of Musculoskeletal Disorders

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The consistent format first introduces the basic concepts of conservative management of musculoskeletal problems, then discusses each region. Regional chapters cover functional anatomy and biomechanics, evaluation, and management of common lesions.

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and treatment is explained

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Once assessment and planning have
been completed, including analysis of
the collected data, the next step is

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implementing the strategies and interventions that will comprise the workplace health program. The intervention descriptions for Work-related musculoskeletal disorders (WMSD) include the public health evidence-base for each intervention, details on designing interventions related to Work-related musculoskeletal

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disorders (WMSD), and links to examples
and resources.

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Workers in the construction industry are
at risk of succumbing to musculoskeletal
disorders (MSDs), which affect the
muscles, nerves, blood vessels,

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ligaments, and tendons. MSDs are commonly associated with actions like heavy lifting, bending, reaching overhead, pushing and pulling hefty loads, performing tasks in awkward or unnatural positions ...

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