



Supporting employees with musculoskeletal conditions

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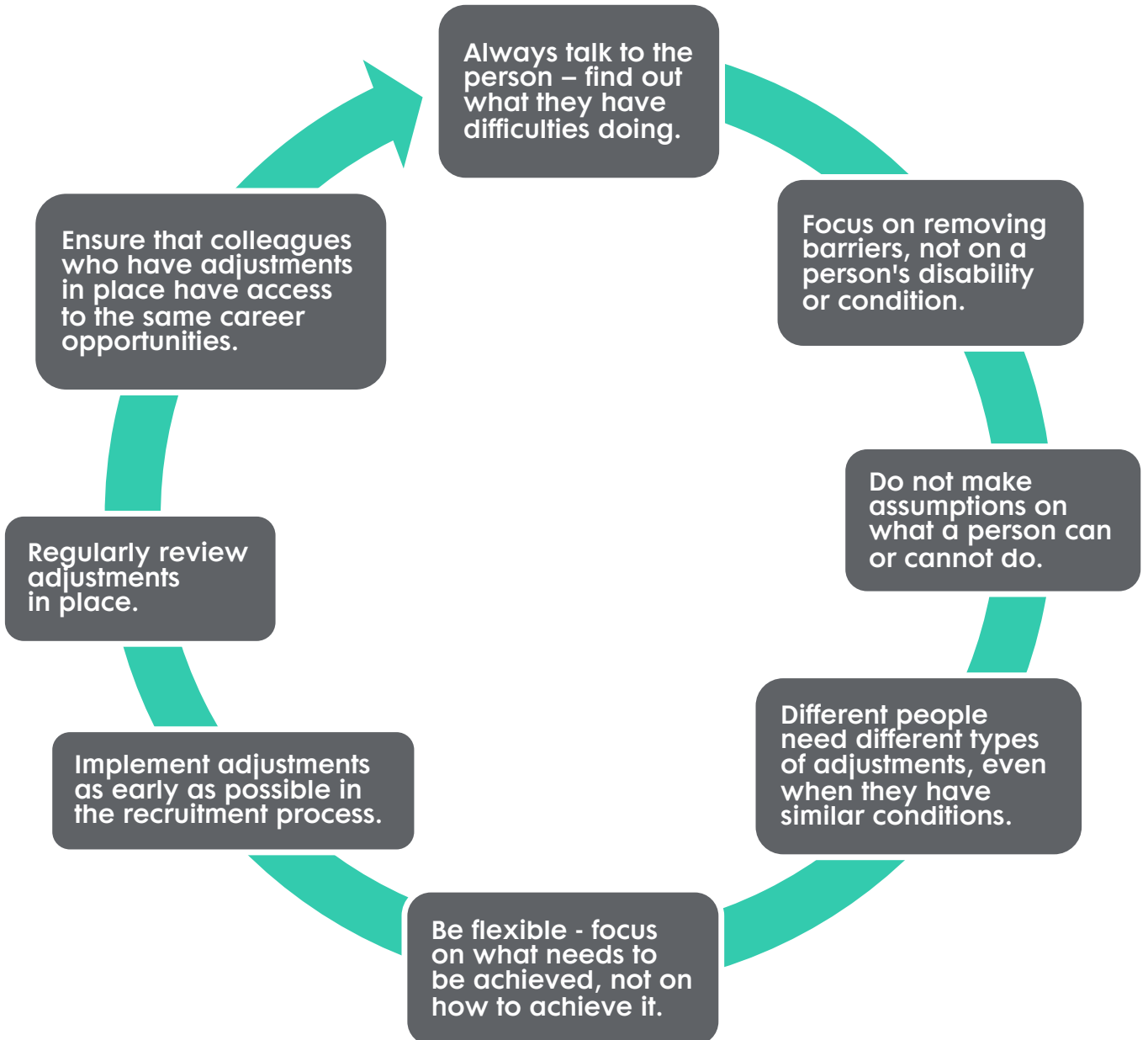


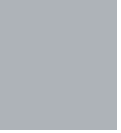
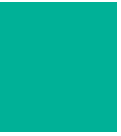


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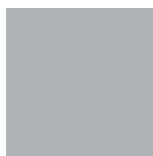
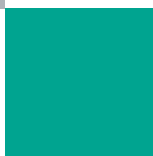
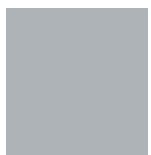
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Making adjustments – top tips





Introduction



What are musculoskeletal conditions?

Musculoskeletal conditions affect the joints or tissues in the back (upper and lumbar region), upper limbs (neck, shoulders, arms, elbows, wrists, hands and fingers) or lower limbs (hip, knees and legs, ankles and feet) resulting from injuries or health conditions. Symptoms include muscle fatigue, pain, cramp, swelling, numbness, difficulty in movement and general discomfort. These can persist or become worse after work, not just when performing specific tasks.

Many musculoskeletal conditions are the results of lifestyle or medical conditions such as rheumatoid arthritis. It is also possible for people to acquire musculoskeletal conditions because of the work they are doing.

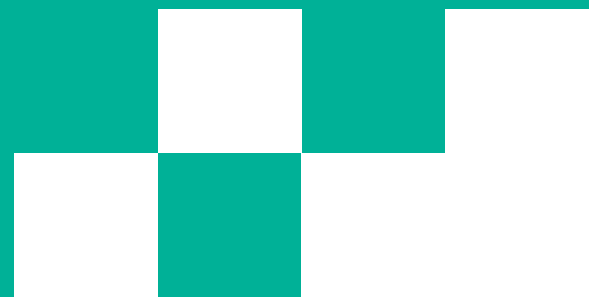
Many cases will resolve without medical attention whilst others will require a doctor's support; in some cases, referral to an expert will be necessary. There are a variety of conditions and in some cases pain is referred from the site of the initial problem to another part of the body. Different conditions require different types of treatment, adjustments and management approaches.

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7 to 14 are available in the
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