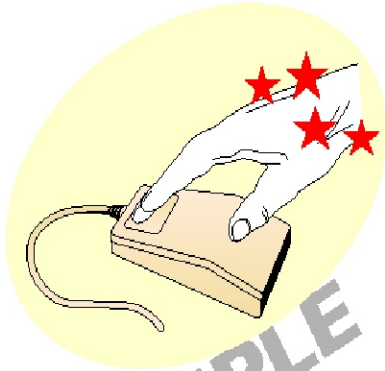


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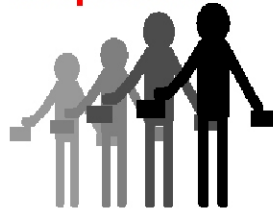
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CARPAL TUNNEL SYNDROME AND OTHER MSDs

Musculoskeletal disorders represent a set of pathological conditions that impair the normal function of the soft tissue of the musculoskeletal system, such as tendons, muscles, cartilage, ligaments, and nerves. **MSDs** arise when musculoskeletal soft tissue is subjected to repeated physical stress, usually from repetitive movements, static postures, or continuous loading of tissue structures, which in turn causes gradually accumulating tissue damage. The physical stresses that can contribute to or cause **MSDs** are called "risk factors." The initial symptoms of **MSDs** may include fatigue, discomfort, and pain; as tissue damage worsens, other symptoms, such as weakness, numbness, or restricted movement, may also appear. Work-related **MSDs** occur when the risk factors that cause or contribute to musculoskeletal system pathology are associated with a person's job duties. The disorders represented by the term "**MSDs**" have been referred to by various other names, including "cumulative trauma disorders," "repetitive strain injury," and "occupational overuse syndrome." **MSDs do not include** musculoskeletal injuries that are clearly caused by accidents, such as a torn Achilles tendon that results from stepping in a hole. Instead, **MSDs reflect tissue damage and functional loss that occurs over time from prolonged or frequent exposure to risk factors.**



Reduce Excessive Repetition



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