



AUSTRALIAN
CHIROPRACTORS
ASSOCIATION



Work *Well* From Head to Toe

Adjust Your Thinking - Consult a Chiro

workspaceweek.org.au

Factsheet

Work Well From Head To Toe To Help Prevent Work-Related Injuries

Work-related musculoskeletal disorders (WMSDs) account for 57% of serious workers' compensation claims in Australia. Conditions such as chronic neck and back pain, shoulder stiffness, tension headaches and Tension Neck Syndrome, commonly known as 'tech neck', can have serious and lasting consequences for workers and their families. Through absenteeism, lost productivity, direct health costs and other associated impacts, MSDs cost the Australian economy more than \$55.1 billion each year and place a significant burden on employers.

What are WMSDs?

WMSDs are a range of inflammatory and degenerative conditions affecting the muscles, tendons, ligaments, joints, peripheral nerves and supporting blood vessels that can be caused by a single workplace event but commonly result from repeated harmful workspace activities over an extended period. Mental stress in the workspace can also trigger WMSDs including tension and cervicogenic (neck related) headaches.

Early diagnosis and chiropractic treatment can significantly minimise the impact of WMSDs and the risk of developing chronic conditions.

What causes WMSDs?

Risk factors of WMSDs include body stressing caused by poorly executed lifting, pushing, pulling or bending, using computers in non-ergonomic workspaces (in an office or remotely), poor posture, prolonged standing, extended driving of vehicles, repetitive strain injuries and mental stress.

Which workers and industries are most at risk of developing WMSDs?

Australians most at risk of WMSDs include community and personal service workers such as healthcare, aged care, childcare, NDIS and disability service workers while office and desk workers are impacted by incorrect and non-ergonomic use of technology. Construction, manufacturing, tradies, labourers, technicians, drivers, and machinery operators are also among those at high risk of work-related injuries.

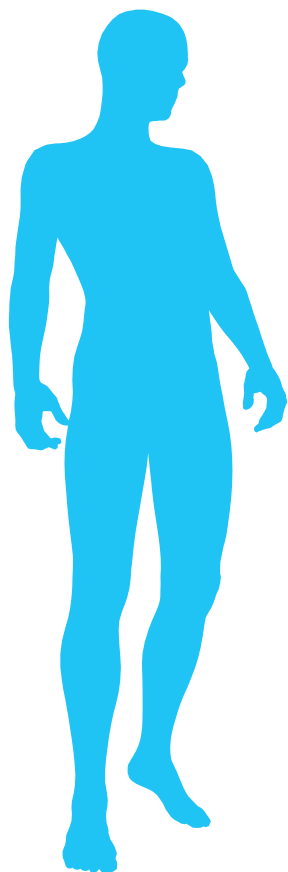
Unresolved WMSDs can lead to debilitating long-term chronic conditions.

How to prevent common WMSDs?

To help prevent injuries and reduce the impact of WMSDs, employers and workers are encouraged to regularly review workplace controls of risk management procedures and access a range of free resources including; the WorkSpace Week Checklist, exercise posters, factsheets and podcasts to learn how to maximise spinal health and wellbeing, minimise workplace injuries so we can work well from head to toe. And when injuries do occur, seek early treatment to minimise long-term painful implications.

ACA provides a range of free helpful resources to help minimise WMSDs. Resources include the Ergonomic Checklist, Back Pain & Mental Health Factsheet, Sitting, Standing, Lifting, Bending and Headache Factsheets, and the Stand Corrected Stretching Poster; Avoiding Tech Neck Factsheets and Electronic Device Checklists.

WMSDs from head to toe – The parts of the body that can be impacted.



- ⦿ **Head:** Headaches, migraines, cervicogenic headaches and tension-type headaches, stress.
- ⦿ **Jaw:** Jaw pain, stiffness, clenching and temporomandibular joint dysfunction (TMJ), and Bruxism-associated musculoskeletal pain.
- ⦿ **Neck and shoulders:** Neck pain, “tech neck”, cervical radiculopathy, referred arm pain, shoulder pain, rotator cuff-related shoulder pain, shoulder impingement, frozen shoulder and whiplash-associated disorders.
- ⦿ **Spine:** Upper, middle and lower back pain, disc injuries, postural strain, facet joint pain, muscular sprains and strains, lumbar radiculopathy and sciatica.
- ⦿ **Chest:** Ribs and costovertebral joint pain, muscular tension, joint stiffness, and occupational sprains and strains.
- ⦿ **Arms, elbows, wrists and hands:** Carpal tunnel syndrome, repetitive strain injuries, tennis elbow, golfer’s elbow, thoracic outlet syndrome, wrist pain and De Quervain’s tenosynovitis.
- ⦿ **Hips and pelvis:** Hip pain, sacroiliac joint pain or dysfunction, gluteal tendinopathy, greater trochanteric pain syndrome and piriformis-related pain.
- ⦿ **Legs and knees:** Referred leg pain, sciatica, knee pain, patellofemoral pain, iliotibial band syndrome, calf strains and Achilles tendinopathy.
- ⦿ **Feet and toes:** Ankle pain and sprains, heel pain, heel spurs, and foot or toe joint pain.
- ⦿ **Muscular tension:** Joint stiffness and occupational sprains and strains.

Consult an ACA chiropractor for diagnosis and treatment of WMSDs.

ACA chiropractors are five-year university educated healthcare professionals who can diagnose and treat work-related injuries to maximise recovery and minimise the development of chronic MSDs. They can provide advice on minimising the WMSD risks including exercises to improve overall health and wellbeing.

*Every Week more than 400,000 chiropractic consultation help everyday
Australians maintain their spinal health and stand corrected.*

Consult an ACA chiropractor for spinal health management.

ACA chiropractors are Australia’s leaders in chiropractic healthcare and play a vital role in managing the spinal health of Australians by providing holistic healthcare that treats the cause of the problem not just the symptoms. Using specialised non-surgical techniques including gentle spinal adjustments, various manual therapies and soft tissue techniques and can help strengthen and maintain spinal health.

If you suffer from WMSDs, adjust your thinking and consult an ACA chiro for effective, drug-free treatment. Take back control of your spinal health and wellbeing by visiting consultachiro.org.au.

WorkSpace Week is the initiative of the Australian Chiropractors Association (ACA) aimed at minimising disorders that have a severe impact on the spinal health and wellbeing of Australians and educating them about the importance of maintaining positive spinal health. Look for the ACA Member logo at your local chiropractor or to locate an ACA chiropractor near you, visit

consultachiro.org.au

For a full list of references, visit chiro.org.au/campaign-references