



Greenbush Health



# Preventing Common Musculoskeletal Disorders

More than one in two adults report experiencing a musculoskeletal (MSK) issue such as back pain, neck pain, joint pain, arthritis or osteoporosis. People often limit their activities or even miss work due to the pain associated with these conditions. Luckily, many MSK issues can be avoided or managed through preventive activities.

Practice these tips to stay on top of your musculoskeletal health.

- **Move** – Use it or lose it! Our bones, muscles and joints need movement to stay healthy.
  - The CDC recommends moderate aerobic activities, like walking, jogging, biking, or even gardening, for at least 150 minutes total per week.
  - Weight-bearing activities, such as lifting weights, walking or dancing can increase bone density, and decrease chances for fracture or debilitation. Practice strength training activities at least twice a week.
  - Avoid prolonged inactivity, like sitting at a desk or watching TV, for extended periods of time..
- **Stretch** – Stretching can relieve tension in your muscles and help you feel more relaxed. Try to make time to stretch regularly. Don't forget to warm up and stretch before or after physical activity.
- **Maintain a Healthy Diet and Weight** – Load up on fresh, whole foods, and avoid processed foods. Eat foods rich in vitamin D and calcium, such as leafy greens, dairy, and fatty fishes, as well as plenty of lean proteins, to support bone and muscle health. Aim for 1,000 to 2,000 IU of vitamin D daily to promote calcium absorption.
- **Assess Your Ergonomics** – The body can be strained by repetitive tasks, such as sitting, slouching, typing, etc. Set yourself up for success by practicing ergonomics at work. Stay aligned, take regular standing or walk breaks, and wear comfortable, supportive shoes throughout the day.
- **Rest** – Getting enough sleep enables your body to repair muscles and joints. Most adults need 7 to 9 hours of rest each night, so make sure to prioritize sleep.

#### Sources:

<https://www.wacatoday.org/News-Publications/Newsroom/News-Releases/National-Chiropractic-Health-Month-Take-Steps-to-Better-Musculoskeletal-Health>  
[https://www.cdc.gov/NIOSH-WHC/chart/nhis-msd/illness?OU=\\*%&T=OU&V=R](https://www.cdc.gov/NIOSH-WHC/chart/nhis-msd/illness?OU=*%&T=OU&V=R)  
<https://health.clevelandclinic.org/7-tips-for-healthy-bones-2>  
[https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)  
[https://www.osha.gov/SLTC/etools/computerworkstations/checklist\\_evaluation.html](https://www.osha.gov/SLTC/etools/computerworkstations/checklist_evaluation.html)

Treatment Disclaimer: This material is for informational purposes and is not intended to be exhaustive nor should any discussions or opinions be construed as legal advice. Contact your broker for insurance advice, tax professional for tax advice, or legal counsel for legal advice regarding your particular situation. USI does not accept any responsibility for the content of the information provided or for consequences of any actions taken on the basis of the information provided. ©2021 USI Insurance Services. All rights reserved.