



## Musculoskeletal Disorders Month June 2021

According to the CDC, Musculoskeletal disorders (MSDs) are injuries or disorders of the muscles, nerves, tendons, joints, cartilage, and spinal discs. Carpal Tunnel Syndrome, Arthritis, and Back Injury/Pain are a few of the most common MSDs. Below you will find some important tips to think about while in the office or working from home.

- ❑ **Identify the symptoms of musculoskeletal pain.**
  - Aching and stiffness.
  - Burning sensations in the muscles.
  - Fatigue.
  - Muscle twitches.
  - Pain that worsens with movement.
  - Sleep disturbances.
- ❑ **Know what you can do to pinpoint the affected areas.**
  - Your Primary Care Physician can point you in the direction of a specialist who can perform some of the following tests to aid you:
    - Blood tests.
    - X-rays.
    - Computed tomography (CT) scans.
    - Magnetic resonance imaging (MRI).
- ❑ **Take precautions in your day-to-day to prevent musculoskeletal pain.**
  - Limit repetitive movements.
  - Use good posture.
  - Practice correct lifting techniques.
  - Stretch regularly.
- ❑ **Take advantage of the University's educational webinars in June.**
  - Understanding Musculoskeletal Disorders (6/8)
  - Finding the Right Balance Between Work and Life (6/10)
  - Understanding Dementia, Its Many Types & Focusing on Alzheimer's Disease (6/17)



# THRIVE

WELLNESS PROGRAM

## Helpful Resources

- ❑ **Preventing Musculoskeletal Injuries**
- ❑ **Ways to Improve Posture & Good Ergonomics**
- ❑ **Mayo Clinic's How-To-Guide on Office Ergonomics**
- ❑ **10 Ergonomics Dos and Don'ts for Those Now Working from Home**
- ❑ **Human Resources Wellness Webinar Collection**

## Contact Information

- ❑ **Health Advocate**  
(866) 799-2728  
[www.myhealthadvocate.pepperdine.edu](http://www.myhealthadvocate.pepperdine.edu)
- ❑ **Human Resources Thrive Wellness Program**  
(310) 506-4190  
[community.pepperdine.edu/hr/wellness](http://community.pepperdine.edu/hr/wellness)