

What is an MSI (Musculoskeletal Injury)?

It is defined as an injury or disorder of the muscles, tendons, ligaments, cartilage, nerves, and blood vessels. Examples: carpal tunnel, back strain, tendonitis.

Three ways MSIs occur:

- * **Excessive Force:** injury from a single event, where the loads of forces are so great they exceed tissue tolerances and cause an immediate injury - *whiplash*
- * **Excessive Repetition:** injury from repeated loading, weakening tissues to the point of failure. It progresses slowly to the point where a small load can cause an injury - *pitcher*
- * **Excessive Duration:** injury of constant loading, weakening tissue to the point of failure. This type of injury is more common with tasks that require workers to adopt static or awkward postures for extended periods - *posing for a portrait*

The Signs and Symptoms of MSIs

- * Sore or stiff neck, shoulders and upper back
- * Pain and/or localized discomfort
- * Eye strain and fatigue
- * Numbness and tingling
- * Stiff legs
- * Reduced motion
- * Swelling and redness
- * Burning sensation