

Treatments

Treating musculoskeletal disorders depends on the severity of your condition. Depending on whether you are experiencing bone, muscle, ligament, tendon, or joint pain, or some other kind of musculoskeletal pain, these are some helpful treatments that you can do to ease your pain:

- Use hot or cold patches
- Reduce workload and increase rest
- Reduce stress through relaxation techniques
- Do some strengthening, stretching and conditioning exercises
- Receive a Therapeutic massage or get Chiropractic care

Advanced disorders may require different treatment approaches. Physical therapy and occupational therapy can help you learn techniques to manage pain and discomfort during everyday activities. Prescription medications may also be required to help reduce inflammation and pain.



What Can NexgenRx Do For You?

- NexgenRx can provide you with information on eligible expenses covered under your plan to treat this disease. We will adjudicate your claims on behalf of you employer.
- Contact our customer service call center for additional information.

Website for more Information
Institute of Musculoskeletal Health and Arthritis

<http://www.cihr-irsc.gc.ca/e/13217.html>

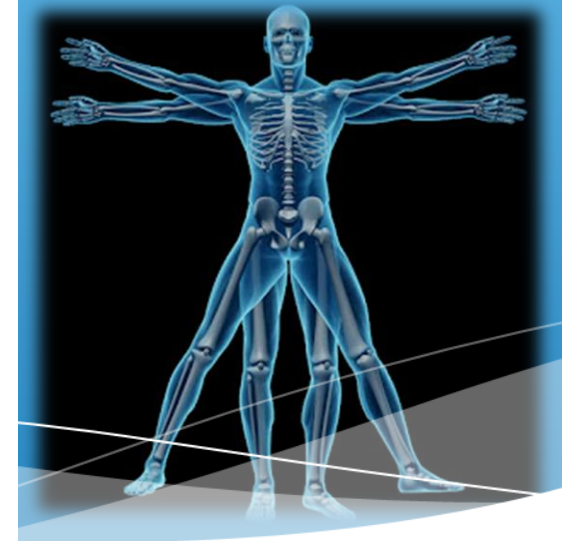
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Disease Management Series:

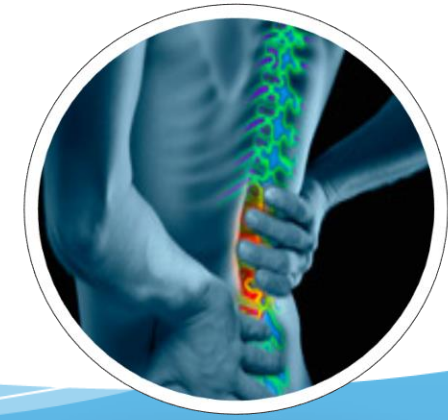
Musculoskeletal Disorders



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What are Musculoskeletal Disorders?

Musculoskeletal disorders, also known as MSDs, are injuries that affect muscles, tendons, ligaments and nerves. Injuries can develop when the same muscles are used repetitively, or for a long time without sufficient rest. This type of injury worsens if the force applied is high and/or the job requires an awkward posture. Some examples of MSDs include lower back pain, feet pain, acute neck pain, carpal tunnel syndrome, tendonitis and tenosynovitis (inflammation of the fluid filled sheath around the tendon). MSDs can arise from a variety of causes. The exact cause depends on your age, occupation, activity level and lifestyle.



Helpful tips on reducing and preventing the risk

Regular strengthening exercises and stretching can keep bones, joints, and muscles strong, reducing the risk of injury. Also paying attention to the way in which you complete everyday activities and making sure to do them properly can also limit the risk.

Avoid repeating the same motion for long periods

Spread a variety of tasks throughout the day and alternate hands. Ensure protective clothing fits properly. Review activities, such as hobbies and sports, outside of work that may aggravate a condition.

Reduce heavy lifting

Be careful when picking up heavy objects, use lifting devices and a cart.

Improve your posture

Take the time to move and adjust yourself, if working with equipment, make sure you find a comfortable position. Change positions and activities often, do a quick stretch and adjust your chair.

