



Musculoskeletal Health Current Awareness Update

February 2020

Welcome to the monthly **Musculoskeletal Health Current Awareness Update** (MSKH-CAU), produced by **PHE Knowledge and Library Services** and the **Musculoskeletal Health team**. The purpose of this update is to provide the latest research to inform future policy and practice to support the prevention of Musculoskeletal (MSK) conditions.

Public Health England, jointly with NHS England, Versus Arthritis and partners, published the **Musculoskeletal Health: 5 Year Prevention Strategic Framework**, setting out a clear statement of commitments to promote good MSK health to prevent MSK conditions across the life course. The MSKH CAU resource will provide evidence and knowledge to support the decisions made by health and social care professionals, the wider public health workforce and employers.

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Please note that not all the articles and resources referred to in this alert are freely available. Some articles may require an Athens username and password, and for PHE and NHS staff, these can be obtained [here](#). If you do not work for PHE or the NHS, you may want to approach your **local health library service** to discuss how you may have access to library services.

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Prevention of Common MSK Conditions Across the Life Course

[Playing sport injured is associated with osteoarthritis, joint pain and worse health-related quality of life: a cross-sectional study.](#)

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Related Articles [Playing sport injured is associated with osteoarthritis, joint pain and worse health-related quality of life: a cross-sectional study](#). BMC Musculoskelet Disord. 2020 Feb 19;21(1):111
Authors: Bullock GS, Collins GS, Peirce N, Arden NK, Filbay SR Abstract BACKGROUND: Sports participants are faced with the decision to continue or cease play when injured

[Innovation and digital transformation to support clinical care and prevent osteoporosis related fractures](#)

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Related Articles Innovation and digital transformation to support clinical care and prevent osteoporosis related fractures Acta Reumatol Port. 2019 Nov 01;44(3):171-172 Authors: Canhão HC, Rodrigues AMAR PMID: 32074827 [PubMed - in process]

Handgrip strength and muscle quality in Australian women: cross-sectional data from the Geelong Osteoporosis Study.

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Related Articles Handgrip strength and muscle quality in Australian women: cross-sectional data from the Geelong Osteoporosis Study. J Cachexia Sarcopenia Muscle. 2020 Feb 15;: Authors: Sui SX, Holloway-Kew KL, Hyde NK, Williams LJ, Tembo MC, Mohebbi M, Gojanovic M, Leach S, Pasco JA Abstract BACKGROUND: Low handgrip strength (HGS) is a measure of poor skeletal muscle performance and a marker of

Association of trajectory of body mass index with knee pain risk in Japanese middle-aged women in a prospective cohort study: the Japan Nurses' Health Study.

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Related Articles Association of trajectory of body mass index with knee pain risk in Japanese middle-aged women in a prospective cohort study: the Japan Nurses' Health Study. BMJ Open. 2020 Feb 06;10(2):e033853 Authors: Ito A, Hayashi K, Suzuki S, Ideno Y, Kurabayashi T, Ogata T, Seichi A, Akai M, Iwaya T Abstract OBJECTIVES: To investigate whether body mass index (BMI) trajectory, lifestyle and

My joint pain, a web-based resource, effects on education and quality of care at 24 months.

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Related Articles My joint pain, a web-based resource, effects on education and quality of care at 24 months. BMC Musculoskelet Disord. 2020 Feb 06;21(1):79 Authors: Wang X, Urban H, Bennell KL, Dickson C, Dobson F, Fransen M, Jones G, Hunter DJ Abstract OBJECTIVE: To evaluate the effects of the updated version of an evidence-based osteoarthritis (OA) resource and consumer hub, 'My Joint Pain'

Individually Tailored Yoga for Chronic Neck or Back Pain in a Low-income Population: A Pilot Study.

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Related Articles Individually Tailored Yoga for Chronic Neck or Back Pain in a Low-income Population: A Pilot Study. Int J Yoga. 2020 Jan-Apr;13(1):70-72 Authors: Hampton AR, Temte EG, Barrett BP Abstract Background: Low-income people are disproportionately affected by chronic back and neck pain. Yoga may be an effective therapy

Health coaching for promoting physical activity in low back pain patients: a secondary analysis on the usage and acceptance.

07 Feb 2020

Related Articles Health coaching for promoting physical activity in low back pain patients: a secondary analysis on the usage and acceptance. BMC Sports Sci Med Rehabil. 2020;12:2 Authors: Dejonghe

LAL, Rudolf K, Becker J, Stassen G, Froboese I, Schaller A Abstract Background: Multicomponent interventions combined with health coaching are widely recommended to improve a healthy lifestyle

Letter in response to: 'Which specific modes of exercise training are most effective for treating low back pain? Network meta-analysis' by Owen et al.

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Related Articles Letter in response to: 'Which specific modes of exercise training are most effective for treating low back pain? Network meta-analysis' by Owen et al. Br J Sports Med. 2020 Feb 05;: Authors: Maher CG, Hayden JA, Saragiotto BT, Yamato TP, Bagg MK PMID: 32024645 [PubMed - as supplied by publisher]

Effects of exercise therapy for pregnancy-related low back pain and pelvic pain: A protocol for systematic review and meta-analysis.

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Related Articles Effects of exercise therapy for pregnancy-related low back pain and pelvic pain: A protocol for systematic review and meta-analysis. Medicine (Baltimore). 2020 Jan;99(3):e17318 Authors: Hu X, Ma M, Zhao X, Sun W, Liu Y, Zheng Z, Xu L Abstract BACKGROUND: Pregnancy-related low back pain (PLPB) and pelvic pain (PP) are common in pregnancy

A Randomized Clinical Trial to Evaluate the Efficacy and Safety of the ACTLIFE Exercise Program for Women with Post-menopausal Osteoporosis: Study Protocol.

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Related Articles Total physical activity and risk of chronic low back and knee pain in middle-aged and elderly Japanese people: the Murakami Cohort Study. Eur J Pain. 2020 Feb 03;: Authors: Solovev A, Watanabe Y, Kitamura K, Takahashi A, Kobayashi R, Saito T, Takachi R, Kabasawa K, Oshiki R, Platonova K, Tsugane S, Iki M, Sasaki A, Yamazaki O, Watanabe K, Nakamura K Abstract BACKGROUND: Specific

Non-specific chronic low back pain and physical activity: A comparison of postural control and hip muscle isometric strength: A cross-sectional study.

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Related Articles Non-specific chronic low back pain and physical activity: A comparison of postural control and hip muscle isometric strength: A cross-sectional study. Medicine (Baltimore). 2020 Jan;99(5):e18544 Authors: Alsufiany MB, Lohman EB, Daher NS, Gang GR, Shallan AI, Jaber HM Abstract Most research on sedentary lifestyle has focused on pain and disability, while neuromuscular outcomes

Musculoskeletal Injury Risk After Sport-Related Concussion: Response.

02 Feb 2020

Related Articles Musculoskeletal Injury Risk After Sport-Related Concussion: Response. Am J Sports Med. 2020 Feb;48(2):NP17-NP18 Authors: McPherson AL, Nagai T, Webster KE, Hewett TE PMID: 32003643 [PubMed - in process]

Osteoporosis drugs for prevention of clinical fracture in white postmenopausal women: a network meta-analysis of survival data.

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Related Articles Osteoporosis drugs for prevention of clinical fracture in white postmenopausal women: a network meta-analysis of survival data. Osteoporos Int. 2020 Jan 30;: Authors: Ding LL, Wen F, Wang H, Wang DH, Liu Q, Mo YX, Tan X, Qiu M, Hu JX Abstract By Bayesian random effects network meta-analysis stratified by prevalent vertebral fracture (PVF), we conclude that different effective

The development and evaluation of a data calculator to facilitate the introduction and use of a standardized outcome measure (Musculoskeletal Health Questionnaire).

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The development and evaluation of a data calculator to facilitate the introduction and use of a standardized outcome measure (Musculoskeletal Health Questionnaire). Musculoskeletal Care. 2020 Jan 27;: Authors: Sarigiannis P, Bradbury H, Bishop A PMID: 31985146 [PubMed - as supplied by publisher]

Patient-defined outcomes for pain, fatigue, emotional distress, and interference with activities did not differ by age for individuals with musculoskeletal pain.

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Related Articles Patient-defined outcomes for pain, fatigue, emotional distress, and interference with activities did not differ by age for individuals with musculoskeletal pain. Pain Rep. 2019 Nov-Dec;4(6):e798 Authors: Wilson AT, George SZ, Bialosky JE Abstract Introduction: Age impacts the prevalence and experience of musculoskeletal pain; however, it is unknown whether this factor impacts

How to care for adults with low back pain in the primary care setting.

26 Jan 2020

Related Articles How to care for adults with low back pain in the primary care setting. Nursing. 2020 Feb;50(2):48-55 Authors: Pfieffer ML Abstract Low back pain (LBP) is one of the most frequent patient complaints in primary care. This article discusses the assessment and treatment of patients with LBP, including nonpharmacologic and pharmacologic approaches. PMID: 31977806 [PubMed - in process]

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Living well with MSK conditions

T'ai Chi for Chronic Low Back Pain in Older Adults: A Feasibility Trial.

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Related Articles T'ai Chi for Chronic Low Back Pain in Older Adults: A Feasibility Trial. J Altern Complement Med. 2020 Feb 03;: Authors: Sherman KJ, Wellman RD, Hawkes RJ, Phelan EA, Lee T, Turner JA Abstract Objectives: T'ai chi (TC) has been found effective for improving chronic low back pain (cLBP). However, such studies did not include adults over 65 years of age

Rehabilitation for Low Back Pain: A Narrative Review for Managing Pain and Improving Function in Acute and Chronic Conditions.

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Related Articles Rehabilitation for Low Back Pain: A Narrative Review for Managing Pain and Improving Function in Acute and Chronic Conditions. Pain Ther. 2020 Jan 31;: Authors: Pergolizzi JV, LeQuang JA Abstract Low back pain (LBP) is prevalent and may transition into chronic LBP (cLBP) with associated reduced quality of life, pain, and disability

Patient and public beliefs about the role of imaging in the management of non-specific low back pain: a scoping review.

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Patient and public beliefs about the role of imaging in the management of non-specific low back pain: a scoping review. Physiotherapy. 2019 Aug 31;107:224-233 Authors: Taylor S, Bishop A Abstract BACKGROUND OR CONTEXT: Routine imaging for non-specific low back pain is advised against in guidelines yet imaging continues to occur

The Visual Analogue Scale Versus Numerical Rating Scale in Measuring Pain Severity and Predicting Disability in Low Back Pain.

28 Jan 2020

The Visual Analogue Scale Versus Numerical Rating Scale in Measuring Pain Severity and Predicting Disability in Low Back Pain. J Clin Rheumatol. 2020 Jan 24;: Authors: Shafshak TS, Elnemr R Abstract BACKGROUND: Low back pain (LBP) is a public health problem that requires accurate assessment for proper management and predicting prognosis

Hypervigilance for Bodily Sensations in the Back During a Movement Task in People with Chronic and Recurrent Low Back Pain.

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Related Articles Hypervigilance for Bodily Sensations in the Back During a Movement Task in People with Chronic and Recurrent Low Back Pain. Clin J Pain. 2020 Feb 19;: Authors: Clauwaert A, Schoupe S, Van Oosterwijck J, Danneels L, Van Damme S Abstract OBJECTIVES: The current study assessed the role of hypervigilance for bodily sensations in the back in long term low back pain (LBP) problems

Validating Invalidation: Examining the Construct Validity of the Illness Invalidation Inventory among Individuals with Chronic Low Back Pain.

19 Feb 2020

Validating Invalidation: Examining the Construct Validity of the Illness Invalidation Inventory among Individuals with Chronic Low Back Pain. Clin J Pain. 2020 Feb 14;: Authors: Molzof HE, Newman AK, Barnett MD, Guck A, Scott W, Sturgeon JA, Trost Z Abstract OBJECTIVES: The Illness Invalidation Inventory (3*1) was designed to assess individuals' perceived invalidation regarding chronic pain

Are within and/or between session improvements in pain and function prognostic of medium and long-term improvements in musculoskeletal problems? A systematic review.

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High detection rate of osteoporosis with screening of a general hospitalized population: a 6-year study in 6406 patients in a university hospital setting.

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AAPT Diagnostic Criteria for Chronic Low Back Pain.

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Related Articles AAPT Diagnostic Criteria for Chronic Low Back Pain. J Pain. 2020 Feb 06;; Authors: Markman JD, Czerniecka-Fox K, Khalsa PS, Hayek SM, Asher AL, Loeser JD, Chou R Abstract Chronic low back pain conditions are highly prevalent and constitute the leading cause of disability worldwide

Applying the information-motivation-behavioural model to explore the influencing factors of self-management behaviour among osteoporosis patients.

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Related Articles Applying the information-motivation-behavioral model to explore the influencing factors of self-management behavior among osteoporosis patients. BMC Public Health. 2020 Feb 06;20(1):198 Authors: Tsamlag L, Wang H, Shen Q, Shi Y, Zhang S, Chang R, Liu X, Shen T, Cai Y Abstract BACKGROUND: The prevalence of osteoporosis (OP) is rapidly increasing

Lumbar Axial Rotation Kinematics in an Upright Sitting and With Forward Bending Positions in Men With Nonspecific Chronic Low Back Pain.

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Related Articles Lumbar Axial Rotation Kinematics in an Upright Sitting and With Forward Bending Positions in Men With Nonspecific Chronic Low Back Pain. Spine (Phila Pa 1976). 2020 Mar 01;45(5):E244-E251 Authors: Masharawi Y, Haj A, Weisman A Abstract STUDY DESIGN: A controlled cross-sectional study

Transient Osteoporosis of the Hip: Risk and Therapy.

06 Feb 2020

Transient Osteoporosis of the Hip: Risk and Therapy. Open Access Rheumatol. 2020;12:1-8 Authors: Bashaireh KM, Aldarwish FM, Al-Omari AA, Albashaireh MA, Hajjat M, Al-Ebbini MA, Aleshawi AJ Abstract Objective: The aim of this study was to investigate the impact of occupation in patients with transient osteoporosis of the hip (TOH)

Comparison of Three Manual Therapy Techniques as Trigger Point Therapy for Chronic Nonspecific Low Back Pain: A Randomized Controlled Pilot Trial.

06 Feb 2020

Comparison of Three Manual Therapy Techniques as Trigger Point Therapy for Chronic Nonspecific Low Back Pain: A Randomized Controlled Pilot Trial. J Altern Complement Med. 2020 Feb 05;; Authors: Dayanir IO, Birinci T, Kaya Mutlu E, Akcetin MA, Akdemir AO Abstract Objectives: This pilot

study aimed to compare the efficacy of manual pressure release (MPR), strain counterstrain (SCS), and integrated

The effect of treatment regimens on salivary cortisol levels in patients with chronic musculoskeletal disorders.

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Related Articles The effect of treatment regimens on salivary cortisol levels in patients with chronic musculoskeletal disorders. J Bodyw Mov Ther. 2020 Jan;24(1):100-108 Authors: Papandreou M, Philippou A, Taso O, Koutsilieris M, Kaperda A Abstract BACKGROUND: Increased levels of circulating cortisol have been associated with pain severity in patients with chronic musculoskeletal disorders (CMD)

Osteopathic Medical Care With and Without Osteopathic Manipulative Treatment in Patients With Chronic Low Back Pain: A Pain Registry-Based Study.

28 Jan 2020

Osteopathic Medical Care With and Without Osteopathic Manipulative Treatment in Patients With Chronic Low Back Pain: A Pain Registry-Based Study. J Am Osteopath Assoc. 2020 Feb 01;120(2):64-73 Authors: Licciardone JC, Gatchel RJ Abstract Context: The OSTEOPATHIC Trial demonstrated substantial improvement in pain intensity, decreased need for rescue medication for pain, and greater likelihood of

Does inspiration efficiency influence the stability limits of the trunk in patients with chronic low back pain?

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Related Articles Does inspiration efficiency influence the stability limits of the trunk in patients with chronic low back pain? J Rehabil Med. 2020 Jan 24;: Authors: Finta R, Boda K, Nagy E, Bender T Abstract OBJECTIVE: To determine the effects of diaphragm-strengthening training on the stability limits of the trunk and inspiratory function in patients with low back pain

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MSK in Child and Adolescent Health

Mucopolysaccharidosis Type I in Children, a Forgotten Diagnosis Responsible for Undiagnosed Musculoskeletal Complaints: Report of Two Cases.

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Acupuncture for pediatric low back pain and sciatica: a case report.

06 Feb 2020

Acupuncture for pediatric low back pain and sciatica: a case report. Acupunct Med. 2020 Feb 05;:964528419883274 Authors: Vittori A, Marchetti G, Francia E, Mascilini I, Alessandri V, Mazza O, Marinangeli F, Fusco P, Picardo SG PMID: 32022585 [PubMed - as supplied by publisher]

MSK and Multi-morbidity

Increased risk of strokes in patients with chronic low back pain (CLBP): A nationwide population-based cohort study.

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Increased risk of strokes in patients with chronic low back pain (CLBP): A nationwide population-based cohort study. Clin Neurol Neurosurg. 2020 Feb 06;192:105725 Authors: Wang HC, Su YC, Luk HN, Wang JH, Hsu CY, Lin SZ Abstract OBJECTIVES: There have not been any longitudinal studies reported that chronic low back pain (CLBP) patients are at risk for stroke

Incidence, risk factors and evaluation of osteoporosis in patients with inflammatory bowel disease - a Danish population-based inception cohort with 10 years of follow-up.

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Osteoporosis pathology in people with severe motor and intellectual disability.

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Osteoporosis pathology in people with severe motor and intellectual disability. Brain Dev. 2020 Jan 22;; Authors: Sakai T, Honzawa S, Kaga M, Iwasaki Y, Masuyama T Abstract OBJECTIVES: We assessed the severity and pathology of osteoporosis in children and adults with severe motor and intellectual disabilities (SMID) by evaluating bone enzymes, by which we aimed to determine adequate treatment

Risk of Osteoporosis in Patients With Atrial Fibrillation Using Non-Vitamin K Antagonist Oral Anticoagulants or Warfarin.

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Risk of Osteoporosis in Patients With Atrial Fibrillation Using Non-Vitamin K Antagonist Oral Anticoagulants or Warfarin. J Am Heart Assoc. 2020 Feb 18;9(4):e014510 Authors: PMID: 32067587 [PubMed - in process]

Metformin use is associated with a lower risk of osteoporosis in adult women independent of type 2 diabetes mellitus and obesity. REDLINC IX study.

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Osteoporosis risk assessment in primary dental care-The attitudes of Swedish dentists, patients and medical specialists.

06 Feb 2020

Osteoporosis risk assessment in primary dental care-The attitudes of Swedish dentists, patients and medical specialists. Gerodontology. 2020 Feb 05;; Authors: Gullberg J, Lindh C, Axtelius B, Horner K,

Devlin H, Povlsen L Abstract OBJECTIVE: To explore and identify the attitudes of dentists, patients and medical specialists regarding implementation of osteoporosis risk assessment into Swedish

Increased risk of osteoporosis following commonly used first-line treatments for lymphoma: a Danish Nationwide Cohort Study.

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Related Articles Increased risk of osteoporosis following commonly used first-line treatments for lymphoma: a Danish Nationwide Cohort Study. Leuk Lymphoma. 2020 Feb 11;:1-10 Authors: Baech J, Hansen SM, Jakobsen LH, Øvlisen AK, Severinsen MT, Brown PN, Vestergaard P, Frederiksen H, Jørgensen J, Starklint J, Josefsson P, Hammer T, Clausen MR, Torp-Pedersen C, Jensen P, El-Galaly TC Abstract

Exercise therapies for preventing or treating aromatase inhibitor-induced musculoskeletal symptoms in early breast cancer.

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Related Articles Exercise therapies for preventing or treating aromatase inhibitor-induced musculoskeletal symptoms in early breast cancer. Cochrane Database Syst Rev. 2020 Jan 29;1:CD012988 Authors: Roberts KE, Rickett K, Feng S, Vagenas D, Woodward NE Abstract BACKGROUND: Survival for stage I to III, hormone receptor-positive, breast cancer has substantially improved over time due to advances

Catastrophisation, fear of movement, anxiety and depression are associated with persistent, severe low back pain and disability.

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Related Articles Catastrophisation, fear of movement, anxiety and depression are associated with persistent, severe low back pain and disability. Spine J. 2020 Feb 08;: Authors: Ranger TA, Cicuttini FM, Jensen TS, Manniche C, Heritier S, Urquhart DM Abstract BACKGROUND CONTEXT: Psychological characteristics are important in the development and progression of low back pain (LBP), however their

Improving the Awareness of Musculoskeletal Disorder Risks Among Dental Educators.

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Related Articles Improving the Awareness of Musculoskeletal Disorder Risks Among Dental Educators. J Dent Educ. 2020 Jan;84(1):5-12 Authors: Partido BB, Henderson RP, Kennedy M Abstract Prolonged and static postures among dental workforce personnel may lead to work-related musculoskeletal disorders (WMSDs)

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MSK Health and Inequalities

Equity360: Gender, Race, and Ethnicity-Trapped in the Joint Pain Vicious Cycle (Part II).

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Gender and Musculoskeletal Comorbidity Impact on Physical Functioning in Elderly after Hip Fracture: The Role of Rehabilitation.

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Related Articles Gender and Musculoskeletal Comorbidity Impact on Physical Functioning in Elderly after Hip Fracture: The Role of Rehabilitation. Healthcare (Basel). 2020 Feb 04;8(1): Authors: Radosavljevic K, Dragovic-Lukic G, Nikolic D, Radovic P, Milicic B, Radosavljevic N Abstract The study aim was to evaluate the effects of presence and level of musculoskeletal impairment along with gender

Cumulative network meta-analyses, practice guidelines, and actual prescriptions for postmenopausal osteoporosis: a meta-epidemiological study.

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Cumulative network meta-analyses, practice guidelines, and actual prescriptions for postmenopausal osteoporosis: a meta-epidemiological study. Arch Osteoporos. 2020 Feb 23;15(1):21 Authors: Kataoka Y, Luo Y, Chaimani A, Onishi A, Kimachi M, Tsujimoto Y, Murad MH, Li T, Cipriani A, Furukawa TA Abstract We compared the cumulative network meta-analyses with the recommendations in postmenopausal

Effects of lumbar stabilization and muscular stretching on pain, disabilities, postural control and muscle activation in pregnant woman with low back pain: a pilot randomized trial.

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MSK Health and Nutrition

Does vitamin D status influence lumbar disc degeneration and low back pain in postmenopausal women? A retrospective single-center study.

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Related Articles Does vitamin D status influence lumbar disc degeneration and low back pain in postmenopausal women? A retrospective single-center study. Menopause. 2020 Feb 10;: Authors: Xu HW, Yi YY, Zhang SB, Hu T, Wang SJ, Zhao WD, Wu DS Abstract OBJECTIVE: To investigate the relationship between serum vitamin D concentration and lumbar disc degeneration (LDD) in postmenopausal women and the

Effect of Extra Virgin Olive Oil and Traditional Brazilian Diet on the Bone Health Parameters of Severely Obese Adults: A Randomized Controlled Trial.

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Chronic Musculoskeletal Pain and Nutrition: Where Are We and Where Are We Heading To?

23 Feb 2020

Chronic Musculoskeletal Pain and Nutrition: Where Are We and Where Are We Heading To? PM R. 2020 Feb 22;: Authors: Elma Ö, Tunkaya Yilmaz S, Deliens T, Clarys P, Nijs J, Coppieters I, Polli A, Malfliet A Abstract Nutrition is one of the most important lifestyle factors related to chronic diseases such as cancer, diabetes, and cardiovascular diseases

A Short-Term Ketogenic Diet Impairs Markers of Bone Health in Response to Exercise.

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Related Articles A Short-Term Ketogenic Diet Impairs Markers of Bone Health in Response to Exercise. *Front Endocrinol (Lausanne)*. 2019;10:880 Authors: Heikura IA, Burke LM, Hawley JA, Ross ML, Garvican-Lewis L, Sharma AP, McKay AKA, Leckey JJ, Welvaert M, McCall L, Ackerman KE Abstract Objectives: To investigate diet-exercise interactions related to bone markers in elite endurance athletes after

Successful Treatment of Isotretinoin Induced Musculoskeletal Pain by Vitamin B12 and Folic Acid.

05 Feb 2020

Related Articles Successful Treatment of Isotretinoin Induced Musculoskeletal Pain by Vitamin B12 and Folic Acid. *Open Access Maced J Med Sci*. 2019 Nov 15;7(21):3726-3727 Authors: Feily A Abstract BACKGROUND: Daily supplementation with vitamin B12 and folate, which are the cofactors of the enzymatic reactions involved in Hcy metabolism, can lower plasma levels of Hcy and prevent osteoporosis

Comparison of different calcium supplementation methods in patients with osteoporosis.

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Related Articles Comparison of different calcium supplementation methods in patients with osteoporosis. *Exp Ther Med*. 2020 Feb;19(2):1432-1438 Authors: Ye SK, Ren X, Meng XX, Chen HY Abstract The aim of the present study was to explore the clinical efficacy and safety of different methods of calcium supplementation in osteoporosis (OP)

Dietary Supplementation With Cyplexinol for Amelioration of Osteoporosis: A Case Study.

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Related Articles Dietary Supplementation With Cyplexinol for Amelioration of Osteoporosis: A Case Study. *Altern Ther Health Med*. 2019 Nov;25(6):44-48 Authors: Wilkinson K, Howard P Abstract A 50-y-

old male in otherwise good health was diagnosed with severe osteoporosis with a lumbar spinal t score of -3.8. Further testing revealed no underlying causes other than a family history of the disease

Vitamin K and Bone Health: A Review on the Effects of Vitamin K Deficiency and Supplementation and the Effect of Non-Vitamin K Antagonist Oral Anticoagulants on Different Bone Parameters.

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MSK Health and Workplace Wellbeing

Relationship between early prescription dispensing patterns and work disability in a cohort of low back pain workers' compensation claimants: a historical cohort study.

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Poor Sleep Is a Risk Factor for Low-Back Pain among Healthcare Workers: Prospective Cohort Study.

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Related Articles Poor Sleep Is a Risk Factor for Low-Back Pain among Healthcare Workers: Prospective Cohort Study. Int J Environ Res Public Health. 2020 Feb 05;17(3): Authors: Vinstrup J, Jakobsen MD, Andersen LL Abstract This study aimed to investigate the association between poor sleep and risk of low-back pain (LBP) in healthcare workers

Mouse with your arm™: Facilitating forearm support using the chair armrest to prevent and mitigate musculoskeletal disorders¹.

23 Feb 2020

Mouse with your arm™: Facilitating forearm support using the chair armrest to prevent and mitigate musculoskeletal disorders¹. Work. 2020 Feb 21;; Authors: Eggleston ST Abstract BACKGROUND: Musculoskeletal disorders (MSDs) can be prevented by avoiding trauma caused by poor posture, compression, force, and repetition. Neutral postures are recommended to avoid MSDs

Are there differences in the return to work process for work-related psychological and musculoskeletal injuries? A longitudinal path analysis.

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Long-term effects on function, health-related quality of life and work ability after structured physiotherapy including a workplace intervention. A secondary

analysis of a randomised controlled trial (WorkUp) in primary care for patients with neck and/or back pain.

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Opportunities and challenges around adapting supported employment interventions for people with chronic low back pain: modified nominal group technique.

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