

## Common Musculoskeletal Disorders

<b>Injury</b>	<b>Symptoms</b>	<b>Typical Causes</b>
<p><b>Bursitis:</b> inflammation of the bursa (sack-like cavity) between skin and bone, or bone and tendon. Can occur at the knee, elbow, or shoulder.</p>	<p><b>Pain and swelling at the site of the injury.</b></p>	<p>Kneeling, pressure at the elbow, repetitive shoulder movements.</p>
<p><b>Carpal tunnel syndrome:</b> pressure on the nerves that pass up the wrist.</p>	<p><b>Tingling, pain and numbness in the thumb and fingers, especially at night.</b></p>	<p>Repetitive work with a bent wrist. Use of vibrating tools. Sometimes follows tenosynovitis (see below).</p>
<p><b>Ganglion:</b> a cyst at a joint or in a tendon-sheath. Usually on the back of the hand or wrist.</p>	<p><b>Hard, small, round swelling, usually painless.</b></p>	<p>Repetitive hand movements.</p>
<p><b>Tendonitis:</b> inflammation of the area where muscle and tendon are joined.</p>	<p><b>Pain, swelling, tenderness and redness of hand, wrists, and/or forearm. Difficulty in using the hand.</b></p>	<p>Repetitive movements.</p>
<p><b>Tenosynovitis:</b> inflammation of tendons and/or tendon sheaths</p>	<p><b>Aching, tenderness, swelling, extreme pain, difficulty in using the hand.</b></p>	<p>Repetitive movements, often non-strenuous. Can be brought on by sudden increases in workload or by introduction of new processes.</p>
<p><b>Tension neck or shoulder:</b> inflammation of the neck and shoulder muscles and tendons.</p>	<p><b>Localized pain in the neck and shoulders.</b></p>	<p>Having to maintain a rigid posture.</p>
<p><b>Trigger finger:</b> inflammation of tendons and/or tendon sheaths of the fingers.</p>	<p><b>Inability to move fingers smoothly, with or without pain.</b></p>	<p>Repetitive movements. Having to grip too long, too tightly, or too frequently.</p>