

Click on the body map to find out more

The parts of the body most likely to be affected by MSDs are:

The lower back - Poorly planned moving and lifting work tasks can cause back pain and aggravate existing pain.

Shoulders, forearms, wrists and hands, as well as the neck - Upper limb disorders include aches and pains in the shoulders, arms, wrists, hands and fingers, as well as in the neck. They may include conditions such as repetitive strain injury, carpal tunnel syndrome, tendonitis and osteoarthritis.

The hips, legs, knees, ankles and feet - Lower limb disorders affect the hip, thigh, knee, calf, ankle or foot and include joint and soft tissue problems. They may be caused by work or made worse by work, and may include conditions such as hip and knee osteoarthritis, knee bursitis and knee meniscal lesions/tears.