

# Musculoskeletal



According to the Bone and Joint Initiative USA, nearly 1 in 2 Americans over the age of 18—or **124 million** people— have a musculoskeletal disorder (MSD).

## The most common MSDs are:

Tendonitis  
Osteoarthritis  
Rheumatoid arthritis

Bone fractures  
Carpal tunnel syndrome  
Fibromyalgia



According to the American Chiropractic Association, **50%** of all working Americans admit to having back pain each year.

According to the Bureau of Labor Statistics, MSDs accounted for **one-third** of all worker injuries and illnesses.



According to the Northeast Business Group on Health, MSDs cost approximately **\$120 billion** annually in both direct and indirect costs.

## The most common symptoms of MSDs include:

Recurring pain  
Stiff or weak joints  
Noises in joints  
Swelling

Dull aches  
Decreased range of motion  
Muscle weakness or atrophy  
Redness

### Where can I learn more?

For more information about MSDs, please contact your doctor.