Issued December 2025

MOHS Resources

# Musculoskeletal Health: A Reference to Documentation

## Introduction

Musculoskeletal (MSK) problems are among the most common causes of pain, discomfort, and lost productivity in the workplace. They affect muscles, joints, tendons, and other soft tissues, often developing gradually through poor posture, repetitive movements, manual handling, or inadequate workstation setup.

Preventing musculoskeletal disorders (MSDs) is an essential part of maintaining a safe and healthy working environment. With early awareness and small adjustments, many problems can be avoided or effectively managed.

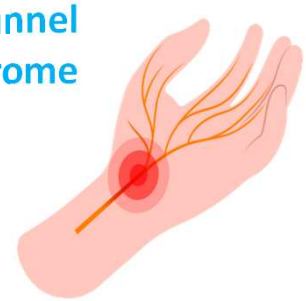
This poster signposts what MSK information leaflets we have available to help employees and employers recognise early signs, reduce risks, and promote long-term musculoskeletal health.

**Such can be found using the QR code at the top of this page.**

### 23.24 Back Pain

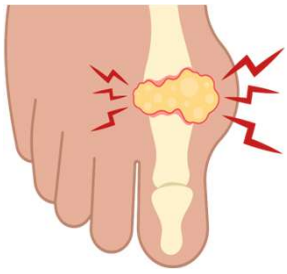
### 23.35 Upper Limb Pain

### 23.25 Carpal Tunnel Syndrome



### 23.26 Dupuytren's Contracture

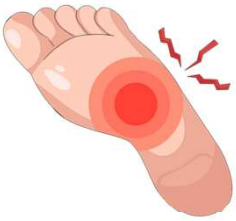
### 23.27 Gout



### 23.28 Lower Limb Pain

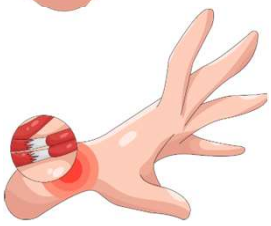
### 23.29 Neck Pain

### 23.30 Plantar Fasciitis

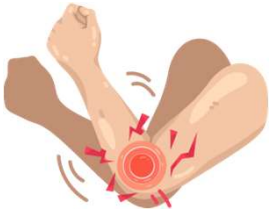


### 23.32 Shoulder Injuries

### 23.31 Pre-Work Warmup Exercises



### 23.34 Tenosynovitis & Tendonitis



### 23.33 Tennis & Golfer's Elbow