

[IMAGE]

The High Price of Musculoskeletal Disorders

Musculoskeletal disorders are conditions that affect the muscles, tendons, ligaments and joints. In the past, studies have shown that women are more likely to suffer musculoskeletal disorders than men, but scientists have disputed these results, based on the belief that women are more likely than men to admit they are in pain, and therefore more likely to seek treatment from a health care provider.

A group of researchers in the U.S. attempted to settle the dispute by reviewing more than 50 articles on musculoskeletal disorders in both men and women. After removing any information that could have skewed the results based on gender, they found that women actually were more than twice as likely as men to develop some musculoskeletal disorders in the upper body - specifically, disorders of the neck, shoulders, arms and hands.

The researchers were at a loss to explain why women are more susceptible to musculoskeletal disorders, but they believe that a variety of factors may be involved.

The point is, regardless of your gender, age, race, etc., if you suffer from pain in the shoulders, neck, back, arms or hands, now is the time to see your local chiropractor! A doctor of chiropractic can diagnose your current condition and offer treatments to relieve pain and improve your general well-being.

For more information on chiropractic, visit www.chiroweb.com.

Reference:

Treaster DE, Burr D. Gender differences in prevalence of upper extremity musculoskeletal disorders. *Ergonomics* April 2004;47(5):495-526.

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