

Examples of Musculoskeletal Disorders

Body Parts Affected	Symptoms	Possible Causes	Workers Affected	Disease Name
Thumbs	Pain at the base of the thumb	Twisting and gripping	Butchers, housekeepers, packers, seamstresses, cutters	DeQuervain's disease
Fingers	Difficulty moving finger; snapping and jerking movements	Repeatedly using the index fingers	Meatpackers, poultry workers, carpenters, electronic assemblers	Trigger finger
Shoulders	Pain, stiffness	Working with the hands above the head	Power press operators, welders, painters, assembly line workers	Rotator cuff tendinitis
Hands, wrists	Pain, swelling	Repetitive or forceful hand and wrist movements	Core making, poultry processing, meatpacking	Tenosynovitis
Fingers, hands	Numbness, tingling, ashen skin, loss of feeling and control	Exposure to vibration	Chain saw, pneumatic hammer, and gasoline-powered tool operators	Raynaud's syndrome (white finger)
Fingers, wrist	Tingling, numbness, severe pain, loss of strength, sensation in the thumbs, index, or middle or half of the ring fingers	Repetitive and forceful manual tasks without time to recover	Meat and poultry and garment workers, upholsterers, assemblers, cashiers	Carpal tunnel syndrome
Back	Low back pain, shooting pain or numbness in the upper legs	Whole body vibration	Truck and bus drivers, tractor and subway operators, warehouse workers, nursing aides, grocery cashiers, baggage handlers	Back disability