

Ergonomic interventions for treating work- related complaints of the arm, neck or shoulder in adults

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Background

- Work-related complaints of the arm, neck or shoulder (CANS) are disorders that develop as a result of repetitive movements, awkward postures and impact of external forces.
- Ergonomic interventions aim to reduce the physical strain to the musculoskeletal system, thus reducing the risk of injury.

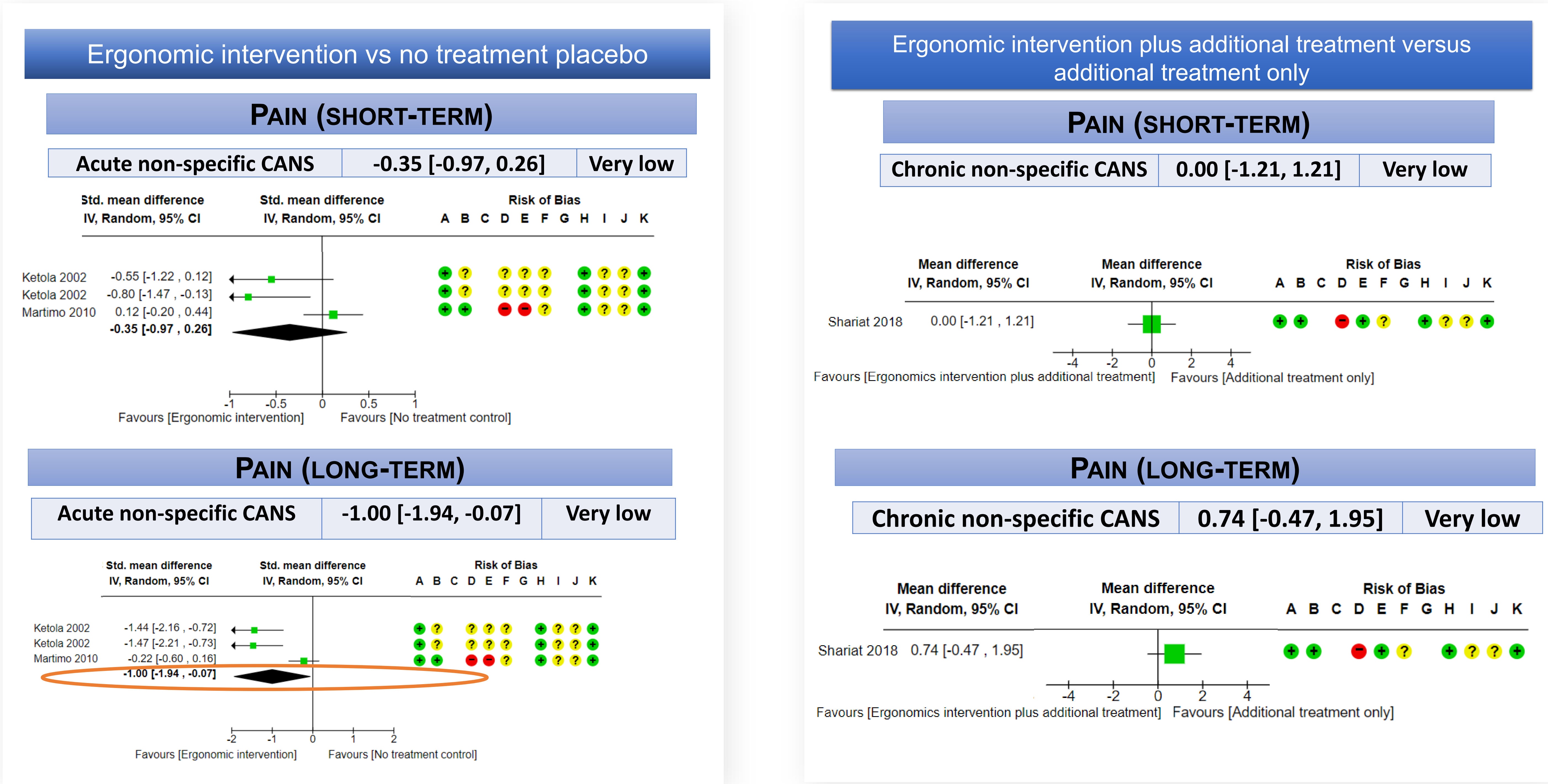
Methods



Conclusion:

- **Very low certainty evidence for no benefit** of ergonomic interventions over no treatment on short-term pain in patients with acute non-specific complaints.
- **Very low certainty evidence that ergonomics reduces long term pain** in patients with acute non-specific complaints when compared to no treatment.
- **Very low certainty evidence for no benefit** of ergonomics plus additional treatment over additional treatment only on short- and long-term pain.

Results



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References: Mehta P, Stubbs P, Tamminga SJ, Bierma-Zeinstra SMA, Stynes SM, Koes BW, Verhagen AP. Ergonomic interventions for treating work-related complaints of the arm, neck or shoulder in adults. Cochrane Database of Systematic Reviews 2022, Issue 9. Art. No.: CD014644. DOI: 10.1002/14651858.CD014644.