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Occupational cold exposure is associated with upper extremity pain

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Background: Occupational cold exposure is common in Sweden but potential impacts on musculoskeletal disorders have not been thoroughly investigated. The primary aim of this study was to determine the associations between occupational contact and ambient cooling in relation to pain in the upper extremity.

Methods: In this cross-sectional study, a digital survey was conducted on a population-based sample of women and men between 24 and 76 years of age, living in northern Sweden. Occupational cold exposure, heavy manual handling, work with vibrating tools as well as the presence of upper extremity pain at different sites were subjectively reported. Associations between exposure and outcome were evaluated using multiple binary logistic regression.

Results: The final study sample included 2,089 (54.4%) women and 1,754 men, with a mean age of 56 years. Hand pain was reported by 196 (5.2%), lower arm pain by 144 (3.8%), and upper arm pain by 451 (11.9%). Severe ambient cooling for more than half of the working time was statistically significantly associated with hand pain (OR: 2.30; 95% CI: 1.23–4.29) and upper arm pain (OR: 1.57; 95% CI: 1.00–2.47) but not lower arm pain (OR: 1.87; 95% CI: 0.96–3.65) after adjusting for gender, age, body mass index, current daily smoking, heavy manual handling, and work with vibrating tools.

Conclusions: Occupational cold exposure was statistically significantly associated with hand pain and upper arm pain. Therefore, occupational cold exposure should be recognized as a potential risk factor for musculoskeletal disorders in the upper extremity.

KEYWORDS

cold exposure, lifting, ergonomics, occupational exposure, musculoskeletal pain, upper extremity, Sweden, occupational health

1. Introduction

Musculoskeletal disorders (MSDs) in the upper extremities are common complaints in the working population, and one of the main causes of severe pain (1). A recent systematic literature review concluded on different physical work factors that increase the risk for pain in the upper limb (2). Ergonomic factors such as high physical workload, repetitive arm movements, and work with elevated shoulders all increased the risk of shoulder pain. For elbows and lower arms, the risk factors were high physical workload and repetitive arm movements. High physical workload, repetitive hand and wrist

ABBREVIATIONS

BMI, body mass index; MSDs, musculoskeletal disorders; OR, odds ratio; SD, standard deviation; WAS, work ability score; 95% CI, ninety-five percent confidence interval.

Occupational Disorders Of The Upper Extremity

**Stephen L. Gordon, Sidney J.
Blair, Lawrence J. Fine**



Occupational Disorders Of The Upper Extremity:

Occupational Disorders of the Upper Extremity Lewis H. Millender, Dean S. Louis, Barry P. Simmons, 1992 A discussion of the cumulative trauma disorders common in workers highlighting the factors that could have an effect on treatment programs The text covers diagnosis treatment and patient rehabilitation and has brief sections on ergonomics and the legal responsibilities of physicians

Occupational Ergonomics Francesco Violante, Asa Kilbom, T.J. Armstrong, 2000-12-01 Work related musculoskeletal disorders WRMSDs are the leading cause of worker impairment disability compensation costs and loss of productivity in industrialized countries The aging of the workforce and the increased diffusion of physically demanding jobs contribute to the widespread concern about musculoskeletal disorders The effective prevention of work related musculoskeletal disorders needs a multidisciplinary approach drawing together experience from backgrounds in engineering mechanics physiology occupational medicine and psychology all considered in the context of ergonomics This book is a collection of lectures on both back and upper limb musculoskeletal disorders presented at an International Course sponsored by the Nordic Institute for Advanced Training in Occupational Health NIVA and the University of Bologna in September 1999 The lectures were given by renowned international researchers on the subject and therefore the book provides a comprehensive overview of all critical issues related to musculoskeletal disorders at work The book forms an update to the latest research in the field and will interest a wide range of professionals and researchers in ergonomics as well as in the fields from which the material is drawn The book covers the main topics addressed in dealing with occupational ergonomics including occupational biomechanics physiology epidemiology psychosocial issues medical diagnosis and management ergonomic solutions

Physical Medicine and Rehabilitation Joel A. DeLisa, Bruce M. Gans, Nicholas E. Walsh, 2005 The gold standard physical medicine and rehabilitation text is now in its Fourth Edition with thoroughly updated content and a more clinical focus More than 150 expert contributors most of them new to this edition address the full range of issues in contemporary physical medicine and rehabilitation and present state of the art patient management strategies emphasizing evidence based recommendations This edition has two separate volumes on Physical Medicine and Rehabilitation Medicine Each volume has sections on principles of evaluation and management management methods major problems and specific disorders Treatment algorithms and boxed lists of key clinical facts have been added to many chapters

Handbook of Musculoskeletal Pain and Disability Disorders in the Workplace Robert J. Gatchel, Izabela Z. Schultz, 2014-05-08 This book addresses the complexity of preventing diagnosing and treating musculoskeletal pain and disability disorders in the workplace Divided evenly between common occupational pain disorders conceptual and methodological issues and evidence based intervention methods this comprehensive reference presents current findings on prevalence causation and physical and psychological aspects common to these disorders Attention is given to working world concerns including insurance and compensation issues and AMA guidelines for disability evaluations

Also specialized chapters offer lenses for understanding and administering the best approaches for treating specific pain disorders and explore what workplaces can do to accommodate affected employees and prevent injuries from occurring in the first place Occupational Hand & Upper Extremity Injuries & Diseases Morton L. Kasdan,1998 Featuring 9 additional chapters and 10 new topics this new 2nd edition is a current presentation of a classic reference Explores the complex situations arising from occupational disorders describes the types of injuries and diseases possible recommends treatment and rehabilitation protocols and examines motivational psychological and legal factors **Repetitive Motion Disorders of the Upper Extremity** Stephen L. Gordon,Sidney J. Blair,Lawrence J. Fine,1995 Based on a 1994 workshop this volume explores pathophysiology pain and dysfunction It discusses the effects of repetitive motion on connective tissue muscle and nerve offers suggestions for determining whether the disorder is job related and addresses diagnostic and treatment issues

The Activator Method Arlan W. Fuhr,2008-01-24 From basic scan protocols to advanced assessment procedures THE ACTIVATOR METHOD 2nd Edition discusses the Activator Method Chiropractic Technique AMCT in an easy to understand how to approach This updated 2nd edition covers all aspects of the controlled low force analytical and adjusting system from the history of the technique to in depth examinations of body structures It also features expanded content on supportive subjects from seven new contributors discussing topics such as activator and instrument adjusting history instrument reliability in the literature the neurology of pain and inflammation temporal mandibular disorders and leg length reactivity UNIQUE As the only Activator Method textbook in the field it is known as the standard reference in Activator Expert author Dr Arlan Fuhr is a co founder of the AMCT bringing his unparalleled expertise to the subject Brand new full color photos detail assessment procedures specific anatomical contact points and lines of drive to clearly show procedures for easier learning Clinical Observations boxes share the author s knowledge from years of experience and provide tips on analysis of certain conditions and suggestions for atypical cases Summary tables in each clinical chapter allow you to quickly access pertinent information Step by step instruction throughout the Instrumentation section helps you understand the principles of the technique Appendix Activator Quick Notes for Basic and Advanced Protocol provides at a glance reviews of important points and things to remember when performing basic and advanced protocols A new chapter on leg length analysis procedures offers comprehensive coverage of this critical step in using the Activator Method Seven new contributors bring fresh insight to AMCT *Rehabilitation of the Hand and Upper Extremity, 2-Volume Set E-Book* Terri M. Skirven,A. Lee Osterman,Jane Fedorczyk,Peter C. Amadio,2011-02-10 With the combined expertise of leading hand surgeons and therapists Rehabilitation of the Hand and Upper Extremity 6th Edition by Drs Skirven Osterman Fedorczyk and Amadio helps you apply the best practices in the rehabilitation of hand wrist elbow arm and shoulder problems so you can help your patients achieve the highest level of function possible This popular unparalleled text has been updated with 30 new chapters that include the latest information on arthroscopy imaging vascular disorders tendon transfers fingertip injuries mobilization techniques

traumatic brachial plexus injuries and pain management An expanded editorial team and an even more geographically diverse set of contributors provide you with a fresh authoritative and truly global perspective while new full color images and photos provide unmatched visual guidance Access the complete contents online at www.expertconsult.com along with streaming video of surgical and rehabilitation techniques links to Pub Med and more Provide the best patient care and optimal outcomes with trusted guidance from this multidisciplinary comprehensive resource covering the entire upper extremity now with increased coverage of wrist and elbow problems Apply the latest treatments rehabilitation protocols and expertise of leading surgeons and therapists to help your patients regain maximum movement after traumatic injuries or to improve limited functionality caused by chronic or acquired conditions Effectively implement the newest techniques detailed in new and updated chapters on a variety of sports specific and other acquired injuries and chronic disorders Keep up with the latest advances in arthroscopy imaging vascular disorders tendon transfers fingertip injuries mobilization techniques traumatic brachial plexus injuries and pain management See conditions and treatments as they appear in practice thanks to detailed full color design illustrations and photographs Access the full contents online with streaming video of surgical and rehabilitation techniques downloadable patient handouts links to Pub Med and regular updates at www.expertconsult.com Get a fresh perspective from seven new section editors as well as an even more geographically diverse set of contributors

Cumulative Trauma Disorders in the Workplace DIANE Publishing Company,1996-09 H.R. 987, the Workplace Preservation Act; H.R. 1438, the Safety and Health Audit Promotion Act; H.R. 1439, the Safety and Health Audit Promotion and Whistleblower Improvement Act, and H.R. 1459, the Models of Safety and Health Excellence Act United States. Congress. House. Committee on Education and the Workforce. Subcommittee on Workforce Protections,1999 *Ergonomics in Manufacturing* Waldemar Karwowski,Gavriel Salvendy,1998 Learn to organize and manage ergonomics efforts and discover how to achieve profitable results using various corporations around the world as models for success The foremost international experts from industry government and academia contribute their views Includes a number of enlightening case studies and real world examples supported by figures and tables that are essential to any effective ergonomics plan

Beyond Biomechanics Steve Sauter,S D Moon,2005-08-12 There is now widespread recognition that psychosocial factors play a key role in the aetiology perpetuation management and prevention of cumulative trauma disorders CTDs This text addresses the strength direction and importance of links between psychosocial factors and CTDs The book s contributors examine critically current research data identify potential link mechanisms and recommend measures for control and prevention Topics covered include socio organizational psychology medical anthropology occupational medicine rehabilitation orthopaedics job stress and ergonomic interventions The book aims to demystify the concept of the psychosocial so as to promote and assure effective prevention in the workplace **Psychosocial Factors in Pain** Robert J. Gatchel,Dennis C. Turk,1999-02-12 This multidisciplinary volume provides the latest information on the role of psychosocial

factors in chronic acute and recurrent pain Reporting on significant advances in our understanding of all aspects of pain the volume is designed to help practitioners students and researchers in a wide range of health care disciplines think more comprehensively about the etiologies assessment and management of this prevalent and debilitating symptom Chapters from leading clinical investigators address many of the most frequently encountered pain syndromes focusing on the interplay of somatic and psychosocial factors in the experience maintenance and exacerbation of pain Issues related to evaluation prevention and management are explored in depth with coverage of such topics as the role of pain management in primary care settings the prediction of responses to pain and responses to treatment and the influence of gender

Occupational Ergonomics: Work Related Musculoskeletal Disorders of the Upper Limb and Back Francesco Violante,Asa Kilbom,Thomas J. Armstrong,2000 A collection of lectures from renowned international experts from the 1999 International Course for the Advanced Training in Occupational Health Deals with work related musculoskeletal disorders

Biomechanics of the Upper Limbs Andris Freivalds,2011-02-16 There is already a wealth of literature covering cumulative trauma disorders and medical management as well as the biomechanics of manual material handling and lower back problems However despite a spike in the number of work related musculoskeletal disorders WRMSDs in the upper limbs due to a sharp increase in the amount of computer related jobs few if any books have focused exclusively on WRMSDs until now Biomechanics of the Upper Limbs Mechanics Modeling and Musculoskeletal Injuries Second Edition offers vital information and tools to improve analysis of external forces and their effects on the human body This can help ergonomists better understand job stressors and the role they play in the development of disorders enabling them to modify the work environment and educate practitioners to better control harmful situations Using the author s medical and engineering expertise to distill essential subject matter and useful technical data this comprehensive text explores Biomechanics of the upper limbs and the motor control system The structure and physiology of the human musculoskeletal and neuromuscular systems Recent research findings and solutions to various ergonomic problems Models of various components of the neuromuscular systems as well as larger systems in the upper limbs Risk factors for disorders and tools used to identify their causes Designed as a textbook for a typical semester long graduate level engineering or kinesiology course this book includes a link to an ancillary website that offers materials such as PowerPoint slides sample exams and an instructor s manual with complete solutions It also serves as a practical up to date engineering oriented resource for researchers industrial ergonomists industrial hygienists and medical professionals who require supplementary material

Cumulative Trauma Disorders in the Workplace ,1995 *Occupational Safety and Hygiene V* Pedro M. Arezes,João Santos Baptista,Monica P. Barroso,Paula Carneiro,Patrício Cordeiro,Nelson Costa,Rui B. Melo,A. Sergio Miguel,Gonçalo Perestrelo,2017-03-27 Occupational Safety and Hygiene V contains selected contributions from the International Symposium on Occupational Safety and Hygiene SHO 2017 10 11 April 2017 Guimar es Portugal The contributions focus on a wide range of topics including

occupational safety risk assessment safety management ergonomics management systems environmental ergonomics physical environments construction safety and human factors Occupational Safety and Hygiene V is mainly based on research carried out at universities and other research institutions but also includes practical studies developed by OHS Practitioners within companies Accordingly this book will be a helpful text to get acquainted with the state of the art in research in these domains as well as with some practical tools and approaches that are currently used by OHS professionals worldwide

Occupational Diseases in the Construction Industry Imriyas Kamardeen, Abid Hasan, 2024-10-23 Despite occupational diseases in construction contributing to a significant proportion of fatalities and permanent and temporary incapacities they have not gained as much attention as occupational injuries from practitioners and researchers The research in this book aims to discover occupational diseases that cause fatalities and permanent and temporary incapacities in the construction industry along with their epidemiological causal mechanisms Through chapters examining cancers circulatory system diseases respiratory system diseases nervous system and sense organ diseases and musculoskeletal diseases the authors provide new knowledge and insights to help proactively prevent and control these diseases The research underpinning the development of the book applies empirical analyses of real world occupational disease data for the construction industry alongside a detailed review and meta analysis of literature pertinent to risk factors and methods and strategies to prevent and or control occupational diseases in construction Knowing the riskiest diseases and occupations for construction workers along with organisational and personal risk factors is critical to optimising risk management efforts This book should be of interest to students researchers and practitioners in construction management occupational health and safety and risk management

Cambridge Handbook of Psychology, Health and Medicine Susan Ayers, Andrew Baum, Chris McManus, Stanton Newman, Kenneth Wallston, John Weinman, Robert West, 2007-08-23 Health psychology is a rapidly expanding discipline at the interface of psychology and clinical medicine This new edition is fully reworked and revised offering an entirely up to date comprehensive accessible one stop resource for clinical psychologists mental health professionals and specialists in health related matters There are two new editors Susan Ayers from the University of Sussex and Kenneth Wallston from Vanderbilt University Medical Center The prestigious editorial team and their international interdisciplinary cast of authors have reconceptualised their much acclaimed handbook The book is now in two parts part I covers psychological aspects of health and illness assessments interventions and healthcare practice Part II covers medical matters listed in alphabetical order Among the many new topics added are diet and health ethnicity and health clinical interviewing mood assessment communicating risk medical interviewing diagnostic procedures organ donation IVF MMR HRT sleep disorders skin disorders depression and anxiety disorders

Hand Secrets Peter J. L. Jebson, Morton L. Kasdan, 2006-04-07 The Secrets Series is breaking new ground again This volume in the very popular Secrets Series is back in an exciting updated and completely redesigned 3rd Edition A new two color page layout a more portable size and a list of the Top 100 Secrets in hand surgery

help readers to better meet the challenges they face today Readers will still find all of the features they rely on the Secret Series for a question and answer format lists mnemonics tables and an informal tone that make reference fast and easy No matter what questions arise in practice or while preparing for the hand surgery boards this 3rd Edition has the answers in print and online Uses bulleted lists tables short answers and a highly detailed index to expedite reference Features pearls tips memory aids and secrets from the experts Covers all of today s most common conditions and their treatment Presents a list of the Top 100 Secrets to keep in mind during residency and practice Features a new more compact trim size 5 1 4 x 8 1 2 for enhanced portability Makes information easier to find with a new two color page layout and Key Points boxes Identifies useful websites to facilitate obtaining additional information on a specific topic and provides live links in online version

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