Welcome to the monthly Musculoskeletal Health Current Awareness Update (MSKH-CAU), produced by PHE Knowledge and Library Services and the Musculoskeletal Health team. The purpose of this update is to provide the latest research to inform future policy and practice to support the prevention of Musculoskeletal (MSK) conditions.

Public Health England, jointly with NHS England, Versus Arthritis and partners, published the Musculoskeletal Health: 5 Year Prevention Strategic Framework, setting out a clear statement of commitments to promote good MSK health to prevent MSK conditions across the life course. The MSKH-CAU resource will provide evidence and knowledge to support the decisions made by health and social care professionals, the wider public health workforce and employers.

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Please note that not all the articles and resources referred to in this alert are freely available. Some articles may require an Athens username and password, and for PHE and NHS staff, these can be obtained here. If you do not work for PHE or the NHS, you may want to approach your local health library service to discuss how you may have access to library services.

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The development and evaluation of a data calculator to facilitate the introduction and use of a standardized outcome measure (Musculoskeletal Health Questionnaire). Musculoskeletal Care. 2020 Jan 27:: Authors: Sarigiovannis P, Bradbury H, Bishop A PMID: 31985146 [PubMed - as supplied by publisher]

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Wilson AT, George SZ, Bialosky JE Abstract Introduction: Age impacts the prevalence and experience of musculoskeletal pain; however, it is unknown whether this factor impacts

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Rehabilitation for Low Back Pain: A Narrative Review for Managing Pain and Improving Function in Acute and Chronic Conditions.
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Patient and public beliefs about the role of imaging in the management of non-specific low back pain: a scoping review.
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Patient and public beliefs about the role of imaging in the management of non-specific low back pain: a scoping review. Physiotherapy. 2019 Aug 31;107:224-233 Authors: Taylor S, Bishop A Abstract BACKGROUND OR CONTEXT: Routine imaging for non-specific low back pain is advised against in guidelines yet imaging continues to occur

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The Visual Analogue Scale Versus Numerical Rating Scale in Measuring Pain Severity and Predicting Disability in Low Back Pain. J Clin Rheumatol. 2020 Jan 24; Authors: Shafshak TS, Elnemr R Abstract BACKGROUND: Low back pain (LBP) is a public health problem that requires accurate assessment for proper management and predicting prognosis

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Validating Invalidation: Examining the Construct Validity of the Illness Invalidation Inventory among Individuals with Chronic Low Back Pain. Clin J Pain. 2020 Feb 14; Authors: Molzof HE, Newman AK, Barnett MD, Guck A, Scott W, Sturgeon JA, Trost Z Abstract OBJECTIVES: The Illness Invalidation Inventory (3*I) was designed to assess individuals' perceived invalidation regarding chronic pain

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Comparison of Three Manual Therapy Techniques as Trigger Point Therapy for Chronic Nonspecific Low Back Pain: A Randomized Controlled Pilot Trial. J Altern Complement Med. 2020 Feb 05; Authors: Dayanır IO, Birinci T, Kaya Mutlu E, Akcetin MA, Akdemir AO Abstract Objectives: This pilot study aimed to compare the efficacy of manual pressure release (MPR), strain counterstrain (SCS), and integrated

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Osteopathic Medical Care With and Without Osteopathic Manipulative Treatment in Patients With Chronic Low Back Pain: A Pain Registry-Based Study. J Am Osteopath Assoc. 2020 Feb 01;120(2):64-73 Authors: Licciardone JC, Gatchel RJ Abstract Context: The OSTEOPATHIC Trial demonstrated substantial improvement in pain intensity, decreased need for rescue medication for pain, and greater likelihood of

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Chronic Musculoskeletal Pain and Nutrition: Where Are We and Where Are We Heading To?

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Chronic Musculoskeletal Pain and Nutrition: Where Are We and Where Are We Heading To? PM R. 2020 Feb 22;: Authors: Elma Ö, Tumkaya Yilmaz S, Deliens T, Clarys P, Nijs J, Coppieters I, Polli A, Malfliet A Abstract Nutrition is one of the most important lifestyle factors related to chronic diseases such as cancer, diabetes, and cardiovascular diseases

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Successful Treatment of Isotretinoin Induced Musculoskeletal Pain by Vitamin B12 and Folic Acid. Open Access Maced J Med Sci. 2019 Nov 15;7(21):3726-3727 Authors: Feily A Abstract BACKGROUND: Daily supplementation with vitamin B12 and folate, which are the cofactors of the enzymatic reactions involved in Hcy metabolism, can lower plasma levels of Hcy and prevent osteoporosis

Comparison of different calcium supplementation methods in patients with osteoporosis.

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Comparison of different calcium supplementation methods in patients with osteoporosis. Exp Ther Med. 2020 Feb;19(2):1432-1438 Authors: Ye SK, Ren X, Meng XX, Chen HY Abstract The aim of the present study was to explore the clinical efficacy and safety of different methods of calcium supplementation in osteoporosis (OP)

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Mouse with your arm™: Facilitating forearm support using the chair armrest to prevent and mitigate musculoskeletal disorders1. Work. 2020 Feb 21; Authors: Eggleston ST Abstract BACKGROUND: Musculoskeletal disorders (MSDs) can be prevented by avoiding trauma caused by poor posture, compression, force, and repetition. Neutral postures are recommended to avoid MSDs

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PURPOSE: To examine differences in the return to work (RTW) process for workers' compensation claimants with long-term effects on function, health-related quality of life and work ability after structured physiotherapy including a workplace intervention. A secondary analysis of a randomised controlled trial (WorkUp) in primary care for patients with neck and/or back pain.

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Low Back Pain (LBP), work and absenteeism. 03 Feb 2020
Low Back Pain (LBP), work and absenteeism. Work. 2020 Jan 28.; Authors: Serranheira F, Sousa-Uva M, Heranz F, Kovacs F, Sousa-Uva A Abstract BACKGROUND: Occupational physical demands are commonly assumed the cause of work-related Low Back Pain (LBP) and absenteeism. OBJECTIVES: To analyse relationships between LBP at work, physical demands and absenteeism

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