

MUSCULOSKELETAL INJUIRES

What It Is:

These injuries affect the muscles, bones, ligaments, and joints, typically caused by trauma, overuse, or strenuous physical activity. They can be short-term or lead to long-term disabilities.

Impact:

Musculoskeletal injuries can cause pain, limited mobility, and fatigue. The extent of impact depends on the severity of the injury, but daily activities like walking, writing, or lifting objects may become challenging.

Support Strategies:

- Encourage physical therapy and rehabilitation exercises to improve mobility and strength.
- Provide supportive seating or braces to alleviate pressure on affected areas and ensure proper posture.
- Modify daily activities to reduce strain on injured muscles or joints by using ergonomic tools and adaptive equipment.
- Ensure adequate rest and recovery periods to prevent overuse or further injury



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