



Global Alliance for Musculoskeletal Health

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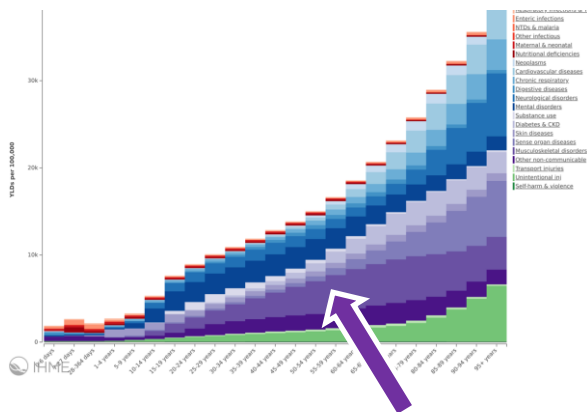
The Global Alliance for Musculoskeletal Health



- **Launched in 2000 as the Bone and Joint Decade to bring together a global alliance of professional, scientific and patient organisations working to**
 - promote musculoskeletal health and musculoskeletal science worldwide
 - reduce the burden and cost of musculoskeletal conditions to individuals, carers and societyby raising the priority for musculoskeletal health and promoting policies to achieve this.
- **Endorsed by the UN, and working with the WHO and in countries across the globe to achieve its goals.**

Chronic musculoskeletal diseases and their impact

Global Burden of Disease Study Years lived with disability in EU 2019



Musculoskeletal disorders (MSDs) are the greatest cause of disability in working age adults

- ✦ A wide variety of problems affect people's musculoskeletal system associated with chronic pain, impaired physical function and limited work capacity



- ✦ Participation in paid work increases self-worth and self-esteem, economic independence and social inclusion, which may translate into better health and quality of life

How to enable people with chronic MSDs remain in the labour market?

It is a shared responsibility of all members of society to enable people with Chronic MSDs to participate in healthy and sustainable work.



Good practice in managing chronic MSDs should include:

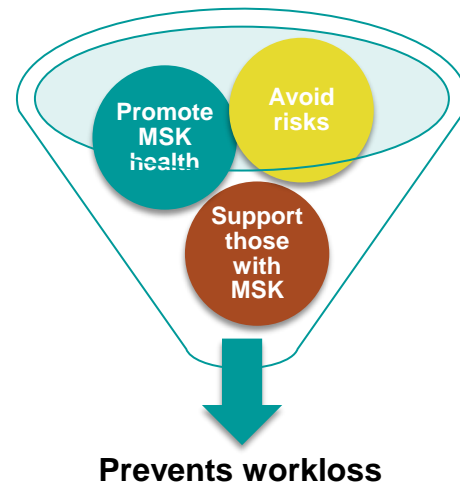
- Early intervention
- Access to support mechanisms including occupational health and rehabilitation
- Good communication between the worker and the organisation
- Flexibility in the timing of work and the journey to work
- Ensuring good ergonomics practice is in place in the organisation

Among the simplest and most efficient solutions is the establishment of good employee-employer relationship based on good communication

This needs to be in the context of a MSK healthy workplace that

Recognises the importance of MSK health and

- takes preventative action by reducing risks in the workplace
- promotes physical health
- encourages and supports early intervention for MSK problems
- accommodates effective rehabilitation and return to work



With everyone knowing what they can and should be doing to achieve this

