



WORKSMART SOLUTIONS, PC

## The Cost of Musculoskeletal Discomfort & Pain in the Workplace

Employers face a daunting challenge today – finding a creative, evidence-based solution to the explosive and unrelenting growth of health care spending. The current state of Musculoskeletal Health can be summed up with these facts:

- One in two adults are affected by a musculoskeletal condition, costing an estimated \$213 billion in annual treatment.<sup>1</sup>
- According to OSHA, musculoskeletal disorders (MSDs) contribute over 33% of the total injuries in the workplace. And over \$100 billion dollars per year are spent on treating these “aches and pains”.<sup>2</sup>
- The top 10 causes of workplace injuries cost U.S. businesses over \$1 billion per week, which equates to \$59 billion per year. Over a third of these costs are attributable to use of excessive force, awkward postures, and repetitive movements.<sup>3</sup>
- Musculoskeletal conditions are the third highest “spend” category for Group Health costs – higher than cancers and tumor, infectious disease, disorders of the nervous system, and respiratory conditions.<sup>4</sup>
- Two-thirds of older workers suffer from arthritis.<sup>1,5</sup>
- Next to the common cold (and now COVID), the second most common reason people visit their physician is for a musculoskeletal condition.<sup>5</sup>

DID YOU KNOW?



**50 MILLION**  
Adults have *chronic pain* daily or almost daily.



[www.cdc.gov/mmwr](http://www.cdc.gov/mmwr)

- 65% of claimants return to work after the claim, but without any ergonomic improvements to the work environment.<sup>7</sup>
- 68% of people with musculoskeletal issues say their job has been a contributing factor to their condition – 33% said their employer was aware of their condition but had not provided adequate support.<sup>8</sup>
- Employment of workers aged 65 or older has grown by 117% in a span of 20 years, according to the BLS. Employment of individuals 75 years or older has increased by the same rate.<sup>9</sup>
- Musculoskeletal conditions are the leading contributor to disability worldwide, with low back pain being the single leading cause of disability in 160 countries.<sup>6</sup>
- Musculoskeletal conditions significantly limit mobility and dexterity, leading to early retirement from work, lower levels of well-being and reduced ability to participate in society.<sup>9</sup>
- The disability associated with musculoskeletal conditions has been increasing and is projected to continue to increase in the next decades.<sup>9</sup>
- In the United States alone, musculoskeletal conditions are a leading cause of disability, accounting for more than 130 million patient visits to health care providers annually. They are the number-one reason people visit their physician, and they affect nearly half of Americans older than 18 years.<sup>10</sup>
- Musculoskeletal disorders and diseases are the leading cause of disability in the United States, accounting for more than one half of all chronic conditions in people aged older than 50 years in developed countries.<sup>11, 13</sup>
- In studies conducted by Queens School of Business and the Gallup Organization, disengaged workers have 37% higher absenteeism, 49% more accidents and 60% more errors and defects.<sup>14</sup>

We understand that **aches and pains come at a significant cost** to both the employer and employee. Call us. We'll help you navigate the path towards your goals.

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