

## عنوان مقاله:

Lifestyle and MsculoSkeletal Disorders: part II

## محل انتشار:

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## خلاصه مقاله:

Musculoskeletal Disorders This category includes epicondylitis, carpal tunnel syndrome, and tendinitis. Musculoskeletal Disorders can be caused by repetitively carrying heavy loads over a long period of time, doing heavy tasks with an improper posture, and even participating in sporting activities. Athletes are susceptible to MSDs, since they perform the same tasks over and over again through the course of training. Lifestyle Modification Lifestyle encompasses the ordinary activities of people in their daily lives and that can have an impact on their health. Through lifestyle choices, people may practice measures and activities that protect and promote their health and prevent diseases. Evidence suggests that the cause of many chronic diseases, such as Low Back Pain (LBP), is related to lifestyle and human behaviors. Accordingly, establishing health-promoting behaviors is one of the best ways that people can protect and manage their health [۱-۲]. Lifestyle behaviour change warrants being considered in musculoskeletal care including chronic pain management in that common lifestyle behaviours, often associated with conditions such as ischaemic heart disease, impact musculoskeletal health and functional capacity. musculoskeletal problems including the presence of chronic pain and exercise incapacity is associated with several lifestyle behaviour practices that are associated with lifestyle-related non-communicable diseases. These include smoking, unhealthy [۳-۴]. diet, unhealthy weight, poor sleep, and unmanageable stress

## کلمات کلیدی:

.Musculoskeletal disorder, Life Style

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