

# Strategies for Preventing Prolonged Disability in Work Related Musculoskeletal Disorders



The main purpose of this literature review published by the IRSST (Institut de recherche Robert-Sauvé en santé et en sécurité du travail) was to provide an overview of the main topics and recent trends in contemporary work disability research and to identify potentially successful intervention modalities for preventing prolonged disability in workers compensated for Work-related musculoskeletal disorders (WRMSDs).

The major topics in work disability research appear to be the factors contributing to prolonged disability and a clear interest in intervention modalities for people at risk of prolonged disability. Multidisciplinary, multimodal, and targeted intervention is also an increasingly prevalent topic in the studies reviewed. In addition, the investigation of psychosocial and ergonomic-related workplace factors, especially for workers identified as being at risk of prolonged disability, is frequently considered. Taking into account the different stakeholders' points of view also constitutes a widespread trend in contemporary research on intervention aimed at preventing prolonged disability in workers compensated for WRMSDs. Finally, the literature reviewed identifies a number of strategies as potentially successful in preventing prolonged disability.

The findings of this document will provide stakeholders and practitioners in the work disability intervention field with potentially successful strategies for preventing prolonged disability and with information about specific areas in need of further research regarding workers compensated for WRMSDs.