Workers' Comp

Specialty Solutions Spotlight: Common Work-From-Home Injuries

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4 MIN READ
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What are the most common work-from-home injuries and how are they treated?

In today's remote and hybrid work environments, accidents are on the rise. The most common injuries plaguing employees are in the back, shoulders, hands and wrists. These injuries often result from overuse and improper workstation setup. Spending long hours seated at a desk in front of a screen, and poor ergonomics can lead to musculoskeletal disorders (MSDs)—injuries that affect muscles, nerves, ligaments, joints and cartilage. These issues may start as minor discomforts but can worsen over time due to repeated trauma.

Common work-from-home injuries include:

Tendinitis
Tendinitis is often identified by inflammation of the tendon, resulting in point tenderness and swelling. It frequently affects areas such as the shoulders, elbows, wrists and heels. The primary causes are injury, overuse or arthritis. Typical symptoms include pain, tenderness and swelling. Treatment primarily involves rest and the use of medications aimed at alleviating pain and reducing inflammation.

Trigger Finger
Trigger finger is marked by a finger or thumb getting stuck in a bent position and then snapping back into place. It typically results from a narrowing of the sheath around the affected tendon, and it's more prevalent in women and individuals with diabetes. Common symptoms include pain, stiffness at the base of the thumb and the finger clicking or locking. Treatment options include rest, splinting, stretching exercises, medication and in some cases, surgical intervention.

Epicondylitis
Epicondylitis is a condition defined by pain at the point where the tendons of the forearm muscles connect to the outer part of the elbow, sometimes radiating into the forearm and wrist. This discomfort often results from repetitive contractions of the forearm muscles used for hand and wrist movement. It primarily affects adults aged 30 to 50, particularly those who smoke. Common symptoms include radiating pain from the outer elbow, along with forearm weakness. Treatment typically involves rest and anti-inflammatory medications, and in many cases, it improves naturally over a span of six months to two years.

Carpal Tunnel Syndrome
Carpal tunnel syndrome is often identified by swelling that compresses the median nerve, typically due to pressure on this nerve. It can be triggered by factors such as swelling of the synovium, hormonal disorders, diabetes, thyroid disorders, menopause, or pregnancy. Common symptoms include tingling or numbness in the thumb, index, middle or ring fingers (excluding the little finger), as well as a sensation of hand weakness. Treatment options include taking regular breaks to rest the hands, using cold packs, wearing a splint, medications and surgical procedures when necessary.

Low Back Pain
Low back pain is characterized by discomfort in the lower back area, often diagnosed as lumbar sprains or strains. Surprisingly, in about 90% of cases, the exact cause remains unidentified. This pain can result from irritation of large nerve roots extending to the legs and arms, inflammation of smaller nerves in the spinal discs, or strain on the large back muscles supporting the spine. Injuries to bones, ligaments, or joints throughout the spine can also contribute. Symptoms vary from dull ache to sharp, stabbing or shooting sensations. Treatment typically involves rest, stretching, manual manipulation, anti-inflammatory medications, and physical therapy.

When these problems arise, timely treatment and recovery services are essential to prevent minor discomforts from becoming severe health issues. Apricus works to coordinate the most effective injury-recovery services for those who have work-related injuries. Apricus offers a one-stop-shop experience for all equipment and services, with clinical oversight and a national specialty provider network to provide a program that delivers outstanding results and injured employee satisfaction. We're here to make sure those recovering from an injury get what they need, when they need it.

This information is meant to serve as a general overview, and any specific questions should be fully reviewed with a healthcare professional or specialty service provider.

Enlyte offers ergonomic services aimed at minimizing risk factors in both preventive and case-specific scenarios. Visit our website to learn more about our workplace productivity services. To make a referral for durable medical equipment, physical therapy, diagnostic imaging or another specialty solution, call us today at 877.203.9899 or send an email to referrals@apricusinc.com.

Resources:

https://www.enlyte.com/insights/workers-comp/article/empowering-workspaces-harnessing-power-ergonomics-enhanced

https://blogs.cdc.gov/niosh-science-blog/2020/11/20/working-from-home/

https://www.ergonomicshelp.com/blog/wfh-injuries

https://www.inspectionsupport.com/safety-considerations-for-remote-workers/#Injuries

https://event.on24.com/wcc/r/4040223/AD30EBA0371499B4AC1A68DD0F43FBBE



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