Should we look at the Commercial Truck Driver as an Occupational Athlete

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Who is the Commercial Truck Driver (CTD)

- Total Jobs = 1,701,500
- Gross Vehicle Weight >26,000 pounds
- Transport goods from one location to another
- Long Haul Truck drivers most common
- 78% Drive Alone

What Is Known About CTDs

CTD's have higher cost per work claim and rate of injury than non-truck drivers

- Shoulder pain is the second most common MSD complaint

Truck drivers have significantly more shoulder complaints than workers in general

- Incidence of cases that require days away from work (DAFW)
  - per 10,000 full time workers
  - National Average = 100
  - Truck Drivers = 322

Percentage of total MSDs by body part

- Back - 35.5%
- Shoulder - 15.7%
- Leg - 13.4%
- Abdomen - 6.3%
- Wrist - 5.9%
- Arm - 5.7
- Multiple - 3.2

What Is Not Known about CTDs

There is established research and data regarding MSDs of the low back

- A Pub Med search for truck driver and shoulder injuries had zero results

Current research does not specify what are the most common injuries to the shoulder or the mechanisms of that specific shoulder injuries

CTD have higher incidence rates and financial costs than national averages, yet there is no research to date specifically investigating shoulder injuries in the population

Where We Need To Go

Shoulder injuries and complaints of shoulder pain are a significant issues in the CTD population

Future research is needed to examine shoulder injuries in CTD

The NIOSH National Occupational Research Agenda emphasizes the need for increased research into non-fatal occupational injuries

What are future questions?

- What are common characteristics associated with shoulder injuries among CTDs?
- What biomechanical function of the commercial truck driver's shoulder is specific to work environment?
- What risk factors are associated with or contribute to shoulder injuries in CTDs?
- How would treating the CTD as an occupational athlete prevent or more effectively treat shoulder injuries?