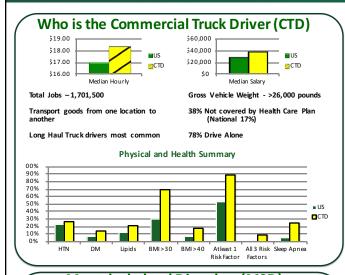
# Should we look at the Commercial Truck **Driver as an Occupational Athlete**

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#### Musculoskeletal Disorders (MSD) Impact on Occupational Health Cost Per Claim for Gender Surgical vs. Non-Surgical • 61% Male · Surgical - 7% Transportation/Warehousing Shoulder - \$15,500 39% Female Non-Surgical – 93% Cost Per Claim Lumbar - \$15,150 Number of Work Days Missed • Median - \$469 Cervical - \$13,100 Less or equal to 7 – 74% Knee - \$8.100 Mean - \$5,130 More then 7 – 26% . Elbow Wrist, Hand - \$3,000 < 7 Days Lost</p> Surgical ■ > 7 Days Lost 61% 🔲 Female ■ Non-Surgical \$6,000 \$5.130 \$5.000 Knee \$4,000 Lumbai \$3,000 Cost Per \$2,000 Cervical Cost Per Claim \$1,000 Shoulder Ś0 Elbow, Wrist, Hand 5000 10000 15000 20000 Ω

## What Is Known About CTDs

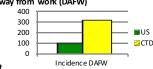
CTD's have higher cost per work comp claim and rate of injury than nontruck drivers

Shoulder pain is the second most common MSD complaint

Truck drivers have significantly more shoulder complaints than workers in

## Incidence of cases that require days away from work (DAFW)

- per 10.000 full time workers
- National Average 100
- Truck Drivers 322



■ DAFW

## 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

## % of MSD's ■ Back Shoulder ■Leg ■ Abdomen ■ Wrist ■ Arm

## Median days away from work by body part

- Wrist 71
- Shoulder 46 80 Leg - 42
- Arm 40Abdomen - 25 0

## 40 20

### Primary event or exposure

- Overexertion and bodily reaction 39%
- Contact w/ object 23%
- Falls, slips, and trips 23%

## CTDs that work with a flat bed trailer have significant stresses on their

Approximately 46% use heavy tarps, chains, and/or straps while working with the cargo on the trailer

# Davk, K. Churekg, K. Jawel, G., & Lockey, J. (2004). Contand. diabley. trendsof work-related municipate-bital disorders in Chic. Cocup. Medi(Lond), 64(8), 6408. Leith. J. P. Waetrer, G. Mile. T. R. & Keesan, C. (2004). Cont. of occupational likery and Best. acrossindustries. Scand J War Scanton Health. 2013; 199-205.

## 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. vet there is no research to date specifically investigating shoulder injuries





## 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
- · How would treating the CTD as an occupational athlete prevent or more effectively treat shoulder injuries?

