Does COVID-19 related lockdown restrictions impact people with musculoskeletal disorders: a systematic review

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Introduction

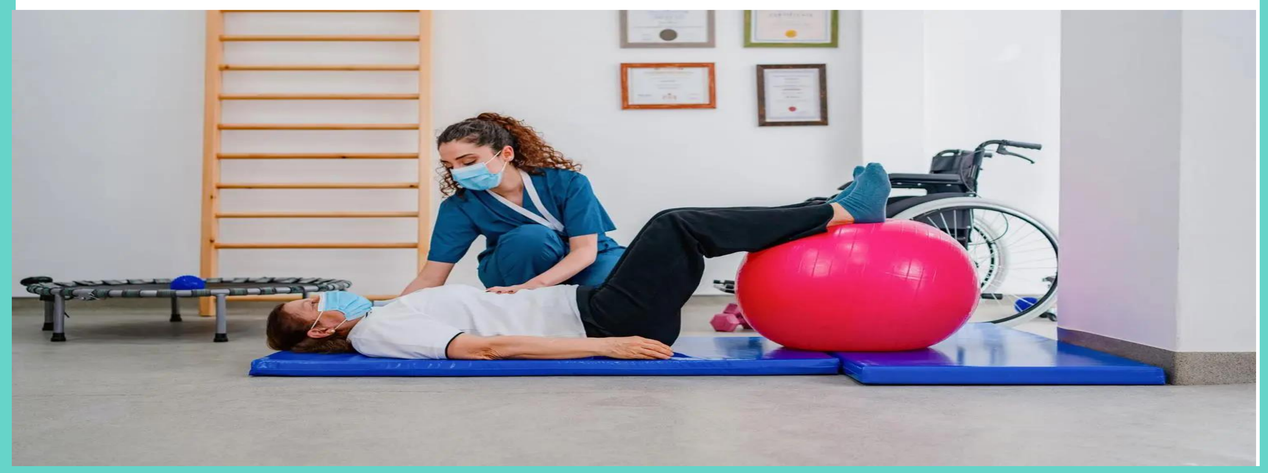
- Since the identification of the first case in December 2019 in Wuhan (Hubei, China), the coronavirus disease 2019 (COVID-19) has spread rapidly throughout the world and resulted in an ongoing pandemic.
- COVID-19 lockdown caused a sudden change in the work culture and environment.
- As a result of Coronavirus disease 2019 (COVID-19) related lockdown restrictions, people with musculoskeletal (MSK) disorders could be at increased risk of physical and psychological disabilities.

Purpose

- This review aimed to summarise the impact of COVID-19 related lockdown restrictions on people with MSK disorders

Methods

- Six electronic databases were searched for studies in English language published until June 14, 2023.
- We used the Preferred Reporting Items for Systematic Reviews and Meta-Analyses to identify, select, and critically appraise relevant research.
- Two authors independently abstracted data from each included studies and data was summarised using narrative synthesis.
- The Newcastle-Ottawa Scale was used for quality assessment.



Results

- The search strategy identified 637 articles, 129 of which we removed as duplicates. We analysed 13 studies that met the inclusion criteria.
- The sample size of populations studied ranged from 40 to 1800 participants.
- People with MSK disorders had increased risk of pain and MSK injuries, and decreased quality of life during COVID-19 related lockdown restrictions.
- There was increased use of emergency department by patients with MSK disorders.

Conclusions

- Pain, MSK injuries and healthcare resource utilisation increased during COVID-19 related lockdown restrictions among patients with MSD conditions.
- These results may be useful to develop new prevention and management strategies in future for people with MSK disorders as a way to mitigate the negative impact of the pandemic.

References

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