GLOSSARY

**Carpal Tunnel**—Tunnel formed by the carpal ligament and the bones of the wrist.

**Carpal Tunnel Syndrome**—Disorder associated with impingement on the median nerve as it travels through the wrist.

**DeQuervain’s Disease**—An irritation and swelling of the sheath or tunnel that surrounds the thumb tendons as they pass from the wrist to the thumb. A common type of stenosing tenosynovitis (combination of tenosynovitis and tendinitis).

**Epicondylitis**—Technical term for tennis elbow.

**Ergonomics**—An applied science that seeks to design work requirements to within human capabilities.

**Ergonomic Risk Factors**—Conditions of a job that contribute to the risk of developing musculoskeletal disorders.

**Lifting Index**—Ratio between load being handled and the recommended weight limit.

**Ligament**—Connective tissue connecting bone to bone.

**Median Nerve**—Nerve feeding the thumb and first two fingers of the hand.

**MSD (Musculoskeletal Disorder)**—Disorder and disease of the muscles, connective tissues, and surrounding neural tissues.

**MSD Incidents**—Work-related MSD signs or symptoms that require time off work, medical treatment, or a change in work assignment.

**NIOSH Lifting Analysis**—A formalized metric that can be applied to a lifting situation to provide data about the forces generated by and severity of a lift.

**Optimal Work Zone**—Area in front of the body defined by the keeping of the back straight, the shoulders neutral, and the hands between hand rest and elbow height.

**Radial Deviation**—Any noticeable deviation of the wrists toward the thumb.

**Risk Factors**—Conditions that increase the likelihood of developing a musculoskeletal disorder.

**Sprain**—Injury to ligaments around a joint.

**Strain**—Injury to muscle or tendon.
Tendinitis—Swelling in the tendons, resulting in pain.

Tendon—Connective tissue that transmits the force from muscles to bone.

Upper Extremities—The arms and hands and associated joints.