



UNIVERSITY OF SASKATCHEWAN

Canadian Centre for Rural
and Agricultural Health

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Farming, Shoulder Pain, and Movement

A new study looked at shoulder pain and its effect on movement during common farm work tasks.

42 farmers participated in this study

23 had no shoulder pain

19 did have shoulder pain



The research team analyzed shoulder blade and arm movements of farmers and farm workers when performing four common tasks:

1. Overhead Drill



2. Lifting & Pouring a Seed Bag



3. Climbing a Seed Cart



4. Shoveling



What did we find?

- Shoulder pain caused movement changes of the shoulder blade and arm in 3 of the 4 tasks measured.
- Risk factors for shoulder injuries exist in many aspects of farm work.



WORK SAFE BC

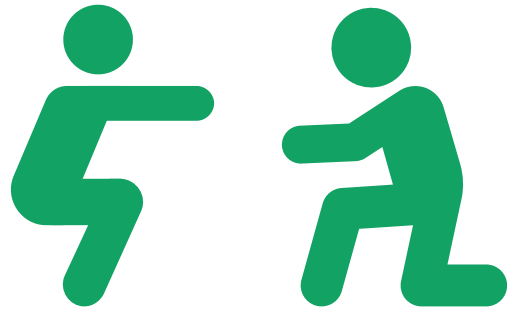
What can you do about it?

1 BE MINDFUL OF YOUR BODY POSITION

When doing work involving your arms or hands, avoid bending or stooping as this requires more reaching & lifting of the arms and shoulders.

- Consider using a squat or kneeling position instead.

This could also help avoid back pain!



Squat position Kneel position



Image Source: MSD Prevention Guideline for Ontario

2 KEEP YOUR ELBOWS TUCKED

When working with your hands (lifting, repairing, etc), keep your elbows tucked into your body.

- Avoid a “chicken wing” position when possible.

Reducing the weight or load in your hands can help with this adjustment.

3 SET YOUR SHOULDER BLADES

Before starting work, try to “set” your shoulder blades to begin your work from a strong position.

- Pull your shoulder blades back and down (away from your ears) and return to this position as needed throughout your work.

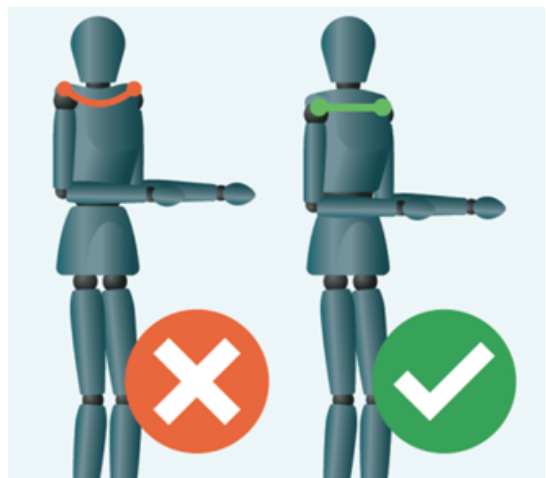


Image Source: MSD Prevention Guideline for Ontario

Seek treatment (doctor, physical therapist) at early signs of shoulder pain!