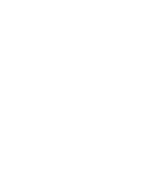
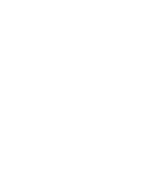
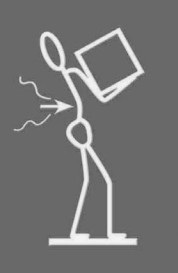
L E S I O N E S



M U S C U L O - E S Q U E L É T I C A S

¿ Q U É E S ?



S O N D I S T I N T A S A L T E R A C I O N E S M Ú S C U L O - E S Q U E L É T I C A S , L A S

C U A L E S G E N E R A N D O L O R , M O L E S T I A O T E N S I Ó N E N L A E S T R U C T U R A

A N A T Ó M I C A D E L C U E R P O H U M A N O .



Realizar pausas activas durante

la jornada de trabajo.

Evitar mantener posturas forzadas.



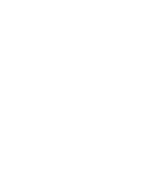
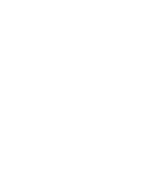
**¿COMO PREVENIRLA?**

Realizar actividad físcia

diaria.

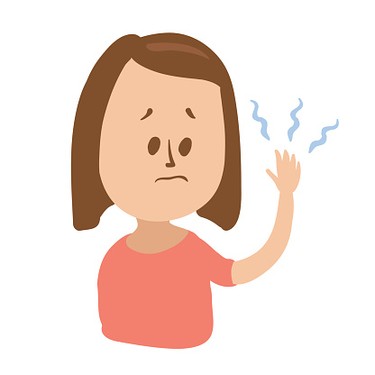
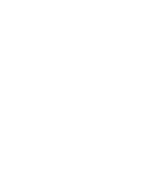
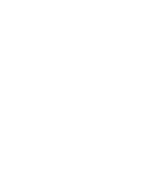


Evitar movimientos bruscos o

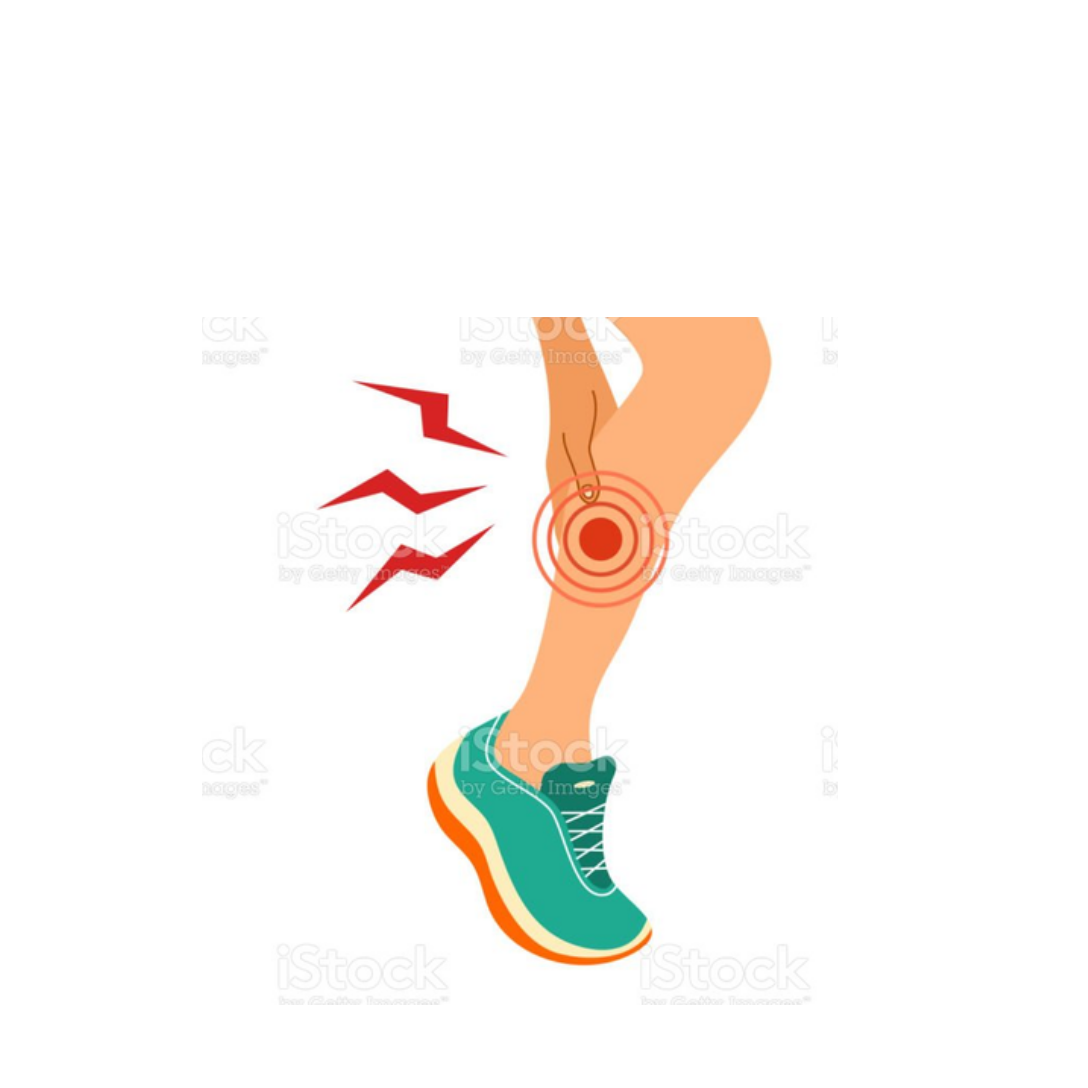


manipulación de cargas que excedan tu capacidad.

Manten una hidratación adecuada.



Dolor en los músculos o articulaciones.



Sensación de hormigueo.

**SÍNTOMAS**

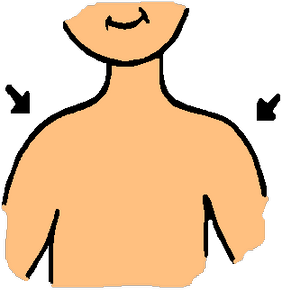
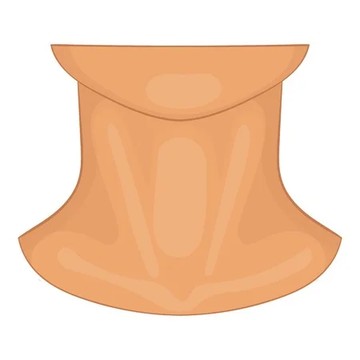
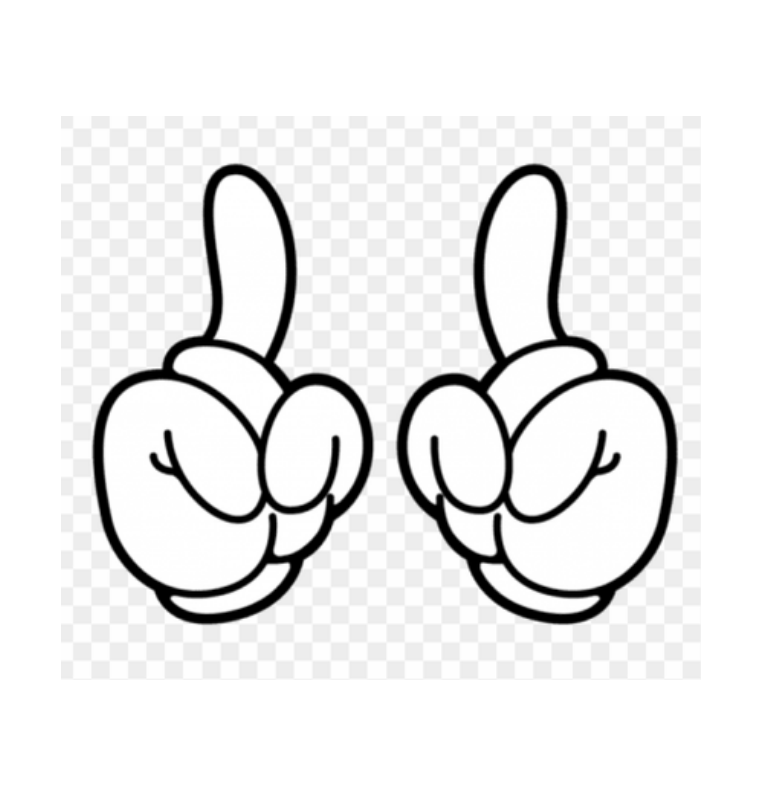
Pérdida de

sensibilidad.



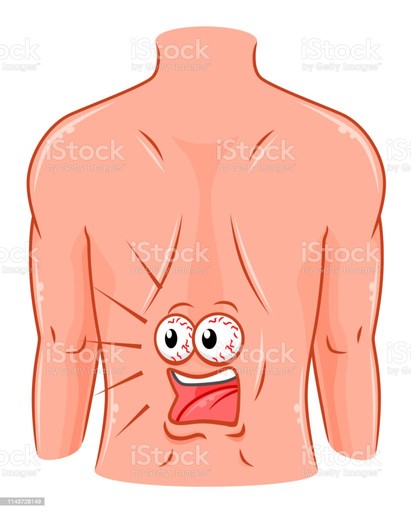
Pérdida de fuerza.

ZONAS AFECTADAS

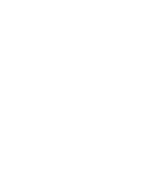
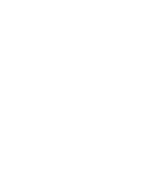


Espalda Hombros

Manos



Piernas



Cuello

Codo

