

MSK AND THE CIRCULATORY SYSTEM

Physical Activity and Heart Health:

- Engaging in regular physical activity, which can be impacted by MSK conditions, is crucial for heart health. It helps in reducing the risk of heart disease and stroke.
- Individuals with MSK conditions often face barriers to physical activity, potentially affecting their cardiovascular health.

Impact of Inactivity:

- MSK conditions can limit mobility and lead to a more sedentary lifestyle, which is associated with an increased risk of heart disease
- Inactivity is linked to various health issues, including heart disease, which can further worsen the overall health of individuals with MSK conditions

Pain and Cardiovascular Stress:

- Chronic pain from MSK conditions can trigger stress responses in the body, leading to increased heart rate, blood pressure, and overall cardiovascular strain.
- This physiological response can have a long-term impact on heart health and potentially exacerbate existing cardiovascular conditions.

Inflammation and Cardiovascular Risk:

- Certain MSK conditions, like rheumatoid arthritis, involve chronic inflammation. This is linked to an increased risk of cardiovascular diseases, including heart attacks and strokes.
- Managing inflammation through appropriate MSK treatment and care is important for reducing cardiovascular risk.

Comorbidity and Integrated Healthcare:

- Many individuals experience both MSK conditions and cardiovascular conditions simultaneously, emphasising the need for an integrated healthcare approach.
- An integrated approach ensures that both MSK and cardiovascular aspects of health are addressed comprehensively, improving overall well-being.