

Role of nutrition in the management of musculoskeletal disorders

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Musculoskeletal disorder (MSD) is a complex health problem that causes discomfort, poor quality of life and affects millions worldwide. Pharmacological and non-pharmacological interventions have been the mainstay of treatment. Nutritional approaches are gaining popularity as a modality of treatment.

Balanced metabolism is very important for the homeostasis of the musculoskeletal system. Many metabolic disorders like diabetes and obesity can affect the musculoskeletal system. Eating a well-balanced, nutrient-dense diet will play a key role in losing weight, bringing down inflammation and altering metabolic profile, all considered key risk factors for MSDs.

The musculoskeletal system and nutrition are intimately connected. Insufficient or poor nutrition has been identified as a factor that can predict, perpetuate or underlie chronic musculoskeletal pain. This workshop will provide a concise overview of the interplay between nutrition and musculoskeletal ailments. We will also focus on how to do a quick nutritional assessment and the benefits of following a whole-food, predominantly plant-based (WFPB) diet. Additionally, we will provide a few quick and easy WFPB recipes to incorporate into your daily routine.