

# Creative Health at a Glance

## Spotlight on: Musculoskeletal Disorders

Community gardening **modifies risk factors** for musculoskeletal conditions through increases in physical activity, fruit and vegetable intake, and reductions in stress (15, 27, 28).



80% of studies in a review of dance interventions for chronic pain note **reduced chronic secondary musculoskeletal pain** (29).

Music therapy/ music-based interventions for those with fibromyalgia **alleviate pain, relieve depression, improve quality of life and self-esteem**, and provide **coping strategies** (30, 31).

