

Fear of movement:

Health-related factor for workers with a *Musculoskeletal Disorder (MSD)*

Interpretation:

Fear of movement has a negative impact on return to work and can prolong the duration of absence of workers with a MSD.

Proposed measurement tool (★):

Question inspired by the Tampa scale of kinesiophobia (Du Bois et al., 2009).

Caution:

This factor can only be evaluated by accredited professionals. Venturing into the evaluation of this factor is therefore prohibited. If you suspect that this factor may be involved, you must rely on the professionals in question. Self-administration or the administration of a questionnaire by an unqualified person may lead to undesirable consequences such as the calculation of erroneous scores and the misinterpretation of results that may result.

However, the elements (items or portion of interview) constituting this tool can provide additional information to other return to work actors or stakeholders, such as the actors from the organization (employer, human resources, supervisor, union representative, etc.). This allows for a better understanding of what the factor implies, which in turn can help to target some more specific elements or needs that would require (1) a possible intervention (using an accredited professional) or (2) adjustments of the organization, especially in terms of prevention.

Question inspired by the Tampa scale of kinesiophobia (Du Bois et al., 2009)

It is not advisable to be physically active.

1. Strongly disagree ____
2. Disagree ____
3. Agree ____
4. Strongly agree ____

Scoring instructions

Not applicable

Interpretation of scores

A higher score on this questionnaire means a greater fear of movement, which has a negative impact on return to work.