Patients with musculoskeletal injuries are at high risk for psychological distress, including:

- Post-traumatic disorder
- Depression
- Anxiety

Correlation between pain and psychological distress due to:

- Catastrophic thinking
- Pain anxiety

Steps to improve overall health in early orthopaedic trauma care:

1. Identification of clinically actionable subgroups at psychological risk
2. Increasing referrals to mental health professionals
3. Improving resilience, social support, and self-efficacy via interventions
4. Future research on best interventions as per injury type
5. Mindfulness and cognitive behavioral therapy

Comprehensive care of orthopaedic patients should address physical and psychosocial health to enhance recovery and decrease overall morbidity.

Kang et al. (2021) | DOI: 10.5435/JAAOS-D-20-00637

The Psychological Effects of Musculoskeletal Trauma

Literature review to assess how mental and physical health of patients can be improved