

**Supplemental material**

Exposure to heavy physical work from early to later adulthood and primary health care visits due to musculoskeletal diseases in midlife: a register linked study

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**Supplemental Table 1.** Associations between early and later exposure to heavy physical work and primary health care visits due to musculoskeletal diseases from Cox proportional hazard models.

Physical heaviness of work	Model 1*			Model 2†		
	HR	95% CI		HR	95% CI	
<i>Any musculoskeletal disease</i>						
No exposure	1			1		
Early exposure	1.95	1.22	3.11	1.90	1.18	3.06
Later exposure	1.36	0.84	2.22	1.32	0.81	2.16
Inconsistent exposure	2.01	1.27	3.17	2.01	1.27	3.17
Early and later exposure	2.41	1.56	3.73	2.26	1.45	3.52
<i>Disorders of the spine</i>						
No exposure	1			1		
Early exposure	2.43	1.17	5.05	2.37	1.14	4.95
Later exposure	2.54	1.30	4.96	2.48	1.26	4.88
Inconsistent exposure	2.36	1.15	4.85	2.38	1.15	4.89
Early and later exposure	3.51	1.81	6.83	3.29	1.67	6.48
<i>Upper extremity disorders</i>						
No exposure	1			1		
Early exposure	3.75	1.28	11.0	3.38	1.14	10.1
Later exposure	2.48	0.80	7.64	2.22	0.72	6.87
Inconsistent exposure	2.46	0.74	8.17	2.27	0.68	7.62
Early and later exposure	6.12	2.33	16.0	4.84	1.81	12.9

\*Model 1 adjusted for age and sex

† Model 2 adjusted for age, sex, smoking, BMI, and parental occupational class