

# Repetitive Motion Injuries



## **A Repeat Performance**

Bending your wrist, raising your arm above your head, or working with your elbow at an awkward angle- each is a simple movement you use to perform your job throughout the day. But if you repeat these or other motions over and over again while you work or play, you may develop repetitive motion injuries (also called cumulative trauma disorders or CTD). It could be days; months-even years-before symptoms of pain or tingling appear in your hand or arm. But if you know how to work and play smart, symptoms may never appear. And if they do, you can take steps to prevent them from getting worse.

## **Are You at Risk?**

If you use the same hand or arm movements each day, you could be at risk for developing repetitive motion injuries. Use this inspection checklist, to see if you're likely to develop repetitive movement problems. If you check even one box, take steps now to reduce your chances of a repetitive motion injury.

## **Do Movements Include...**

- Using a lot of repetition in your hand and arm-either at work or play?
- Frequently bending your wrist?
- Frequently grasping or pinching objects?
- Frequently raising your arm above your shoulder?
- Frequently using a lot of force with your hand or arm?

## **Do Symptoms Include...**

- Waking up at night because of pain in your hand or arm?
- Numbness in your fingers, hands, or arms?
- Tingling in your hand or arm?
- Ongoing aches in your hand or arm?

## **Working into Repetitive Motion Injuries**

Repetitive motion injuries don't just happen. By combining highly repetitive motions with fast, forceful movements and awkward positions over a period of time, you may set yourself up for repeat motion problems. Over using your hand or arm-without giving them a chance to

rest-increases the odds of injury. The result? Pain and minimal movement. To break the pattern work and play smart and learn how to prevent repetitive motion injuries and their symptoms. Then you can avoid repetitive motion problems and look forward to remaining active and productive.

## **A Formula for Trauma**

Are you setting yourself up for repetitive motion injuries? You're more likely to get them if you frequently use too much force or repeat the same movements when you work or play.

## **Repetitive Motion Injuries**

Tendonitis Rotator cuff injury Tenosynovitis

Tendonitis is inflamed and occurs when one or more of the swelling of sore tendons. Symptoms of the four rotator cuff the tendon and they include pain, swelling, and tendons in your shoulder sheath that covers tenderness, and weakness in is inflamed. Symptoms it. Symptoms either your hand, elbow, or include pain and limited include swelling, shoulder. movement of the shoulder. tenderness and pain in your arm or hand.

Carpel tunnel Syndrome Epicondylitis White Finger Is caused by too much pressure (also called "tennis elbow") Occurs when blood on the median nerve that runs is due to inflammation of vessels in your through your wrist. Symptoms the tendon in your elbow. fingers are damaged include numbness, tingling, and Symptoms include pain ed. Symptoms aching sensation, and pain in with some swelling, and include paleness in your wrist (mostly at night). weakness. in fingers, numbness, tingling, and a sense that your finger is "on fire".

## **Exercise Regime**

Whether your goal is to prevent repetitive motion injuries or to recover from them, just a few simple exercises can bring about big benefits. Exercise can help prevent further injury by improving increasing your strength and endurance, you're more likely to stay healthy and be able to work comfortably for longer periods of time. Your TCM practitioner can help set up a daily exercise program for you. Developing a general plan of action that helps you live a healthy lifestyle-both on and off the job-is another good move you can make to keep in shape

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## **TCM Drug Free Pain Control**

Acupuncture works in a preventative capacity as well as dealing with the problem initially. The following regime is always followed, but each type of ailment is unique to the individual and so will be treated according to the individual cause.

- All treatments take into consideration the psychological component the ailment has on you and your lifestyle
- Acupuncture
- Herbs which are prescribed in pill or raw form depending on the individual palate and case
- Local laser to treat tender spots occurring in the regional anatomy
- Electro-acupuncture therapy
- Cupping/Moxibustion
- Massage
- Exercise
- Dietary advice

What a relief! A drugless alternative to the pain you have been experiencing. And it has been proven for thousands of years. TCM works because it establishes your body's equilibrium by correcting your energy imbalances.

TCM works in a curative and preventative manner. Incidentally, the frequency and duration of your treatment will vary according to your individual condition. Generally speaking, the longer a patient has had a particular condition, the longer it will take to treat.

TCM has a strong sense of commitment and purpose to each patient; this is why we are the only clinic offering one-hour treatments with each appointment and an extremely high success rate.

If we can be of further assistance please do not hesitate to call.