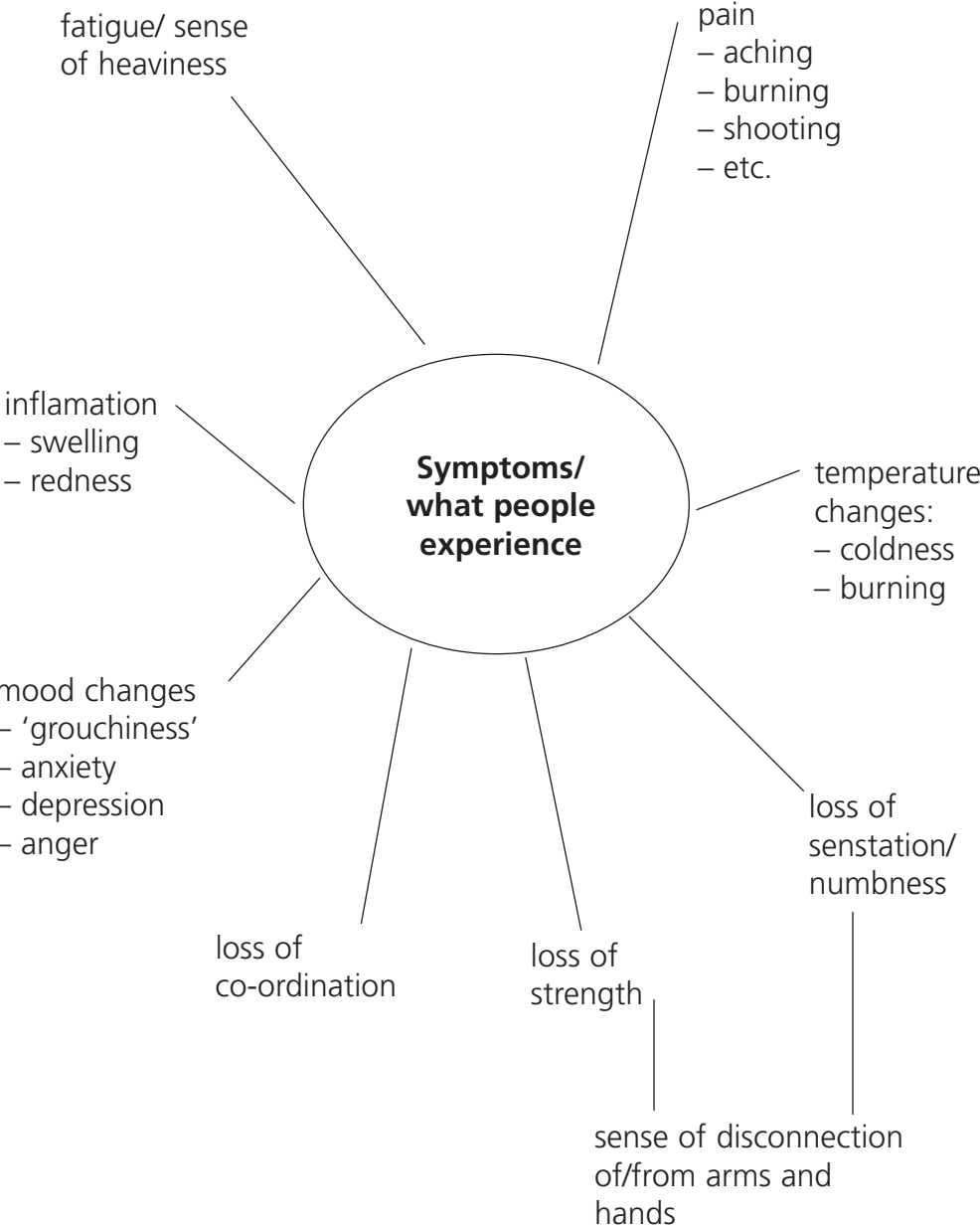


Repetitive Strain Injuries



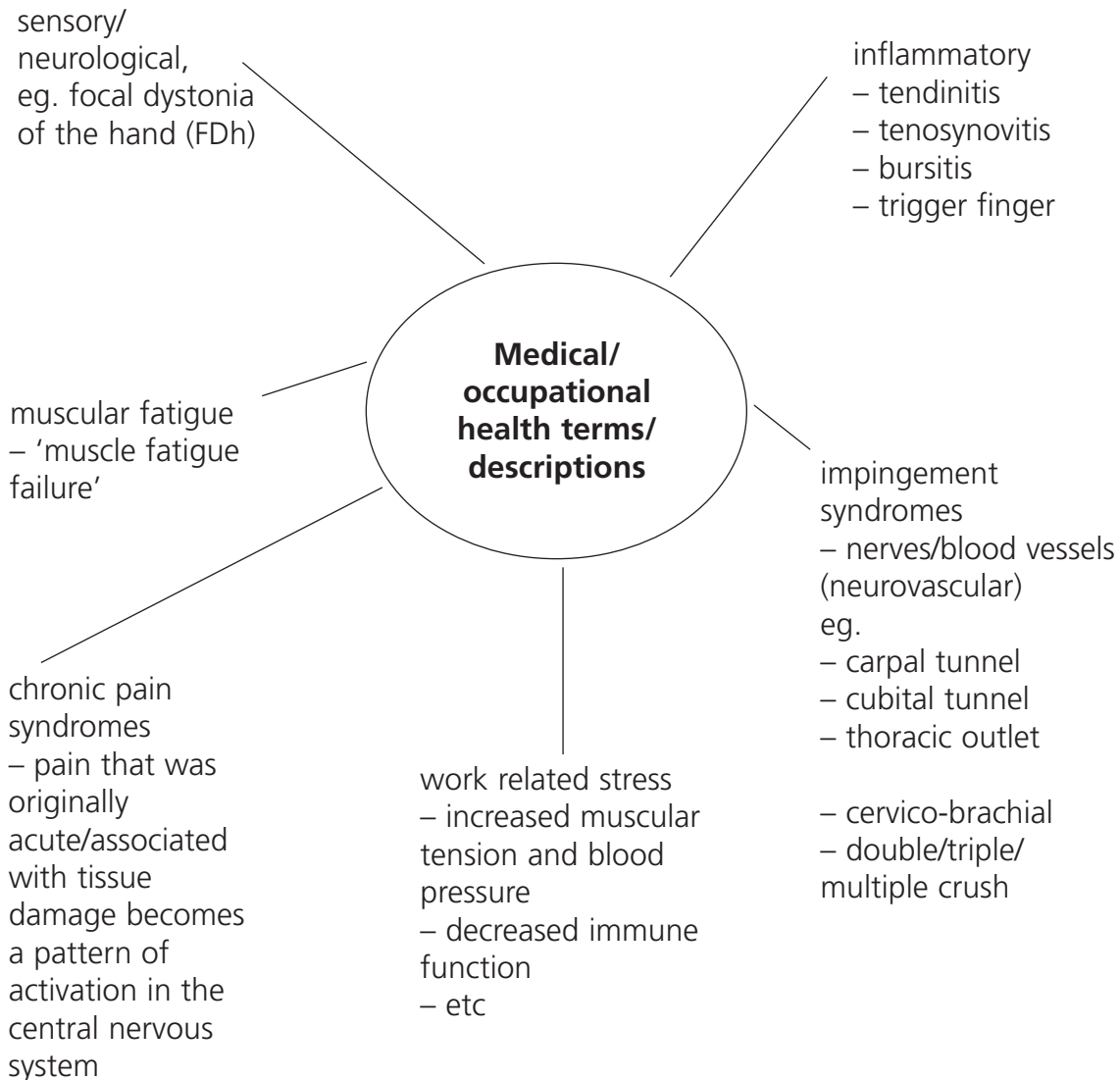
Repetitive Strain Injuries

Two ways of thinking about RSIs:

- Repetitive Strain Injury (RSI) } – multi-causal
} – multi-symptom
 - Occupational Overuse Syndrome (OOS) } – activity/
} occupationally related
 - Cumulative Trauma Disorders (CTDs) } – syndrome oriented
- (As described in the literature from Australia, Sweden, etc. in the 1980s)

OR:

- single-cause, single-descriptor, disease-oriented descriptions eg. 'carpal tunnel' as generic for all RSIs, tendinitis, etc. (As described in the literature in the USA 1990s/2000s)



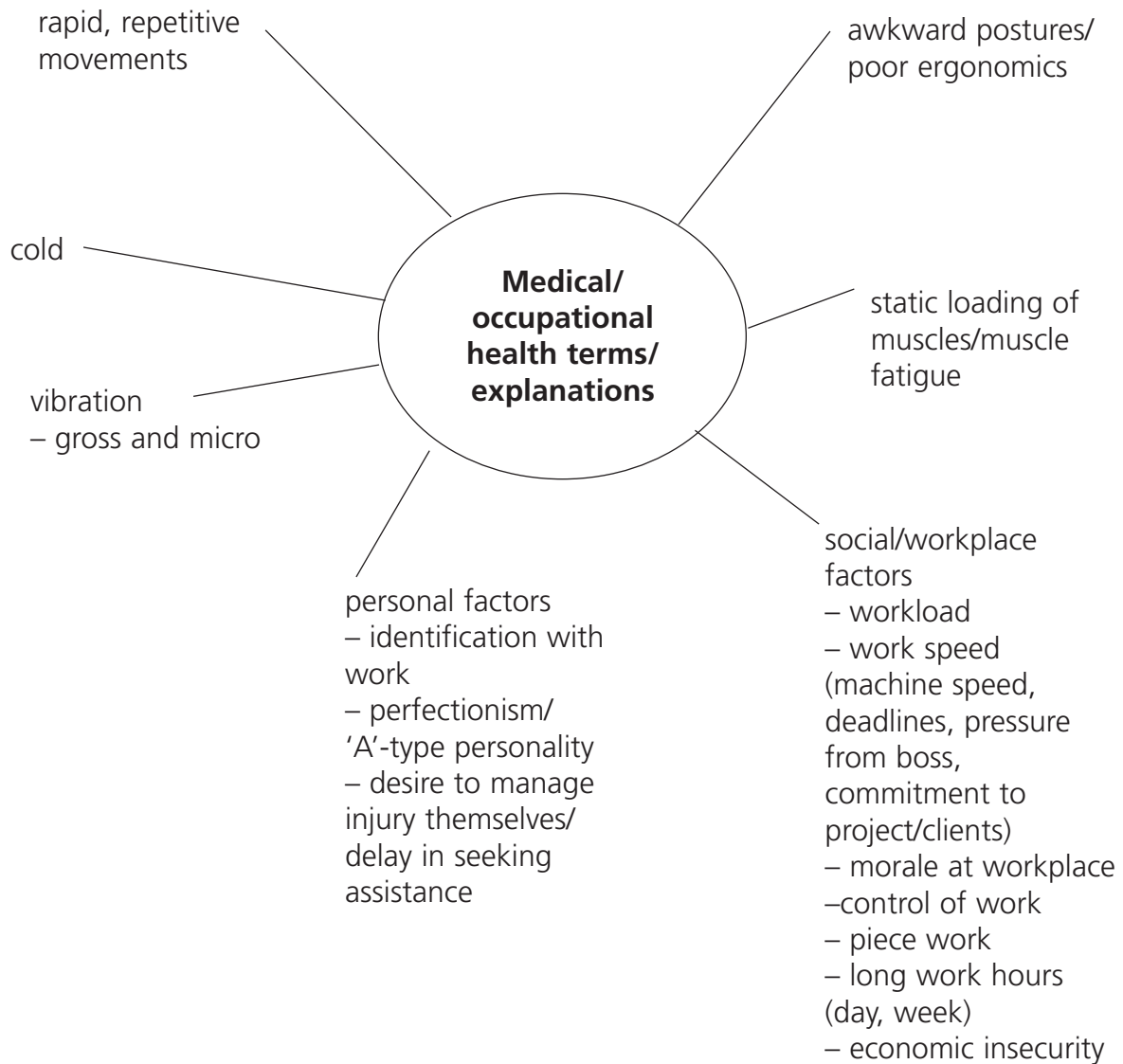
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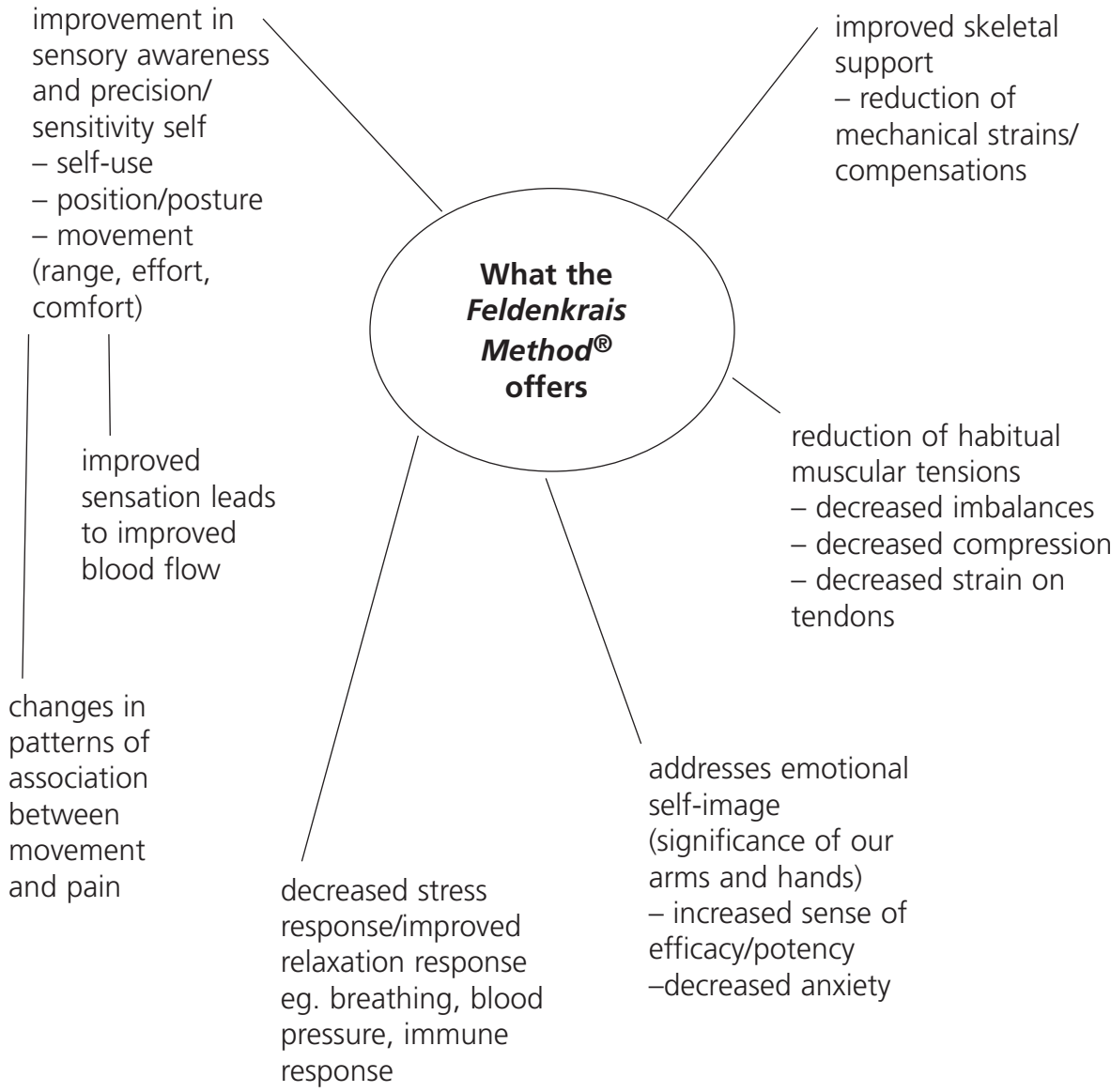
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Repetitive Strain Injuries Possible causes/contributing factors



Repetitive Strain Injuries



Repetitive Strain Injuries

What I think everyone can benefit from

(in no particular order: and there may be many other examples)

- **Reduce stressors**

for example:

- reduce repetitive work/activity
- improve ergonomics
- improve self-organization in action (support, effort, etc.)
- rest, modify or leave job

- **Increase awareness of how you move, respond, act**

for example explore:

- *Feldenkrais Method*
- Alexander Technique
- Yoga (gentle, restorative)
- meditation

- **Reduce inflammation/Improve circulation for healing**

for example explore:

- anti-inflammatories (pharmaceutical or natural), anti-oxidants (supplements, foods)
- heat/cold, contrast baths
- acupuncture
- aerobic activity: walking, swimming, aerobics classes, etc
- awareness/directed attention: eg: biofeedback, *Feldenkrais*

- **Avoid chronic pain syndrome**

for example by utilizing:

- movement
- breathing
- drugs (eg. anti-inflammatories)
- acupuncture
- psychotherapy

- **Regain strength**

when pain and sensory loss/disturbance is more under control, for example:

- start with strengthen core (along spine/back, pelvis, legs, etc.), move on to hands and arms later
- if necessary, deal with soft tissue/nerve scaring, eg. with movement, active release technique (ART), nerve glide approaches, possibly myofascial release.

- **Work with emotions, intentions and relationships:** Be open to reflect on direction of your life, your occupation, your self-image, habits of attention, body and mind. Find compassionate practitioners that offer support. Spend time with people who help you feel better.

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