

Hi Everyone

I hope you are all doing well!

Another common problem that people present with is.....



Repetitive Strain Injuries (RSI)

RSI are a range of painful and uncomfortable conditions that affect muscles, tendons and nerves.

They are not only due to repetitive activities but also result from overuse activities, forceful movements and awkward or static postures. Usually as a result of ergonomic factors, sport or leisure activities.

A RSI starts with pain being present only while performing the activity and this pain subsides slowly with rest. It eventually progresses with pain being felt all the time and worse with the repetitive task.

Common Symptoms include:

- Tenderness of joint or muscle
- Pain in joint or muscle
- Cramps in the affected muscle
- Swelling in the affected area
- Throbbing in the affected area
- Pins and needles or tingling in the affected area

- Decrease or loss of sensation of the affected area
- Decrease in strength

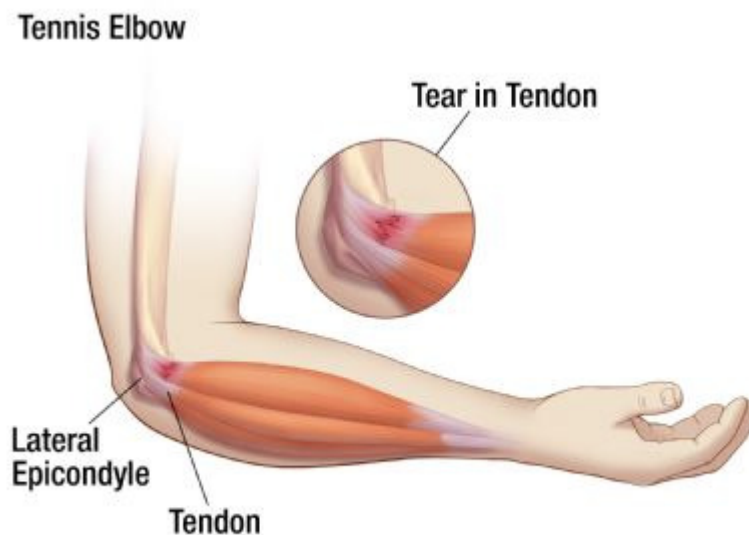
Risk factors to look out for:

- Poor workstation
- Prolonged periods of work without adequate breaks
- Sustained overuse from too much repetitive movements
- Poor posture
- Cold working environment
- Vibrating equipment

Types of RSI:

1. TENDON RELATED RSI

- **Tendonitis** involves tendons which connect muscle to bone. Overuse activities cause microscopic tears in the tendon which then results in inflammation around the area.
- **Tenosynovitis** is inflammation of the protective sheath that surrounds the tendon. The gliding surfaces of the tendon and the sheath become inflamed and roughened with overuse resulting in an ache, tenderness and swelling in the affected area.
- **Epicondylitis** is a result from lesions and inflammation in the muscle and tendon of the elbow. This is more commonly called **Tennis elbow** or **Golfers elbow**.



What you can do:

Lateral Epicondylitis (Tennis Elbow) Exercises



Wrist range of motion



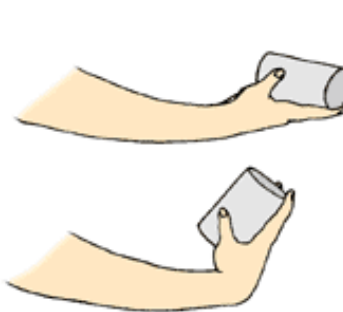
Wrist stretch



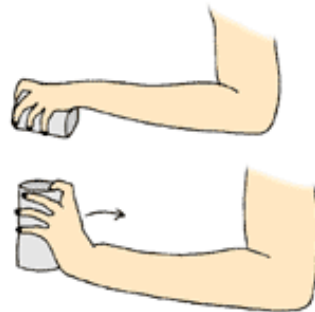
Pronation and supination of the forearm



Elbow range of motion



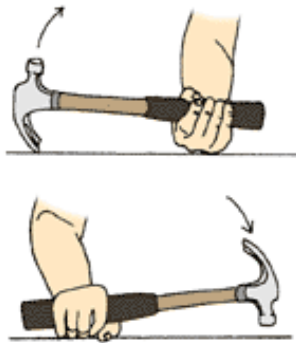
Wrist flexion exercise



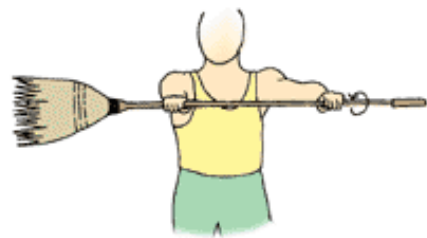
Wrist extension exercise



Wrist radial deviation strengthening

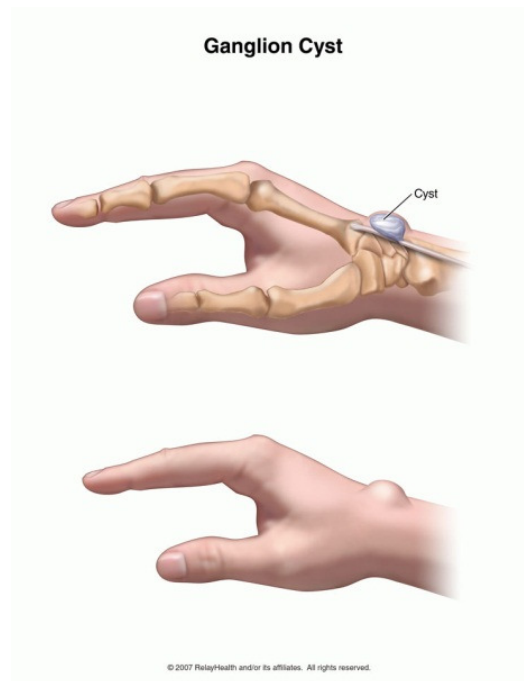


Forearm pronation and supination strengthening



Wrist extension (with broom handle)

- A **Ganglion** is a cyst under the skin overlying the tendon. When it is painless, it is usually left alone and can sometimes disappear on its own. If it becomes tender and painful, the suggested treatment is rest or draining the fluid.



- **Rotator Cuff Syndrome** is also a form of tendonitis in the shoulder. Pain is usually experienced at the tip of the shoulder and down the upper arm. There is also difficulty with lifting the arm.

What you can do:

Rotator Cuff Strain Rehabilitation Exercises



Isometric shoulder external rotation



Isometric shoulder internal rotation



Wand exercise: Flexion



Wand exercise: Extension



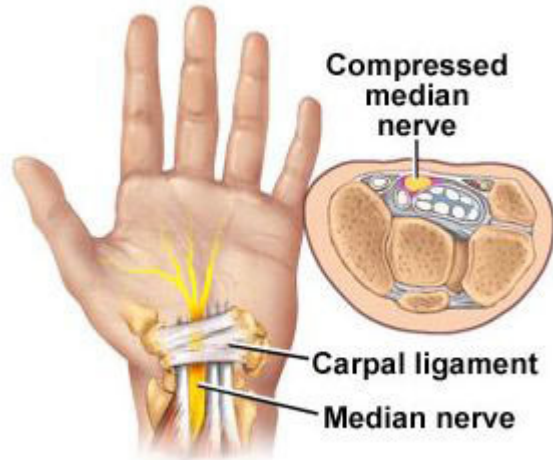
Wand exercise: External rotation



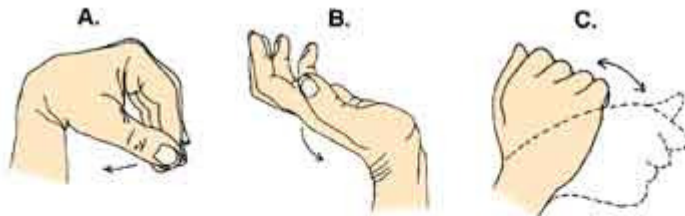
Wand exercise: Shoulder abduction and adduction

2. NERVE RELATED RSI

- **Carpal Tunnel Syndrome** occurs when a tendon becomes swollen and overfills the tunnel, putting pressure on the median nerve and blood vessels in the tunnel. You can experience numbness, tingling and a burning sensation in the hand or fingers. Usually the thumb, index, forefinger, inside of the ring finger and the hand.



What you can do:



Wrist: Active range of motion



Wrist stretch

Wrist extension stretch



Wrist flexion stretch



Pronation and supination of the forearm

3. BURSITIS

- A **Bursa** is a fluid filled cushion between bone, tendon, joint or muscle to allow two surfaces to move smoothly in different directions. It can become inflamed with prolonged pressure of friction. You will experience pain over the inflamed site.

If you have any of the above problems that you would like me to have a look at please do not hesitate to come see me and if you experience pain with any of the above exercises, please consult me first before continuing them.

I hope this Newsletter has been helpful!

Don't forget to have a look at my Facebook page

<https://www.facebook.com/sianphysio>

Or my website at www.sianphysio.co.za

