

## **Repetitive Motion**

Repetitive motion injuries are the result of microscopic tears in tissue as a result of stress and strain on some part of the body from motion that is repetitive in nature. When the body is unable to repair these tears as quickly as they are being produced, swelling occurs. The swelling will consequently result in pain. If untreated, the symptoms will progressively worsen and possibly cause a complete loss of function in the affected area all together. Some of common injuries are carpal tunnel syndrome, bursitis and tendinitis.

Carpal tunnel Prevention tips:

- Short, frequent breaks from work causing repetitive wrist motions. Perform relaxation exercises.
- Stand up and move around whenever you feel symptoms beginning.

Tendinitis and bursitis Prevention tips:

- Be sure to properly warm-up and cool-down for strenuous work activities
- Avoid activities that make your condition flare up until healed
- Practice range of motion exercises to ensure there will be little to no decrease in function
- Use immobilization devices to decrease the strain on the affected tendon.

For further information to identify and prevent these types of injuries in your workplace, contact the Frank Gates/Safe X Safety Hotline at [1-888-588-9848](tel:1-888-588-9848) or our Ask a professional email: [frankgates@safex.us](mailto:frankgates@safex.us).