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I look forward to connecting with you!
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4 Tips to Prevent Repetitive Stress Injuries

A repetitive stress injury, also known as a repetitive strain injury or RSI, can affect many parts of the body, including the neck, shoulders, arms, wrists, hands, back and knees. As the name suggests, this type of injury results from repetitive motions done over time, and it's worsened by poor posture, not having enough rest, and excessive force due to pushing, pulling or supporting.

The good news is that these issues, such as carpal tunnel syndrome and tennis elbow, are preventable if you're mindful of a few points.

Watch Your Posture

Sitting uncomfortably in the same desk chair day after day or standing with poor posture puts you at risk for back pain. [Proper posture](#) and strong core muscles will help prevent injury.

Notice Your Wrists

The wrist is an extremely [common area for RSIs](#) due to the amount of time we spend on computers. To prevent RSI injuries, try to keep your wrists in line with the backs of your hands while typing, and rest your wrists on a foam pad placed in front of the keyboard. Also be sure to take frequent breaks throughout the day.

Work Your Muscles

While repetitive exercise can at times cause an RSI, a good way to prevent injury is to strengthen your muscles. This will allow you to activate more muscles involved in the repetitive movement. And don't forget to [regularly stretch](#) areas that are particularly vulnerable to repetitive stress injuries.

Ease Back In

If you've taken a break from any type of repetitive

*Refer
a
friend*



*Contact
Us*



*Schedule
an
appointment*



movement, ease back into it. It takes a little time to build back up, and you're more injury prone if you dive back in at full force.

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