



Proactive Physio

Repetitive Strain Injury – RSI

What is repetitive strain?

The term repetitive strain injury or RSI is used to describe a range of conditions, which can affect muscles, tendons and other soft tissues. It is caused by repetitive use of a particular part of the body. It can be related to a job or occupation but leisure activities can also be a cause. Unlike a 'normal' strain following a sudden injury, symptoms of RSI can persist.

What causes repetitive strain injury?

The main cause is frequent and repetitive movements of the same a part of your body. For example repeated use of a screwdriver if you do a lot of DIY could give rise to tennis elbow. Other factors may contribute, such as poor posture and lack of rest from the task.

However, the precise reason why RSI develops is not clear. In many cases there is no swelling, inflammation or other obvious problems, which develop in the muscles or tendons, and yet these symptoms develop. Also, it is not clear why some people develop RSI and not others who do the same repetitive tasks.

Which areas of the body are affected with RSI?

Symptoms depend on what the repetitive actions are. Usually symptoms develop in the upper limbs i.e. arm, wrist or hand, this is because these parts of the body most commonly do repetitive tasks. It tends to affect manual workers or office staff who spend a lot of time lifting or using a computers, also people who do DIY and specific sports which involve repetitive movements.

What are the symptoms of repetitive strain injury?

Symptoms can include: pain, tightness, and dull ache, throbbing in the affected area. You may also develop stiffness and loss of movement. The symptoms usually come on gradually, initially the symptoms may only occur whilst you do the repetitive task and are alleviated with rest. In time the symptoms can be present all the time but tend to be made worse by doing the repetitive task.

At Proactive Physio we can provide full assessment and treatment for your particular injury. We would initially examine you to diagnose the problem, following this you will be given advise regarding what could potentially cause the problem to get worse, this will be followed by treatment aimed at improving your condition and a gradual return to your sport and normal life.

For further information or to book an appointment :

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