



Physical Therapy & Sports Medicine

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Director of Treatment

MORE THAN A BIT REPETITIVE

Anyone who performs prolonged repetitive, forceful, or awkward hand movements is at risk for “repetitive strain injury” (RSI), which can damage the nerves, tendons, and muscles of the hands, forearms, shoulders, and neck. The resultant pain, weakness, numbness, and/or compromised motor control can lead to loss of ability to perform daily tasks. People primarily at risk for RSI include those with poor posture or poor technique, and work that requires performance of the same tasks. While it may seem inconsequential that a worker simply moves a mouse over a pad or types at a keyboard continuously, these repetitive motions may lead to potentially severe consequences. When symptoms of RSI arise, it is best to have posture, technique, and work habits professionally assessed.

If you're suffering from RSI—or carpal tunnel or any of the maladies that can result from using modern technology—then please call Orthopaedics Plus today. Our certified orthopaedic manual therapists have many years of experience helping people recover from all sorts of injuries, from the nagging pain of RSI to the more dramatic injuries that can occur in an accident or while playing sports. Call today to learn more about our wide range of services. And don't forget that a patient has the right to choose their own therapy facility, because experience and training make a difference.

P.S. Some of the first causes of repetitive strain injury in the United States were sustained by telegraph operators who developed “telegraphists' cramp.”

**One of Greater Boston's
Premier Orthopaedic
Manual Physical Therapy
Practices for over
20 years.**

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