



TIP OF THE MONTH

Easy Ways to Prevent Repetitive Strain Injury (RSI)

Doing the same tasks each day, every day can be hard on our bodies.

Fine motor movements, repeated hour after hour, day after day, thousands upon thousands of times, eventually, strain the muscles and tendons causing microscopic tears. Injured muscles tend to contract, decreasing the range of motion necessary for stress-free work. The sheaths that cover delicate tendons run out of lubrication because they aren't given time to rest, so tendon and sheath chafe, resulting in pain.

Repetitive strain injury can affect more than just your hands and wrists. Poor posture can lead to severe neck and back injuries. Staring at a computer screen can lead to eye strain. Repetitive reaching for a mouse can lead to arm and neck strain and spinal asymmetry.

The most common RSI signs and symptoms include:

- Tenderness in the affected muscle or joint
- Pain in the affected muscle or joint
- A throbbing (pulsating) sensation in the affected area
- Pins and needles (tingling) in the affected area, especially the hand or arm
- [Loss of sensation in the hand](#)
- Loss of strength in the hand
- Weakness, lack of endurance

5 easy ways to reduce your risk of developing RSI:

1. **TAKE BREAKS** when using your computer. Every hour or so, get up and walk around, get a drink of water, [stretch](#) whatever muscles are tight, and look out the window at a far-off object (to rest your eyes).
2. **Use good posture.** If you can't hold good posture, it probably means it's time for you to take a break from typing. If you struggle to maintain [good posture](#), you probably need to adjust your workstation or chair or develop some of the support muscles necessary for good posture.
3. **Use an [ergonomically optimized workstation](#)** to reduce strain on your body.
4. **Exercise regularly.** Include strengthening, stretching, and aerobic exercises. Yoga and pilates are especially helpful.
5. **Let your hands float above the keyboard** when you type. Move your entire arm when moving your mouse or using hard-to-reach keys - keeping the wrist joint straight at all times. This allows the big muscles in your arm, shoulder, and back to do most of the work, instead of the smaller, weaker, and more vulnerable muscles in your hand and wrist. It is OK and a good idea to rest your elbows/ wrists when not typing.

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



*“When the sun is shining I can do anything; no mountain is too high, no trouble is too difficult to overcome.”*

— Wilma Rudolph

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

**We will ensure that they will receive great care and have a positive therapy experience with us!**

A RECIPE FOR YOU

Low Sugar Teriyaki Chicken

If you're looking for a fan favorite with a lighter sauce. This is it! [Click here](#) for the original recipe!



INGREDIENTS:

- 1/3 cup soy sauce
- 2 T brown sugar substitute
- 1 garlic clove minced
- 1/2 tsp arrowroot powder
- 2 T avocado or olive oil
- 1 T apple cider vinegar
- 1 tsp tomato paste
- 1/4 tsp ground ginger
- 1lb boneless chicken thighs
- Cauliflower rice
- Sesame seeds to taste

DIRECTIONS:

1. Make the teriyaki sauce by mixing everything from the soy sauce through the ginger in a small bowl.
2. Lightly coat the bottom of a skillet with oil and cook the chicken flipping every 3-4 minutes until you get an internal temp of 165°
3. Pour in the sauce and cook over medium heat until the sauce thickens and coats the chicken evenly.
4. Sprinkle sesame seeds on top, serve with cauliflower rice & enjoy!



STRETCHES YOU CAN DO AT WORK



Featured Article: [Stretches You Can Do At Work](#)