

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 repetitive motions. 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.

Physical therapy includes numerous methods of treating RSI. Modalities are available that can help to reduce inflammation, improve circulation, decrease pain, and re-educate muscles. The areas where physical therapists excel and should concentrate their treatment are on manual, “hands-on” techniques and exercise instruction. At ISR Physical Therapy we have been trained to successfully rehabilitate RSI injuries.

*Some of the first cases of repetitive strain injury in the United States were sustained by telegraph operators who developed “telegraphists’ cramp.”



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