

Preventing repetitive stress injuries

Repetitive stress injuries happen when the same muscles, tendons, or joints are used over and over. You can help prevent these injuries by paying attention to your movements and adjusting when you feel pain.

Common injuries

- **Tendinitis:** Inflammation of tendons
- **Carpal tunnel syndrome:** Numbness, tingling, or weakness in your hands
- **Lumbar disc syndrome:** Ongoing lower back pain during movement
- **Raynaud's syndrome:** Cold, numb fingers and toes, often with skin color changes
- **Tennis elbow:** Pain on the outside of the elbow, sometimes spreading to the forearm and wrist

Prevention tips

- Take regular breaks from repetitive tasks
- Move and stretch every hour
- Maintain good posture
- Adjust your workstation to fit your needs
- Avoid prolonged standing
- Lift heavy items only when necessary and use proper form
- Use mechanical aids or take more trips to reduce strain
- Avoid stretching or straining to reach things
- Choose the right tools for the job
- Steer clear of awkward or static postures

