

Preventive tips to keep you healthy... from New London Hospital.

Repetitive Motion

Injuries, Part 1



A Repetitive Motion Injury (RMI) is the painful result of ordinary activities that we perform over and over until an injury occurs. A good way of describing an RMI is a “wear and tear injury.” If you are feeling stiff or sore, it might be an early warning sign that you are overusing your body. These activities will dramatically increase your chances of an RMI:

- **Poor or awkward posture:** such as leaning forward, slouching, or twisting your body
- **Excessive force:** Lifting heavy objects or using localized pressure, as when using a stapler
- **Staying in any one position for too long**
- **A high level of stress,** which leads to tension, fatigue and injury.

Prevention Is Better Than Pain

Prevention is the key to lowering your risk of injury and to making your day more healthy, relaxed, and productive. Here are three essential keys to prevention:

Positioning: Remember your posture! Whether standing or sitting, use neutral positioning, which means keep your shoulders and hips level and keep your spine in line by holding your back upright (but not rigid). Avoid stressful postures like twisting your back, crossing your legs, or hunching your shoulders.

Pacing: Vary your activities and change your position as often as possible during your day. Stay calm and relaxed while you work, which may even help you be more productive.

Breaks: Be sure to take lunchtime and other breaks, as well as mini-breaks every 15 minutes to relieve built-up tension. Sitting for long periods of time is unhealthy; standing and stretching for 10 seconds can provide a good mini-break

For more tips to help you stay well, sign up for our e-newsletter, *Discover Health* by sending your email to discover.health@newlondonhospital.org



Source: National Institutes of Health
Note: This is for information purposes only and not intended for use in place of the advice of a healthcare provider.

