

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

## Repetitive Motion Injuries, Part 2

A Repetitive Motion Injury (RMI) is the painful result of ordinary activities that we perform over and over until an injury occurs.



### **What are the most common types of RMI?**

RMI pain is triggered by pinched nerves or irritation of your body's soft tissue, such as tendons and muscles. The most common RMIs are carpal tunnel syndrome and tendinitis.

#### **Carpal Tunnel Syndrome**

Many tendons, and the median nerve, run through the tunnel formed by your wrist bones. Carpal tunnel syndrome occurs when the tendons become inflamed and pinch the median nerve. Early symptoms often appear as numbness, tingling or pain in the hand or forearm. If untreated, this syndrome can cause permanent nerve damage.

To prevent this from happening, try to keep your wrists straight when using a computer, working with tools, or playing sports. Avoid bending or twisting your wrists into awkward postures for long periods of time.

#### **Tendinitis**

Tendinitis is inflammation of the tendons that attach your muscles to your bones, and it can occur almost anywhere in the body. People with tendinitis feel recurring pain and stiffness.

Staying in good physical condition and using good posture techniques can help prevent the recurrence of tendinitis.

**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](mailto:discover.health@newlondonhospital.org)**



**Source:** National Institutes of Health  
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