

Repetitive Strain Injuries Picture This

RSI
REPETITIVE STRAIN INJURIES

A repetitive strain or motion injury occurs from performing the same task over and over again.

RSIs are musculoskeletal and nervous system disorders, and a wide variety of workplace environments can contribute to its development.

Common Workplace Scenarios that can cause RSIs:

- Poor workplace ergonomics that force bad posture and awkward neck straining.
- Remaining in static positions, even without repetitive motion, can adversely affect blood flow and muscle tension.

Remember the RICE!
Most RSIs can be alleviated with:
R- REST
I- ICE
C- COMPRESSION
E- ELEVATION



*Be sure to see a doctor if you think you may be experiencing pain caused by a Repetitive Strain Injury.

Source: <https://sitflow.com>