

## Repetitive Stress Injury

A Certified Hand Therapist can offer therapy for patients who have been experiencing discomfort while working on the computer or an assembly line.

The therapists in addition to looking into the cause of the injury, perform ergonomic assessments & provide exercises to prevent recurrences. Other treatment modalities could include Ultrasound, Iontophoresis, Electric stimulation treatment. We also provide patients with health tips that can enable them to maintain a healthy and productive lifestyle

Therapy includes

**Improving flexibility of the affected upper extremity**

Individualized Exercise program to regain flexibility of the affected extremity

**Managing/ preventing future problems**

Ergonomic assessment & training

**Improving posture and strength**

*Saba Kamal has over 18+ years of experience as a clinician. She has worked as an Occupational Therapist and a Certified Hand Therapist. In addition, she did her Fellowship in Hand Therapy from Texas Woman's University, in Houston with Baylor alliance.*

*o She has presented several talks at Local and National level conferences (ASHT: American Society of Hand Therapists and IFSHT: International Federation of Societies of Hand Therapists).*

*o She has contributed to a book on Arthritis, presented to support groups etc.*

*o She was the President of the California Chapter of ASHT & has won the best chapter award for her term in 2010 & 2011.*

*o She is a partner/principal in Advanced Rehab Seminars & provides continuing education seminars to other hand & upper extremity therapists nationwide.*

## Hands-on-Care

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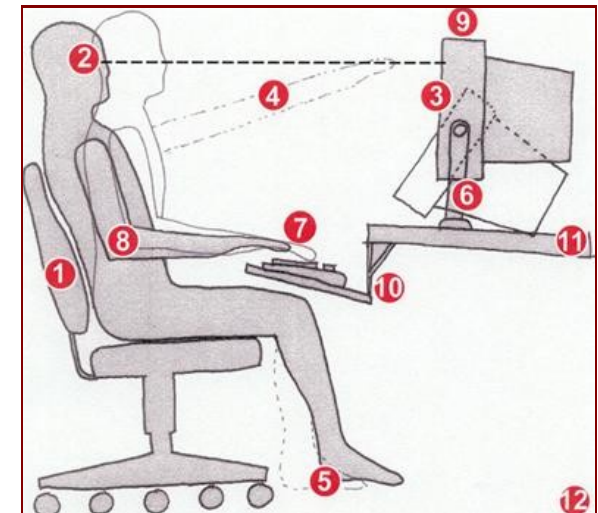


## Hands-on-Care



Specializing in Shoulder, Elbow, Wrist and Hand Therapy

## Repetitive Stress Injury



{ [www.HandsOnCareTherapy.com](http://www.HandsOnCareTherapy.com) }



## Therapy for RSI

Take this simple test for repetitive stress injury

**Call Hands-On-Care if you:**

**YES NO**

- Wake up with your hands numb or have fallen asleep
- Hurts with typing or mousing.
- Pain stops if you stop to type/mouse
- Pain gets worse as the day progresses and is worse by the end of the week
- Dropping objects
- Swelling in the area of discomfort that won't go away
- Hands feels tight or swollen
- Icing the area helps
- Reaching / Grasping increases pain / discomfort in that specific area
- Must take medication to help alleviate pain more than once per week.

**Results:**

**Less than 3 Yes**

You're doing fine. Exercising may help keep your hands in check.

**Between 3 and 6 Yes**

Hand Therapy could be an option for you.

**More than 6 Yes**

See a doctor to confirm a diagnosis, Hand Therapy is definitely an option. Therapy by a CHT is covered by insurance, private, W/C and Medicare

**Ergonomic setup should be done for both office and home. We provide ergo consultation for home and office.**

*The exercises contained in this page are inherently safe. However, as with any exercise program, there is a possibility for injury. Since we are not able to monitor you as you perform these exercises, you must assume them at entirely your own risk. If you have any health concerns at all, please obtain the consent of a qualified Health Care professional before attempting any exercises.*

*Hands-On-Care does not assume any liability for the risks involved in doing these exercises. None of the information herein is meant to replace or serve as the advice of a qualified health care practitioner.*

**Few things are taken into consideration when treating a patient with RSI**

- Ergo setup
- Its use
- Stretching and break program
- Cardio / splints/ braces
- Icing

**Ergo setup:** An articulating keyboard platform with negative tilt, that easily adjusts to individual height, angle and distance from the screen, with neutral wrist position to avoid carpal tunnel pressure and tissue trauma.

Repetitive zone: 0-10"

Occasional zone: 10-20"

Rare zone: 20-26"

Avoid long reaches by locating the items that you use most close to you.

With feet on the floor / footrest, keep your arms by your side and bend the elbow to 90-100 deg flexion. Where your fingers rest is where the keyboard should be placed, floor to elbow minus 1.

No armrest on the chair or they should be lowered so that the elbow is not resting on it while typing.

**Keep the Mouse and Keyboard at the**

same level. Mouse should be the size of the hand.

No wrist rest. Do not rest and type. Play keyboard like a piano with neutral wrist.

When mousing do not lever on the wrist. Move

the whole arm while still keeping the elbow by your side.

If wearing bifocals keep the monitor low to avoid tilting your head up. For people with normal vision, keep the monitor at eye level. For more information on ergonomics contact your certified hand therapist.



# Exercises for repetitive stress injury

Laying on a 6" x 36" foam roll to perform very slow snow angel stretches to let the nerve/ tendon glide.



**Chin tucks:** Aligns the neck to the shoulder to the hips  
**Chair Stretch**  
 Hold on to the chair and lean



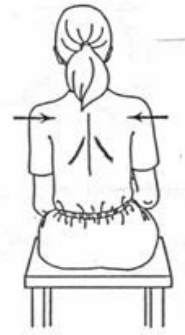
away tilting the neck to the opposite side stretches upper trapezius.



**Shoulder Rolls:**  
 Backward roll to counteract the tendency to perform activities in front.



**Shoulder Squeeze**  
 Squeeze it back and down to keep the shoulder blades attached to the rib cage and shoulder in alignment



**Forearm stretches:**

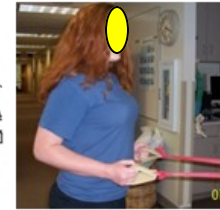
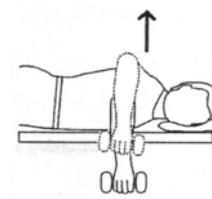


Stretch the flexor and pronators  
 Stretch the extensors of the forearm.

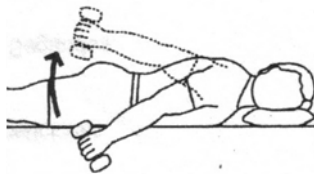
Strengthening is crucial



to maintain the scapula against the rib cage, if weakened, it will cause



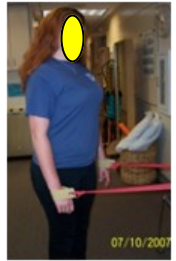
protraction of shoulder and rounded shoulder will create shoulder problems.



**Shoulder extension**  
 If unable to lay

on the stomach, TBand exercises can be performed.

**External rotation:** Loop through the wrist to perform this exercise



Download a **break program** to remind you to take short breaks throughout the day. Few free wares are [www.RSIguard.com](http://www.RSIguard.com), [www.MacBreakz.com](http://www.MacBreakz.com) etc. Your job may be sedentary, perform 30 mins of **cardio** every day to keep your metabolism high to help you heal.

Your CHT can make you the necessary **custom splint** to help minimize your symptoms.



They can also use various **modalities** like Ultrasound, iontophoresis or electrical stimulation to alleviate your symptoms.





# Repetitive stress injury

Treatment for RSI is simple, you just need to have a program to manage your symptoms and prevent future problems.

Treatment by a CHT is covered by all insurances. You need to obtain a prescription from your family practitioner or your workers compensation physician. A max of 6-8 sessions are needed in the early stages of the disease to learn all the exercises and regain full function of the arm and prevent future problems.

## Prescription

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis & Surgery: \_\_\_\_\_

Date Of Surgery: \_\_\_\_\_

**Prescription:**  Evaluate and Treat as Needed, PRN

I certify that this hand therapy is medically necessary according to normal standards of care. Unless otherwise specified, valid for one month

Frequency: Therapists Discretion  \_\_\_\_\_ times/week x Duration: \_\_\_\_\_ Wks

Signature: \_\_\_\_\_ Cal Lic #: \_\_\_\_\_

**Ergonomic Setup:** Height: \_\_\_\_\_ Eyeglasses: \_\_\_\_\_

Anthropomorphic Measurement	Personal Assessment (in inches)	Comments	Total	Recommendation
Floor to elbow		Add 2"		Good desk height while performing hand-writing and table task activities
Floor to elbow		Minus 1"		Good height for keyboard and mouse tasks while minimizing wrist extension and encouraging neutral wrist posture
Floor to eye level				Visual height for viewing text on the screen while maintaining neutral neck posture
Elbow to elbow		Minus 2"		Armrest width for support of UE (optional)
Chair seat to elbow				Armrest height for support of UE & to avoid shoulder elevation and stress (optional)

**Check your furniture at work and home to see if it matches the above measurements**

### Don't Ignore!

Early Warning signs of RSI

- Headaches
- Discomfort or pain or tingling
- Muscle weakness
- Fatigue
- Swelling, Numbness
- Changes in dexterity

### If symptoms arise

- Don't grin and bear it
- Its **NOT** part of getting older
- Inform your manager
- Seek Medical attention ASAP