



# Be strong and flexible

## Keep your musculoskeletal system healthy



Your musculoskeletal system includes the bones and muscles that help you move.<sup>1</sup> Doing the same motion day after day can be hard on your body, and can strain your musculoskeletal system.<sup>2</sup> It could be an injury from repeating the same motion. Repetitive motion injuries (RMIs) usually affect the hands, wrists, elbows and shoulders.<sup>3</sup>

## Keeping motion injuries at bay

You can prevent RMIs from happening and reduce symptoms. Here are a few tips for preventing and treating RMIs:

- Take frequent breaks. Stretch and give your body time to rest.
- Adjust your chair and desk so you're sitting in a natural position.
- Keep an upright posture. Avoid leaning forward or backward more than you have to.
- Use a splint to lessen pressure on the muscles and nerves.
- Put ice on the affected area.
- To relieve soreness and pain, try physical therapy.

**Staying pain free for the future**  
With rest, most people fully recover from RMIs.<sup>2</sup> By taking steps now to protect your bones and muscles, you can keep doing the things you need to do every day at work and at play.



#### Sources

- <sup>1</sup> Cleveland Clinic website: Normal Structure and Function of the Musculoskeletal System (accessed December 2014): [clevelandclinic.org](http://clevelandclinic.org)  
<sup>2</sup> National Institute of Neurological Disorders and Stroke website: NINDS Repetitive Motion Information Page (accessed December 2014): [ninds.nih.gov/disorders/repetitive\\_motion/repetitive\\_motion](http://ninds.nih.gov/disorders/repetitive_motion/repetitive_motion)  
<sup>3</sup> National Institute of Neurological Disorders and Stroke website: Carpal Tunnel Syndrome Fact Sheet (accessed December 2014): [ninds.nih.gov/disorders/carpal\\_tunnel/detail\\_carpal\\_tunnel](http://ninds.nih.gov/disorders/carpal_tunnel/detail_carpal_tunnel)  
<sup>4</sup> WebMD: Fitness & Exercise Repetitive Motion Injuries (accessed December 2014): [webmd.com](http://webmd.com)

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