

Repetitive Motion Disorder

What is it?

Repetitive motion disorder is a condition that results from continuous or repeated unnatural movements, vibrations, or compression that lead to injury in the musculoskeletal system or nervous system. It most commonly affects the joints, neck, arms, legs, and hands and is often associated with activities that involve overuse or poor technique. Examples of repetitive motion disorders are carpal tunnel syndrome, bursitis, tendonitis, epicondylitis, ganglion cyst, tenosynovitis, and trigger finger.



Symptoms

Symptoms of repetitive stress disorders can worsen over time and may include:

- Pain
- Soreness
- Numbness
- Weakness
- Redness
- Swelling
- Tingling sensation
- Loss of flexibility and/or strength
- Headaches



Cause

Repetitive stress disorders develop due to uninterrupted or repetitive motions that place excessive stress on the body over an extended period. These awkward movements can be associated with various activities, including work, hobbies, or ergonomically unsound arrangements.



Diagnosis

Diagnosing a repetitive motion injury involves a medical evaluation. A doctor will inquire about the patient's symptoms and conduct a physical examination. Diagnostic imaging tests may be ordered to obtain a clear view of the injury and rule out other underlying conditions with similar symptoms.



Treatment

Treatment for repetitive stress disorders often avoids surgery and includes:

- Modify or stop the activities causing the injury.
- Rest the affected area for recovery.
- Manage pain and inflammation with ice, heat, pain relievers, and steroid injections.
- Seek physical therapy for stretching, strengthening exercises, and ergonomic measures to prevent further injury.

Prevention

Preventing repetitive motion disorders is key. Strategies include:

- Athletes: Proper stretching, warm-up, and cool-down routines.
- Regular breaks and ergonomic tools for repetitive tasks.
- Work with a doctor and physical therapist to assess workstations and techniques for natural and ergonomic practices.



References

- <https://www.jointinstituteffl.com/2020/02/21/what-are-repetitive-stress-disorders/>
- <https://www.ninds.nih.gov/health-information/disorders/repetitive-motion-disorders#:~:text=The%20disorders%20are%20caused%20by,Tendonitis>