



# Health News

## from Ponte Vedra Wellness Center

Family Chiropractic Care  
in Ponte Vedra Beach & Nocatee Town Center

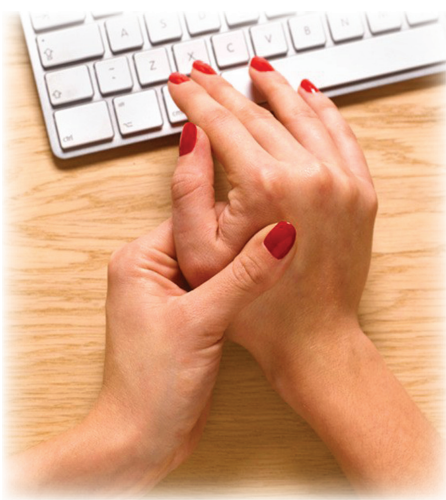
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## Tips for Dealing With Repetitive Motion Injuries

### Definition and Root Causes

A repetitive motion injury (or overuse injury) involves doing an action over and over again, as with a baseball pitcher throwing a baseball, a tennis player hitting a tennis ball, typing at a computer keyboard, and most notoriously, typing with your thumbs on the tiny keypad of your phone. It may be reasonably asserted that our musculoskeletal systems were not designed for such repeated motion sequences utilizing small muscle groups, but rather for a wide variety of tasks involving bending, lifting, twisting and turning, and walking and running required for the survival of our earliest ancestors.



The repeated movements implicated in overuse injuries cause inflammatory reactions, which affect muscle-tendon units that move the bones and ligaments that hold joints together. The short-term result may be an achy or sharp pain localized to a specific muscle or joint. Longer-term results of repetitive motion injuries include more frequent pain, possibly experienced throughout the day, and more significant structural damage to muscles, tendons, and ligaments. In the case of carpal tunnel syndrome, for example, repetitive use may permanently damage nerve bundles that supply the muscles and other soft tissues of the hand.



## Care and Prevention

- **Adult & Senior Chiropractic Care**
- **Pediatric Care**
- **Chiropractic Neurology**
- **Spinal Decompression**
- **Physical Therapy**
- **Personal Fitness Training**
- **Massage Therapy**
- **Weight Loss and Nutrition**
- **Prenatal/Postpartum Care**
- **Balance/Fall Prevention**
- **Auto Accident Care**

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Overall, it would be optimal to avoid repetitive motions altogether, but for almost all of us this is simply not an option. It would certainly be sensible- and not overly difficult - to restrict typing on the keypad of our phones, but limiting typing on a full-size keyboard would conflict with the work environment in which most of us earn our livelihood. Whether we are writers, healthcare professionals, members of a sales team, data analysts, or human resource administrators at government or nonprofit agencies, working at a computer comprises a substantial portion of our work week, and may even extend into one or both days of what used to be known as a “weekend”. Similarly, athletes are not going to stop or limit participation in their sport owing to the possibility of a future repetitive motion injury.

The solution lies in a prevention program that incorporates graduated, comprehensive strength training activities into our regular exercise routines. Performing upper and lower body strength training exercises each week trains both large and small muscles groups to adapt to mechanical loads throughout a full range of motion. Beginners start with light weights and gradually increase the number of repetitions and the amount of the weight being lifted. Those who have done strength training in the past may have a shorter learning curve and more quickly re-adapt themselves to this critical and rewarding exercise environment. The key for everyone is to exercise each major muscle group, that is, the chest, back, shoulders, arms, and legs, at least one time per week on a consistent, ongoing basis.

Regular chiropractic care assists all of us in our exercise activities and in achieving our long-term health and wellness goals. By detecting and correcting spinal misalignments and sources of nerve interference, regular chiropractic care enables our bodies to receive and incorporate the full benefits of our healthy lifestyle choices, including healthy nutrition, sufficient restful sleep, and regular vigorous exercise. In this way, regular chiropractic care helps our families and ourselves to live full, healthy lives.