



**ACTIVEPHYSIO®**

If it's not active it's not physio

PatientInformation

**OOS**



## The condition

- Occupational Overuse Syndrome (OOS)
- Repetitive Strain Injury (RSI)

## About the condition

These terms are umbrella titles for a number of symptoms that are associated with repetitive use. The symptoms include neck and middle back pain, shoulder and arm pain, weakness, pain and/or changes in sensation in the arm(s). The problem arises commonly when the work situation is not ideal or through poor use of equipment (such as the mouse). The symptoms arise from structures including joints of the back, neck, shoulders, elbows and hands. Tightness in some muscles verses weakness in others create muscle imbalances. These imbalances can lead to strain in nerve structures and across joints.



## Usual symptoms include

- Gradual development of symptoms associated with a change in work habit
- Pain in the neck and/or upper back and between the shoulder blades and may also be associated with headaches
- Pain, pins and needles and/or numbness in the arm(s)

## What we can do to help

- Early intervention is very important – it is best to address these problems within 2 months of the first symptoms
- We teach you the importance of self-management in the form of exercises while at work as well as general physical fitness
- We educate you on how to understand the problem and how to keep your level of activity as high as possible while progressively recovering
- We use gentle joint manipulation to free the affected joints.
- We use massage and stretching to relieve the strain on nerve structures
- We use massage and stretching to restore the balance between the muscles
- We strengthen the postural holding muscles so that you improve your alignment
- We advise on changes to the work set up or habit
- We teach you preventative strategies to stop recurrence such as breathing and relaxation exercises.
- We are planning to see you about \_\_ times over the next \_\_ week(s)

Your local Active Physio:



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