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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Massage Therapy And Repetitive Strain Injuries

By "Jeff P. Anliker, LMT"

There is no question that conservative therapy is the best option for those suffering with a

Repetitive Strain Injury. >From Trigger Finger to Thoracic Outlet Syndrome, conservative therapy produces the best results, limited side effects (if any), quicker results and long-lasting relief.

There are many types of conservative treatments that provide a variety of positive benefits to the user. Massage Therapy is a terrific conservative treatment that provides good results by itself, and even greater results when combined with a stretch and exercise routine.

Massage is used to help relax and lengthen tight, restrictive muscles, break down scar tissue in injured muscles, reduce adhesions on affected tendons at their point of attachment to the muscle or to the bone, remove toxins from muscles and increase overall circulation and nutrient delivery to the associated tissues. All of these wonderful benefits help overworked muscles to relax and injured muscles to recover. The problem is this. Massage Therapy does not correct the muscle imbalances causing the Repetitive Strain Injury. Massage Therapy can greatly assist the rehabilitation / treatment process, but once a muscle has been injured and has atrophied to any significant degree, or a muscle has gone into a state of chronic hypertonicity, other therapeutic elements must be added to the treatment regimen in order to completely eliminate the Repetitive Strain Injury.

An integral part of treating Repetitive Strain Injuries is the implementation of a stretch and exercise routine specifically designed to create structural integrity and muscle balance where the injury exists. If the injury is Tennis Elbow, there must be an equality of strength between the wrist and elbow flexors, wrist and elbow extensors, and wrist and forearm pronators and supinators. By creating strong flexible muscles surrounding the specific joint, that joint will no longer be highly susceptible to Repetitive Strain Injuries.

The integration of Massage Therapy, stretches, exercises and hydrotherapy is a highly effective treatment protocol for many types of injuries. An example of a treatment sequence for a 'chronic injury', no matter the affected area, should follow along these lines:

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Hydrotherapy Heat – Heat to increase circulation to the area, making the soft tissues relaxed and pliable.

Massage Phase–I - Specific massage treatment utilizing Trigger Point Release techniques to release muscle spasm and Transverse Friction Massage to break down adhesions.

Stretch - Stretch overly restrictive tissues to increase their length and reduce their compression of underlying tissues.

Exercise - Perform strengthening exercises for the affected tissues in order to reduce tensile strain on the injured area, heal micro–tears and increase healing nutrients to the injured area. Strong muscles create stability and prevent future reoccurrence of micro–tears to a previously affected area.

Massage Phase–II - Perform light Petrissage and Effleurage towards the heart to remove the toxins created from undergoing Trigger Point Release, Transverse Friction Massage, stretches and

exercises.

Hydrotherapy Cold - Cool the injured tissues in an elongated position as to not lose range–of–motion (ROM) of the affected tissues and to further remove toxins from the area.

Massage Therapy and the involvement of the techniques listed above are very effective in eliminating chronic Repetitive Strain Injuries. Any one element by itself is OK, but by implementing several sound conservative techniques, the success rate of the treatment increases dramatically. Remember, when injuries are present, choose the "Conservative Alternative".

Jeff P. Anliker, LMT, is a Therapist and Inventor of Therapeutic Exercise Products that are utilized by Corporations, Consumers and Medical Facilities around the world. Balance Systems, Inc.

<http://www.repetitive–strain.com>

Eliminating Repetitive Strain Injuries In The Workplace

By Jeff P. Anliker, LMT

Repetitive Strain Injuries (RSI's) that occur at work are best eliminated at the source; this is the fundamental goal of occupational health and safety.

In the case of repetitive strain injuries, the prime source of injury is continuous repetitive and/or static flexion of the fingers and hands in a unidirectional (one way) motion. (i.e. Mouse use, typing, writing, gripping work tools, etc.) Other components, such as applied force, fixed body position, and the pace of work requiring repetitive or long–term static movements are also contributing factors in becoming afflicted with a disabling repetitive strain injury.

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Therefore the main effort to protect workers from repetitive strain such as carpal tunnel syndrome, trigger finger, cubital tunnel syndrome, guyon's syndrome and other injuries should focus on limiting or "counteracting" repetitive and static flexion activities that require constant overuse of the flexor muscles of the hand and forearm. If left unchecked, repetitive or long-term static finger and wrist flexion eventually leads to muscle imbalance and the onset of one of the many debilitating repetitive strain injuries listed above.

Protection against repetitive strain injuries can be achieved through the implementation of workplace protocols that involve the following:

- Job/task rotation
- Individual-specific ergonomic work stations
- Quick Breaks
- Stretching program
- Exercise program

Implementing the workplace protocols listed above is extremely important in maintaining structural integrity and muscle balance of the entire upper extremity. (i.e. Fingers, hands, wrists, forearms, elbows, upper arms, and shoulder.)

If you are beginning to suffer from a repetitive strain injury at work, be sure to consult your company's employee health director for assistance in establishing the protocols listed above in order to keep the injury from progressing any further. Remember – prevention is a lot cheaper than rehabilitation, both physically and financially!

Stay Healthy!

Jeff P. Anliker is a Therapist and Inventor of training systems that are utilized by Corporations, Consumers, Musicians, Athletes and Medical Facilities around the world for rehabilitation and performance enhancement.

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