

# When Repetition Causes Harm

## From A Chiropractic Perspective

By Michaela Gulvas

**P**ractice might make for becoming perfect, but repeating certain actions regularly can also result in a host of injuries. Chiropractors agree that often sacroiliac pain, tennis elbow, frozen shoulder, and carpal tunnel syndrome are just some repetitive motion injuries that benefit from regular chiropractic care.

### DEFINING MOTIONS

From neck, to wrist, shoulder to back, your everyday activities, whether at work or at play, may be putting your spine in a precarious situation. **And while you may not initially experience pain or soreness, chiropractors say it's only a matter of time.**

Carpal tunnel is a repetitive stress activity that is caused by some kind of recurring activity, frequently involving computers or tools in the workplace, said Dr. P. Thomas Davis, a retired associate professor of Research and Methods, Northwestern University, IL. The syndrome could be caused by hobbies that require similar repetitive motions.

In certain positions, with overuse and with repetitive activity the shoulder can also become unstable and susceptible to injury.

### IT'S A REACH

Tendons can also get injured from athletic activity such as repetitive reaching behind the body or rotating arms in a way that compresses tendon and nerves. **"The rotator cuff, the band of tendons protecting the main shoulder joint,**



**is especially vulnerable," said Dr. Jeffrey Hall, Active Life Chiropractic Clinic, Austin TX.** "When these tendons become inflamed with injury or overuse, edema or swelling puts pressure on vascular tissue and impede shoulder joint movement."

### DON'T BLAME THE RACQUET

While tennis elbow is common amongst tennis players, especially those with a faulty backhand, it can also affect carpenters, hair stylists, cashiers and typists who perform repetitive hammering, grasping and rotary forearm motions.

**"More people are getting tennis elbow these days as a result of using the computer more," says Dr. Robert Tarantino, Lyndhurst, NJ.**

### COMPOUND THE PROBLEM

According to the American Chiropractic Association, repetitive injuries have become more prevalent today because people are spending long hours slouched over their office computers. These workers then go home and turn on their home PC's and repeat

the process. Regular chiropractic care can provide relief, correct the problem and maintain your wellness. Through a variety of treatments including specific adjustments and exercises, anyone can be set on the path to better health.

### BACK IN MOTION

Anyone who has to lift and cart boxes, furniture or crates regularly, is subject to injuring the lower back areas. **According to Dr. Jay Okin, who has a Manhattan-based practice, "repetitive injuries are perhaps the most common cause of sacroiliac pain. When you do a repetitive exercise or dance, injury can occur."**

"Most people lift correctly, but the problems often arise when people are working overtime and their legs or arms are tired," said Dr. Ross Lubrani, Xcell Chiropractic and Rehabilitation, Elyria, OH. "That's when you start using more muscles that aren't meant to be used for lifting, which makes you more susceptible to injury in the lower back."

### OVERUSE OVER TIME

The benefits of ongoing chiropractic care abound, particularly when it comes to preventing and seeking relief for repetitive motion injuries. **"If you have adjustments even once a month or every six weeks, it helps the body adapt to everyday stresses and strains," said Dr. Harlan Hoffman, Hampton Chiropractic Clinic, Essexville, MI.**