

repetitive strain injury stretch guide

forearm extensor



Extend L arm out keeping elbow straight with fingers straight. Cup L hand with R hand, pull L hand toward inner forearm.

forearm extensor 2



Repeat forearm extensor stretch with hand turned outwards.

forearm flexor



Hold L hand by fingers and pull back until you feel the stretch on the inner part of the forearm.

triceps stretch



Place R arm with elbow pointing to the ceiling and hand resting between the shoulder blades. Use L hand to gently pull R elbow backwards.

smart tips...

- Stretch gently and slowly
- Keep breathing
- Hold each stretch for 15 seconds
- Do not bounce stretches
- Stretch to the point of tension not pain
- Perform each stretch at least every 2 hours
- Repeat all stretches to left and right
- Ongoing pain should always be assessed by a qualified therapist

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finger stretch



Extend fingers of L hand until you feel the stretch. Hold. Then make fist with thumb beneath fingers and hold.

scalene stretch



Grasp seat of chair with L hand and gently pull ear to shoulder with R hand.

levator scapulae



Grasp seat of chair with L hand. Place R hand on head and turn head to look at armpit. Pull head forward and down into your armpit.

upper trapezius stretch



Place R hand on head, gently pull ear to R shoulder and head slightly forward.

self massage

Massage is not a cure for RSI but it can release muscular tension and help relieve the pain. Use the thumb of the right hand to massage in a circular motion from the elbow in a line to the wrist. Repeat on both surfaces of the arm. Use the same circular motion of the thumb to massage the fleshy parts of the hand.



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ice therapy

RSI is damage to tendons, nerves and other soft tissues due to repeated performance of a particular movement. The stressors that cause RSI create tiny tears in muscles and tendons which become inflamed. Using an ice pack after aggravating activities decreases blood circulation reducing inflammation and provides pain relief.