

# Repetitive Strain Injuries Picture This



**RSI**  
**REPETITIVE STRAIN INJURIES**

A repetitive strain or motion injury occurs from performing the same task over and over again.

RSIs are musculoskeletal and nervous system disorders, and a wide variety of workplace environments can contribute to its development!

**Common Workplace Scenarios that can cause RSI:**

- Poor workplace ergonomics that force bad posture and awkward neck straining.
- Remaining in static positions, even without repetitive motion, can adversely affect blood flow and muscle tension.

**Remember the RICE!**  
Minor RSI can be alleviated with:  
R- REST  
I- ICE  
C- COMPRESSION  
E- ELEVATION

**Diagram of a human silhouette with labels for common RSI locations:**

- Rotator Cuff Syndrome
- Tennis Elbow
- Hip Bursitis
- Carpal Tunnel Syndrome
- Patellofemoral Syndrome
- Shin Splints

\*Be sure to see a doctor if you think you may be experiencing pain caused by a Repetitive Strain Injury.

Source: <https://sitflow.com>