Cumulative Trauma Disorder

Repetitive motion injury is also called cumulative trauma disorder. Examples of this condition include carpal tunnel syndrome, tennis elbow and tendinitis. Overuse of a muscle group or joint over time can lead to pain, weakness or numbness of the affected area. There is usually no history of injury. The repetitive motion that caused the problem needs to be stopped.

HOME CARE INSTRUCTIONS

- Treatment usually requires avoiding the movement causing the problem for a period of time. Do this by changing your activities or job tasks if necessary.
- A splint, brace or wrap may be needed to protect the injury.
- For the first few days of treatment, ice packs can be applied every 2 hours for 30 minutes to reduce the pain and swelling. Learn to recognize the pain early and protect yourself from further injury.
- Get plenty of rest, and engage in regular activity that does not aggravate the injured joint.
- Eat a well balanced diet. Eating too much salt can cause water retention and swelling. This can make carpal tunnel syndrome worse.
- Take measures to reduce stress.

See your caregiver if your symptoms are not improved within 5 - 10 days.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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