

Understanding Muscle Strain and Overuse Injuries

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Symptoms of Muscle Strain

Muscle strains can vary from mild to severe, and common signs include:



- Pain, tenderness, or stiffness in the affected area
- Swelling or bruising caused by damaged blood vessels
- Muscle spasms or weakness
- Limited range of motion or difficulty performing normal activities

Early recognition and care are key to preventing chronic issues.



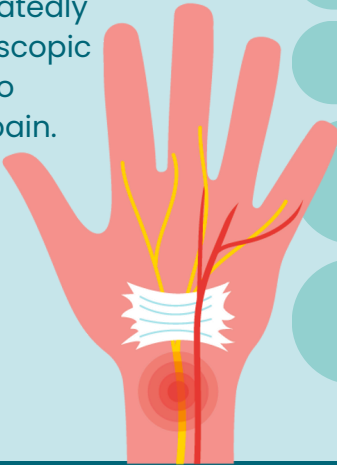
How Muscle Tears Heal and Why Re-injury Happens



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Overuse Injuries and Repetitive Strain

Overuse injuries, also called cumulative trauma disorders (CTD) or repetitive strain injuries (RSI), develop when muscles are repeatedly stressed without adequate rest. Microscopic tears accumulate over time, leading to inflammation, soreness, and chronic pain. Common overuse injuries include:



- Hand & Wrist: Carpal Tunnel Syndrome, Wrist Tendonitis
- Elbow: Tennis Elbow, Golfer’s Elbow
- Shoulder: Impingement Syndrome, Rotator Cuff Syndrome, Bursitis
- Hip: Snapping Hip Syndrome, Hip Bursitis
- Knee & Leg: Stress Fractures, Shin Splints, Chondromalacia, ITB Syndrome, Jumper’s/Runner’s Knee
- Foot & Ankle: Achilles Tendonitis, Tarsal Tunnel Syndrome, Posterior Tibial Tendonitis, Plantar Fasciitis

Chiropractic Care for Muscle Strain and Overuse

Chiropractic care can help relieve pain, restore function, and prevent re-injury. Treatments may include:

- Targeted spinal or joint adjustments to restore mobility
- Soft tissue therapy to reduce inflammation and muscle tension
- Corrective exercises to strengthen weakened muscles
- Education on ergonomics, posture, and movement to prevent future injuries

By addressing both the symptoms and the underlying causes, chiropractic care promotes faster recovery and long-term muscle health.

