

ADMINISTRATIVE ATHLETES

INJURY AND WELLNESS TRENDS

Repetitive Strain Injuries (RSIs):

- Causes of RSIs: Repeating the same motion over extended periods, such as typing or using a mouse.
- Symptoms:
 - Pain or stiffness in fingers, hands, wrists, or elbows
 - Trigger finger (difficulty straightening a finger)

Back Injuries:

- Causes of back injuries: Prolonged sitting, poor posture, and inadequate lumbar support in chairs
- Symptoms:
 - Herniated or bulging discs
 - Chronic lower back pain

Headaches and Migraines:

- Causes of headaches and migraines: workplace stress, excessive workload, and poor work-life balance.
- Symptoms:
 - Muscle tension
 - Sleep disturbances
 - Weakened immune response