

Dr. Lovejoy-Evans's Nursing Home Prevention Strategy

Preventing Overuse

Learning to recognize, resolve, and prevent overuse will help maintain the strength and the ability to do everything for yourself so you can live independently.

Continuing to use a muscle when it the strength to do a specific task will its capacity and cause tiny tears in musculotendinous junction. These micro-tears are considered overuse. Working in the yard for several hours on the first easily cause overuse. Burning or signal those traumas or tiny micro-tears are occurring. This microscopic shredding of the tendons may be called overuse, tendonitis, or muscle strain.



does not have push it beyond the micro-traumas or Working in the sunny day can discomfort can



Healing an overuse injury requires learning to rest the body part well enough, long enough. Take a cue from pets, and watch to see how they alternate between resting and running. Animals will also hold a paw up that has been injured. Too often we ignore our body's signals and push through, determined to finish a task.

Dr. Amit Goswami, Ph.D., a quantum physicist, [<http://www.amitgoswami.org>] says we need to alternate “being” with “doing.” Adopting this “do, be, do, be, do” approach allows us to strengthen our muscles while getting our tasks done, then resting long enough to allow our bodies to repair any damage.