



# OOS



**OOS (Occupational overuse syndrome)** is an umbrella term for a wide range of conditions causing discomfort or persistent pain in muscles, joints, tendons, nerves and soft tissues. These conditions develop normally from repetitive movement as typing or shovelling, constant muscle contraction or straining, forceful movements as squeezing and pulling or constricted postures such as sitting at a desk, driving, welding, painting etc.

OOS - previously called RSI (Repetitive Strain Injury). It is one of a number of conditions now referred to as Gradual Process Injury (GPI).

Symptoms develop gradually and worsen over time if left untreated. Early symptoms of OOS include: Muscle discomfort. Aches and pains. Hot or cold feelings. Muscle spasms or tightness. Numbness and tingling. Loss of power in hand or limbs,. Tiredness, headaches, anxiety and loss of concentration.  
(2011) Discomfort pain and injury . ACC.

**Call us for injury management of these injuries before they cripple you!**

## Joint Stiffness

It's an inevitable part of aging but we can reduce the effects of wear and tear by adding joint food or nourishment to your daily diet. Turmeric, omega oils, Glucosamine & Chondroitin, Arthrim studies have all shown benefits – it's about choosing what's best for you.



Note: 1 kg lost from your body weight reduces the weight on one knee by 7kgs – wow! That's natural healing for you!



## Joke for September



A healthy sleep not only makes your life longer, but also shortens the workday.

## BODY EXERCISE FACTS

1 stubby beer = 132 calories

**FACT:** A man needs to walk for 30 minutes or run for 15 minutes to burn off one stubby.

1 glass dry wine = 102 calories

**FACT:** A woman would need to walk for 20 minutes or run for 10 minutes to burn off one glass of wine.



## Mental Health

**The essence of mindfulness.** You are fully present right now. You are engaged in whatever you are doing. You are no longer dwelling in the past or fretting about the future.

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