

## Repetition

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- ✓ If you watch the sports news, you will often hear of athletes that suffer from injuries. In a lot of cases, this is due to the fact that they repeat the same type of motion practice after practice and game after game. Tennis elbow, golfer's elbow, jumper's knee are just a few of the common sports injuries.
- ✓ Think of a rope sliding back and forth over an edge. If you keep repeating the motion, the rope can get worn and frayed.
- ✓ As industrial athletes, injuries to muscles and other soft tissues happen when one part of the body is overused hour after hour, workday after workday.
- ✓ And since we don't have an off-season, it's doubly important that we find ways to reduce the stress on our body and ensure our body is able to recover during our work day.



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