

Lamb Program Treatment Protocol

Repetitive Strain Injury (RSI)

The incidence of work-related RSI/OOS (repetitive strain injury/occupational overuse Injury) has climbed in Canada where approximately 2.3 million Canadians have been affected enough to limit normal activities (Statistics Canada study 1996-2001). In the United States, more than 60% of WSIB cases are for RSI, and similar numbers are now present in Canada. (Quilter, 1998). Comcare's 1997 report indicates penetration of mild RSI in 80% of sales people, 81% clerks, 86% of professionals, and 78% of managers.

The definition of RSI

Repetitive strain injury is a medical term used to describe a pain or discomfort of the upper limb. Although a 'repetitive strain' can occur in any area of the body, physicians typically apply the term to a pain of the arm unit including the neck, shoulder upper back, upper arm, forearm and hand, that is related to repetitive tasks. RSI is an **umbrella term** used to catch any and all pains of the arm related to repetitive tasks. The most common forms include tennis and golfer's elbow, carpal tunnel syndrome, ulnar neuritis, metacarpalgia, rotator cuff of the shoulder, chronic neck and upper back pain and limb numbness or tingling.

The signs and symptoms of RSI

The signs and symptoms of RSI vary depending on the exact areas of the arm and neck involved in the pain syndrome; however, the most common RSI complaints include the following:

- #1 – Numbness and tingling of the arm and / or hand
- #2 – Pain and / or weakness of the upper arm and / or forearm, and / or wrist, and / or hand
- #3 – Reduced range of motion and / or stiffness of the shoulder, elbow, wrist or fingers
- #4 – Difficulty lifting of objects and / or tendency to drop objects (dropsy)
- #5 – The tendency of pain and / or numbness to increase with repetitive activity and at rest

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By classifying the severity of RSI into three groups of mild, moderate and severe, we can then create more specific criteria using the Lamb Program.

1. Mild RSI is described as intermittent symptoms of arm or hand pain and/ or numbness. This person is usually able to work and perform many work and daily duties, but has some difficulty with repetitive tasks, night-time symptoms, and is aware and bothered by the symptoms. Nerve function is usually normal on EMG and nerve conduction testing.
2. Moderate RSI is described as constant symptoms of arm or hand pain and/ or numbness. The pain or numbness/tingling will often vary from mild to more severe from day to day. This person is easily aggravated by repetitive activity such as computer work, assembly work, driving, sitting and even sleeping. This person may be able to work, but often with many days off from pain during the day. This person usually has regular sleep disruption, and is bothered by pain day and night. Fatigue is often present due in part by lack of sleep, the chronic pain and serotonin depletion from the nerve pain. Nerve function is usually abnormal on EMG and nerve conduction testing, but may be normal if tested on a good day.
3. Severe RSI is described as constant and severe symptoms of arm or hand pain and/ or numbness /tingling. The pain is typically quite severe requiring narcotic opiate pain management (Oxycontin, Duragesic) and often antineuropathic agents (Neurontin or Lyrica). This person is easily aggravated by any repetitive work, and has poor hand and arm function. This person typically cannot work unless heavily medicated, and is typically medically advised not to work. This person usually has severe sleep disruption, and is bothered by severe arm and hand pain day and night. Nerve function is usually greatly abnormal on EMG and nerve conduction testing

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Specific Protocols for RSI

For Mild RSI Protocol

View:

1. Understanding Pain and/or Understanding Chronic Pain video's/DVD's
2. New Tools For The Battle video's/DVD's
3. Understanding Repetitive Strain Injury video's/DVD's
4. The Programmable ASERT RSI DVD's to help learn relaxation training and relax muscles. This should be continued once per day.
5. If ASERT is tolerated, then initiate Stretching For RSI for 1-2 months. If tolerated, then gradually increase the number of repetitions per day by 1 repetition per week until reaching 5-8 reps per day.
6. If the Stretching for RSI is tolerated, then start the Programmable ASERTIR for RSI DVD for learned relaxation with resistance training as an aid to help relax tightened muscle and help to introduce the concept of Resistance Stretching as in Level 2 and Level 3. ASERTIR be introduced after performing Level 1 Lamb Program for RSI for about 1 month. This should be continued once per day
7. Eventually introduce Level 2 upper body using the RSI protocol from Level 1 and begin with adding 1 or 2 reps of Level 2 per week with 4-5 reps per day of Level 1 in between Level 2. Level 2 should gradually replace Level 1 over 2-3 months and be performed 4-6 times per day.
8. Eventually introduce Level 3 upper body using the RSI protocol from level 1 and begin with adding 1 or 2 reps of Level 3 per week with 4-5 reps per day of Level 2 in between Level 3. Level 3 should gradually replace Level 2 over 2-3 months and be performed 4-6 times per day.

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9. Maintenance of the Lamb Program is typically 1-2 sessions per day of any Level with the best results using the program once in morning and once a bed time. Maintenance is performed once the pain syndrome has much improved and good relief is already achieved. You may interchange any of the Levels as necessary.

10. The addition of a walking program for mild aerobic exercise can be helpful in relaxing and strengthening muscle. This is typically added around the 2 month point of the Lamb Program. As a general rule a gentle stretch (Level 1) should be performed before the walk and soon after to minimize muscle shortening from the walk. Some individuals actually stretch half way through the walk as they feel their leg muscles and back muscles tighten during the walk.

11. Resistance training (weight lifting) may eventually be added around the 3-4 month point of the Lamb Program. However, good muscle elongation (stretching) should be well established before the attempting resistance training (weight lifting), otherwise muscle shortening will reoccur quickly.

For Moderate RSI Protocol

View:

1. Understanding Pain and/or Understanding Chronic Pain video's/DVD's
2. New Tools For The Battle video's/DVD's
3. Understanding Repetitive Strain Injury video's/DVD's
4. The Programmable ASERT RSI DVD to help with relaxation training of muscles for 1 month until relaxation training is well learned. This should be continued once per day.
5. Then, after 1 month of ASERT, begin Stretching For RSI beginning with the following selected exercises of the RSI Program; The Blindspot, The Ear to Shoulder, The Thinker, The Shoulder Scratcher, The Hand and finger Pull once in the AM and once before bed for 1-2 months. If the above is tolerated then add in the Back Scratcher, the Turnaround, The Golfers Stretch, and very gently, the Hangman for 1-2 months. If that is tolerated then continue with the whole RSI program and consider adding the lower body program as the lower body can help upper body stretching. Then gradually increase the number of repetitions per day by 1 repetition per week until reaching 5-8 reps per day.
6. If the Stretching for RSI is tolerated, then start the Programmable ASERTIR RSI DVD for learned relaxation with resistance training as an aid to help relax tightened muscle and help to introduce the concept of Resistance Stretching as in Level 2 and Level 3. ASERTIR be introduced after performing Level 1 Lamb Program for RSI for about 1 month. This should be continued once per day.
7. Once the RSI Level 1 Program is mastered and ASERTIR is well performed, then gradually introduce Level 2 upper body using the RSI protocol from Level 1 and begin with adding 1 or 2 reps of Level 2 per week with 4-5 reps per day of Level 1 in between Level 2. Level 2 should gradually replace Level 1 over 3-4 months and be performed 4-6 times per day.

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8. Once the Level 2 Program is easily performed, then gradually introduce Level 3 upper body using the RSI protocol from level 1 and begin with adding 1 or 2 reps of Level 3 per week with 4-5 reps per day of Level 2 in between Level 3. Level 3 should gradually replace Level 2 over 3-4 months and be performed 4-6 times per day.
9. Maintenance of the Lamb Program is typically 1-2 sessions per day of any Level with the best results using the program once in morning and once a bed time. Maintenance is performed once the pain syndrome has much improved and good relief is already achieved. You may interchange any of the Levels as necessary.
10. The addition of a walking program for mild aerobic exercise can be helpful in relaxing and strengthening muscle. This is typically added around the 4-6 month point of the Lamb Program. As a general rule a gentle stretch (Level 1) should be performed before the walk and soon after to minimize muscle shortening from the walk.
11. Resistance training (weight lifting) may eventually be added around the 6-12 month point of the Lamb Program. However, good muscle elongation (stretching) should be well established before the attempting resistance training (weight lifting), otherwise muscle shortening will reoccur quickly.

For Severe RSI Protocol

View

1. Understanding Pain and/or Understanding Chronic Pain video's/DVD's
2. New Tools For The Battle video's/DVD's
3. Understanding Repetitive Strain Injury video's/DVD's
4. The Programmable ASERT RSI DVD to help with relaxation training of muscles for 1-2 months until relaxation training is well learned. This should be continued once per day
5. Then , after 2 months of ASERT, begin Stretching For RSI beginning with the following selected exercises of the RSI Program; The Blindspot, The Thinker, The Shoulder Scratcher for 1-2 months. If the above is tolerated then add in the Ear to Shoulder, The Back Scratcher and The Golfers Stretch for 1-2 months. If that is tolerated, then add the Hangman for another month. If that is tolerated then continue with the whole RSI program. Then gradually increase the number of repetitions per day by 1 repetition every 2 weeks until reaching 5-8 reps per day
6. If the Stretching for RSI is tolerated, then start the Programmable ASERTIR RSI DVD for learned relaxation with resistance training as an aid to help relax tightened muscle and help to introduce the concept of Resistance Stretching as in Level 2 and Level 3. ASERTIR can be introduced after performing Level 1 Lamb Program for RSI for about 4-6 months. This should be continued once per day.
7. If the RSI Level 1 Program is mastered and ASERTIR is well performed, then gradually consideration for introduction of Level 2 could be considered. The upper body Program (of Level 2) using the RSI protocol from Level 1 RSI and begin with adding 1 or 2 reps of Level 2 every 2 weeks with 4-5 reps per day of Level 1 in between Level 2. Level 2 should gradually replace Level 1 over 6-12 months and be performed 4-6 times per day.

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8. If the Level 2 Program is easily performed, then consider gradually introducing Level 3 upper body using the RSI protocol from level 1 and begin with adding 1 or 2 reps of Level 3 per week with 4-5 reps per day of Level 2 in between Level 3. Level 3 should gradually replace Level 2 over 6-12 months and be performed 4-6 times per day.
9. Maintenance of the Lamb Program is typically 1-2 sessions per day of any Level with the best results using the program once in morning and once a bed time. Maintenance is performed once the pain syndrome has much improved and good relief is already achieved. You may interchange any of the Levels as necessary.
10. The addition of a walking program for mild aerobic exercise can be helpful in relaxing and strengthening muscle. This is typically added around the 6-12 month point of the Lamb Program. As a general rule a gentle stretch (Level 1) should be performed before the walk and soon after to minimize muscle shortening from the walk. Some individuals actually stretch half way through the walk as they feel their leg muscles and back muscles tighten during the walk.
11. Resistance training (weight lifting) may eventually be added around the 12-18 month point of the Lamb Program. However, good muscle elongation (stretching) should be well established before the attempting resistance training (weight lifting), otherwise muscle shortening will reoccur quickly.