

What is an RSI?

Definition

Repetitive strain injury (RSI), which can also be referred to as repetitive stress injury is an umbrella term for a number of specific injuries caused by the repeated movement of a particular part of the body. Specifically, repetitive strain injury is known as an occupational overuse syndrome that affects nerves tendons and muscles.

There has been a recent exacerbation of repetitive strain injury cases with the advent of the computer into mainstream society. This most well known type of RSI injury is known as Carpal tunnel syndrome. Sufferers of carpal tunnel syndrome will often get disabling pain and feel a tingling in the thumb and the first two fingers after having developed sheaths that cover muscle tendons which in turn swell increasing pressure on the nerves causing the sufferer pain. Carpal tunnel syndrome is only one form of repetitive strain injury. Unfortunately, RSI can manifest itself in a number of different guises and through numerous repetitive activities. Any activity where the body will be required to perform repetitive tasks is at risk of repetitive strain injuries unless the correct posture or position is assumed. Manual workers using vibrating equipment and sports people are also in a high risk group of developing a condition known as Hand Arm Vibration Syndrome.

What are common RSI's?

A list of common repetitive strain injury categories are as follows -

Bursitis

Cubital tunnel syndrome

DeQuervain's syndrome

Diffuse RSI

Dupuytren's contracture

Dystonia (writers cramp)

Epicondylitis

Gamekeeper's thumb

Ganglion

Raynaud's disease

Tendonitis

Tenosynovitis

Thoracic outlet syndrome

The Good News!

The good news is that there are preventative measures that can be taken against getting repetitive strain injuries, warning signs denoting early repetitive strain injury and treatments available. Although this is a UK website the advice on here is well worth a read, the repetitivestraininjury.org.uk site will provide advice in these matters.

If you believe that symptoms described on this site sound similar to your own symptoms that have been directly caused as a consequence of your employment, it may be worth checking out your benefit plans with your employer to see if your benefits cover this type of therapy. Or perhaps make a suggestion to have this therapy covered in your benefits plan? Receipts are given by Sharon at Cocoa Heaven for Reflexology sessions.