

FACT SHEET

REPETITIVE STRAIN INJURY



Repetitive Strain Injury is an inflammation of the tendon sheaths in the fingers, hands, wrists and elbows which may eventually progress to the upper arms and shoulders.

Often stiffness in the spinal joints of the neck and upper back can aggravate RSI in the upper arms and hands by irritating the nerves.

WHAT ARE THE SYMPTOMS?

- Tightness, discomfort, stiffness or pain in the hands, wrists, fingers, forearms or elbows.
- Tingling, coldness or numbness in the hands.
- Loss of hand co-ordination.
- Pain that wakes you at night. Feeling a need to massage your hands, wrists and arms.

CAN CHIROPRACTIC HELP?

Chiropractors adjust the affected joints to restore full motion, reducing stress on the nearby muscles, tendons and nerves.

Massage and specific exercises will often be prescribed and self-help remedies will be suggested.

HOW CAN I PREVENT RSI RETURNING?

- Use a lighter touch on the keyboard.
- Take lots of breaks to stretch and relax.
- Keep your arms and hands warm. Cold muscles and tendons are at much greater risk of overuse injuries.
- Eliminate unnecessary computer usage.
- Consider voice recognition software that allows voice dictation. This software is becoming increasingly more affordable.
- Evaluate other activities. Any repetitive action can lead to RSI. For example, carrying children, doing the ironing, vacuuming with the same muscles again and again may result in RSI.
- Pay attention to your body. Learning what is comfortable and awkward before you are in pain may prevent injury.
- Remember your children are at risk too – If the children have to use the P.C, please make sure it is set up correctly for their size.

For advice or a free consultation please call Dynamic Chiropractic on 0800 652 8854.

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