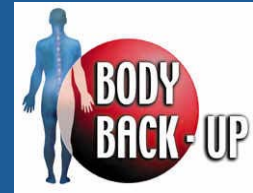


Repetitive Strain Injury

Not fashionable anymore?

by Robin Lansman D.O



Osteopathy &
Sports Injury Clinic

© Body Back-Up 2010

Where has RSI gone?

These days we use computers even more than ever and yet the condition that afflicted so many and was talked about so much, repetitive strain injury (RSI) - latterly work-related upper limb disorder (WRULDS) seems to have fallen by the wayside – but where has it gone?

A mix of symptoms

The condition always manifested in a confusing mix of different symptoms. Often a mix of:

- Pain in the forearm and the hand
- Pins and needles
- In the worst cases, swelling over the wrist

Diligent rest or taking work breaks may have reduced the problem.



Has something been missed?

- Another condition, frequently confused with RSI, is Carpal Tunnel Syndrome in which there is compression causing swelling of one of the major nerves through the wrist.
- The effect is pins and needles, and even wasting in the tips of the middle three fingers and in some of the hand muscles in worst cases - and yet there appears to be no connection with the overuse of the wrist or forearm.
- Perhaps something has been missed in the understanding of RSI and would perhaps mean there is another component to this problem?



Bad posture doesn't help

Sitting incorrectly at your computer

A major aspect of sitting at a computer relates to good posture.

Poor head position can introduce tension in the muscles just above the collar-bone.

Bad sleeping position

Additionally, computer users have the wrong height on their pillow.

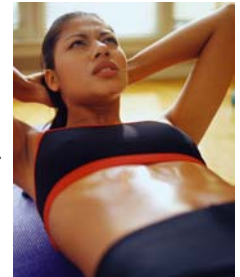
This may also produce extra uneven tension and stiffness in the neck.



Too much strain while exercising

Even those who keep fit and use gym weights can sometimes:

- Hold the neck at awkward angles whilst swimming the breast-stroke.
- Do sit-ups placing too much tension on the neck
- Produce too much strain on the area above the collar-bones.



How your body reacts

- Any increased tension between the upper and lower neck can produce a mixed bag of arm symptoms.
- Confusing symptoms can come on at night when the patient is resting, after exercise, or indeed while sitting at work or driving.
- Because of posture changes during the day, the symptoms may vary depending on how the head is positioned.
- Pain may travel behind the shoulder blade or shoulder, in the front or back of the arm and include the forearm and hand.
- The sufferer starts to change the way they use their upper body, and as a result the shoulder becomes stiff and may develop into a frozen shoulder months later.
- Discomfort during the night is especially problematic if the neck is poorly supported.
- Similarly pain that shoots into the elbow area may emanate from the lower neck may mimic tennis elbow with aching pains in the forearm and around the elbow.



What is the condition?

- The condition in medical terms is called Thoracic Outlet Syndrome or Costo-clavicular Syndrome.
- Exercise or posture may be contributing.
- The patient may have sustained a whiplash injury in the past, or may suffer from asthma or other respiratory diseases, due to the difficulty taking full breaths, and leave the upper ribcage inflexible.



Can treatment help?

At your appointment we will fully assess your "form" of RSI and decide on a treatment plan and remedial exercises.

www.bodybackup.co.uk

Info140 V5 (9.02.10)

For appointments call 01628 624544 or 020 8969 0247
Maidenhead • Slough • London W9 (Maida Vale)