

REPETITIVE STRAIN INJURY (RSI)

Understand what has happened Recovery and self help

This condition can happen in any area of the body which is used on a very regular basis. Well known examples are carpal tunnel syndrome and pain in the wrist due to work with the computer mouse



Symptoms vary, but can include:

- pains or tenderness in your muscles or joints,
- a throbbing sensation in the affected area,
- tingling (pins and needles) or numbness in your hand or arm, and loss of strength or sensation in your hand.

If left untreated, the symptoms are likely to persist, causing pain or aching much of the time. You may also have tender swelling in the affected area, which can last for several months.

Pain could also be experienced all the time, affecting your sleep. At this stage the condition may be irreversible. Therefore, recognising the early symptoms of RSI is important to ensure that any treatment is most effective

Initially these symptoms may only occur when you are carrying out the repetitive motion, for example during working hours. Towards the end of the day your symptoms may improve when you have finished work and are resting. This initial stage of symptoms may last for several weeks.

RSI starts at a trigger point, affects pain receptors and then radiates out if not released

Help yourself before you get the diagnosis from the GP as this may take a while. Shorten your recovery period. Delay the trigger points and the pain receptors switching on and giving you pain and possibly damage. The body now needs to know that you will not 'abuse' it any more.

Treat it like a sprain with cold/hot

Before you say "I don't have pain," make sure that the subtle chronic, lingering not-so-perfect sensation you may have somewhere in your body isn't actually a pre-symptom pain that you haven't recognized yet.

