

# RSI: How to Avoid It and What to Do If You've Got It

Repetitive strain injury (RSI) is a common problem that can affect anyone who uses their hands and arms repeatedly. It can cause pain, stiffness, and weakness in the muscles, tendons, and nerves. If you're experiencing any of these symptoms, it's important to see a doctor to rule out other conditions. Once you've been diagnosed with RSI, there are a number of things you can do to manage your symptoms and prevent them from getting worse.



## RSI - How to Avoid it and What to Do if You've Got it

by Tonia Cope Bowley

★★★★☆ 4 out of 5

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## What is RSI?

RSI is a general term used to describe a range of conditions that affect the muscles, tendons, and nerves in the hands, arms, and neck. It is caused by repetitive movements that put strain on these tissues. Some of the most common types of RSI include:

- Carpal tunnel syndrome
- Tendonitis
- Cubital tunnel syndrome
- Thoracic outlet syndrome

### **What are the symptoms of RSI?**

The symptoms of RSI can vary depending on the type of injury. However, some of the most common symptoms include:

- Pain
- Stiffness
- Weakness
- Numbness
- Tingling
- Swelling

### **What causes RSI?**

RSI is caused by repetitive movements that put strain on the muscles, tendons, and nerves in the hands, arms, and neck. Some of the most common activities that can lead to RSI include:

- Typing
- Using a computer mouse
- Playing musical instruments

- Working in a factory
- ng manual labor

### **How is RSI diagnosed?**

RSI is diagnosed based on a physical examination and a review of your symptoms. Your doctor may also Free Download some tests, such as an electromyography (EMG) or a nerve conduction study, to confirm the diagnosis.

### **How is RSI treated?**

The treatment for RSI depends on the type of injury and the severity of your symptoms. Some of the most common treatments include:

- Rest
- Ice
- Compression
- Elevation
- Medication
- Physical therapy
- Splints or braces
- Surgery

### **How can I prevent RSI?**

There are a number of things you can do to prevent RSI, including:

- Take frequent breaks
- Use proper posture
- Use a comfortable chair and desk
- Use ergonomic tools
- Strengthen your muscles
- Stretch your muscles

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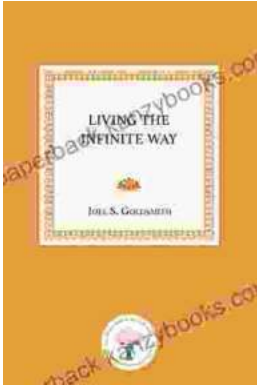
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