What is your **RSI I.Q.**?

Repetitive Strain Injury (RSI) is a cumulative trauma disorder stemming from prolonged repetitive, forceful, or awkward hand movements.

More than **60%** of workplace illnesses reported each year are related to repetitive strain injuries resulting from continuous repetition of the same motions.

Source: instabriefs.com

**Primary risk factors for RSI:**
- poor posture
- poor technique
- overuse


In the U.S. alone, **3.7%** of the general population suffers from Carpal Tunnel Syndrome (CTS) with approximately **36,000 new cases diagnosed every month.**

Source: instabriefs.com

Hands are a complex array of nerves, muscles, tendons and bones – we have more than 25 bones in each hand!

Source: NHS Choices website

Approximately **260,000** carpal tunnel release operations are performed each year. **47%** of the cases considered to be work related.

Source: National Center for Health Statistics.

The most common RSI signs and symptoms include:
- Tenderness in the affected muscle or joint
- Pain in the affected muscle or joint
- Throbbing (pulsating) sensation in the affected area
- Pins and needles (tingling) in the affected area, especially the hand or arm

Source: MedicalNewsToday.com

**Proper technique:**

1. Keep your wrists straight.
2. Let your hands float.
3. Don’t strain your fingers.


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