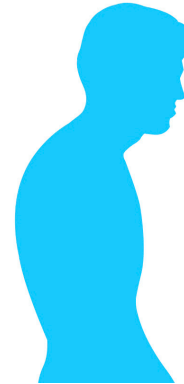


# What is your **RSI I.Q.?**

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



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## Primary risk factors for RSI:

- poor posture
- poor technique
- overuse

Source:

*Repetitive Strain Injury: a Computer User's Guide* by Pascarelli and Quilter (John Wiley and Sons, 1994)



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

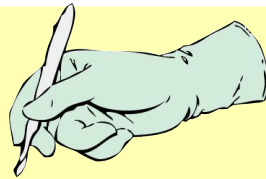
Source: NHS Choices website

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

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: *typing, mousing and writing*



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

Source: *Repetitive Strain Injury: a Computer User's Guide* by Pascarelli and Quilter (John Wiley and Sons, 1994)



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