

Anti-Repetitive Strain Injuries when working on the computer

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By js yang

Anti-Repetitive Strain Injuries when working on the computer by js yang

This issue includes...

" Way To Make It Easy For You
To Prevent Repetitive Strain Injuries
(RSIs)When Working On The Computer"

It still amazes me how many bright computer owners will spend countless hours working on their web sites and
Entering data...

Making it EASY for you to Prevent RSIs.

In addition, in response to the many questions I have received from readers wanting to know about RSIs, you will be learning about the benefits of accepting:

- Need
- Information
- Solution

As you read this information, think of preventing your RSIs that will be just the right "fit" for your computing.

So let's begin by looking at...

#1 --- NEED

Since 90% of all computer users are made by repeated physical movements doing damage to tendons, nerves,

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muscles, and other soft body tissues, your first priority to prevent RSIs when working on the computer should be learned about many types of causes as quickly as possible.

Let's face it; the entire mentality of computing is "continuous" use to get information, products, and services.

If potential computer users don't stop surfing through internet and even more time–consuming... their RSIs will discourage all but the most hardy users.

For you, understanding RSIs when working on the computer:

- The rise of computer use and flat, light–touch keyboards that permit high speed typing have resulted in an epidemic of injuries of the hands, arms, and shoulders.

- Use of pointing devices like mice and trackballs are as much a cause, if not more so.

- The thousands of repeated keystrokes and long periods of clutching and dragging with mice slowly accumulates damage to the body : another name for the condition is Cumulative Trauma Disorder.

- This can happen even more quickly as a result of typing technique and body positions that place unnecessary stress on the tendons and nerves in the hand, wrist, arms, and even the shoulders and neck.

- Lack of adequate rest and breaks and using excessive force almost guarantee trouble.

#2 — INFORMATION

You may have heard the term Carpal Tunnel Syndrome in connection with these injuries, but in fact CTS is only a small and dangerous percentage of typing injuries.

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Tendinitis, Bursitis, Tenosynovitis, Tendonosis, DeQuervain's Syndrome, Thoracic Outlet Syndrome, Trigger Finger/Thumb , Myofascial Pain Syndrome, and several other related conditions may also be to blame.

All of these are serious and in advanced cases can cause great pain and permanent disability.

In addition, patients injured by repetitive strain sometimes develop Reflex Sympathetic Dystrophy (RSD).

#3 -- SOULUTION

RSICover is an interactive, visual, ergonomic software for reducing the risk of painful repetitive strain injuries when working on the computer such as carpal tunnel syndrome and tenosynovitis.

Visit the following URL to learn more about how you can take up RSICover.

<http://www.ergonosoft.com>

Author

Eliminating Repetitive Strain Injuries In The Workplace

By Jeff P. Anliker, LMT

Repetitive Strain Injuries (RSI's) that occur at work are best eliminated at the source; this is the fundamental goal of occupational health and safety.

In the case of repetitive strain injuries, the prime source of injury is continuous repetitive and/or static flexion of the fingers and hands in a unidirectional (one way) motion. (i.e. Mouse use, typing, writing, gripping work tools, etc.) Other components, such as applied force, fixed body position, and the pace of work requiring repetitive or long-term static movements are also contributing factors in becoming afflicted with a disabling repetitive strain injury.

Therefore the main effort to protect workers from repetitive strain such as carpal tunnel syndrome, trigger finger, cubital tunnel syndrome, guyon's syndrome and other injuries should focus on limiting or "counteracting" repetitive and static flexion activities that require constant overuse of the flexor muscles of the hand and forearm. If left unchecked, repetitive or long-term static finger and wrist flexion eventually leads to muscle imbalance and the onset of one of the many debilitating repetitive strain injuries listed above.

Protection against repetitive strain injuries can be achieved through the implementation of workplace protocols that involve the following:

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- Job/task rotation · Individual-specific ergonomic work stations · Quick Breaks · Stretching program
- Exercise program

Implementing the workplace protocols listed above is extremely important in maintaining structural integrity and muscle balance of the entire upper extremity. (i.e. Fingers, hands, wrists, forearms, elbows, upper arms, and shoulder.)

If you are beginning to suffer from a repetitive strain injury at work, be sure to consult your company's employee health director for assistance in establishing the protocols listed above in order to keep the injury from progressing any further. Remember – prevention is a lot cheaper than rehabilitation, both physically and financially!

Stay Healthy!

Jeff P. Anliker is a Therapist and Inventor of training systems that are utilized by Corporations, Consumers, Musicians, Athletes and Medical Facilities around the world for rehabilitation and performance enhancement.



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