

Repetitive Strain Injury Doesn't Have to Cost Big Bucks

Biofeedback Guide Addresses RSI Issues

(MS) — Computer usage may be causing more workplace injuries lately than any other piece of job machinery. This is due to the high instances of Repetitive Strain Injury (RSI) occurring in workers.

RSI is a term used to classify any manual injury associated with repetitive activity. It can result from hammering, piano playing, truck driving, or even shaking hands. Basically, anyone who performs a repetitive action is at risk. However, there has been an influx of RSI cases due to computer usage in recent years. But RSI is not only a workplace problem. Due to the high reliance on computer usage both at school and at home, RSI cases are growing both in and out of the work environment. RSI is also sometimes known as Occupational Overuse Syndrome (OOS), Cumulative Trauma Disorder (CTD), and Work Related Upper Limb Disorders (WRULD). A common form of RSI that occurs in the wrist is Carpal Tunnel Syndrome.

There are many disadvantages to RSI. First and foremost is the discomfort it causes sufferers. RSI can take a long time to heal and may severely affect worker productivity. As such, the second disadvantage to RSI is the financial factor imposed on both the sufferer and employer. RSI may lead to the inability to work, loss of wages and costly medical treatment. Employers may lose money through worker's compensation cases or limited production from workers. According to the U.S. Bureau of Labor Statistics, instances of RSI account for 60 percent of all reported occupational illnesses, and the cost to businesses is billions of dollars per year.

For businesses and individuals looking to curb costs related to RSI,



Repetitive strain injury (RSI) accounts for many of the workplace injuries in this country.

muscle biofeedback can be the answer. "Muscle Feedback at the Computer" is a guide designed to prevent RSI. The text provides clinicians and computer users with step-by-step instructions for implementing proven strategies to promote health.

Authors and clinicians Erik Peper and Katherine H. Gibney present to the reader easy-to-understand techniques to eliminate RSI. They also debunk many of the conventional myths surrounding employee safety. They address the challenges and concerns for individuals and corporations who are assessing the pros and cons of making changes to work styles, ergonomics and corporate policy in relation to RSI. Ordering this guide may be one of the more cost-effective steps administrators can take to address RSI. It is also a good resource for ergonomists, physical therapists, biofeedback therapists and stress management consultants who are treating individuals with RSI.

For more information on RSI treatment and "Muscle Feedback at the Computer," visit www.thoughttechnology.com/healthy.htm.

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