



Repetitive Strain Injury

Is your mouse a menace? No, we are not talking about the furry rodent sort of mouse, but the mouse attached to your computer.

More and more people these days use computers, in their own homes and especially in the work place.

At the Wye Physiotherapy Practice we are getting more and more patients who are suffering from being desk-bound. Most people are suffering with bad necks and bad backs, due to poor prolonged postures, but a significant number are suffering from repetitive strain injuries.

If you are experiencing numbness and pins & needles in the fingers, as well as pain, you might be developing Carpal Tunnel Syndrome. Repetitive clicking on the mouse can cause tendon inflammation. The inflammatory procedure can lead to pressure on the nerve on the palm side of the hand as it travels through the wrist and into the hand.

Much can be done to sort out this problem. A simple way is to use as many short cut keys as you can on the keyboard, so cutting down on excessive use of the mouse.

Usually, the mouse that comes with the computer is a basic standard one, and will be identical to all the others in the office.

Unfortunately, human beings do not come in standard shapes and sizes, so one style mouse will not suit everyone.

We can offer advice on the most suitable mouse for you! They come in all shapes and sizes – larger mice for larger hand sizes. A different style mouse might be the answer, as some support your hand and wrist in a better position so that it is not palm down with the wrist cocked up the whole time.

The term “Ergonomics” means fitting your work station around you, so that everything is at the correct height and within easy reach. This is so important to prevent uncomfortable stresses and strains. We are able to offer sound advice for this type of problem.