

RSI & DPI

The Mouse

The mouse is a significant source of injury for computer users. These point-and-click devices generally conform to the shape of your hand, are usually right-hand-oriented, and cause you to flex your index or middle finger to activate the screen arrow. The thumb and opposing fourth and fifth fingers usually grip the mouse. If the grip is too intense, you risk getting thumb and finger tendonitis.

Placement of the mouse is critical. When placed too high and too far to the side, the mouse can cause shoulder and bicep tendonitis as well as muscle fatigue. Ideally, the mouse should be at the same level as the keyboard and as central to the body as practically possible. Hold the mouse as loosely as possible, with little or no gripping.

Dr. Emil Pascarelli
Complete Guide to Repetitive Strain Injury.

Hands, Wrists, and Arms

Repetitive strain injuries to the wrist and arms are among the most common problems associated with working on the computer. This is because hands, wrists, and arms do most of the “active” work at a computer workstation.

Hand, Wrist, and Arm symptoms can range from occasional soreness or stiffness to the debilitating carpal tunnel syndrome.

Listed are some of the most common causes of pain and discomfort for your Hands, Wrists, and Arms along with **ErgoTouch** solutions:

- [1. Working without Breaks](#)
- [2. Pressure on your Wrist or Palms](#)
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1. Working without Breaks

Symptoms: pain, fatigue, swelling, numbness, and weakness in the hands, wrists, or forearms.

Suggestions:

It is recommended that you take a break to relax and stretch at least once every hour. Whenever working at the computer for long periods, take frequent breaks to stretch and change the position of your body. Prolonged typing, data entry, and use of a computer mouse can cause carpal tunnel syndrome if done over a long period of time.

Solution:

Break up the routine and help avoid serious injuries like carpal tunnel syndrome with Ergo-Stretch. Ergo Touch's new software reminds you to take a break and relax and guides you through a series of simple exercises that can help prevent injury.

2. Pressure on your Wrist or Palms

Indications:

pain, tenderness, numbness, and tingling in the wrist and forearm.

Suggestions:

While typing, wrists should be in a neutral position. That means there should not be a crease on your wrist at anytime. A wrist pad at the bottom of your keyboard will help keep your wrists in a neutral, almost straight position.

Solution:

Fact: The leading cause discomfort associated with computer usage, wrist and forearm pain are generally a result of extensive typing without proper support.

3. Poor Mouse Ergonomics

Indications:

pain, tenderness, tingling, and fatigue in the wrist and forearm.

Suggestions:

Choosing a mouse that fits the contour of your hand will eliminate awkward positioning or over-gripping of your mouse. There is a whole line of ergonomically designed mice available in different sizes and orientations to fit your hand's contour. Choose a computer mouse that does not require a lot of forearm movement or force.

4. Sitting too Far away from Your Mouse

Indications:

pain, tenderness, tingling, and fatigue in the wrist, forearm, and elbow.

Suggestions:

Sitting too far away from your mouse can also cause discomfort. When you outstretch your arms, you tend to lean forward and adopt poor posture. Elbows should rest comfortably at an open angle when you're typing. Keep upper arms and forearms at about a 90-degree angle.

Solutions:

Our hand held mouse allows you to sit back from the desk in a more natural position. It will help relieve and prevent the pain and discomfort associated with poor posture, RSI, DPI and Carpal Tunnel Syndrome.

5. Sitting too Far away from Your Keyboard

Indications:

pain, soreness, and fatigue in the wrist and arms.

Suggestions:

Keep the forearm, wrist, and hand in as straight a line as possible while keeping the upper arms and forearms at about a 90-degree angle.* They should not be bent higher than parallel to the floor. A keyboard tray will allow you to move the keyboard closer to your body so you can bring your elbows in to a more comfortable position.

Solution:

*Fact: This position, known as the "neutral" position, is the single most important step a computer user can take to avoid repetitive motion injuries to the wrists.

Tip: Help achieve the wrist "neutral position" by either raising or lower you chair or work surface, or by using an adjustable keyboard tray.

6. Poor Keyboard Ergonomics

Indications:

pain, soreness, tingling, cramping, and fatigue in the fingers, wrists, and arms.

Suggestions:

Keep your forearms and wrists in a straight line placing your hands on the keyboard at a 45 degree angle. The best solution is to purchase an ergonomic keyboard. Keys on ergonomic keyboards are tilted 45 degrees, so that you can type while keeping your wrists and forearms in a straight, natural position.

Solutions:

Fact: Scientific research has shown that using alternate keyboard designs can reduce tendon stress in the fingers and wrist and reduce the risk of musculoskeletal disorders.

What is carpal tunnel syndrome?

Carpal tunnel syndrome occurs when the median nerve, which runs from the forearm into the hand, becomes pressed or squeezed at the wrist. The median nerve controls sensations to the palm side of the thumb and fingers (although not the little finger), as well as impulses to some small muscles in the hand that allow the fingers and thumb to move. The carpal tunnel - a narrow, rigid passageway of ligament and bones at the base of the hand ³/₄ houses the median nerve and tendons. Sometimes, thickening from irritated tendons or other swelling narrows the tunnel and causes the median nerve to be compressed. The result may be pain, weakness, or numbness in the hand and wrist, radiating up the arm. Although painful sensations may indicate other conditions, carpal tunnel syndrome is the most common and widely known of the entrapment neuropathies in which the body's peripheral nerves are compressed or traumatized.

What are the symptoms of carpal tunnel syndrome?

Symptoms usually start gradually, with frequent burning, tingling, or itching numbness in the palm of the hand and the fingers, especially the thumb and the index and middle fingers. Some carpal tunnel sufferers say their fingers feel useless and swollen, even though little or no swelling is apparent. The symptoms often first appear in one or both hands during the night, since many people sleep with flexed wrists. A person with carpal tunnel syndrome may wake up feeling the need to "shake out" the hand or wrist. As symptoms worsen, people might feel tingling during the day. Decreased grip strength may make it difficult to form a fist, grasp small objects, or perform other manual tasks. In chronic and/or untreated cases, the muscles at the base of the thumb may waste away. Some people are unable to tell between hot and cold by touch.

What are the causes of carpal tunnel syndrome?

Carpal tunnel syndrome is often the result of a combination of factors that increase pressure on the median nerve and tendons in the carpal tunnel, rather than a problem with the nerve itself. Most likely the disorder is due to a congenital predisposition - the carpal tunnel is simply smaller in some people than in others. Other contributing factors include trauma or injury to the wrist that cause swelling, such as sprain or fracture; over activity of the pituitary gland; hypothyroidism; rheumatoid arthritis; mechanical problems in the wrist joint; work stress; repeated use of vibrating hand tools; fluid retention during pregnancy or menopause; or the development of a cyst or tumor in the canal. In some cases no cause can be identified.

There is little clinical data to prove whether repetitive and forceful movements of the hand and wrist during work or leisure activities can cause carpal tunnel syndrome. Repeated motions performed in the course of normal work or other daily activities can result in repetitive motion disorders such as bursitis and tendonitis. Writer's cramp - a condition in which a lack of fine motor skill coordination and ache and pressure in the fingers, wrist, or forearm is brought on by repetitive activity - is not a symptom of carpal tunnel syndrome.

Who is at risk of developing carpal tunnel syndrome?

Women are three times more likely than men to develop carpal tunnel syndrome, perhaps because the carpal tunnel itself may be smaller in women than in men. The dominant hand is usually affected first and produces the most severe pain. Persons with diabetes or other metabolic disorders that directly affect the body's nerves and make them more susceptible to compression are also at high risk. Carpal tunnel syndrome usually occurs only in adults.

The risk of developing carpal tunnel syndrome is not confined to people in a single industry or job, but is especially common in those performing assembly line work - manufacturing, sewing, finishing, cleaning, and meat, poultry, or fish packing. In fact, carpal tunnel syndrome is three times more common among assemblers than among data-entry personnel. A 2001 study by the Mayo Clinic found heavy computer use (up to 7 hours a day) did not increase a person's risk of developing carpal tunnel syndrome.

During 1998, an estimated three of every 10,000 workers lost time from work because of carpal tunnel syndrome. Half of these workers missed more than 10 days of work. The average lifetime cost of carpal tunnel syndrome, including medical bills and lost time from work, is estimated to be about \$30,000 for each injured worker.

How is carpal tunnel syndrome diagnosed?

Early diagnosis and treatment are important to avoid permanent damage to the median nerve. A physical examination of the hands, arms, shoulders, and neck can help determine if the patient's complaints are related to daily activities or to an underlying disorder, and can rule out other painful conditions that mimic carpal tunnel syndrome. The wrist is examined for tenderness, swelling, warmth, and discoloration. Each finger should be tested for sensation, and the muscles at the base of the hand should be examined for strength and signs of atrophy. Routine laboratory tests and X-rays can reveal diabetes, arthritis, and fractures. Physicians can use specific tests to try to produce the symptoms of carpal tunnel syndrome. In the Tinel test, the doctor taps on or presses on the median nerve in the patient's wrist. The test is positive when tingling in the fingers or a resultant shock-like sensation occurs. The Phalen, or wrist-flexion, test involves having the patient hold his or her forearms upright by pointing the fingers down and pressing the backs of the hands together. The presence of carpal tunnel syndrome is suggested if one or more symptoms, such as tingling or increasing numbness, is felt in the fingers within 1 minute. Doctors may also ask patients to try to make a movement that brings on symptoms.

Often it is necessary to confirm the diagnosis by use of electrodiagnostic tests. In a nerve conduction study, electrodes are placed on the hand and wrist. Small electric shocks are applied and the speed with which nerves transmit impulses is measured. In electromyography, a fine needle is inserted into a muscle; electrical activity viewed on a screen can determine the severity of damage to the median nerve. Ultrasound imaging can show impaired movement of the median nerve. Magnetic resonance imaging (MRI) can show the anatomy of the wrist but to date has not been especially useful in diagnosing carpal tunnel syndrome.

How is carpal tunnel syndrome treated?

Treatments for carpal tunnel syndrome should begin as early as possible, under a doctor's direction. Underlying causes such as diabetes or arthritis should be treated first. Initial treatment generally involves resting the affected hand and wrist for at least 2 weeks, avoiding activities that may worsen symptoms, and immobilizing the wrist in a splint to avoid further damage from twisting or bending. If there is inflammation, applying cool packs can help reduce swelling.

Non-surgical treatments

Drugs - In special circumstances, various drugs can ease the pain and swelling associated with carpal tunnel syndrome. Nonsteroidal anti-inflammatory drugs, such as aspirin, ibuprofen, and other non-prescription pain relievers, may ease symptoms that have been present for a short time or have been caused by strenuous activity. Orally administered diuretics ("water pills") can decrease swelling. Corticosteroids (such as prednisone) or the drug lidocaine can be injected directly into the wrist or taken by mouth (in the case of prednisone) to relieve pressure on the median nerve and provide immediate, temporary relief to persons with mild or intermittent symptoms. (Caution: persons with diabetes and those who may be predisposed to diabetes should note that prolonged use of corticosteroids can make it difficult to regulate insulin levels. Corticosteroids should not be taken without a doctor's prescription.) Additionally, some studies show that vitamin B⁶ (pyridoxine) supplements may ease the symptoms of carpal tunnel syndrome.

Exercise - Stretching and strengthening exercises can be helpful in people whose symptoms have abated. These exercises may be supervised by a physical therapist, who is trained to use exercises to treat physical impairments, or an occupational therapist, who is trained in evaluating

people with physical impairments and helping them build skills to improve their health and well-being.

Alternative therapies - Acupuncture and chiropractic care have benefited some patients but their effectiveness remains unproved. An exception is yoga, which has been shown to reduce pain and improve grip strength among patients with carpal tunnel syndrome.

Surgery

Carpal tunnel release is one of the most common surgical procedures in the United States. Generally recommended if symptoms last for 6 months, surgery involves severing the band of tissue around the wrist to reduce pressure on the median nerve. Surgery is done under local anesthesia and does not require an overnight hospital stay. Many patients require surgery on both hands. The following are types of carpal tunnel release surgery:

Open release surgery, the traditional procedure used to correct carpal tunnel syndrome, consists of making an incision up to 2 inches in the wrist and then cutting the carpal ligament to enlarge the carpal tunnel. The procedure is generally done under local anesthesia on an outpatient basis, unless there are unusual medical considerations.

Endoscopic surgery may allow faster functional recovery and less postoperative discomfort than traditional open release surgery. The surgeon makes two incisions (about ½" each) in the wrist and palm, inserts a camera attached to a tube, observes the tissue on a screen, and cuts the carpal ligament (the tissue that holds joints together). This two-portal endoscopic surgery, generally performed under local anesthesia, is effective and minimizes scarring and scar tenderness, if any. One-portal endoscopic surgery for carpal tunnel syndrome is also available.

Although symptoms may be relieved immediately after surgery, full recovery from carpal tunnel surgery can take months. Some patients may have infection, nerve damage, stiffness, and pain at the scar. Occasionally the wrist loses strength because the carpal ligament is cut. Patients should undergo physical therapy after surgery to restore wrist strength. Some patients may need to adjust job duties or even change jobs after recovery from surgery. Recurrence of carpal tunnel syndrome following treatment is rare. The majority of patients recover completely.

How can carpal tunnel syndrome be prevented?

At the workplace, workers can do on-the-job conditioning, perform stretching exercises, take frequent rest breaks, wear splints to keep wrists straight, and use correct posture and wrist position. Wearing fingerless gloves can help keep hands warm and flexible. Workstations, tools and tool handles, and tasks can be redesigned to enable the worker's wrist to maintain a natural position during work. Jobs can be rotated among workers. Employers can develop programs in ergonomics, the process of adapting workplace conditions and job demands to the capabilities of workers. However, research has not conclusively shown that these workplace changes prevent the occurrence of carpal tunnel syndrome.

For more information go to:

http://www.ergotouch.co.nz/ErgoGuide/Ergo_Guide.htm

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