

Repetitive Strain Injuries Special Report



A Repetitive Strain Injury (RSI) is not one diagnosis, but rather an umbrella term for disorders such as Bursitis, Carpal Tunnel Syndrome, tennis elbow, tendonitis, and trigger finger. Also known as Cumulative Trauma Disorder, an RSI is caused by constantly repeated physical movements, awkward postures and sustained force, among other risk factors. These repetitive strains damage the soft body tissues (tendon, cartilage, nerves, ligaments, and muscles) that are involved in producing the motion. RSI can be a painful and potentially debilitating condition that if left untreated, can lead to permanent damage.