

Repetitive Strain Injuries Fatality File

A Veterans Guide To Surviving Repetitive Strain Injury

Roberta West is a long-term sufferer of Tenosynovitis (RSI) of 26 years duration. She is a writer and mother of three sons. She has recently completed her BA (Hons) Literature through distance learning with the Open University in Britain. She was injured with RSI as a secretary in the 'Boom and Bust' housing market industry, of the late 80's. Here's what she had to say about RSIs:

"If you get treatment early and manage it. Varying work practices, staying relaxed and stretching often, will give you the key to surviving Repetitive Strain Injury. Just don't panic.

With a condition such as RSI you may suffer from a combination of problems that have been put together under this 'Umbrella' term that all too often can lead to misdiagnosis/under-diagnosis and general demoralisation in the sufferer. I would advise anyone who finds themselves suffering from symptoms, to firstly insist on Nerve Conduction Tests, and a thorough examination by a neurologist/physiotherapist/health professional, of all the nerve/neurological pathways in your upper body/tendons/Muscles, in order to arrive an accurate and comprehensive, diagnosis that can then be used to treat you successfully, and most importantly, early in the onset of symptoms.

Such early intervention/diagnosis will negate the need of the last resort, of eventually requiring surgery. Carpal Tunnel Syndrome is both an RSI and a nerve damage/entrapment condition that is reported to respond well to surgery, but not all RSI's will be relieved from Carpal Tunnel Release CTR surgery. Mind/body treatments/practice, ultimately use physical manipulation to release tension in muscles and joint areas where symptoms

concentrate, (Trigger points/hot spots and are thought to be the most helpful for those that do not/or would not respond to CTR surgery.

The most important thing to remember is NEVER give up hope, and always seek help in managing your pain and symptoms. I would add, to try not to rely on Pain Meds 24/7 (Support groups are more helpful) and seeking out immediate pain relief such as stretching/ice. There is light out there, but you could blow it out if you leave it too long. RSI is an 'Invisible Condition' most often related to nerve pain. If left untreated, permanent damage to the nerves may occur.

To sum up, from my own experiences, taking care of 'You' is our greatest key to managing 'Our' repetitive strain injury. We can do it. We must own it, control it and manage it. Ultimately, we can beat it."

Source:

<https://www.rsipain.com/success-story-veterans-guide-to-surviving-repetitive-strain-injury.php>