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## The Symptoms of a Repetitive Strain Injury by Mercury Legal Online - Experts in RSI Injury Compensation

### 1 Symptoms of Repetitive Strain Injury

RSI typically involves the hands, wrists and arms - or a combination of any of the upper limbs. The symptoms of the condition vary, but includes these feelings in the affected limb:

- Tenderness
- Cramp
- Stiffness
- Tingling or Numbness

Additionally, symptoms can include pain when trying to use the limb affected, leading to its impaired use, resulting in some sufferers to give up work.

If recognised and treated early enough, RSI can be successfully managed. Treatment involves reducing or avoiding the tasks at work that caused the problem in the first place and taking regular exercise including therapeutic stretches. Your doctor may prescribe Steroids which can be straight into the wrist to ease pressure on the median nerve and give temporary relief for some severe. cold, then hot, then cold water again - this allows the muscle to relax and then contracts it before relaxing again which can help reduce symptoms.

### 2 What Can I Do Next?

If you have a job that requires the repetitive use of your hands or fingers or exposes you to vibration equipment or tools and you feel that you may be suffering with Repetitive Strain Injury, you should talk to your doctor and contact Mercury Legal Online Free on 0800 122 3 130 about a claim for compensation.

If you've experienced any of the symptoms for Repetitive Strain Injury such as tingling, numbness or decreased grip strength you should speak to your GP as soon as possible about organising a test for RSI.

Make a claim now, visit: [Repetitive-straininjury.co.uk](http://Repetitive-straininjury.co.uk)

#### Trust in Mercury Legal Online

At Mercury Legal Online our expert occupational disease team of solicitors know the affect that having RSI has on their quality of life and ability to carry out their job affectively. This is why if we take on a claim for RSI, we make sure we obtain as much compensation as possible, as quickly as possible.