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Repetitive Strain Injury Treatments & Exercises by Mercury Legal Online - Experts in RSI Injury Compensation

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Diagnosing a Repetitive Strain Injury

If diagnosed and treated early enough, RSI can be managed successfully. Treatment involves avoiding or reducing the cause of the problem and taking regular breaks to rest your hand, wrists, neck or arms. In some cases a doctor may prescribe Steroids which can be straight into the limb or taken orally to ease pressure on the median nerve and give temporary relief for some mild sufferers. Stretching and exercising your wrists may also help people who have severe symptoms of Repetitive Strain Injury.

Having removed or minimised the cause of the problem, treatment in mild cases frequently involves starting with the use of anti-inflammatory drugs for example Ibuprofen. Always consult your doctor. Massaging the affected arm or affected area with a tennis ball has been found to be successful for some patients. Patients have also found some relief by bathing the affected limb in alternating cold, then hot, then cold water again - this allows the muscle to relax and then contracts it before relaxing again helping to reduce symptoms.

Make a claim now, visit: Repetitive-straininjury.co.uk

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What Can I Do Next?

For people who use computers, or use their fingers and hands a lot some exercises maybe useful:

- Make a fist, palm up and use your hand to press lightly down against the clenched hand.
- Clench your fingers of one hand into a tight fist, then release fanning out your fingers. Do this five times.
- Bend your thumb to beneath your little finger and hold for five seconds then spread your fingers apart (palm up) for five seconds. Repeat ten times per hand.
- Shrug then squeeze your shoulders down, back and then forwards.
- Carefully pull your thumb out and back and hold for five seconds. Repeat ten times for each hand.

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.