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MercuryLegal

Diffuse RSI

Work Related Upper Limb Disorder Guides

1 What's Diffuse RSI?

Lots of repetitive strain injuries that are hard to diagnose are grouped together as diffuse RSI. The term's used to describe injuries on all parts of the body and where there aren't physical symptoms like swelling for the medical profession to use in ascertaining exactly what the problem is.

An increase in the amount of office jobs and office workers is thought to have triggered more of this sort of injury.

Symptoms include pain, numbness, weakness, tingling and cramp in whichever part of the body is affected.

2 What Can I Do?

Don't suffer in silence. Keeping quiet can make things worse, both for you and your employer. RSI is as serious as any other work-based accident or incident, and you could miss out on compensation if your employer's been negligent in any way.

Companies will have insurance in place for situations like this and they'll have their own solicitor to fight their case. It doesn't matter how long you've been there either; your rights remain the same.

If you believe you have developed RSI as a result of your work and your employer has been negligent, you could be entitled to compensation.

If you'd like to discuss your situation, you can call us on

0800 122 3130