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Dystonia (Writer's Cramp)

Work Related Upper Limb Disorder Guides

1 What's Dystonia?

You might know this under its more familiar name of writer's cramp. Anyone suffering from this condition will experience muscle spasms and twisting movements mainly in the fingers. Other parts of the body can be affected though, and sufferers can't control the movements.

They'll have to use more force than is necessary to do simple tasks like grip a pencil, hence the condition's name. Musicians and office workers are likely to be affected by dystonia and it's recognised as an industrial injury in the UK.

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