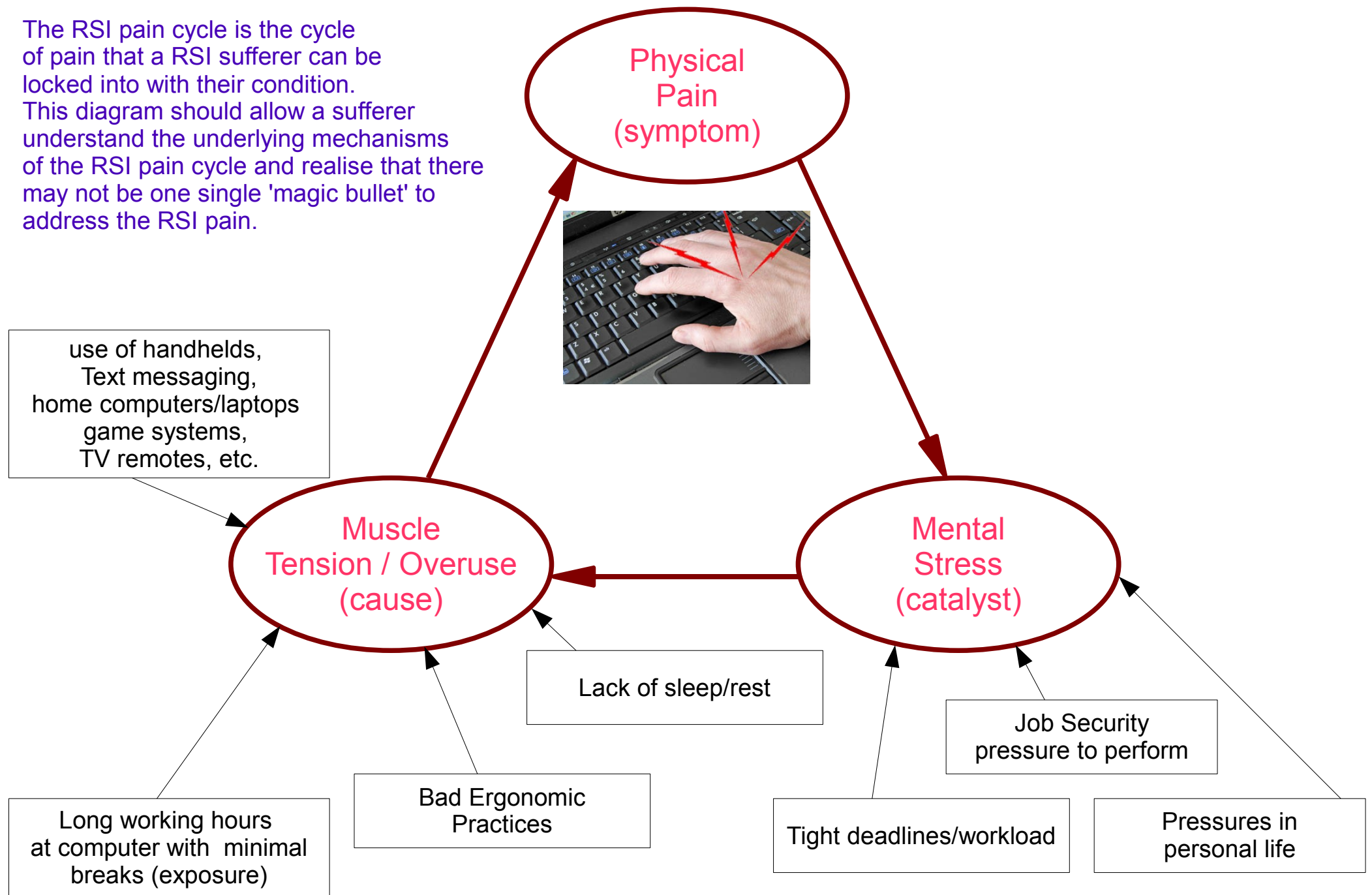


The RSI Pain Cycle

The RSI pain cycle is the cycle of pain that a RSI sufferer can be locked into with their condition. This diagram should allow a sufferer understand the underlying mechanisms of the RSI pain cycle and realise that there may not be one single 'magic bullet' to address the RSI pain.



Breaking the RSI Pain Cycle

The RSI pain cycle once 'locked' into is a hard one to break free from. The common mistake is to address only one or two factors. If the sufferer is at an early stage of RSI, and is fortunate then one change eg Ergonomic setup may be enough to break free, but any medium/long term sufferer who is trapped in this cycle should consider addressing most/all of the underlying trigger causes



Wrist Braces for rest
Increase sleep/rest
Physical Therapy
Massage, Relaxation
Medication,
Hydration, Diet



Physical Activity
Team sport
Swimming
Sport
Yoga
Meditation
Computer free pastimes

use of handhelds,
Text messaging,
home computers/laptops
game systems,
TV remotes, etc.



Increase break times away from desk

Drastically reduce / eliminate usage

Increase hours of sleep

Lack of sleep/rest

Control 'hours worked' to 'contract required hours' take every allowed break and micro 5min stretch breaks

Job Security pressure to perform

Long working hours at computer with minimal breaks (exposure)

Bad Ergonomic Practices

Tight deadlines/workload

Pressures in personal life

Improve ergonomics/posture
Develop good stretching practices
Alternative input devices