

Repetitive Strain Injury

Occupational overuse syndrome, or OOS, is a type of injury common to fingers, hands, wrists and elbows. It is caused by repetitive movements or awkward postures. OOS is also known as repetitive strain injury or RSI.

Symptoms include swelling, pain and weakness in the affected joints. Vulnerable tendons can be overworked and inflamed by repetitious manual tasks such as working on a keyboard, working an assembly line or even playing a musical instrument.

Rest is usually the best cure. Sometimes poor workspace design or work practices contribute to OOS. Making minor changes can alleviate or prevent the condition.