

Click here for [Time Out Delhi](#) **NEW** Click here for [Time Out Bengaluru](#) [Subscribe](#) | [Register](#) | [Sign In](#)



Life. Unlimited. **Time Out Mumbai** **Reviews**

TIME OUT WORLDWIDE CITIES A-Z YOUR ACCOUNT SEARCH TIME OUT :

NEW ISSUE ON STANDS

- Time Out Mumbai
- Food & Drink
- Consume
- Health & Fitness
- Music
- Dance
- Nightlife
- Film
- Art
- Theatre
- Books
- Kids
- Around Town
- Time In
- Mumbai Local

Health & Fitness

Home ADD TO FAVOURITES PRINT THIS PAGE

Wrist watch

RSI is among the biggest workplace hazards, reports **Vidya Balachander**.



More than five million Indians might suffer symptoms of a condition that Sachin Tendulkar has made famous, researchers say.

It isn't burn-out, ageing or any of the factors critics attribute to his waning stardom. The condition – colloquially called "tennis elbow" – is repetitive strain injury, the name for a family of physical disorders caused by the overuse of muscles and tendons in the wrist, arms and upper back.

The specific conditions that contribute to repetitive stress injury – with intriguing names like gamekeeper's thumb, washerwoman's sprain and tendons in the wrist, arms and upper back.

golfer's elbow – are caused by repeated actions that lead to the inflammation of muscles and tendons. While initial symptoms may range from a tingling and burning sensation in the fingers to slight aches, continued stress on these muscles can lead to a loss of sensation and debilitating pain.

Tennis elbow, the inflammation of the outer elbow due to overuse, was first described way back in 1883 and has been known to affect sportspeople and assembly line workers. Other forms of RSI, however, have come to notice in the last decade marked by increased computer usage. Long working hours in badly designed workspaces, poor posture and the prolonged use of keyboards are all believed to have contributed to the high incidence of the disorder among computer users.

"A lot of people who seek solutions [to RSI] are office-goers," said Dr Sanjay Garude, an orthopaedic surgeon with a specialisation in sports medicine, who is a consultant at Lilavati and Nanavati hospitals. "About 60-70 per cent of people are in their mid-20s and 30s." Computer users usually suffer from carpal tunnel syndrome, a condition caused by straining the wrist while typing. The median nerve in the wrist is pressurised, leading to pain and numbness in the forearms. At its worst, carpal tunnel syndrome can cause loss of muscle strength.

According to Garude, recovery from RSI depends on how quickly you seek medical attention since there is no specific line of treatment. While physiotherapy can treat most of these injuries, Garude says "RSI is a classic example of prevention being better than cure." Due to the growing awareness about RSI, a number of multi-national corporations and business process outsourcing units provide their employees access to a gymnasium, ergonomically designed keyboards that reduce finger fatigue, and massage chairs to relax their shoulders. But, said Garude, these measures are little more than cosmetic when the faulty habit persists. "If you use an ergonomically designed keyboard for 12 hours a day, how does it help?" he asked.

Apart from computer users, manual labourers working with electrical drills, musicians, painters, hairdressers and butchers are also at risk of RSI. Many treatments result in symptomatic relief that doesn't get to the cause of the injuries.

"Misdiagnosis as spondylitis, arthritis, slipped disc or muscle sprain seems to be the rule rather than the exception," according to Dr Deepak Sharan, a Bangalore-based orthopaedic surgeon who led a survey on the causes and treatment of RSI in 2001. This may be because diagnosis is entirely dependent on examination by an expert; standard tests like MRI scans are often inconclusive. As a result, unlike in the United States, RSI is not a compensable occupational illness in India. Says Sharan on his website, "The onus of RSI prevention is entirely on Indian workers."

Illustration by **Gautam Dutta**
Source : Time Out Mumbai ISSUE 7 Friday, November 28, 2008

[Post Your Comments](#)

Latest user reviews

ADD TO FAVOURITES PRINT THIS PAGE EMAIL TO A FRIEND
Register for our free weekly newsletter: e-mail address

Subscribe to Time Out Mumbai Online, if you want to Get More Out of Mumbai. Hurry and avail this special offer before it is too late.

© 2006 Paprika Media Private Ltd. All rights reserved. All material on this site is © Time Out Mumbai. Home | About Us | Contact Us | Privacy policy | Feedback | Careers at Time Out | Advertising with us
"This site is best viewed in IE 5.0 and above in 1024 x 768 pixels."

Time Out
Celebrating 4 years in India
Mumbai | Delhi | Bengaluru

The dream run continues...

4th Anniversary

in the Dream city

Time Out Mumbai
Life. Unlimited.
In Mumbai. Get Out of it.

Time Out
Mumbai & Goa

Buy this Guide