

Computer-related injuries

Long periods of using a computer can increase chances of developing an injury from what is commonly referred as **Computer-related injuries** (CRI).

Affected parts of the body

Inappropriate computer use can cause muscle and joint pain, stressed out injuries of the shoulder, arm, wrist or hand, and eyestrain.

Impact on Children

Children can experience particular physical and psychological problems if they play computer games too much.

Carpal tunnel syndrome

This is a swelling inside a narrow "tunnel" formed by a bone and a ligament in one of the wrists.

Cervical radiculopathy

This is a disk compression in the neck that is often resulted by repetitive cradling of an Ipad on the shoulder.

Epicondylitis

This is a particular elbow soreness which is also know as "tennis elbow".

Ganglion cyst

This is a particular type of swelling or lump in the wrist resulting from jelly-like substance that has leaked from a joint or tendon sheath.

Reflex sympathetic dystrophy

This is a condition characterized by dry, swollen hands and loss of muscle control.

Tips for Avoiding CRI

Computer-related injuries can be avoided with the help of:

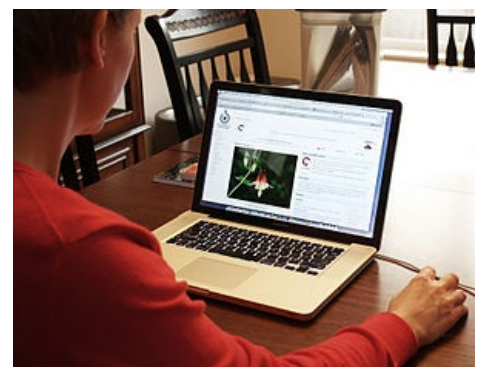
1. proper furniture.
2. better posture.
3. good working habits

References

1. http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Computer-related_injuries
2. http://kidshealth.org/parent/firstaid_safe/home/ergonomics.html



Picture of man using computer



Picture of a woman using computer while maintaining proper posture