

# 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.

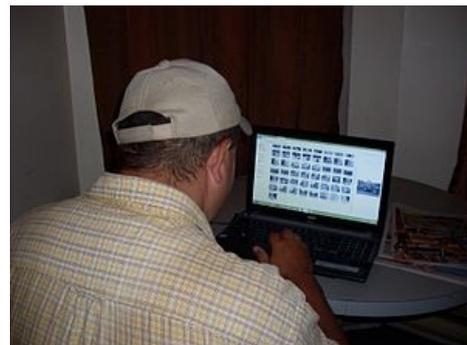
## Tips for Avoiding CRI

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

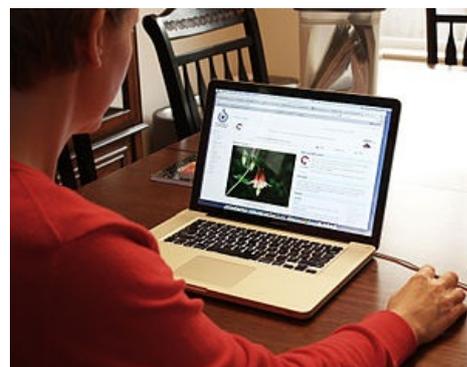
1. proper furniture.
2. better posture.
3. good working habits

## References

1. [http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Computer-related\\_injuries](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Computer-related_injuries)
2. [http://kidshealth.org/parent/firstaid\\_safe/home/ergonomics.html](http://kidshealth.org/parent/firstaid_safe/home/ergonomics.html)



Picture of man using computer



Picture of a woman using computer while maintaining proper posture