

Musculoskeletal disorders

Musculoskeletal disorders are a family of physical signs and symptoms that may occur over time and may be in combination with awkward body positions. These disorders can affect muscles, tendons, ligaments and nerves. Complaints experienced by VDT users include pain in the arm, hand, wrist, finger, shoulder, neck and back.

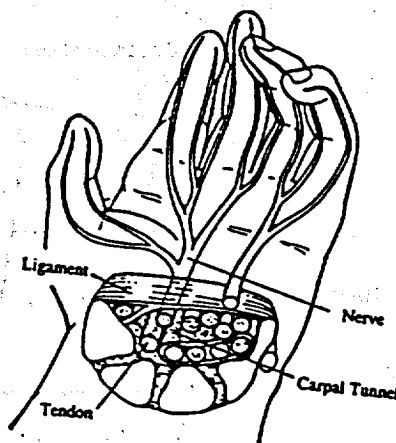
Signs and Symptoms

<u>Stage 1</u>	<u>Stage 2</u>	<u>Stage 3</u>
Pain & aching in affected area	Reduced ability for repetitive tasks	Persistent aching
Pain disappears with rest	Recurrent aching & fatigue	Lifestyle affected
Swelling and tenderness	Intermittent night pain	Inability to do tasks
Weakened grip	Loss of sensation in affected area	Difficult movement

Carpal Tunnel Syndrome

One type of musculoskeletal disorder is *Carpal Tunnel Syndrome*. This is a nerve disorder resulting from pressure on the median nerve where it passes from the forearm through the *carpal tunnel* in the wrist and into the hand.

If aggravated by awkward movement of the wrist, inflammation and swelling can occur which presses on the nerve. Symptoms include pain, numbness and tingling in the first three fingers and the base of thumb. The symptoms are often worse at night.



Report any of the above symptoms to your doctor and supervisor. This is essential if musculoskeletal disorders are to be prevented through treatment and ergonomic changes to your workstation.