## Musculoskeletal disorders

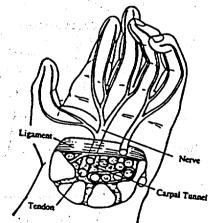
Musculoskeletal disorders are a family of physical signs and symptoms that may occur over time and may be in combination with awkward body positions. These disorders can affect muscles, tendons, ligaments and nerves. Complaints experienced by VDT users include pain in the arm, hand, wrist, finger, shoulder,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

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



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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.