

# Services to Union Members

## Personal Injury

### Repetitive Strain Injury

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If you have suffered an injury or condition as a result of repetitive tasks, you may have a claim for compensation.

#### What is a repetitive strain injury?

Repetitive strain injury is a term widely used to describe many different types of soft tissue, muscle or tendon injuries which are caused by repetitive physical work.

Repetitive strain injuries can affect any part of the body, though they refer most commonly to disorders of the neck, back, arm, hand, wrist or shoulder. They usually result from a mixture of poor ergonomics (i.e. the wrong chair or workstation), repetitive motion and posture.

The following are types of repetitive strain injuries:

- **Carpal Tunnel Syndrome** occurs when the median nerve that runs from the forearm into the hand becomes pressed at the wrist. This is experienced as weakness, numbness and tingling in the hands and wrist.
- **Tensynovitis** is the inflammation of a tendon, resulting in pain, tenderness and swelling. You may also experience reduced movement.
- **Epicondylitis** (sometimes referred to as Tennis Elbow or Golfer's Elbow) affects the elbow and is the result of the inflammation of tendons at the point where they attach to the bone.
- **Muscle Strain** occurs when the body is kept in one position for sustained periods, resulting in stiffness in the muscles.

#### What are the symptoms?

Repetitive strain injuries can range from mild to severe. Some people experience dull aches, stiffness, throbbing and numbness. The symptoms may ease when you have a break from the repetitive task, for example over the weekend or whilst on holiday.

In more severe cases, they can cause crippling pain and disability, with pain spreading to other parts of the body. These injuries can impact on your ability to do your job, or prevent you from working at all.

#### Do I have a case for compensation?

Our Lawyers will handle your case sensitively, focusing on your individual circumstances. Should you decide to proceed with legal action, we will be here for you from start to finish - keeping you fully aware of all developments as the case progresses.

#### How to claim

All our personal injuries services are free to Union Members. To make a claim, please contact your Trade Union Representative in the first instance. They will then put you in touch with us.