REpetitive strain injury

RSI is the overuse of muscles through repeated movements, placing stress on your body.

Stages, Symptoms and Recovery Potential

Early:
- At work, the body aches and individuals feel tired, but symptoms disappear when away from work. The aches and fatigue do not interfere with the ability to work.
- The injury will heal completely if given immediate attention.

Intermediate:
- The injured area aches and feels weak soon after the start of work, until well after work has ended.
- The injury will heal completely if given immediate attention.

Advanced:
- The injured area aches and feels weak, even at rest or while asleep. Even light duties are very difficult.
- It is possible to fully recover from an injury in its advanced stages however, it may require more work to correct it.

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