



MyComputerGamingChair.com Publishes Article on Repetitive Strain Injury

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Manila, The Philippines ? MyComputerGamingChair.com, the site that serves as a resource for information about gaming chairs, announced today that it has published an article, Ergonomics and Repetitive Strain Injury: What Doctors Don?t Tell You. The article discusses symptoms, causes and prevention of Repetitive Strain Injury (RSI), which is prevalent among gamers, and even kids and teens who overindulge in video games. Office workers are also prone to the RSIs, such as Carpal Tunnel Syndrome (CTS). In some cases, these painful and incapacitating disabilities will require surgery to be fixed.

?Too many people choose to ignore pain from RSIs, but that is a mistake,? said Yeshua Quijano, publisher of <http://mycomputergamingchair.com> and the author of the article. ?This is a very serious medical issue. Our goal with the article was to raise awareness of the condition and offer some suggested approaches to treating it.?

RSI is a collective term that pertains to a number of conditions affecting the musculoskeletal system. RSIs are associated with aching muscles, or enflamed tendons or nerves commonly caused by repetitive movement, and/or prolonged poor posture. The article highlights how the condition takes effect using the

example of ?Steven,? who is an office worker by day and a gamer by night. He spends his day working on a desktop computer and relaxes at night playing in his personal computer his favorite online game. One day, a prickling pain shoots in his wrist and up his arm. Steven ignored it, and for months maintained his day-to-day activities, until he realized his pain was just getting worse. He later found out he has RSI.

Examples of RSIs include Bursitis, CTS, Epicondylitis (e.g. tennis elbow) and Ganglion, which is characterized by spongy sacs or swells of liquid on top of joints, tendons in the wrist, hands, and feet. To read the full article, [click here](#).

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