

**From:** Physio4All [info=physio4all.com.au@mail194.us1.rsgsv.net] on behalf of Physio4All [info@physio4all.com.au]  
**Sent:** Monday, 2 April 2012 2:09 PM  
**To:** Steve  
**Subject:** PHYSIO4ALL E-News: Is Work a Pain?

Learn about Occupational Overuse Syndrome! PLUS Special Offer - FREE Ergonomic Workstation Review!! For First 10 Callers!!

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## PHYSIO4ALL E-News

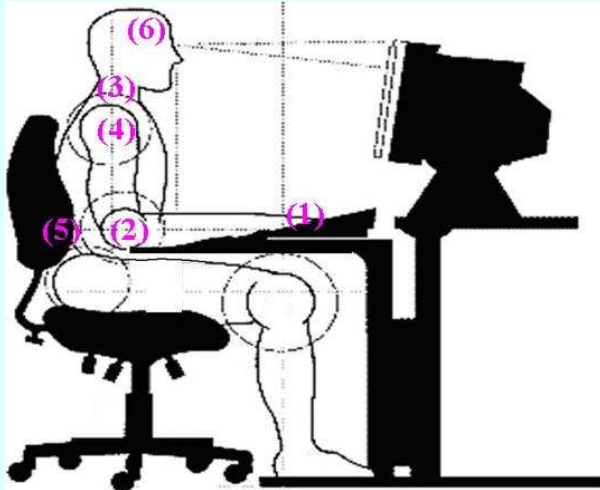
### Is Work a Pain?!

#### Occupational Overuse Syndrome



Occupational overuse syndrome refers to conditions of the musculoskeletal system characterised by **discomfort or persistent pain in muscles, tendons and other soft tissues. It is usually associated with repetitive movement, sustained postures, and/or forceful movements.** In the office environment, the sustained positions and repetitive movements typical of computer work are commonly responsible for occupational overuse syndrome.

A total of 969 occupational overuse syndrome claims were reported in 2008/09, representing 11 per cent of all occupational diseases. **The total gross incurred cost for these claims was \$23 million** with an average cost of \$23,336 per claim. Total lost time was 11,095 weeks, with an average of 14 weeks per claim.



### (1) Wrist and/or Hand pain

- Carpal Tunnel Syndrome
- DeQuervain's Tendinopathy (thumb pain)

### (2) Elbow and/or Forearm pain

- Lateral Epicondylagia (Tennis Elbow)
- Medial Epicondylagia (Golfer's Elbow)
- Ulnar Neuropathy at the Elbow

### (3) Neck and Shoulder and/or Arm Pain

- Neck Tension Syndrome
- Cervical

### (4) Shoulder and Arm Pain

- Thoracic Outlet Syndrome

### (5) Lower back Pain

- Low back pain (general)

### (6) Eye Strain

- Computer Vision Syndrome



### **SPECIAL OFFER!!!**

Download the following voucher, and receive a **FREE Ergonomic Review** of your Workstation with one of our experienced physios! **Valued at \$85.00!**

**For the first 10 callers!**

**BOOK NOW** on 02 9922 2212!

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For an awesome PHYSIO4ALL video on Workstation Ergonomics, [click here!](#)

For a great PHYSIO4ALL video on Posture and Chair Ergonomics, [click here!](#)

- Radiculopathy

For more information on the above conditions, click the following link: [Occupational Overuse Syndromes](#)

If you think you may have an overuse injury or any other condition please contact one of our physiotherapists on 9922-2212.



## FAN OF THE WEEK!

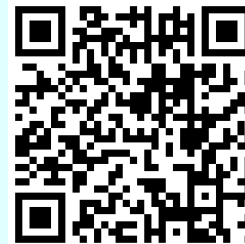
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PHYSIO4ALL

Shop P16 NorthPoint Plaza

100 Miller St

North Sydney

NSW 2060

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