



Instruments made with TLC can help prevent RSI

Repetitive strain injury (RSI) is a term used to describe a number of different musculo-skeletal disorders; these conditions can also be known as tenosynovitis, carpal tunnel syndrome and tendinitisⁱ. In 2007/08 an estimated 213,000 people in Great Britain believed that they suffered from a musculo-skeletal disorder. It has been reported that estimated 2.8 million full working days were lost in 2007/08 through musculo-skeletal disorders and on average, each person suffering took an estimated 13.3 days off in a 12 month periodⁱⁱ.

Many dental hygienists and therapists have been diagnosed with RSI and a majority have experienced some type of musculo-skeletal pain in their shoulders and neck, hands and wrists, lower back or forearms and elbowsⁱⁱⁱ. DENTSPLY would like to highlight the importance of recognising the symptoms and to support you in preventing RSI.

Repetitive strain injury can be caused by a variety of tasks at work, such as forceful or repetitive activity over a long period of time. The condition mostly affects parts of the upper body, such as the forearm, elbow, wrist, hands, shoulders and neck^{iv}.

Common symptoms to be aware of are numbness, burning or tingling affecting all but the little finger, often occurring at night.^v If you recognise any of these symptoms you should contact your doctor who should formally diagnose RSI. Treatment options vary, depending on severity, but can range from complete rest or a prescription for anti-inflammatory drugs, right up to surgery. As recovery rates vary considerably, prevention is better than cure.

DENTSPLY hand instruments have been designed in conjunction with hygienists to give you the tools you want and demand. Instrument handles and grips are imperative to the prevention of RSI; DENTSPLY has a range of ergonomically designed silicone and resin handles to help minimise the risk of RSI. The silicone handled instruments offer a soft non-slip grip with interchangeable tips in order to save costs as worn tips can be replaced. The resin handled instrument has a super lightweight hourglass handle for excellent grip. Most DENTSPLY Hand Instruments are covered with our two-year quality guarantee.*

So show your wrists and hands you love them. For further information contact your Sales Specialist.



ⁱwww.rsi.org.uk
ⁱⁱwww.tuc.org.uk/workplace/work_related_upper_limb_disorders
ⁱⁱⁱGraham, C., 2002. Ergonomic in Dentistry, Part 1, www.dentistrytoday.com/ergonomics/1113
^{iv}www.nhs.uk/livewell/workplacehealth/pages/rsi
^vCarpal Tunnel Syndrome Factsheet, Repetitive Strain Injury Association www.rsi.org.uk

*For full terms and conditions on DENTSPLY's Quality guarantee, please visit our website www.dentsply.co.uk

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