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Health Risks Associated with Technology

The widespread use of technology has led to some important use health concerns. Some of the more common physical health risks are repetitive stain injuries, computer vision syndrome, and muscular pain. These injuries are on the rise for users of technology.

A repetitive strain injury (RSI) is an injury or disorder of the muscles, nerves, tendons, ligaments, and joints. Technology-related RSIs include tendonitis and carpal tunnel syndrome (CTS). Tendonitis is inflammation of a tendon due to repeated motion or stress on that tendon. CTS is inflammation of the nerve that connects the forearm to the palm. Repeated or forceful bending of the wrist can cause tendonitis or CTS of the wrist. Factors that cause these disorders include prolonged typing or mouse usage and continual shifting between a mouse and keyboard (Jones 45-48). If untreated, these disorders can lead to permanent physical damage.