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### **The Price of Technology**

Working in the office is a breeze. With the advent of computers, we're able to perform a multitude of tasks without leaving the comfort of our desks. At the click of a mouse-button, we can send email across the office, add fancy borders to our presentations, and cut our documents down to size. Yes, we office workers are very fortunate indeed.

Or are we?

Many years ago, office tasks involved varied movements of the hands and body. But today, our movements are restricted to typing on the keyboard and operating a mouse. At first glance, it would seem that limited movements would reduce the risk of injury, but most office workers know from personal experience that this is definitely not the case. The lack of exercise, and the overuse of muscles and tendons in the hands, arms and neck, can cause aggravating and often crippling pain. Occupational Overuse Injury, or Repetitive Strain Injury (RSI) affects office workers all over the world.

In this noble age of information and technology, many of us have forgotten how to listen to our bodies. We neglect pain until we are forced out of work and into the care of a physiotherapist. But help is at hand. In the modern workplace, employers pay to keep their workers in shape. Workers' compensation and sick leave drain financial resources, which is why employers go to great lengths to keep RSI out of the office.

Today, workers are encouraged to perform regular stretching exercises. Some computers are equipped with software that takes the worker through a series of exercises every hour. A Health and Safety Officer ensures that the workstations suit the requirements of individual employees. Many problems can be solved by lowering a computer monitor, or heightening a desk. Ergonomically designed chairs, keyboards, mice and desks can also prevent Repetitive Strain Injuries.

In today's world, we exercise our brains and push our intellectual capacity to the limit. But unless we take a few moments each day to look after our bodies, the price of technology will be very high indeed.