- scar tissue forms over torn muscle tendon
- collagen disorganised and discontinued

**Pathogenesis**
- nerves
  - compression of nerves
  - inflammation
- joints
  - in the long term, joint posture and movement may become abnormal and result in joint stiffness and premature degenerative changes

**Signs and Symptoms**
- pain
- muscle weakness
- swelling
- numbness
- restricted mobility of the joint

**Treatment**
- devise ways to change and improve work practices and workspace design
- medication
  - anti-inflammatory painkillers, muscle relaxants
- heat or cold oaks, elastic supports or a splint
- physiotherapy
  - advice on posture and stretches or exercises to help strengthen or relax your muscles
- steroid injections
  - reduce inflammation in an affected area
- surgery
  - correct specific problems with nerves or tendons