

# Philadelphia Workers Compensation Lawyers - Combating Repetitive Motion Injuries

*Repetitive Motion injuries like carpal injuries could be avoided by following some simple tips.*

PHILADELPHIA, PA, USA, October 4, 2017 /EINPresswire.com/ -- Sitting at a computer all day can cause [carpal tunnel](#) syndrome. The American Association of Orthopedics gave many different tips on how to stay away from retaining carpal tunnel from work. The Association recommends different tips for avoiding carpal tunnel in the workplace. Some of these tips include setting your chair at elbow level. Ensure that there is room for both your legs and feet underneath the desk. If your feet are not able to touch the ground, then use a footstool to elevate your feet.

Avoid sitting off center, so you are not off center with the keyboard. The keyboard and monitor should always be directly in front of you. Experts recommend that the best typing position is keeping your arms perpendicular to the floor and your back as straight as possible.

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Employers should stress these simple tips to their workers. Less people would be hurt on the job if they were trained better!”

*Jason Krasno, CEO*

When using your mouse, consider using your entire arm and not just your wrist. The size of your mouse is also significant—you should have a mouse that fits perfectly in your hand. Also, make sure that you keep your computer at eye level so that you do not have to look up or down.

Placing your body and eye-level with the computer is also important because it might cause repetitive motions. If you have a repetitive motion injury that is a result of working, you may be eligible to file a [workers' compensation](#) claim to cover your costs.



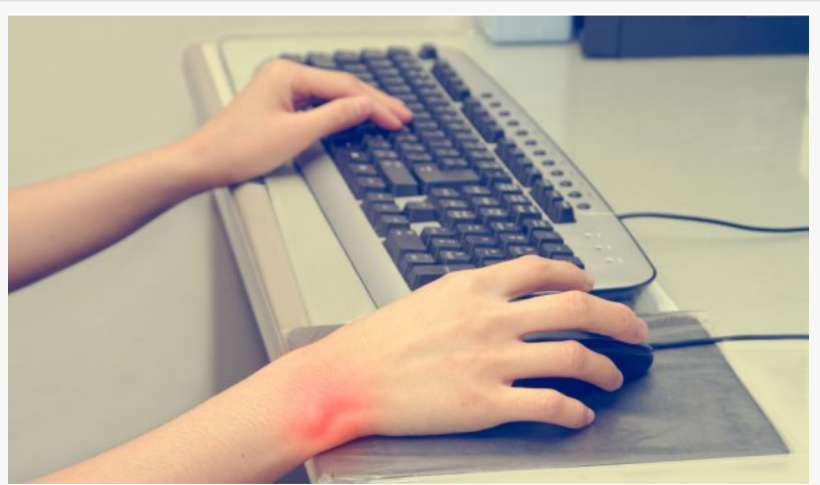
Not all work-related injuries can be pointed at a singular occurrence that caused the damage. An injury that is caused by repetitive trauma, also known as a repetitive motion injury, will slowly build on

itself over time which will cause severe consequences in the future.

If you have suffered a repetitive motion injury that is the result of the type of work you are doing in Pennsylvania, you may be able to receive compensation for your lost wages and medical bills through the Pennsylvania Workers' Compensation Act.

### Some Injuries Build Over Time

It can sometimes be difficult to pinpoint the exact time your repetitive motion injury began. Repetitive motion injuries that occur in your hand or wrist often come from a job that includes typing or handling vibrating machines. These injuries often lead to carpal tunnel syndrome. Shoulder and neck injuries may also occur from sitting in an office all day. Knee or hip injuries may be the result of squatting or bending down repeatedly. Although this type of injury may take some time to develop, you should not hesitate on receiving treatment.



Keyboarding Injuries

No matter the cause of your repetitive trauma injury, it should be taken seriously. You should have access to proper medical care to assure that you are receiving the appropriate treatment for your injury.

Also, you should make sure that your work accommodates for you after the work injury, such as making sure the environment isn't the same since you left. You deserve to work in a safe work environment.

### Get Help from a Trusted Law Firm

If you have experienced a repetitive trauma injury, you are eligible to file for workers' compensation. The attorneys at [Krasno, Krasno & Onwudinjo](#) are dedicated to helping injured workers receive the compensation to which they are entitled. Contact our legal team today at (877)-299-0779 for a free initial consultation or if you have questions regarding a case.

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