

RSI support around the world

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About the Dutch RSI Association

The Dutch RSI Association was set up in 1995 and currently has almost 2200 members. It is run almost exclusively by RSI sufferers, as a non-profit organisation, with the aim of helping others with RSI. It is partly thanks to our efforts that the condition is now taken seriously as a work hazard.

What do we do? The association provides information in the form of a regularly updated website, a quarterly newsletter, an information kit and conferences. Advice and support can be obtained by calling the telephone helpline or attending one of the small-scale, informal drop-in meetings held on a regular basis throughout the country. We keep our members abreast of the latest developments, represent their interests and encourage research. We maintain a large network of contacts who share the same aim such as employers, schools, universities and the government. We also regularly exchange information with professionals who deal with RSI such as doctors, occupational therapists, physiotherapists and lawyers.

The association considers prevention to be important. To this end we spread awareness of RSI via the media, by publishing leaflets, giving talks and attending various trade fairs and conferences. Prevention is aimed at all known risk categories including those who work with computers, hairdressers, musicians, factory workers, checkout workers and many more.

RSI associations around the World (last updated April 2009)

The following countries have an RSI association:

Australia, New Zealand, United States, Canada

United Kingdom

No longer a national association. RSI Action is the only charity in the UK focusing on RSI conditions. It was formed in February 2006, with the objects of working for the prevention of RSI and supporting RSI sufferers.

RSI Action

PO Box 173,

Royston,

Herts,

SG8 0WT

Registered Charity No. 1114977

info@RSIaction.org.uk

www.RSIaction.org.uk

Greater Manchester Hazard Centre (Hilda Palmer) also runs an RSI support group in the Manchester area, which is also affiliated to RSI Action.

Manchester Area RSI Support & Action

c/o Greater Manchester Hazards Centre

Windrush Millennium Centre

70 Alexandra Road

Manchester

M16 7WD

+44 (0)161 636 7557

mail@gmhazards.org.uk

Australia

RSI and Overuse Injury Association of the ACT

Room F18

Griffin Centre

19 Bunda St

Civic ACT 2600

Australia

Tel.: +61 (0)2 6262 5011

rsiact@canberra.net.au

www.rsi.org.au

New Zealand

Occupational Overuse Support (New Zealand) Inc.

P.O. Box 18 - 819

New Brighton

Christchurch

New Zealand

Tel: +64 (0)3 385 3936 (Mon-Fri 10am - 3pm)

ooznzinc@clear.net.nz

www.ctdrn.org/ooznzinc

United States

The Association for Repetitive Motion Syndromes (ARMS)

PO Box 471973 Aurora

CO 80047-1973

www.certifiedpst.com/arms/

CTD (cumulative trauma disorders) Resource Network

2013 Princeton Ct.

Los Banos CA 93635

Tel./fax: (209) 8270801

ctdrn@ctdrn.org

Canada

For a list of RSI support groups in Canada (and the USA) see www.tifaq.org

Info sources in countries without an RSI association

The following countries do not have an RSI association but you can access information via the following contacts:

Norway, Belgium, Germany, France, Spain.

Norway

No patients' association. Term 'RSI' rarely used. Doctors prefer diagnoses that describe the symptoms (painful forearm, sore hand, etc.) rather than make assumptions regarding the cause. Closest is probably patients' association for people with rheumatic problems (nrf.adm@rheuma.no) which may be able to help. There is apparently also a website in Norwegian for those with RSI-like symptoms: www.Musesyke.nu also accessible via www.mousewatch.com.

Belgium

For further information please contact: buitenland@rsi-vereniging.nl.

Germany

Prof. Hardo Sorgatz

TU Darmstadt

Sekretariat : Klinische Psychologie und Psychotherapie, Fachbereich 03

Alexanderstrasse 10

64283 Darmstadt

Gebäude/Raum : S1 15

Tel. : 06151 16 5213

rsi-tud@gmx.de

www.rsi-online.de

France

Institut National de Recherche et de Securite

30, Rue Olivier-Noyer

75680 Paris cedex 14

Tel. : +33 (0)1 40 44 30 00

www.inrs.fr

info@inrs.fr

For an information sheet on RSI in French produced by the Dutch RSI Association please contact: buitenland@rsi-vereniging.nl

Spain

Dr Balague

Centre de Salut de la Columna Vertebral

C/Valencia 171-177

101a Escal. Dcha.

08011 Barcelona

Spain

Tel.: +34 93 451 45 26

drbalague@menta.net

www.saludcolumnavertebral.com

If you seek information about RSI in a country not mentioned here please contact: buitenland@rsi-vereniging.nl as we may still be able to help you.