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Notes & queries

The Guardian, Thursday 6 December 2001

My daughter sends hundreds of text messages each month from her mobile phone, using her thumb to type in the messages. Is she risking repetitive strain injury by doing this?

For anyone text-messaging repeatedly (ie all day every day), the effects will be no different from constant videogame playing. Rheumatologists have long described cases of players who have suffered skin, joint and muscle problems from repeated button hitting on their consoles. Most common in the medical literature are case study reports of RSI type symptoms - commonly known as "Nintendonitis". Admittedly some of these effects are quite rare and "treatment" simply involves non-playing of the games in question.

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