

Diseases due to overstraining of the peritendineum

Definition of causal agent

Prolonged periods of highly repetitive wrist/hand movements. The use of force and awkward position of the hand are aggravating factors.

Main occupational uses and sources of exposure:

Repetitive and forceful wrist/hand use, e.g. in meat cutting, fish filleting, machine feeding, manual assembly, use of hand-held tools.

Definition

Peritendinitis: Inflammation of the peritendineum (the fibrous layer around the tendon). The condition is common in the wrist but may involve other tendons.

Diagnostic criteria

Pain in the affected tendon.

Clinical signs: Palpation tenderness of the affected tendons. Pain elicited when the tendons are activated, e.g. in resisted extension or flexion of the wrist. In the acute phase swelling, redness, warmth may be found. Clinically, the condition may be difficult to distinguish from tenosynovitis.

Exposure criteria:

Minimum intensity of exposure

Individual exposure anamnesis with confirmation of prolonged occupational exposure to highly repetitive hand motions. Working with the wrists/hands in awkward positions and /or using hand force aggravates the exposure.

Measurements of repetition at the work place (e.g. number of items handled, no. of hand repetitions), assessment of time spent in awkward positions of wrist/hand and assessment of force exerted (e.g. handled weights) may add valuable information although threshold limits for exposure are not established.

Highly repetitive procedures (guiding): >10 items handled/minute or >20 repetitions/minute. High force (guiding): >1 kg. handled weights.

Minimum duration of exposure: Days

Maximum latent period: A few days

Induction period: Days