

# How Open Source Saved My Neck

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Though Microsoft might disagree, open source software in many cases can be a real cost saver. It can also save your neck. Literally.

Most information workers spend inhumane amounts of time huddled over their computers. We type away at our keyboards, stare at our screens and remain shackled to our chairs seemingly immobile for hours at a time.

The docility of inactivity combined with the repetitive action on keyboards and mice is a lethal cocktail that is undeniably harmful to the human form. Call it repetitive stress injury (RSI), tendonitis, carpal tunnel or just simple back or neck pain, the problem is real and it is deadly.

Whatever you want to call it, RSI-related injuries are avoidable and preventable. Having an ergonomic workstation is important.

[Full Story](#) [2].

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