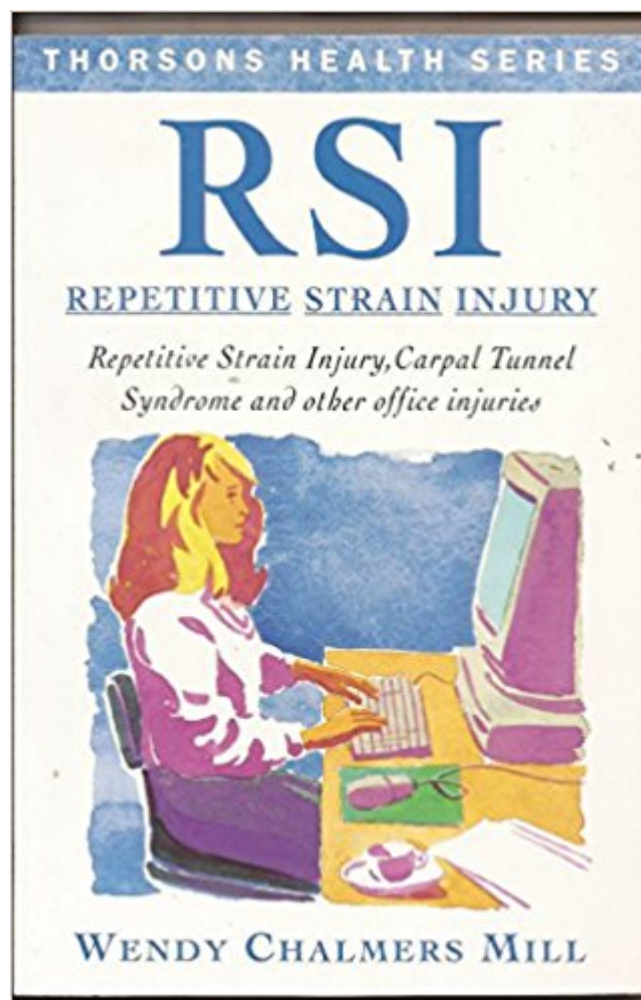




The book was found

Rsi: Repetitive Strain Injury : Repetitive Strain Injury, Carpal Tunnel Syndrome And Other Office Numbers (Thorsons Health)



Synopsis

What is RSI? What causes Carpel Tunnel Syndrome and how can you avoid developing it? Anyone who uses a word processor for an extended period of time in stressful conditions is at risk of developing RSI related conditions: frozen shoulder, tingling hands, aching wrists - any of these symptoms can indicate trouble brewing and in extreme circumstances RSI can be completely debilitating. This book aims to stop trouble before it starts. It explains the symptoms and provides easy stress reducing exercises that can be done at your desk. Additionally, RSI contains clear advice on how to break bad habits and improve your posture and work station design. Wendy Chalmers Mill is a qualified physiotherapist who specializes in treating those with RSI and associated conditions.

Book Information

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An expert, comprehensive guide to the increasingly common problem of Repetitive Strain Injury (RSI)--including carpal tunnel syndrome--caused by repetitive or incorrect movement.

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Treatments: All about Carpal Tunnel Syndrome Causes, Diagnosing, Symptoms, Signs, Non-Surgical and Surgical Treatments, Alt End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand It's Not Carpal Tunnel Syndromel: RSI Theory and Therapy for Computer Professionals Carpal Tunnel Syndrome and Repetitive Stress Injuries: The Comprehensive Guide to Prevention, Treatment, and Recovery Fibromyalgia, Chronic Fatigue Syndrome, and Repetitive Strain Injury: Current Concepts in Diagnosis, Management, Disability, and Health Economics (Journal of Skeletal Pain, Vol 3, No 2) Carpal Tunnel Syndrome & Overuse Injuries: Prevention, Treatment & Recovery (The Family health series) 101 Questions and Answers about Carpal Tunnel Syndrome: What It Is, How to Prevent It, and Where to Turn for Treatment The Carpal Tunnel Syndrome Book: Preventing and Treating CTS The Pain Relief Breakthrough: The Power of Magnets to Relieve Backaches, Arthritis, Menstrual Cramps, Carpal Tunnel Syndrome, Sports Injuries, and More The Truth About Carpal Tunnel Syndrome: Finding Answers, Getting Well Natural & Herbal Remedies for Carpal Tunnel Syndrome: Storey Country Wisdom Bulletin A-245 The Natural Treatment of Carpal Tunnel Syndrome Carpal Tunnel Syndrome: A Guide to Daily Activities Eating Do's & Don'ts for Nutritional Management of Carpal Tunnel Syndrome Relief From Carpal Tunnel Syndrome (The Dell Medical Library) The Repetitive Strain Injury Handbook: An 8-Step Recovery and Prevention Plan

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