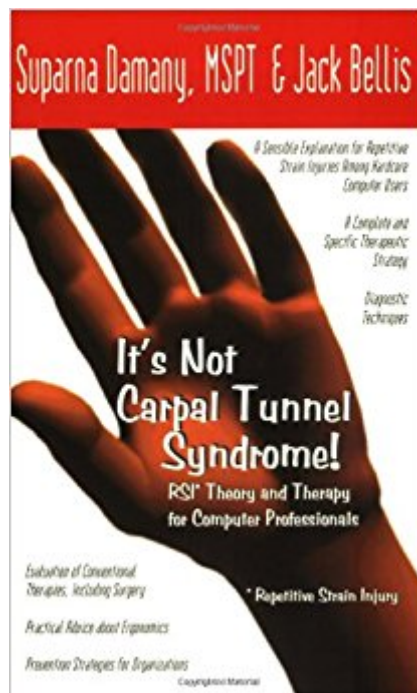




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# It's Not Carpal Tunnel Syndrome!: RSI Theory And Therapy For Computer Professionals



## Synopsis

This guide offers computer users who suffer from repetitive strain injury (RSI) an effective program for self-care. It explains the symptoms, prevention, and treatment of RSIs and also addresses the often-overlooked root causes of RSIs. This holistic program treats the entire upper body with ergonomics, exercise, and hands-on therapy, increasing the likelihood that surgery and drugs may be avoided.

## Book Information

Paperback: 234 pages

Publisher: Simax (April 1, 2001)

Language: English

ISBN-10: 0965510999

ISBN-13: 978-0965510998

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 78 customer reviews

Best Sellers Rank: #152,183 in Books (See Top 100 in Books) #3 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury #35 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention #162 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic

## Customer Reviews

Suparna Damany, MSPT, is a certified hand therapist and certified ergonomic assessment specialist. She lives in Allentown, Pennsylvania. Jack Bellis is a software professional living in Philadelphia, Pennsylvania.

I've been suffering from hand pain for the past 4 months. My orthopedist said it was an inflammation and gave me some unhelpful medications. When someone recommended me about this book I was sceptical because I thought "oh, I have an inflammation, what does RSI have to do with it?". I was so desperate that I bought it anyway. This is honestly the best book I've ever read - it has ALL the information there is to know about your hand pain - basic anatomy, ergonomics, posture, recommended therapies and self-help exercises you could do at home. It was written in 2000, but I believe it is still relevant and in addition, the book refers to online sources about new information available about RSI. Beyond everything - this book just gave me a high motivation to treat myself

full-time and to not accept the hand-pain situation as given. I could not recommend it more. Do yourself a favour and order one now.

I made little progress with my pain over several decades, sometimes absolutely debilitating, until I discovered this gem of a book several years ago. My stretches prior to finding this book were helpful and likely necessary to my overall "recovery", but I learned I was ignoring my real problem which was located elsewhere from where the pain actually emanated. I worked through her exercises one by one, many I already knew and many which seemed to make no difference. Then I hit upon a pair which were immediately and obviously exactly what I needed. I was stunned by the difference this made. I've since gotten so much better that I now forget to stretch at times, which seems nearly unbelievable to me even now. This book literally saved my career as a software engineer. I have purchased numerous copies for friends (so they didn't have an excuse not to read it). I worked with my employer to get a set for team mates too (so they wouldn't wind up like me) who've reported it helpful though none were so dire as I had been. I even gifted a copy to my dentist's staff some of whom deal with RSI from handling small dental instruments with a firm grip for control over many hours. I cringe at the thought of using my hands that way. I think the sub-title does this book a disservice because I suspect the content is helpful well beyond computer users. If you have RSI pain and use your hands for precision, repetitive motion, do yourself a favor and read/practice this book.

If you suffer, like me, from a RSI, namely from PC overuse (although there's a lot of ways of acquiring this illness, like knitting, playing golf, tennis or other repetitive motion) this is the book for you. There are many books out there, and although I have not read them all, I have researched a lot about this illness and this is one of the best books to get. Filled with information about Computer acquired RSI, the authors go through every major detail about the illness: Posture, genetics, diet, work habits, ergonomic workstations, you name it, they have researched a lot. Then book features a direct and easy language, nice B/W illustrations, and many sites for research all over the Web, which you can use to further your knowledge about RSI. This book doesn't feature too many exercises, it is mainly informative, and the authors just give a few pointers and encourage the reader to find professional help. Now the negative: There are a couple of things I did find somewhat odd in this book. After describing and defining RSI, and documenting how misunderstood this illness is by the medical community, they jump into their major recommendation: Go to a doctor and get a professional opinion. Well then you have to find a doctor versed in RSI, and not one that only

want to operate, like they did on the many cases described in the book. Second, I actually found a little offensive. They are quick to dismiss any form of alternative therapy such as herbs, taking vitamin B6, homeopathy or even acupuncture regarding them as 'new agey' and not worth trying. To the mainstream or regular medical community, massages and physical therapy like the authors suggest are also alternative. I have personally combined exercises with acupuncture and healthy eating habits plus supplements, with good results. In all, a great resource book, not many exercises but a lot of info, and we all know the best tool against any illness is information. Buy it along with *Conquering Carpal Tunnel Syndrome : And Other Repetitive Strain Injuries* by Sharon J. Butler and begin your journey towards recovery. Peace and Health to you.

Everything covered in the book holds true...at least for me. I recommend this product to anyone that has started experiencing pain due to repetitive motions (e.g., typing on a keyboard, using a mouse excessively, etc.)

I suffered from a severe case of vascular and neurogenic thoracic outlet syndrome that was unable to improve under the care of some of Boston's best doctors (including surgery). Reading this book was the first time I encountered someone who "got it" and had treated people with the symptoms that I had. I ended up going to see the author -- Suparna Damany -- for an evaluation and treatment and it completely turned my life around and allowed me to continue doing the work I love and get on the path to a pain free life. I highly recommend this book to anyone with RSI or TOS as well as Suparna's clinic--Hands on Healing PT in Allentown, PA.

I have been through exercise therapy, stretching, deep tissue and trigger point massage for two years, but, prior to this reading, hadn't really understood what was going on in my body as well as I liked, and consequently, while I have had some relief, I've had numerous relapses into more significant pain and weakness. This book helps put the pieces together and offers new exercises to supplement my therapist's program, as well as offering encouraging case studies of people who have had significant levels of success. I really am looking forward to using the insight offered, but unfortunately, it will take time to tell how much it truly makes a difference for me, as everyone's situation is different, so don't take my word for it-try it yourself!

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