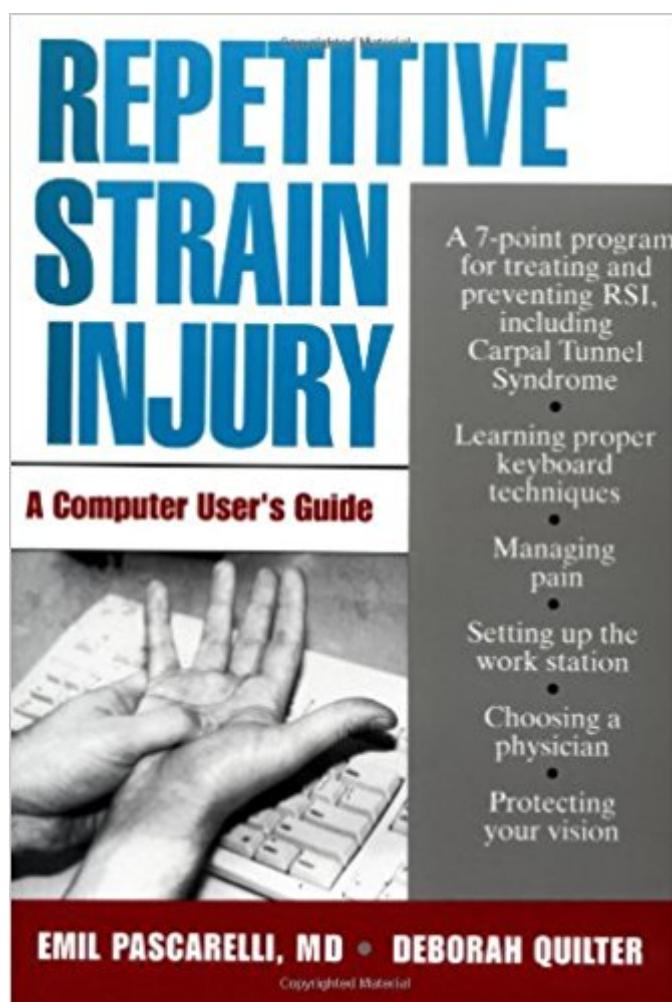


The book was found

Repetitive Strain Injury: A Computer User's Guide



Synopsis

Repetitive Strain Injury "A wealth of information for people who have repetitive strain injury, for those who want to prevent it, and especially for those who think it doesn't concern them. Every computer user has the potential for repetitive strain injury and should heed the advice in this book." —Caroline Rose, Editor The RSI Network "This is the most useful book I have seen for RSI sufferers. It is refreshing to read a book that takes these injuries seriously and offers sound advice." —Robert Dieterich, Managing Editor VDT News "Easy-to-read, expertly illustrated, and filled with hundreds of commonsense explanations and practical suggestions for those suffering from all types of repetitive strain injuries. Particularly outstanding is Dr. Pascarelli's sensitivity to the impact of emotional distress and fear on physical well-being and recovery." —Stewart Leavitt, PhD Office of Ergonomics Researchers Leavitt Medical Communications The great speed, ease, and efficiency of personal computers can lead to severe physical and emotional pain. The problem is called "Repetitive Strain Injury," or RSI, and includes a wide range of conditions—from Carpal Tunnel Syndrome to Tenosynovitis. Over time, this "epidemic of the ’90s" damages the muscles, nerves, and tendons of the hands, wrists, and arms. Dr. Pascarelli's seven-point plan offers proven ways of preventing the onset of RSI as well as tested methods that will help RSI sufferers to once again lead healthy, productive, and pain-free lives.

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Customer Reviews

This book has become a bible for those suffering from RSI. It explains what to ask your doctor (and

why) when you go in for a diagnosis; it also lists more than two dozen types of RSI and related conditions, from cervical radiculopathy to reflex sympathetic dysfunction to fibromyalgia. If these terms sound intimidating, then the book succeeds in bringing them down to clear, manageable definitions. Quilter and Pascarelli also delineate the causes of RSI that are often unconsidered, including being obese, typing while cradling the phone with your shoulder, and having long fingernails. They don't discuss many of the different surgeries used for RSI but instead choose to discuss the various kinds of physical and occupational therapy treatments; acupuncture; stretching; vitamins and nutrition; relaxation techniques, deep tissue massage, and guided visualization. There's also an extensive list of helpful tricks for adapting to living with RSI, from making changes in the kitchen to re-learning how to drive. This is also the RSI book if you're looking for information on the psychological ramifications of RSI and how to handle both time off from work and the return to the office.

In this highly instructive and readable guide to health in the age of computers, Pascarelli, professor of clinical medicine at Columbia University and Cornell Medical Center, and Quilter, a health writer, explore the causes, symptoms and treatments of varied injuries stemming from prolonged computer keyboard work. RSI (repetitive strain injury) is the authors' catchword for Carpal Tunnel Syndrome, tendinitis, epicondylitis (also called tennis elbow) and a slew of other potentially chronic conditions that render not just computer work but also driving, washing dishes, holding a phone and opening a book difficult, if not agonizing. The authors identify the factors contributing to RSI; emphasize preventive measures, such as upper-body exercises, stretches and the pacing of keyboard work; and insist that finding the right professional diagnosis and treatment is the basis for recovery. They also include names of RSI support groups, ergonomic catalogues and on-line newsgroups. Each chapter offers personal exercises and checklists along with countless anecdotes from commiserating RSI sufferers. If some readers find this work somewhat repetitive and alarmist--all too ready to proclaim RSI "the occupational epidemic of the '90s" and to attribute it to overly demanding office productivity standards--most will find it a consoling trove of practical advice.

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This gives you a pretty easy-to-understand explanation of common RSI issues and what you can do about them. Despite being rather old this still seems to be one of the go-to texts (surely demonstrating how little is known about RSI, still). I think the authors strike the right balance here -- they say, yes, your problem is serious and could lead to disability if not addressed, but they also

give a calm explanation and show how all but the most far-gone cases can be addressed with time. It was incredibly empowering to read this after visiting a general practitioner, being told I had carpal tunnel (despite my symptoms not resembling carpal tunnel at all), and essentially being brushed off. This book encouraged me to get physical and occupational therapy which has done a lot to help me improve, but the book gave me important background knowledge to help me understand what was happening to me.

My physical therapist recommended reading this book and I absolutely loved it! If you have them assign my physical therapist recommended reading this book and I absolutely loved it! If you have RSI, this book will help you a lot.

"Repetitive Strain Injury: A Computer User's Guide" by Pascarelli is a good introduction for those who know nothing about RSI. Even a cursory search of the Internet will turn up several references to this book as the classic on the subject. It describes what RSI is, what the risk factors are, how to evaluate your physician in terms of his or her RSI awareness, how to treat RSI symptoms, and it offers tips on workstation configuration, typing and mouse technique, monitor settings, and daily living. If you think you have RSI and your first instinct is to go out and buy yourself a wrist wrist and a splint, stop and read this book first, it explains why these amateurish attempts at self treatment are a bad idea. I was disappointed that the book didn't offer more specific advice for actually treating RSI, though I understand that would have been difficult given the large number of causes and manifestations of the disorder. The book claims on the front cover to contain a "seven point program for treatment", but most of the advice for treatment itself consists of "go see a doctor". This is frustrating given the book's repeated claim that most doctors know nothing about RSI or don't even believe in it in the first place. Another thing that really annoyed me was the book's assertion that employers are largely responsible for RSI. The basic message was: "RSI isn't your fault. It's just another example of how 'the Man' exploits you in a thankless and mindless job." In my case, my RSI was caused by my own obsessive work habits. The book does list "Driven Behavior" as a risk factor for RSI, but it gets only a perfunctory mention. Another negative is that the book focuses on tendonitis-type RSI, whereas my problem was clearly nerve-related (numbness, weakness, and lack of coordination in hands, forearms, and upper arms). The book that really nailed my problem on the head, and that I recommend as a supplement to this one if your RSI is caused by obsessive computer use, was "It's Not Carpal Tunnel Syndrome!", by Damany, who worked under Pascarelli treating patients for many years.

The current United States health care system does not encourage preventative care in general. Most physicians and surgeons are not trained to deal with repetitive strain injuries in a proactive manner, and there is little incentive to do so even if one has the inclination. We are trained (and rewarded) to deal with the endstage, when the damage has already been done. It is as though we are taught how to repair an automobile engine without being taught how (or why) to change the oil every so often. I do not wish to give the impression that the medical community is apathetic or indifferent regarding this complex and enigmatic topic. There is still considerable scientific controversy regarding the definition, classification, and pathophysiology of repetitive strain injuries (translation: we don't entirely understand nor agree upon what they are, what to call them, or what exactly causes them). There are several factors which contribute to the development of these conditions. Every patient is a unique individual with unique circumstances (health status, psychological/job satisfaction issues, body habitus, etc.). Therefore, a single comprehensive treatment plan which benefits everybody simply cannot be formulated. You are not likely to get much help from a physician or surgeon with respect to PREVENTION of repetitive strain injuries. YOU must take the initiative, educate yourself, and change your ergonomic environment and lifestyle. By the time one needs a consultation with a hand surgeon (disclosure statement: I am a fellowship trained orthopaedic hand surgeon), one is usually already up the proverbial creek, hands tingling as they flail away with an inappropriately sized paddle...Read this book. It is not a panacea (none exists), but it is an excellent place to start.

Comprehensive information about RSI for a lay-person.

Frustrating how it keeps recommending that you find a doctor, while acknowledging that doctors don't really know what to do with RSI.

extremely helpful!! you must buy ASAP if you have an RSI!!!! regular doctors misdiagnose rsi's causing extra months/years of pain!!

Great deal and fast service.

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