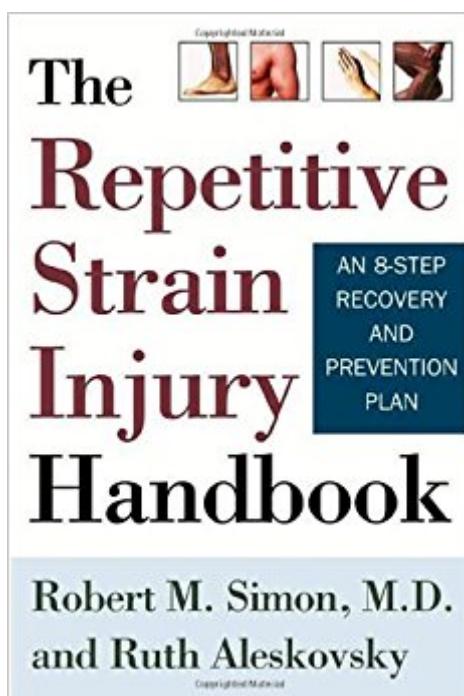


The book was found

The Repetitive Strain Injury Handbook: An 8-Step Recovery And Prevention Plan



Synopsis

A proven recovery plan for the over 8 million sufferers of repetitive strain injury, and a guide for the prevention of future injuries. Repetitive strain injury (RSI) is a painful, potentially disabling condition that most commonly stems from damage to the upper torso. Long-term misuse or overuse of everyday tools like computers and cash registers results in the painful hands, arms, and neck that are symptomatic of RSI, a condition whose incidence has increased 80 percent in this country since 1990. The Repetitive Strain Injury Handbook is a unique, user-friendly guide that is broken into two parts: (1) the 8-step recovery plan and (2) an RSI prevention guide. The 8-step plan moves RSI sufferers beyond the common denial of this ailment and into a diagnosis and treatment plan with a doctor. It provides:

- o Nutrition advice
- o An exercise program
- o Breathing tips
- o Traditional and alternative pain management suggestions
- o A holistic maintenance plan for long-term health

The second section is filled with suggestions, stories, and tips for RSI sufferers that will help them live pain-free at home, at work, and in their social and intimate lives. There is also a special section of information on women and RSI, since pregnancy, PMS, osteoporosis, mastectomy, and menopause can all aggravate this condition.

Book Information

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Customer Reviews

Repetitive strain injury (RSI) is an umbrella term designating a cumulative condition. Physician Simon and patient Aleskovsky's useful book on RSI includes understandable science, practical observations, and advice for those reporting this increasingly common complaint. It presents the

many types of RSI, discusses factors contributing to it, weighs the many varieties of RSI treatment, and counsels what to do if one suspects having it. Simon and Aleskovsky urge sufferers to seek professional help early because delay can compound the problems of treatment and a patient's adjustment to possible altered living conditions. They also lay out an eight-step program; emphasize the right kinds of exercise, nutrition, and rest for dealing with RSI; and include discussions of RSI and women, rearranging home and office to deal with RSI, and overcoming RSI-related social problems. William Beatty

Simon is a psychiatrist specializing in rehabilitative medicine, Aleskovsky a writer and sign language interpreter who developed a repetitive strain injury (RSI) from interpreting. Although they officially define RSI as ``a stress-related, cumulative injury resulting from constant repetitive movements, the authors also implicate awkward work angles and insufficient rest periods as contributing causes. They present an eight-step program for relief for injury to ligaments, tendons, and muscles, from getting an early, accurate diagnosis and seeking help from a knowledgeable practitioner. The other elements are exercise, nutritional therapy, and stress reduction to prevent future episodes of the problem (yoga is especially recommended as a supportive measure). Simon and Aleskovsky explain how to develop a personalized exercise program depending on the cause of the injury and the area affected. Help with pain management looks to both traditional and alternative medicine, and a section on ``Special Concerns'' addresses women's issues (RSI may intertwine with perimenopause, pregnancy, osteoporosis, and other physical states), office ergonomics, housework, and intimacy. There is an extensive resource list. RSI can run the gamut from annoying to disabling. Here is sound help for anyone affected. (4 line drawings) -- Copyright ©2000, Kirkus Associates, LP. All rights reserved.

Very clear and refreshing approach, after reading many books on the subject, this one deals with many psychological aspects that are very helpful for people with RSI

If your repetitive strain situation has gotten to the point where you need primarily information on coping with the pain and inconvenience, possibly from surgery, this book has the best coverages of that aspect, among the 6 books I've read. The non-MD author appears to have written approximately 1/3 of the book from a non-technical viewpoint, describing the life experiences and ideas on coping, down to the most intimate issues. Easily worth the "price of admission" for any of the ideas you might pick up.

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Rsi: Repetitive Strain Injury : Repetitive Strain Injury, Carpal Tunnel Syndrome and Other Office Numbers (Thorsons Health) The Repetitive Strain Injury Handbook: An 8-Step Recovery and Prevention Plan The Repetitive Strain Injury Recovery Book 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) Dr. Pascarelli's Complete Guide to Repetitive Strain Injury: What You Need to Know About RSI and Carpal Tunnel Syndrome End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand Repetitive Strain Injury: A Computer User's Guide Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook) The Repetitive Strain Injury Sourcebook Don't Touch That Keyboard! until you've read this book: How to Prevent Repetitive Strain Injury Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain [Paperback] [2012] (Author) Valerie DeLaune LAc, Renee Principe NCTMB OSHA Repetitive Strain Injury Give your back and arms a break!: A strategy for the prevention of back disorders and repetitive strain injuries Injury Prevention: Competencies For Unintentional Injury Prevention Professionals Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Carpal Tunnel Syndrome and Repetitive Stress Injuries: The Comprehensive Guide to Prevention, Treatment, and Recovery Conquering Carpal Tunnel Syndrome and Other Repetitive Strain Injuries: A Self-Care Program The Carpal Tunnel Helpbook: Self-Healing Alternatives for Carpal Tunnel and Other Repetitive Strain Injuries Release Your Pain: Resolving Repetitive Strain Injuries with Active Release Techniques Repetitive Strain Injuries

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