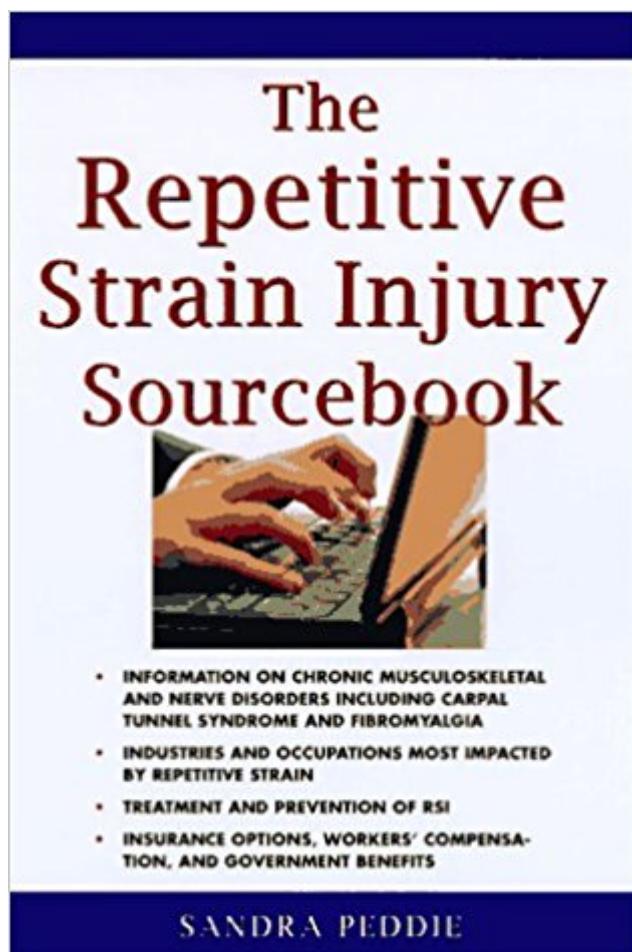


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# The Repetitive Strain Injury Sourcebook



## Synopsis

Repetitive Strain Injury makes headline news and this book explains the dynamics of the epidemic, the physiology of the various conditions, how it is being treated and what can be done to prevent it.

## Book Information

Hardcover: 224 pages

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Average Customer Review: 4.3 out of 5 stars 2 customer reviews

Best Sellers Rank: #5,215,578 in Books (See Top 100 in Books) #43 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury #780 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention #1559 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases

## Customer Reviews

Repetitive strain injury (RSI) is the "fastest-growing workplace injury in the country" and, as such, is a hot topic?one that should be of concern to librarians not only because of public interest but also because of its threat to them as members of a high-risk profession, i.e., one that requires heavy usage of computers. Although many books are available on RSI, carpal tunnel syndrome, ergonomics, and other related subjects, this one is worth adding to the collection because of its comprehensive coverage. Peddie, a journalist with RSI, describes causes, risk factors, diagnosis, and mainstream medical treatments, along with prevention tips, alternative therapies, coping, emotional consequences, and legal/financial issues. Helpful additions are an appendix of resources and a glossary, although there is no index. Similar in content to Emil Pascarelli and Deborah Quilter's Repetitive Strain Injury (LJ 2/15/94), this is recommended for public libraries and consumer health collections.?Dixie Jones, Louisiana State Univ. Medical Ctr. Lib., ShreveportCopyright 1997 Reed Business Information, Inc.

Needed an additional book for our work library, good book to add and use as a reference for

Ergonomics, lots of good information provided in this book.

An excellent sourcebook covering all aspects of Repetitive Strain Injury (RSI) the new epidemic of the technological age. You may have RSI and not even know it, and if you are reading this review you are definitely at risk for it (computer users are particularly at risk). Almost two-thirds of all workplace injuries in the U.S. are caused by it. The author, a newspaper reporter, describes the injury, what causes it, how to recognize if you have it, how to avoid it if you don't yet have it, the various treatments available, and how it is likely to affect your life outside the workplace. To illustrate each chapter, the author has included interviews with RSI victims from across the country. She concludes with a description of her own affliction with RSI, a story that is searing, yet ultimately uplifting. The most important value of this book is not just that it is a comprehensive review of this disease, but even more importantly, that it calls attention to a disease that can be truly thought of as the new plague of the twentieth century, a disease that has so far claimed its victims in silence. What is particularly insidious about RSI is that unlike the other epidemics that afflicted humankind, the contagion is not spread from person to person, but from machine to person, meaning the epidemic will increase just about as fast as our use of computer keyboards increases. Because this epidemic is not transmitted in the way previous epidemics have been, it has remained a silent yet increasing crippler of otherwise healthy and productive adults. The public awareness that will be required to halt the spread of this disease can be found in the pages of this book. I highly recommend it.

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Rsi: Repetitive Strain Injury : Repetitive Strain Injury, Carpal Tunnel Syndrome and Other Office Numbers (Thorsons Health) The Repetitive Strain Injury Sourcebook Repetitive Strain Injury: A Computer User's Guide Dr. Pascarelli's Complete Guide to Repetitive Strain Injury: What You Need to Know About RSI and Carpal Tunnel Syndrome Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook) End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand The Repetitive Strain Injury Handbook: An 8-Step Recovery and Prevention Plan The Repetitive Strain Injury Recovery Book Don't Touch That Keyboard! until you've read this book: How to Prevent Repetitive Strain Injury 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) 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 Conquering Carpal Tunnel Syndrome and Other Repetitive Strain Injuries: A Self-Care Program Release Your Pain: Resolving Repetitive Strain Injuries with Active Release Techniques The Carpal Tunnel Helpbook: Self-Healing Alternatives for Carpal Tunnel and Other Repetitive Strain Injuries Repetitive Strain Injuries Give your back and arms a break!: A strategy for the prevention of back disorders and repetitive strain injuries Winning Personal Injury Cases: A Personal Injury Lawyerâ™s Guide to Compensation in Personal Injury Litigation The Strain Low Price CD: Book One of The Strain Trilogy Ultimate Medical Marijuana Resource 2017 CBD Strain Guide 2nd Edition: The 2017 Medical Marijuana & Cannabis CBD / THC Strain Guide 2nd Edition with +100 Strains

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