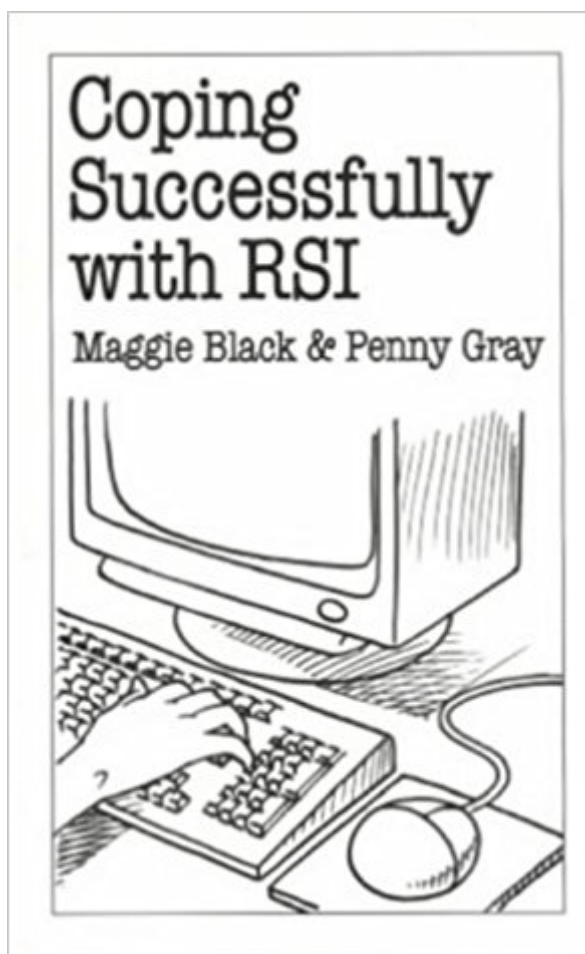


The book was found

Coping Successfully With RSI (Overcoming Common Problems)



Synopsis

An introduction to Repetitive Strain Injury (RSI), which is muscle pain connected to any kind of repeated physical activity, becoming more common amongst computer users. As with Chronic Fatigue Syndrome the problems evade straightforward medical diagnosis or treatment, and have psychological as well as physical implications. This book tackles all the problems associated with RSI. There are two essential elements: advice about posture, positioning and ergonomic aids as well as pain management techniques which aim to limit the damage already suffered and to foster a more positive approach to the problem.

Book Information

Series: Overcoming Common Problems

Paperback: 128 pages

Publisher: Sheldon Press (January 1999)

Language: English

ISBN-10: 0859698114

ISBN-13: 978-0859698115

Package Dimensions: 8.4 x 5.3 x 0.5 inches

Shipping Weight: 7.8 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #7,429,418 in Books (See Top 100 in Books) #54 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury](#) #973 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention](#) #3800 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

Customer Reviews

Maggie Black is a writer and journalist who has suffered from RSI. Penny Gray is a medical writer.

[Download to continue reading...](#)

Coping Successfully with RSI (Overcoming Common Problems) Prostate Problems Home Remedies, How To Fight Prostate Problems At Home, Get Rid Of Prostate Problems Fast!: Back On Track - Fighting Prostate Problems At Home Coaching Cross Country Successfully (Coaching Successfully Series) Coaching Volleyball Successfully (Coaching Successfully Series) Coaching Fastpitch Softball Successfully - 2nd Edition (Coaching Successfully Series) Coaching Baseball Successfully (Coaching Successfully Series) Coaching Girls' Soccer Successfully (Coaching

Successfully) Coaching Tennis Successfully - 2nd Edition (Coaching Successfully Series) Coping Successfully with Psoriasis Living with Tinnitus and Hyperacusis (Overcoming Common Problems) It's Not Carpal Tunnel Syndrome!: RSI Theory and Therapy for Computer Professionals Dr. Pascarelli's Complete Guide to Repetitive Strain Injury: What You Need to Know About RSI and Carpal Tunnel Syndrome Constructing RSI: Belief and Desire Rsi: Repetitive Strain Injury : Repetitive Strain Injury, Carpal Tunnel Syndrome and Other Office Numbers (Thorsons Health) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Coping with an Organ Transplant: A Practical Guide (Coping With Series) The Weight Loss Surgery Coping Companion: A Practical Guide for Coping with Post-Surgery Emotions The Weight Loss Surgery Coping Companion: A Practical Guide to Coping with Post-Surgery Emotions Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger The Chronic Pain Control Workbook: A Step-By-Step Guide for Coping with and Overcoming Pain (New Harbinger Workbooks)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)