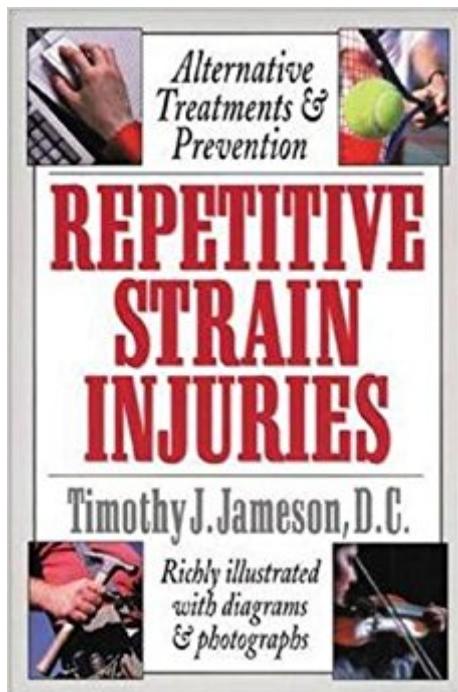


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# Repetitive Strain Injuries



## **Synopsis**

Carpal tunnel syndrome - computer wrist - is only the best known of 15 different types of repetitive strain injury, resulting from the constant performance of the same motion. Hundreds of thousands of workers suffer from the complaint. Computer programmers, factory workers and musicians are some of those who suffer work-related injuries to the neck, shoulders, forearm, wrist, hand, finger and thumbs. Dr. Jameson, a chiropractor specializing in RSI, offers first aid strategies, tells how to determine when professional help is needed, and provides alternative approaches to halt or reverse RSI.

## **Book Information**

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## **Customer Reviews**

They go by many names--tennis elbow, carpal tunnel syndrome, forearm tendinitis--but these injuries all have a common origin: our work and play. Whether it's computer programming, carpentry, food service, or bookkeeping, many jobs today require people to hunch over into unnatural positions and then perform the same tiny movements over and over again throughout a workday. And the sports we pursue often aren't much better--tennis, golf, and racquetball all involve repeated elbow- and back-straining movements. The solution, author Timothy Jameson says, is not to exclude any potential treatment: medication, physical therapy, massage, chiropractic care, or acupuncture. A problem like carpal tunnel syndrome could be rooted in multiple factors--occupation, weight, stress, disease (including diabetes), previous injuries--and, chances are, no one discipline can find and treat all of them. Jameson also recommends making dietary changes, shifting to a

Zone-type diet of 40 percent carbohydrates, 30 percent protein, and 30 percent fat, mostly from unsaturated or polyunsaturated sources. Repetitive Strain Injuries is about as user-friendly and complete a book as one can imagine. For example, early in the book, Jameson includes anatomical charts pinpointing areas of pain or abnormal sensations, and shows which chapters to turn to for information about them. Also helpful is the menu of alternative treatments, from chiropractic care to lesser-known movement techniques such as Feldenkrais, and biofeedback and guided imagery.

--Lou Schuler

McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide

I have a specific problem, which is 'mouse finger'. This is the sort of problem writers, some musicians, and anyone using a computer very much can have, so, everybody. There was a lot of general info that was helpful, but very, very little for this specific, common ailment. The author (who is very good) might want to consider another book more specific to the most common ailments of the 21st century. He has that option. Your option, is to get a different book. Or maybe I just bought the wrong one.

I used to be a construction worker and had the repetitive move of using a pair of pliers to tie wire on bridge decks. Unfortunately, twisting my hand thousands of times per day to tie while squeezing the pliers shut, often left my hands tight, cramped and sometimes swollen night after night. Being a keyboard player only made matters worse. Some gigs I could barely contain the pain in my wrists and fingers that resulted from my job. Luckily I discovered some exercises to alleviate the stress and strain of my job. So, when I first read this book, I was surprised to see these same exercises and more. Not only did Dr. Jameson focus on the hands, but the entire body as well. Let me sum up this review quick. If you are experiencing pain in your joints from repetitive moves, whether it's in the hands, legs or body, GET THIS BOOK and find the answers to alleviating that pain!

This book includes basic information on various medical diagnoses classified as RSI, and mentions different methods that can help manage RSI. However, I did not see any references to any evidence-based research proving that the techniques mentioned work. All of the techniques mentioned (except acupuncture) are utilized by physical therapists including spinal adjustments (the PTs just call it joint mobilization). Chiropractors are good in spinal adjustments but they are not

exercise specialists. Based on my personal experience, movement and exercise therapy including postural endurance strengthening and neural gliding exercises (yoga, Qi Gong etc) is the fastest way of treating RSI. Any form of hands-on therapy or modalities (heat, ultrasound etc) can only offer temporary relief. Of course general health principles including adequate rest, proper nutrition, aerobic exercise, stress management, proper ergonomics create a therapeutic environment for fast recovery. At last, I have found that taping techniques can help manage RSI including kinesio tape which the author fails to mention. Kinesio tape is an athletic tape that can help reduce muscle tone/stress while you are working.

I liked RSI injuries. He's got some great advice of how to get to root of the problem and how to improve things just by changing habits. Very informative as well.

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.

This book provides information on RSI that includes alternative treatments, in contrast to (or to complement, I should say) Pascarelli/Quilter's standard-med emphasis. The difficulty in treating RSI has prompted a great deal of interest in alternative therapies. I think the real strength of what Dr. Tim has written is his emphasis on an interdisciplinary treatment approach. In contrast to consulting a single practitioner who may have limited perspective and treatment preferences, Dr. Tim advocates for a team effort that \*includes\* standard medical professionals but brings in other practices such as chiropractic, acupuncture, massage, and others. Also, I think the book gives a decent basic rundown on the physiology of RSI, and includes good rehab information. While I consider some of the therapies presented here to be very questionable, at a minimum you will learn what each method claims to achieve for you from a writer who is not trying to sell one of them over! the other but hopes to draw something from each.

It's a great adjunct to my treatment with my chiropractor. My chiropractor told me that a lot of patients do better when they eat more protein. It wasn't until I happened to open to the page that discussed protein, carbohydrates and insulin (around p.122) that I understood why that is true. The book is helping me to learn more about taking better care of myself during my recovery. I like the pictures that show me how to do the exercises properly. The part that seems to need improvement is something like information on the Alexander Technique, and some of the other methods. But things

that are familiar to chiropractor such as nutrition and chiropractic methods are excellent in this book.

Since I got RSI myself, I've read a number of books on the subject, and of all I've read, this book was at the bottom of the barrel. I'm not saying it is completely without merits, but most of the good advice are available in all other books I've read. I do, however, fail to see advice about meditation and guided imagery as relevant to RSI.

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