



Repetitive Strain Injury: A Computer User's Guide

Emil Pascarelli M.D., Deborah Quilter

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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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