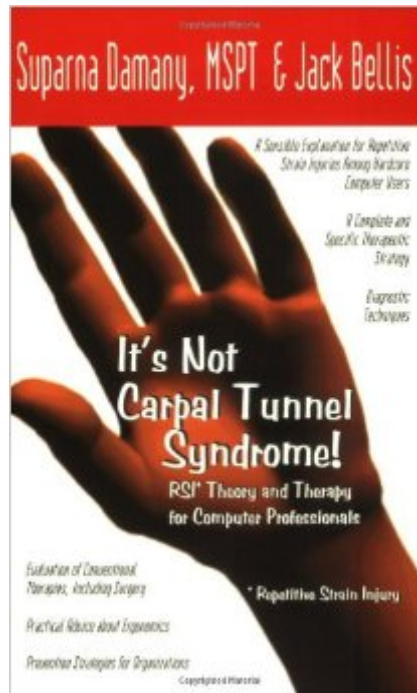# It's Not Carpal Tunnel Syndrome!: RSI Theory And Therapy For Computer Professionals

Synopsis

This guide offers computer users who suffer from repetitive strain injury (RSI) an effective program for self-care. It explains the symptoms, prevention, and treatment of RSIs and also addresses the often-overlooked root causes of RSIs. This holistic program treats the entire upper body with ergonomics, exercise, and hands-on therapy, increasing the likelihood that surgery and drugs may be avoided.

Book Information

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Average Customer Review: 4.6 out of 5 stars See all reviews (76 customer reviews)

Best Sellers Rank: #121,280 in Books (See Top 100 in Books)   #1 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury   #30 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention   #166 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic

Customer Reviews

When I whipped up a quick Web page for our Engineering College students about Repetitive Strain Injury back in 1994... at first there was only one book on it: Pascarelli and Quilter's "Repetitive Strain Injury". Over time I read more books, heard from other people about still others, and the book list and Web page kept getting longer. Today it's pretty big and with so many books listed the question I ask myself is "what would a new book on RSI have to be like for me to add it to all the stuff that's already out there?"I got the answer to that when I read "It's Not Carpal Tunnel Syndrome! RSI Theory and Therapy for Computer Professionals", by Suparna Damany, MSPT and Jack Bellis. This book easily makes the "must read" category: in fact, in my opinion it makes it to the "if-you-only-get-one-book-on-RSI- get-this-one" category, although I don't think anything totally bumps Pascarelli and Quilter out of the number one spot. What I've said of P&Q, I say of this book: every computer professional needs to read it.What's so great, other than the intriguing title? To begin, this book is a "second generation" work on RSI. That is, it draws on the literature,

experiences, and discussions of patients and health care professionals who have been dealing with computer-related injuries over the past decade. As I read it I felt like I had a summation of almost everything I've ever read on the SOREHAND e-mail list regarding causes, symptoms, treatment, and prevention, edited and well-presented in 230 pages.

I have been putting off writing my review because I have so much to say and in the meantime my hands are not yet a hundred percent. BUT it is thanks to this book (in conjunction with THE TRIGGERPOINT THERAPY WORKBOOK, which I found later) that I am not disabled today. The doctors I went to were not only shockingly unkind but dangerously misinformed...so I feel it is my duty to pass the info. on ASAP and I will revise this review later.It's Not Carpal Tunnel Syndrome! is the very best book out there dealing exclusively with repetitive strain injuries. What is great about this book is that it alerts you to the potential severity of the problem without terrifying you - it puts the time frame for healing easily at 6 months and possibly longer. Until I read this book, I had NO idea what was going on.It offers charts to help you determine if you are a 1st degree, 2nd degree, or 3rd degree sufferer. It divides injuries into two basic categories: muscular and nerve. I would like to add that in my case there was also ligament injury, which was not discussed in this book. It also profiles the personality type that can become more vulnerable to this kind of an injury: perfectionist, obsessive, passionate about work.My advice is that when it comes to books about this topic, read ABOUT them all carefully and then get all of the ones you need -even if you have to put them on a credit card, your HANDS are at stake! That being said, if you could only get two books this should definitely be one of them. Thank you so much Suparna Damany and Jack Bellis for illuminating this mysterious problem and analyzing it from a new angle.Other Books I used and that you must look into to get a clear picture:THE TRIGGER POINT THERAPY WORKBOOK by Clair Davies.

If you suffer, like me, from a RSI, namely from PC overuse (although there's a lot of ways of acquiring this illnes, like knitting, playing golf, tennis or other repetitive motion) this is the book for you.There are many books out there, and although I have not read them all, I have researched a lot about this illness and this is one of the best books to get. Filled with information about Computer acquired RSI, the authors go through every major detail about the illness: Posture, genetics, diet, work habits, ergonomic workstations, you name it, they have researched a lot.Then book features a direct and easy language, nice B/W illustrations, and many sites for research all over the Web, which you can use to further your knowledge about RSI.This book doesn't feature too many excersices, it is mainly informative, and the authors just give a few pointers and encourage the

reader to find professional help.Now the negative: There are a couple of things I did find somwhat odd in this book. After describing and defining RSI, and documenting how missunderstood this illness is by the medical community, they jump into their major recommendation: Go to a doctor and get a proffessional opinion. Well then you have to find a doctor versed in RSI, and not one that only want to operate, like they did on the many cases described in the book.Second, I actually found a little offensive. They are quick to dissmiss any form of alternative therapy such as herbs, taking vitamn B6, homeophaty or even acupuncture regarding them as 'new agey' and not worth trying. To the mainstream or regular medical community, massages and physcal therapy like the authors suggest are also alternative.

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 Rsi: Repetitive Strain Injury : Repetitive Strain Injury, Carpal Tunnel Syndrome and Other Office Numbers (Thorsons Health) 101 Questions and Answers about Carpal Tunnel Syndrome: What It Is, How to Prevent It, and Where to Turn for Treatment Everything You Need To Know To Relieve Carpal Tunnel Syndrome And Wrist Pain The Natural Treatment of Carpal Tunnel Syndrome (Keats Good Health Guides) Carpal Tunnel Syndrome: A Guide to Daily Activities End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books) Fine Motor Skills for Children with Down Syndrome: A Guide for Parents and Professionals (Topics in Down Syndrome) by Maryanne Bruni (2006-04-10) HACKING: Beginner's Crash Course - Essential Guide to Practical: Computer Hacking, Hacking for Beginners, & Penetration Testing (Computer Systems, Computer Programming, Computer Science Book 1) Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) Coping Successfully with RSI (Overcoming Common Problems) Crs Computer-Related Syndrome: The Prevention & Treatment of Computer-Related Injuries Cupping Therapy: An Essential Guide to Cupping Therapy, How it Works, and Its Benefits (Suction Cup Therapy | Chinese Cupping | Bekam | Hijama | Ventosa) A Practical Guide for H1B Visa: For International Students And Professionals by One of The International Students And Professionals Long-Term Care for Activity Professionals, Social Services Professionals, and Recreational Therapists Sixth Edition Microsoft Office 2010 for Medical Professionals Illustrated (Illustrated Series: Medical Professionals) Computer Graphics Through OpenGL: From Theory to Experiments (Chapman & Hall/CRC Computer Graphics, Geometric

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