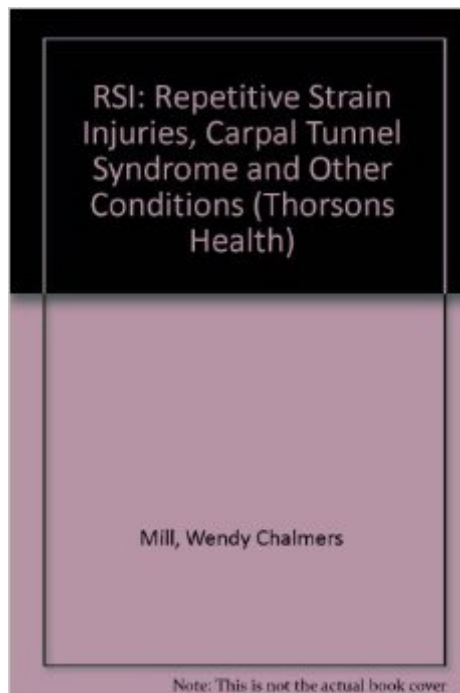


The book was found

RSI: Repetitive Strain Injury : Repetitive Strain Injury, Carpal Tunnel Syndrome And Other Office Numbers (Thorsons Health)



Synopsis

What is RSI? What causes Carpel Tunnel Syndrome and how can you avoid developing it? Anyone who uses a word processor for an extended period of time in stressful conditions is at risk of developing RSI related conditions: frozen shoulder, tingling hands, aching wrists - any of these symptoms can indicate trouble brewing and in extreme circumstances RSI can be completely debilitating. This book aims to stop trouble before it starts. It explains the symptoms and provides easy stress reducing exercises that can be done at your desk. Additionally, RSI contains clear advice on how to break bad habits and improve your posture and work station design. Wendy Chalmers Mill is a qualified physiotherapist who specializes in treating those with RSI and associated conditions.

Book Information

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