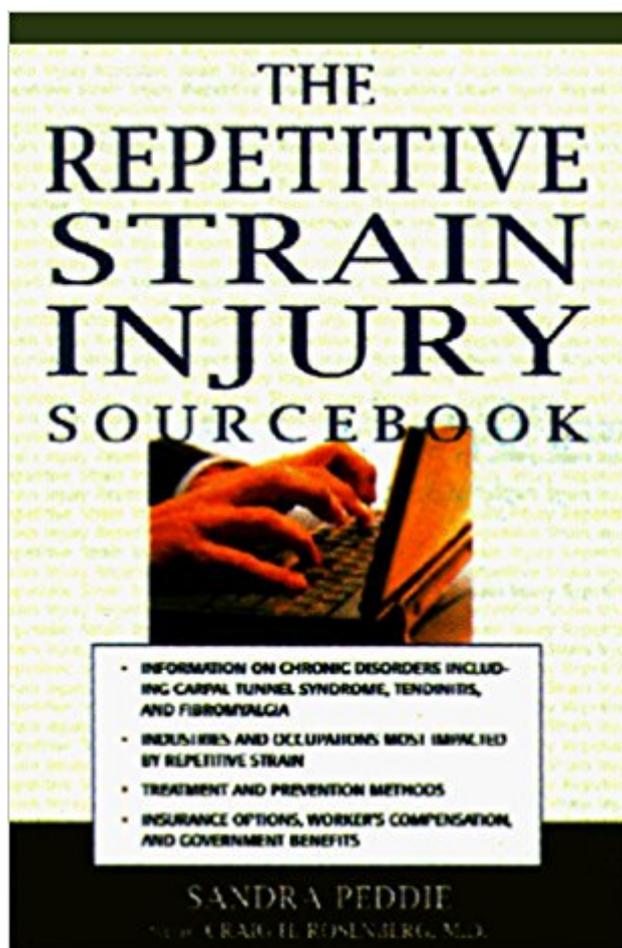


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# The Repetitive Strain Injury Sourcebook



## Synopsis

Sixty-one percent of all workplace illnesses reported to the Bureau of Labor are related to repetitive strain injuries. This book explains the dynamics of this epidemic, the physiology of the various conditions, how it is being treated, and what can be done to prevent it. It gives details on the emotional impact of RSI and provides useful information on insurance options, workers' compensation, and government benefits.

## Book Information

Paperback: 370 pages

Publisher: Lowell House; 1 edition (November 15, 1998)

Language: English

ISBN-10: 0737300221

ISBN-13: 978-0737300222

Product Dimensions: 9 x 6 x 0.9 inches

Shipping Weight: 1 pounds

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #9,283,004 in Books (See Top 100 in Books) #54 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury](#) #933 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention](#) #3286 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Orthopedics](#)

## Customer Reviews

An excellent sourcebook covering all aspects of Repetitive Strain Injury (RSI) the new epidemic of the technological age. You may have RSI and not even know it, and if you are reading this review you are definitely at risk for it (computer users are particularly at risk). Almost two-thirds of all workplace injuries in the U.S. are caused by it. The author, a newspaper reporter, describes the injury, what causes it, how to recognize if you have it, how to avoid it if you don't yet have it, the various treatments available, and how it is likely to affect your life outside the workplace. To illustrate each chapter, the author has included interviews with RSI victims from across the country. She concludes with a description of her own affliction with RSI, a story that is searing, yet ultimately uplifting. The most important value of this book is not just that it is a comprehensive review of this disease, but even more importantly, that it calls attention to a disease that can be truly thought of as the new plague of the twentieth century, a disease that has so far claimed its victims in silence. What is particularly insidious about RSI is that unlike the other epidemics that afflicted humankind,

the contagion is not spread from person to person, but from machine to person, meaning the epidemic will increase just about as fast as our use of computer keyboards increases. Because this epidemic is not transmitted in the way previous epidemics have been, it has remained a silent yet increasingcrippler of otherwise healthy and productive adults. The public awareness that will be required to halt the spread of this disease can be found in the pages of this book. I highly recommend it.

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Rsi: Repetitive Strain Injury : Repetitive Strain Injury, Carpal Tunnel Syndrome and Other Office Numbers (Thorsons Health) The Repetitive Strain Injury Sourcebook Dr. Pascarelli's Complete Guide to Repetitive Strain Injury: What You Need to Know About RSI and Carpal Tunnel Syndrome End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand Repetitive Strain Injury: A Computer User's Guide Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook) OSHA Repetitive Strain Injury The Repetitive Strain Injury Recovery Book Release Your Pain: Resolving Repetitive Strain Injuries with Active Release Techniques Give your back and arms a break!: A strategy for the prevention of back disorders and repetitive strain injuries The Genealogist's Companion and Sourcebook (Genealogist's Companion & Sourcebook) How to Best Handle Accident Injury Claims: Settling Your Own Injury Claims for Big Money Roark's Formulas for Stress and Strain, 8th Edition Stress, Strain, and Structural Dynamics: An Interactive Handbook of Formulas, Solutions, and MATLAB Toolboxes Roark's Formulas for Stress and Strain The Fall: Book Two of the Strain Trilogy The Night Eternal (The Strain Trilogy Book 3) Straightening the Crooked Horse: Correct Imbalance, Relieve Strain, and Encourage Free Movement with an Innovative System of Straightness Training Techniques of Modern Structural Geology, Volume 1 Strain Analysis Strain and Dislocation Gradients from Diffraction: Spatially-Resolved Local Structure and Defects

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