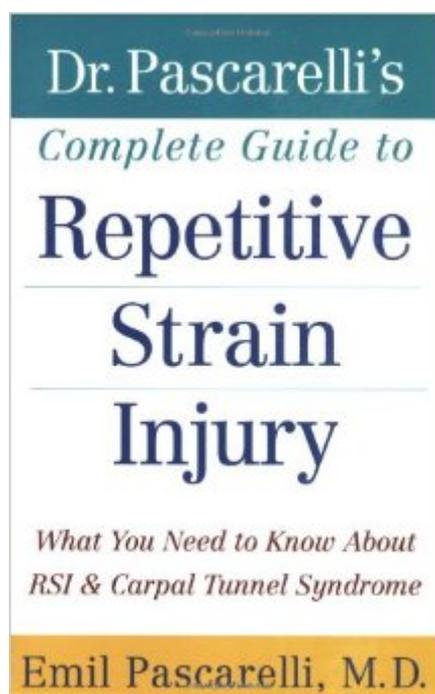


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# Dr. Pascarelli's Complete Guide To Repetitive Strain Injury: What You Need To Know About RSI And Carpal Tunnel Syndrome



## Synopsis

One of the world's leading authorities on repetitive strain injury tells you how to prevent, treat, and recover from RSI Living with repetitive strain injury (RSI) can be painful, exasperating, and devastating. If you've given up hope that there is any help for your symptoms, if you've tried medications, wrist splints, neck braces, and exercises; and have had only temporary relief; this book is for you. Dr. Emil Pascarelli, one of the world's leading authorities on RSI, offers a comprehensive, prescriptive, practical, and long-awaited sequel to his bestselling Repetitive Strain Injury. You'll read all about the advances in RSI diagnosis, treatment, and prevention that have occurred since the publication of the previous book. Inside is welcome advice on: Recognizing the early signs and risk factors of RSI before they lead to a serious or debilitating condition Finding the right doctor, the right diagnosis, and the right treatment Preventing RSI using commonsense solutions such as keyboard techniques, posture, and workstation setup Employing practical methods to regain the use of muscles, nerves, and tendons that have been damaged by RSI Relieving not only the pain but also the emotional stress that so often accompanies RSI Following specific warnings for musicians and other at-risk professionals Because symptoms of RSI are rarely visible, health professionals, employers, and fellow employees often cannot understand what a sufferer of RSI is going through. This book is the best way to understand RSI and learn what you can do about it.

## Book Information

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## Customer Reviews

In a publishing climate and a culture where behind every commercial publication, you just know lurks some author and editor with \$\$\$ in her or his eyes--particularly in such how to books like become rich in real estate, write a best selling novel, how homeopathy cured my pet anaconda, I found this book extremely informative, passionate about its subject, sincere, clearly written but, the major defect is its structure; Dr. Pacarelli has taken a lifetime of experience (he says he's treated 6,000 cases of RSI) and provided a clear explanation of the many causes and types of the disorder. You will learn that "carpal tunnel" syndrome, which is the media's and layperson's term for disorders arising many from keyboarding (in the past typical sufferers were more likely to be musicians, sewers, sign language interpreters, etc.) is the diagnosis in only EIGHT percent of the cases of hand and arm damage. Dr. Pascarelli explains it all: there are anatomical charts of the muscle system, the nerve system, photographs of hand & arm anomalies among sufferers, diagrams & photos of the wrong way and the right way to sit at a computer station, exercises, treatments, ergonomics, etc. You will learn why your average doctor, even orthopedists don't make proper diagnoses, even treatment plans, and often lack the knowledge of the big picture of RSI that affects not just nerves, but soft tissue, musculature, mood, and a lot more. You will be given a chapter of illustrated exercise routines. You will learn (and understand through experience) that splints are basically worthless and often harmful (except perhaps for sleeping). You will learn a host of treatment modalities--some described in detail, lesser mainstream ones like Alexander Technique, Feldenkreis, and Rolfing--which he is not adverse to trying.

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End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand  
It's Not Carpal Tunnel Syndrome!: RSI Theory and Therapy for Computer Professionals  
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Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook)  
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