



The Repetitive Strain Injury Recovery Book

Deborah Quilter

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More than 15 million people are affected by repetitive strain injury (RSI)-a condition that includes carpal tunnel syndrome, tendinitis, tenosynovitis, and muscle pain caused by continually repeating small hand movements. RSI affects people in hundreds of occupations and activities, such as using a computer keyboard or mouse, playing a musical instrument, or working with hand-operated equipment and tools. If you or someone you know suffers from RSI, The Repetitive Strain Injury Recovery Book is an important step toward knowledge and, ultimately, relief. Deborah Quilter, who herself has RSI, has assembled resources and advice from leading RSI experts. Her comprehensive and groundbreaking guide to recovery includes: the best treatment and therapy options, both conventional and complementary techniques to minimize the risk of further injury and help restore comfort and mobility tips on dealing with the emotional effects of RSI, such as job anxiety and depression personal stories of successful rehabilitation The Repetitive Strain Injury Book is an effective, compassionate blueprint for managing symptoms, avoiding flare-ups, and resuming a happy, active lifestyle.

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