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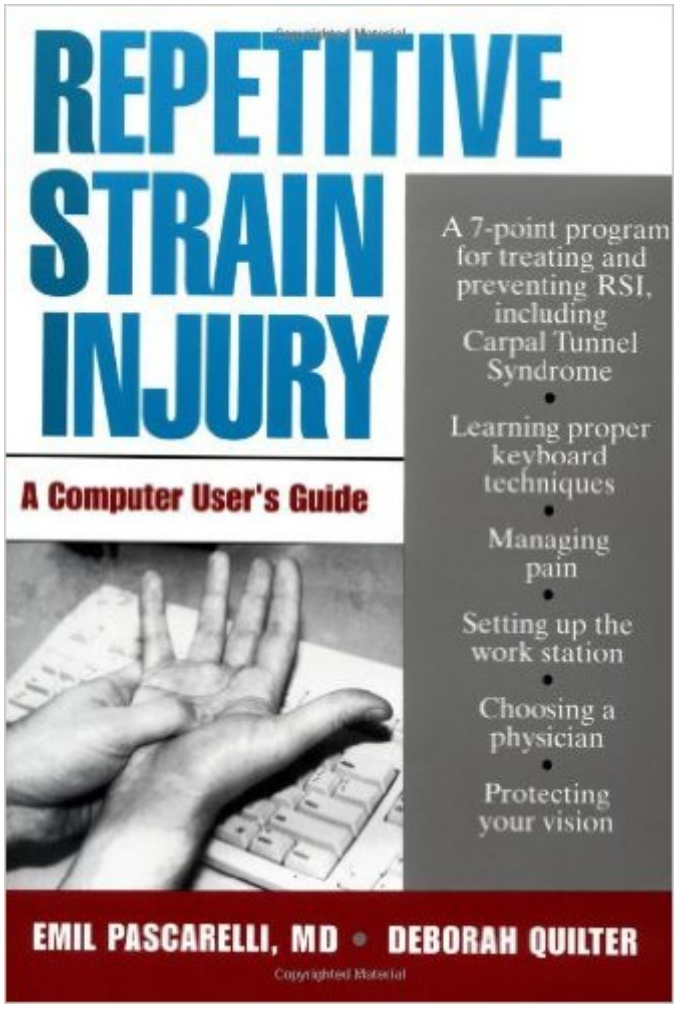
Repetitive Strain Injury: A Computer User's Guide



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Synopsis

Repetitive Strain Injury "A wealth of information for people who have repetitive strain injury, for those who want to prevent it, and especially for those who think it doesn’t concern them. Every computer user has the potential for repetitive strain injury and should heed the advice in this book." —Caroline Rose, Editor The RSI Network "This is the most useful book I have seen for RSI sufferers. It is refreshing to read a book that takes these injuries seriously and offers sound advice." —Robert Dieterich, Managing Editor VDT News "Easy-to-read, expertly illustrated, and filled with hundreds of commonsense explanations and practical suggestions for those suffering from all types of repetitive strain injuries. Particularly outstanding is Dr. Pascarelli’s sensitivity to the impact of emotional distress and fear on physical well-being and recovery." —Stewart Leavitt, PhD Office of Ergonomics Researchers Leavitt Medical Communications The great speed, ease, and efficiency of personal computers can lead to severe physical and emotional pain. The problem is called "Repetitive Strain Injury," or RSI, and includes a wide range of conditions—from Carpal Tunnel Syndrome to Tenosynovitis. Over time, this "epidemic of the ’90s" damages the muscles, nerves, and tendons of the hands, wrists, and arms. Dr. Pascarelli’s seven-point plan offers proven ways of preventing the onset of RSI as well as tested methods that will help RSI sufferers to once again lead healthy, productive, and pain-free lives.

Book Information

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Customer Reviews

"Repetitive Strain Injury: A Computer User’s Guide" by Pascarelli is a good introduction for those

who know nothing about RSI. Even a cursory search of the Internet will turn up several references to this book as the classic on the subject. It describes what RSI is, what the risk factors are, how to evaluate your physician in terms of his or her RSI awareness, how to treat RSI symptoms, and it offers tips on workstation configuration, typing and mouse technique, monitor settings, and daily living. If you think you have RSI and your first instinct is to go out and buy yourself a wrist wrest and a splint, stop and read this book first, it explains why these amateurish attempts at self treatment are a bad idea. I was disappointed that the book didn't offer more specific advice for actually treating RSI, though I understand that would have been difficult given the large number of causes and manifestations of the disorder. The book claims on the front cover to contain a "seven point program for treatment", but most of the advice for treatment itself consists of "go see a doctor". This is frustrating given the book's repeated claim that most doctors know nothing about RSI or don't even believe in it in the first place. Another thing that really annoyed me was the book's assertion that employers are largely responsible for RSI. The basic message was: "RSI isn't your fault. It's just another example of how `the Man' exploits you in a thankless and mindless job." In my case, my RSI was caused by my own obsessive work habits. The book does list "Driven Behavior" as a risk factor for RSI, but it gets only a perfunctory mention.

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