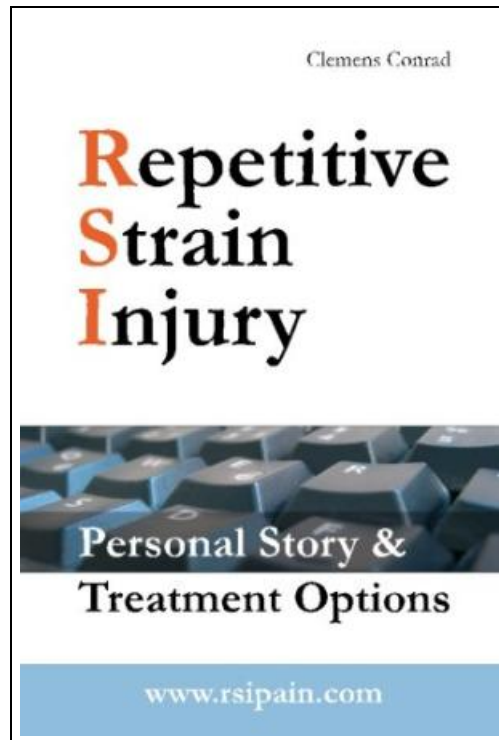


Repetitive Strain Injury: Personal Story Treatment Options (Paperback)



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Reviews

This pdf is indeed gripping and interesting. It is definitely simplistic but shocks within the 50 percent of your book. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Michael Spinka)

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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In this book you will find treatment options for Repetitive Strain Injuries (RSI). RSI is an umbrella term for a variety of pain in muscles, tendons and nerves. It is usually caused by repetitive movements performed over a longer period of time. This book focuses on the prevention and treatment of upper body pain in people who work on computers for several hours each day. Inside you will find information on how to set up an ergonomic workplace and how to work in a healthy way. Stretching, strengthening and nerve mobilization exercises as well as trigger point massages are illustrated and explained. Another chapter deals with the psychological consequences of this prolonged injury. There is also an introduction into the basics of RSI and I will tell you my own personal journey from hardly being able to hold a glass of water to being pain free and working on the computer again. In 2006 I first experienced severe pain in my forearms after working on the computer intensively. I was 20 years old at that time. In 2007 I had been seen by many doctors, but no one had any idea. Mid-year I couldn't even hold a cup without pain. I spent time on the internet and read a couple of English books on the topic of RSI. 2008: My condition improved significantly after setting up an ergonomic workstation and working with a physical therapist. I started publishing my experiences in German on the internet. In 2009 I was almost healed. However, I still had to perform stretches and take short breaks regularly. I published my story as a German book. In 2010 I had rebuilt all my muscles and I was...



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