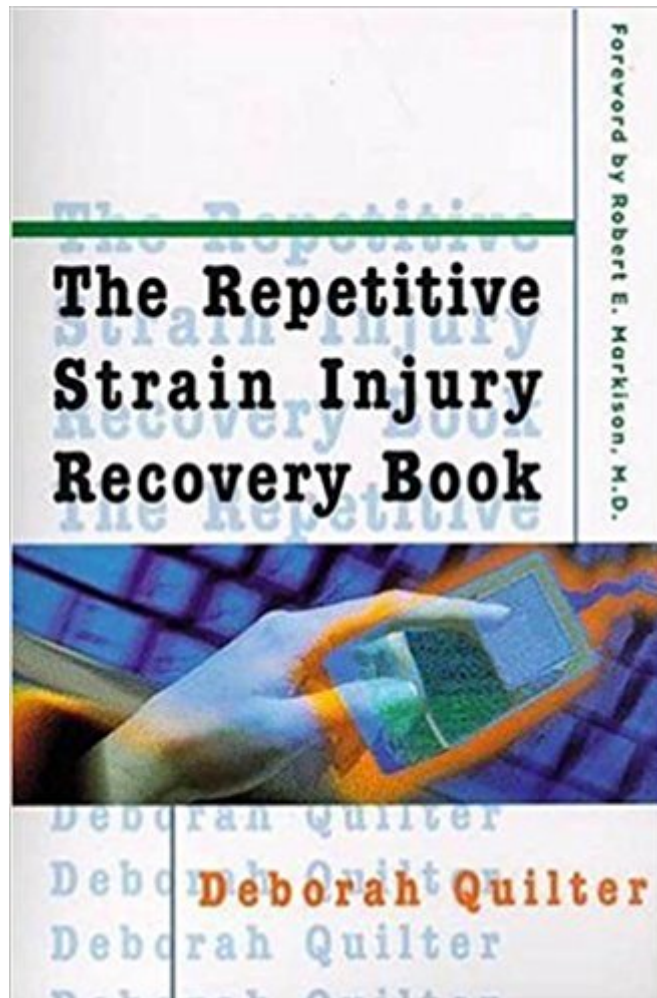




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The Repetitive Strain Injury Recovery Book



Synopsis

What do a pianist and a grocery checkout clerk have in common with a computer programmer? They continually repeat small hand movements that can cause Repetitive Strain Injury: disabling numbness, tingling or pain, mainly in the hand, wrist, arm, shoulder, and neck. In fact, anyone who spends hours at a computer terminal risks developing carpal tunnel syndrome, tendonitis, and other disorders of the muscle, nerve and tendon! Deborah Quilter, who was diagnosed with RSI in 1991, has assembled the best RSI treatment advice, including:â € techniques to avoid further injury at work and at home â € medical, nonmedical, and natural healing therapies â € tips on dealing with depression and the anxiety of job insecurityâ € personal stories of injury and successful rehabilitation The Repetitive Strain Injury Recovery Book is an effective, inspiring blueprint to choosing the right treatment, managing RSI symptoms, and minimizing flare-ups. â € Over 15 million people have been diagnosed with RSI disorders.â € RSI accounts for over 60% of all work-related ailments.â € A leading health insurance company reported that the average cost of treating one RSI case is \$100,000. â € Last December, a jury in a federal district court awarded close to \$6 million to three plaintiffs whose RSI was attributed to using the computer manufacturer's keyboards.â € The Occupational Safety and Health Administration (OSHA) estimates RSI has increased 800% over the past decade.

Book Information

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Customer Reviews

Because its initial symptoms are innocuous, "repetitive strain injury [RSI] starts with a whisper and

ends with a scream." Quilter, a health writer with her own website on RSI, focuses here on self-care and successfully living with RSI by taking a holistic approach, advocating relaxation and overall fitness. She offers tips for saving one's hands during daily tasks, improving one's sex life, and going back to work, along with the usual recommendations on ergonomics. Although much space is devoted to computer usage, the author acknowledges other occupations and activities that contribute to or aggravate RSI. The epilog provides a unique and upbeat approach by describing RSI's "gifts." Narrower in focus than Emil Pascarelli and Quilter's earlier Repetitive Strain Injury (LJ 2/94) or Sandra Peddie's Repetitive Strain Injury Sourcebook (LJ 12/97), this work is recommended for libraries serving people already diagnosed with RSI. Dixie Jones, Louisiana State Univ. Medical Ctr. Lib., Shreveport Copyright 1998 Reed Business Information, Inc.

Use of the hands is of crucial importance in daily life. This book explores the physical, psychological, and economic realities of long-term repetitive-strain injury (RSI) to the upper extremity, a topic on which Quilter conducts workshops and has published previously. A foreword by a hand surgeon claims that RSI is reaching epidemic proportions, due to "poor tool design and the increasingly repetitive nature of many jobs," particularly computer work. Since injury happens over months and years, it is often difficult to diagnose and treat, let alone find a practitioner able to help. Quilter charts the stages of injury, the often arduous paths to recovery, medical treatments available, self-help techniques (including relaxation and stress relief), proper posture and daily exercise, and how to protect the hands during home and work tasks. Ergonomic tips for common work-related situations, such as computer use, handwriting, and playing musical instruments, are covered. The author concludes with guidance on changing or creating careers. Penny Spokes

This book was very helpful to me when I was experiencing tremendous wrist pain and doctors couldn't be sure if I had Carpel Tunnel or Tendonitis. Over time it seemed that it wasn't Carpel Tunnel afterall so I found this book to be most helpful.

When my right wrist/hand/arm started hurting from overusing a mouse, a friend told me her partner had cured a similar problem simply by following the advice in a book. I took three books out of the local library; this turns out to be the one she remembered, and after reading it I wanted a copy permanently on my shelves, so I bought it. It hasn't "cured" me, but it certainly helps me understand what needed to be fixed ergonomically.

Ms. Quilter's book is good when it comes to advice on selecting a doctor and therapist, and also dealing with the guilt and depression associated with RSI. But I found it enormously lacking in not only the causes of RSI, but of what the specific injuries are and how you can recognize them. Emil Pascarelli's work, even though it is now five years old, remains the No. 1 source guide for anyone who has RSI.

Needed an additional book for our work library, good book to add and use as a reference for Ergonomics, lots of good information provided in this book.

I just ordered my 4th copy of Deborah Quilter's book. I fell down tonight and landed on my right hand and wrist. When I got home I went to my bookshelf to look up how to treat my sore wrist and hand, but the book was gone. I realized I'd "loaned" it to a friend who was complaining of wrist and neck pain from too much time at the computer. I love this book because of the practical information on how to take care of myself. Quilter's advice gives me hope that if I pay attention and take care of myself, I can stop my RSI (aka "carpal tunnel") from getting worse and even improve it. That's more encouraging than what I've been told by doctors. Her writing speaks to me like a friend who knows what I've been through. It's not condescending like many medical books. It isn't new-agey. It seems real, sensible. Like the other reviews here, there are scary stories of what can happen because of RSI. I worked for years as a legal word processing operator as well as writing and publishing a novel and magazine articles. My hands are my work tools. I take this very seriously. When it hurts to open a jar or pick up my cat, that is frightening. I took my hands and wrists for granted until they started throbbing and having darting pains. Quilter's book helped me to first live with my aches & pains in a manageable way. Then, following her suggestions like proper posture and taking breaks from the keyboard I have improved and feel so much better! I also enjoy her subtle sense of humor and was glad she put in a section on sex. I wasn't expecting that when I first read the book but it made me realize I wasn't the only one who had trouble "getting a grip" on the situation. :-))As for the "dystopic" stories mentioned in previous reviews, I thought Ms. Quilter made it apparent that some suggestions should be taken with a grain of salt. I don't need to change careers or stop typing forever. Maybe some injured people do. I need to be able continue writing without pain and discomfort. This book helped me learn how to do just that and I highly recommend it!

I rarely go to the supermarket without seeing checkout clerks in wrist braces and wanting to tell them (and their bosses) about Ms Quilter's books. I have this book as well as the earlier one she

co-authored with Dr Emil Pascarelli. Ms. Quilter offers no miracle cures or quick fixes. But I followed her sensible advice (including a visit to my doctor) when I had my first keyboard injury some years ago, and I got better. Unfortunately, I did NOT want to hear that I was now "living with RSI" forever. Like several of the negative reviewers here, I found the author's warnings dire and depressing. However, my subsequent experience with re-injuring myself (over and over) convinced me that Ms Quilter is right. "Recovery" is only possible when you develop the "mindfulness" that I consider this book's single most important message. RSI is not like a broken bone that knits up as good as new. It's like a bad back. If I don't do my back exercises, my back goes out. If I don't follow Ms Quilter's preventive tips, my RSI flares up. My conclusion is that RSI is best viewed as a chronic condition, and the reviewers who find this point of view depressing are shooting the messenger. BTW, once RSI mindfulness becomes a habit, it is about as depressing as putting on a seat belt.

Great book, except: Like many authors of medical self-help books, Quilter urges her readers to enlist competent medical help. Unfortunately, she does not say that although one can find good, knowledgeable physical therapists, it is almost impossible to find an American medical doctor who knows anything about RSI. She does not mention that although it is an official diagnostic category in the UK, Australia and the Netherlands, neither RSI, nor any medical synonyms (i.e. overuse syndrome, cumulative trauma disorder, etc.) appear in American diagnostic guides (although other "controversial" syndromes like Fibromyalgia and Chronic Fatigue syndrome do!) So ... American doctors can not officially "know" about RSI. This also makes it difficult for RSIsers to follow Quilter's most important recommendations -- rest and pacing, since we often need medical justification (at least a doctor's note) to get appropriate accommodations at work.

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Management, Disability, and Health Economics (Journal of Skeletal Pain, Vol 3, No 2) Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain [Paperback] [2012] (Author) Valerie DeLaune LAc, Renee Principe NCTMB OSHA Repetitive Strain Injury Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Conquering Carpal Tunnel Syndrome and Other Repetitive Strain Injuries: A Self-Care Program Release Your Pain: Resolving Repetitive Strain Injuries with Active Release Techniques The Carpal Tunnel Helpbook: Self-Healing Alternatives for Carpal Tunnel and Other Repetitive Strain Injuries Repetitive Strain Injuries Give your back and arms a break!: A strategy for the prevention of back disorders and repetitive strain injuries Winning Personal Injury Cases: A Personal Injury Lawyer's Guide to Compensation in Personal Injury Litigation The Strain Low Price CD: Book One of The Strain Trilogy

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