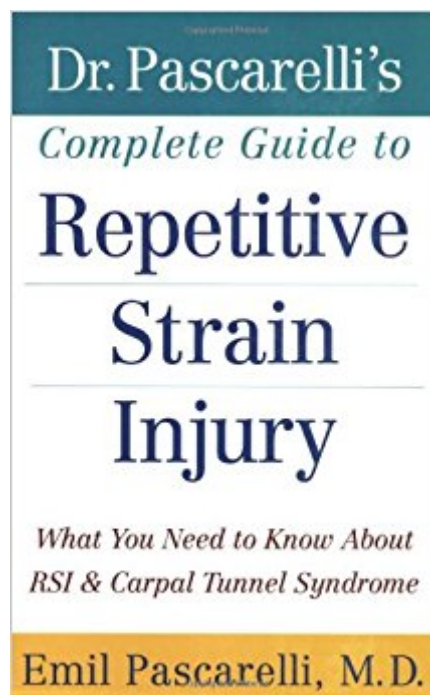




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Dr. Pascarelli's Complete Guide To Repetitive Strain Injury: What You Need To Know About RSI And Carpal Tunnel Syndrome



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

Paperback: 272 pages

Publisher: Wiley; 1 edition (June 21, 2004)

Language: English

ISBN-10: 0471388432

ISBN-13: 978-0471388432

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 13.4 ounces

Average Customer Review: 3.9 out of 5 stars 13 customer reviews

Best Sellers Rank: #977,015 in Books (See Top 100 in Books) #9 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury #323 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #370 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases

Customer Reviews

EMIL PASCARELLI, M.D., is one of the world's leading experts on repetitive strain injury. He is currently Emeritus Professor of Clinical Medicine at Columbia University in New York and Adjunct Associate Professor of Clinical Public Health at Cornell University. He has published articles on RSI in top medical journals. Dr. Pascarelli is the coauthor of the bestselling Repetitive Strain Injury.

This book was very helpful in understanding my RSI and knowing whether my doctors were doing a good job understanding and treating it. As the author points out, the majority of doctors are simply not prepared to treat RSI, which can be very frustrating, and makes a book like this all the more essential in helping to find someone who can treat this condition. I'd definitely recommend this to anyone dealing with serious RSI that doesn't get better from basic treatment.

First, I apologize to Dr. Pascarelli for only giving this book 3 stars. I feel he deserves more as the researcher and writer, however this book is too scary when read by itself. It gives a bleak prognosis, when in fact there are solutions out there not well known in the medical world. These are other books that you need to look at: The Triggerpoint Therapy Workbook by Clair Davies, It's Not Carpal Tunnel Syndrome! by Jack Bellis and Suparna Demany, and possibly John Sarno's The Pain Prescription. All of these books contain solutions that are not well known in the medical field. Some of them might apply to your situation and some of them might not. You can read about those books online. The most important thing I got from Dr. Pascarelli's book is that a brace can be dangerous, and can cause Complex Regional Pain Syndrome. His book is significant in the literature and I recommend it highly, but if I had read it first I would have felt doomed. Fortunately I read the other ones first...

This is no longer a mysterious topic to me. I understand clearly that it is in my hands to fix this problem. Yes, doctors and physical therapists are a big help, but it isn't just meds and a doctor that will solve this problem. My physical therapist wants the title of the book.

The complete guide to repetitive strain injury

Never fun to hurt or be in pain, this book helps. Be sure to follow the stretching recommended.
follow advise

This book covers the scientific and medical knowledge about repetitive strain injury. It discusses the

symptoms and causes, and sometimes awareness itself can begin the healing process. It will motivate RSI sufferers to set up ergonomic workstations and to seek medical help when necessary. The book also mentions the emotional factors that can lead to RSI, which is something that not people are aware of. The reason that I am giving it four stars, is that it does not cover enough treatment options for this condition. Fortunately, many physical therapists are familiar with massage therapy, stretching programs that could help relieve the symptoms. Overall, I think it is a good and informative read, but more research is necessary if someone wants to overcome this condition.

Dora Farkas, Author, "The Smart Way to Your Ph.D.: 200 Secrets from 100 Graduates"

I was hoping for a more complete discourse on Focal Dystonia, which is a pretty common musician's malady. There is some material, but I found a lot more in "Musicophilia" by Oliver Sack. ã ã Musicophilia: Tales of Music and the Brain, Revised and Expanded Edition. The resources were pretty good overall, although it's also helpful to search the Internet on your own, because so many musicians and others are publishing their personal experiences and describing ways they found to deal with the problem - including what did not work. For instance, I found two guitarists who tried Botox treatment, one of the standard treatments, with very negative results.

A few months after starting a demanding programming job, my hands started hurting. A co-worker recommended an earlier version of this book. Actually, he said, "Leave work, go to the bookstore and buy and read it and don't come back until you finish it." Pascarelli has a ton of information about RSI in this book, all of which makes sense. His main thesis is that RSI is easy to prevent and hard to cure, and his advice on how to avoid it is excellent. If your hands are hurting, do like my co-worker said. Get this book right away and read it.

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Dr. Pascarelli's Complete Guide to Repetitive Strain Injury: What You Need to Know About RSI and Carpal Tunnel Syndrome Rsi: Repetitive Strain Injury : Repetitive Strain Injury, Carpal Tunnel Syndrome and Other Office Numbers (Thorsons Health) The Carpal Tunnel Helpbook: Self-Healing Alternatives for Carpal Tunnel and Other Repetitive Strain Injuries End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand Conquering Carpal Tunnel Syndrome and Other Repetitive Strain Injuries: A Self-Care Program Carpal Tunnel Symptoms and Treatments: All about Carpal Tunnel Syndrome Causes, Diagnosing, Symptoms, Signs, Non-Surgical and Surgical Treatments, Alt It's Not Carpal Tunnel Syndrome!: RSI Theory and Therapy for Computer Professionals Carpal Tunnel Syndrome

and Repetitive Stress Injuries: The Comprehensive Guide to Prevention, Treatment, and Recovery
Fibromyalgia, Chronic Fatigue Syndrome, and Repetitive Strain Injury: Current Concepts in
Diagnosis, Management, Disability, and Health Economics (Journal of Skeletal Pain, Vol 3, No 2)
Don't Touch That Keyboard! until you've read this book: How to Prevent Repetitive Strain Injury
Repetitive Strain Injury: A Computer User's Guide The Repetitive Strain Injury Handbook: An 8-Step
Recovery and Prevention Plan Trigger Point Therapy for Repetitive Strain Injury: Your
Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help
Workbook) The Repetitive Strain Injury Recovery Book The Repetitive Strain Injury Sourcebook
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 Carpal Tunnel Syndrome: A Guide to Daily Activities 101
Questions and Answers about Carpal Tunnel Syndrome: What It Is, How to Prevent It, and Where to
Turn for Treatment The Carpal Tunnel Syndrome Book: Preventing and Treating CTS

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