



# The Repetitive Strain Injury Handbook: An 8-Step Recovery and Prevention Plan

*Robert M. Simon M.D., Ruth Aleskovsky*

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A proven recovery plan for the over 8 million sufferers of repetitive strain injury, and a guide for the prevention of future injuries.

Repetitive strain injury (RSI) is a painful, potentially disabling condition that most commonly stems from damage to the upper torso. Long-term misuse or overuse of everyday tools like computers and cash registers results in the painful hands, arms, and neck that are symptomatic of RSI, a condition whose incidence has increased 80 percent in this country since 1990.

The Repetitive Strain Injury Handbook is a unique, user-friendly guide that is broken into two parts: (1) the 8-step recovery plan and (2) an RSI prevention guide. The 8-step plan moves RSI sufferers beyond the common denial of this ailment and into a diagnosis and treatment plan with a doctor. It provides:

- o Nutrition advice
- o An exercise program
- o Breathing tips
- o Traditional and alternative pain management suggestions
- o A holistic maintenance plan for long-term health

The second section is filled with suggestions, stories, and tips for RSI sufferers that will help them live pain-free at home, at work, and in their social and intimate lives. There is also a special section of information on women and RSI, since pregnancy, PMS, osteoporosis, mastectomy, and menopause can all aggravate this condition.

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