

The Repetitive Strain Injury Sourcebook



- INFORMATION ON CHRONIC MUSCULOSKELETAL AND NERVE DISORDERS INCLUDING CARPAL TUNNEL SYNDROME AND FIBROMYALGIA
- INDUSTRIES AND OCCUPATIONS MOST IMPACTED BY REPETITIVE STRAIN
- TREATMENT AND PREVENTION OF RSI
- INSURANCE OPTIONS, WORKERS' COMPENSATION, AND GOVERNMENT BENEFITS

SANDRA PEDDIE

Repetitive Strain Injury Sourcebook

Steven M. Penny



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Strain Injury Handbook Robert M. Simon,Ruth Aleskovsky,2000-02-10 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 *Physical Rehabilitation, Medicine and Therapy Sourcebook, 1st Ed.* James Chambers,2020-01-01

Consumer health information about physical rehabilitation focus areas of physical rehabilitation treatment plans and physical modalities Includes index glossary of related terms and other resources *Musculoskeletal Disorders Sourcebook, First*

Edition James Chambers,2022-05-01 Provides consumer health information about structure and function of the musculoskeletal system importance of healthy bones muscles and joints common musculoskeletal disorders and conditions and cancers of the musculoskeletal system along with information about workplace musculoskeletal disorders and rehabilitation strategies Includes index glossary of related terms and other resources **Sports Injuries Sourcebook, 6th**

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how and why people sleep diseases that affect sleep and the health consequences of sleep deprivation *The Self-Employed Woman's Guide to Launching a Home-Based Business* Priscilla Huff, 2010-05-26 Step by Step Advice on Making Your Home Business Dreams a Reality From Priscilla Y Huff the leading expert on home businesses for women The Self Employed Woman's Guide to Launching a Home Based Business is your step by step resource to getting the business of your dreams up and started in no time Packed with expert advice and nitty gritty details about what it takes to run a successful home based business this book will show you how to Prepare physically and mentally for a new career from home Balance work and family time for maximum enjoyment and minimum stress Find and fill out the proper tax license and insurance forms Handle customers and bring in new business Implement creative and effective marketing plans Manage your finances and accounting with ease And much much more Filled with valuable resources and profiles of successful home based entrepreneurs this book answers all your questions about starting an enjoyable and profitable venture **Adolescent Health Sourcebook, 5th Ed.** James Chambers, 2021-07-01 Consumer health information about the physical mental and emotional health and development of adolescents Includes index glossary of related terms and other resources *Back and Neck Disorders Sourcebook, 3rd Ed.* James Chambers, 2019-05-01 Provides consumer health information about the diseases disorders and injuries that affect the spinal column Includes index glossary of related terms and other resources

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Sourcebook of Occupational Rehabilitation Phyllis M. King, 2013-11-11 Experts from academia clinical settings and the business world pool their knowledge about work injury prevention and management in the new Sourcebook of Occupational Rehabilitation The 22 contributions in this wide ranging reference address aspects of the three primary areas of service delivery prevention assessment and rehabilitation The text takes a multidisciplinary viewpoint toward its subject in order to shed light on the mechanisms and management of work related disorders It boasts a wealth of current and in depth information and takes a practical applications approach to rehabilitation

Physical Therapy Neeraj D Baheti, Moira K Jamati, 2016-04-10 Physical Therapy Treatment of Common Orthopedic Conditions is a highly illustrated evidence based guide to the treatment of a range of common orthopaedic disorders edited by US based experts in the field Divided into sixteen chapters across three sections the book begins with a section on upper extremity including conditions such as thoracic outlet syndrome rotator cuff impingement and carpal tunnel syndrome The second section covers the spine including sprains and strains and cervical radiculopathy The final section focuses on lower extremity covering conditions such as hamstring strain tendinopathy and medial tibial stress syndrome Each chapter begins with an overview of important information for diagnosis followed by detailed evaluation and treatment approaches which include conservative therapy as well as complimentary alternative medical and surgical interventions The text is enhanced by 850 full colour images and illustrations Physical Therapy Treatment of Common Orthopedic Conditions references more than 1700 journal articles and books ensuring authoritative content throughout this valuable resource for physiotherapists Key Points Evidence based guide

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