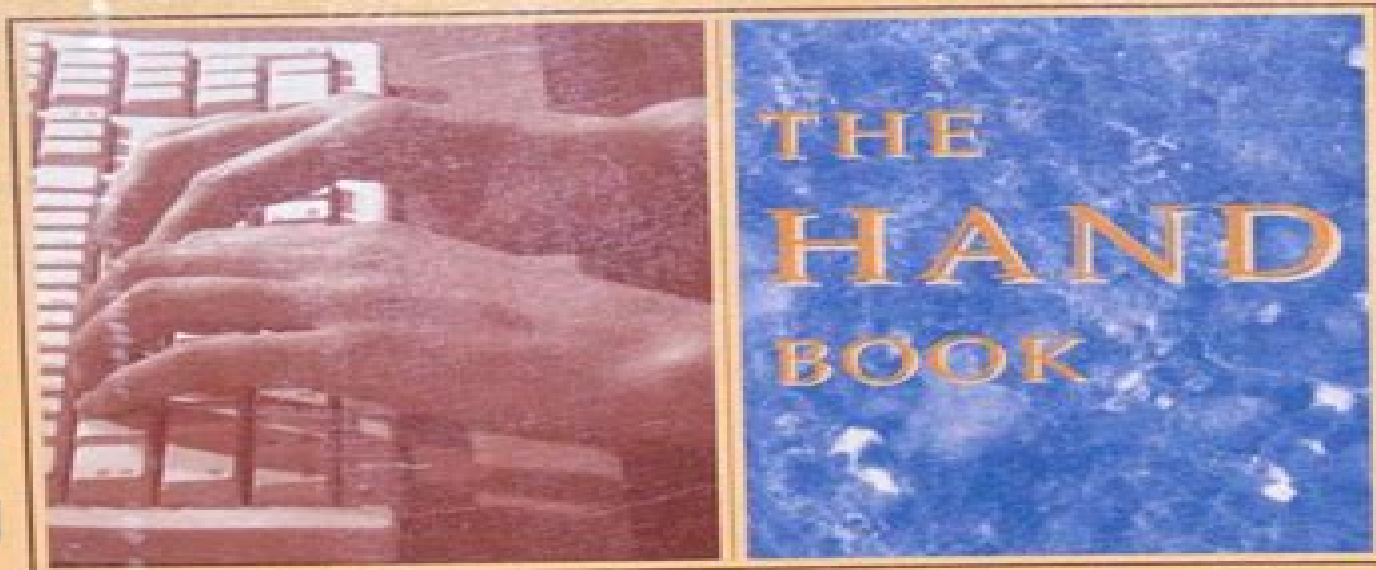


PREVENTING COMPUTER INJURY



The Powerful, Hands-On Guide to Safe Computer Use

How to Avoid the Hand Positions and Motions Which May Lead to Injury
How to Feel Comfortable, Fluid and Relaxed at Your Keyboard
Massages, Warmups and Stretches to Protect Your Hands
Adjusting Your Workstation to Fit Your Body

STEPHANIE BROWN

Preventing Computer Injury The Hand

**Richard Dean Smith, M.D., Steven T.
Garske, M.S., P.T.**



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