Repetitive Strain Injury: A Computer User's Guide

Emil Pascarelli M.D., Deborah Quilter

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A unique Seven-Point Program for the prevention and treatment of this progressive disease, consisting of rules for good postural alignment, exercises, pacing and managing pain. Will help people avoid injury altogether or aid them in their recovery process. All techniques described are inexpensive, effective, non-invasive and do not require the purchase of expensive special equipment. Includes helpful information on setting up a workstation, buying the right type of chair and selecting the correct keyboard.

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