



Coping Successfully with RSI (Overcoming Common Problems)

Maggie Black, Penny Gray

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An introduction to Repetitive Strain Injury (RSI), which is muscle pain connected to any kind of repeated physical activity, becoming more common amongst computer users. As with Chronic Fatigue Syndrome the problems evade straightforward medical diagnosis or treatment, and have psychological as well as physical implications. This book tackles all the problems associated with RSI. There are two essential elements: advice about posture, positioning and ergonomic aids as well as pain management techniques which aim to limit the damage already suffered and to foster a more positive approach to the problem.

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