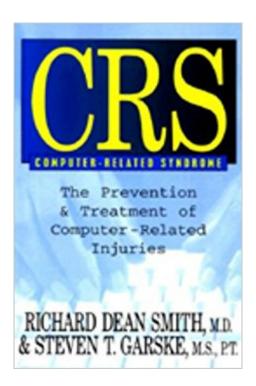


The book was found

Crs Computer-Related Syndrome: The Prevention & Treatment Of Computer-Related Injuries





Synopsis

If you're one of the millions who use computers at work or at home, the hours you spend in front of the monitor could be giving you a pain in the neck, back, hand, wrist, or arm. If so, you may be suffering from CRS. Tightness, stiffness, and pain of the upper extremities are common complaints of writers and computer users. Carpal tunnel pain, repetitive strain injuries, occupational disorders of the upper extremities, and other problems related to heavy keyboard and computer use have spread across the nation as computers become indispensable at work and at home. Classified under the rubric "computer-related syndrome," or CRS for short, these injuries have caused a work slowdown, while creating a whole field of medical exploration.CRS: The Prevention & Treatment of Computer-Related Injuries by rheumatologist Dr. Richard Dean Smith and physical therapist Steve Garske calls attention to the common problems of computer use and offers practical advice and helpful hints intended to lessen the risk of sustaining injuries related to posture, rapid movements, and positional errors common to writers, computer users, and other occupations. Everyone needs to be informed of the dangers involved, as well as successful prevention techniques and helpful remedies when injury does occur. The book includes a history of CRS, information on symptoms, clinical findings, effects on work, and where to get help.

Book Information

Paperback: 146 pages

Publisher: Prometheus Books (June 1, 1997)

Language: English

ISBN-10: 1573921459

ISBN-13: 978-1573921459

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #7,072,106 in Books (See Top 100 in Books) #53 inà Â Books > Health,

Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury #938 inà Â Books >

Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention #1993 inà Â Books > Medical

Books > Medicine > Internal Medicine > Rheumatology

Customer Reviews

Richard Dean Smith, (Walnut Creek, CA) a specialist in rheumatology, is associate director of rehabilitation services at John Muir Medical Center and a corporate consultant. Steven T. Garske,

(Pleasant Hill, CA) is the owner of Optimal Performance Physical Therapy, and a member of the American Physical Therapy Association.

As a certified massage therapist, I work on many people with this "CRS." The authors' suggestions for exercise are what I've seen recommended by the physical therapist I work with, and I've seen results. Of course, massage is very beneficial, and I was glad to see it was also recommended to provide some pain relief. The only way to truly beat the chronic pain cycle is through good posture and strengthening/stretching, and the authors do a good job of providing effective, easy to perform exercises. There is a way to gain relief from this chronic problem...it may require a little work on the part of the sufferer, but follow the suggestions given in the book, and you may soon be pain free. I've seen it work. I plan on giving this book to all my favorite clients for Christmas.

Download to continue reading...

Crs Computer-Related Syndrome: The Prevention & Treatment of Computer-Related Injuries Carpal Tunnel Syndrome and Repetitive Stress Injuries: The Comprehensive Guide to Prevention, Treatment, and Recovery Carpal Tunnel Syndrome & Overuse Injuries: Prevention, Treatment & Recovery (The Family health series) Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Irritable Bowel Syndrome: Cure Irritable Bowel Syndrome Naturally And Live Free From Irritable Bowel Syndrome For Life (Natural Health Healing And Cures) Brain & Spinal Cord Injuries: A Guide for Coping with Injuries and Understanding the claiming process Restless Leg: The Ultimate Guide to Eliminating Restless Legs Syndrome and Getting a Good Night's Sleep (Restless Leg Syndrome Treatment Book 1) A Simple Guide To Tourette Syndrome, Diagnosis, Treatment And Related Conditions Autogenic Training: A Mind-Body Approach to the Treatment of Chronic Pain Syndrome and Stress-Related Disorders (Mcfarland Health Topics) latrogenic Effects of Orthodontic Treatment: Decision-Making in Prevention, Diagnosis, and Treatment Scabies and Lice Explained: Causes, Prevention, Treatment, and Remedies All Covered! Information including symptoms, cure, removal, eggs, home remedies, ... natural treatment, life cycle, & more! Give your back and arms a break!: A strategy for the prevention of back disorders and repetitive strain injuries Military Injury Biomechanics: The Cause and Prevention of Impact Injuries Dance Injuries: Their Prevention and Care (A dance horizons book) IBS Treatment Self-Help: Discover How to Effectively Treat IBS ~ An Irritable Bowel

Syndrome Treatment Guide Conquering Carpal Tunnel Syndrome and Other Repetitive Strain Injuries: A Self-Care Program The Pain Relief Breakthrough: The Power of Magnets to Relieve Backaches, Arthritis, Menstrual Cramps, Carpal Tunnel Syndrome, Sports Injuries, and More Back And Neck Sourcebook: Basic Consumer Health Information About Spinal Pain, Spinal Cord Injuries, And Related Disorders, Such as Degenerative Disk ... Osteoarthritis, S (Health Reference Series) Neuropsychological Assessment of Work-Related Injuries

Contact Us

DMCA

Privacy

FAQ & Help