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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.

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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.

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