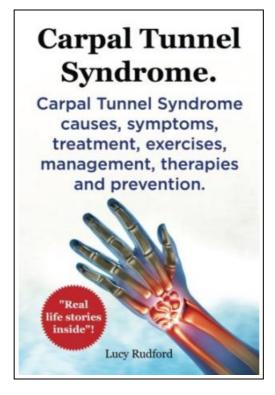
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Reviews

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Imb Publishing Carpal Tunnel Syndrome Cts, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand ******The author, a 21 year old female student, suffered from pain in her thumb and simply couldn t believe when the doctor told her she could have RSI, Repetitive Strain Injury, from texting. When she started to investigate RSI further, she became aware, being a student and working on a laptop a lot, that Carpal Tunnel Syndrome is very common amongst computer users. She decided to investigate the subject and talk to specialists in the field to be able to write a book about it to warn all people and especially young people about the possible dangers of computers, if over used. This book is a must have for anybody who uses a PC, laptop, tablet, game console or mobile phone on a regular basis. Don t we all? Therefore this book is for everybody! The book is written in an easy to read and understandable style. In a straightforward, no nonsense fashion, Lucy Rudford covers all Carpal Tunnel Syndrome aspects including facts and stats, causes, symptoms, treatment, surgery, natural approaches, alternative therapies, exercises, management, therapies, aids, prevention and a lot more. A separate chapter about concerns for children and teenagers explains how our modern society and electronic gadgets are a real danger to people s health. This book is full of sound advice and answers to all your questions. Real life stories inside from sufferers!

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