



Pain Free at Your PC

By Roger Gittines

Bantam. Paperback. Book Condition: New. Wendy Wray (illustrator). Paperback. 208 pages. Dimensions: 8.9in. x 6.0in. x 0.6in. Using a computer doesn't have to hurt. Prevent or reverse repetitive stress injuries. Cure carpal tunnel syndrome. End chronic wrist, shoulder, and neck pain. Ease eyestrain. Avoid surgery, drugs, and wrist braces. Using a computer should challenge your mind, not your body. As computers become a larger part of our daily lives both at work and at home, complaints of painful wrists, sore shoulders, stiff necks, and blurry vision associated with computer use continue to soar. But the good news is that this chronic pain can easily be prevented or cured without surgery or drugs--or expensive ergonomic equipment. There's no need to move your monitor, wear wrist braces, or sit in a specially designed chair. Instead, Pete Egoscue, using the techniques and principles developed at his renowned clinic, shows you how to keep pointing and clicking for hours--pain free. You'll learn how to: Avoid or treat common but debilitating repetitive stress injuries, including carpal tunnel syndrome. Recognize and remedy problems in posture and movement before they cause pain. Do easy-to-perform exercises at your desk to eliminate chronic hand, wrist, shoulder, back, and neck pain. Quickly...



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Reviews

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