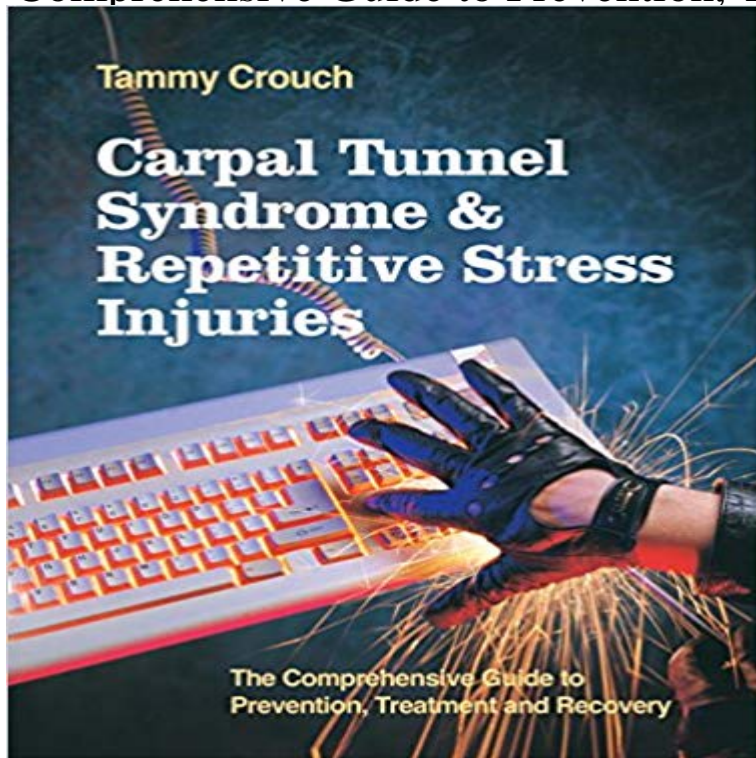


Carpal Tunnel Syndrome and Repetitive Stress Injuries: The Comprehensive Guide to Prevention, Treatment, and Recovery



Crouch stresses the importance of finding out exactly what type of RSI you have and of seeking conservative treatment instead of jumping in and having surgery like she did. This book also gives an excellent rundown and explanation of the diagnostic techniques that doctors use, from the innocuous Phalens test to the often-excruciating electromyography nerve conduction test. While the explanations of different treatments could be more in-depth, they're a good primer if you're investigating your options. Crouch also includes information about workers compensation plus an extensive list of resources-- organizations, Web sites, books, and articles--helpful for those learning how to treat these often chronic conditions.

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