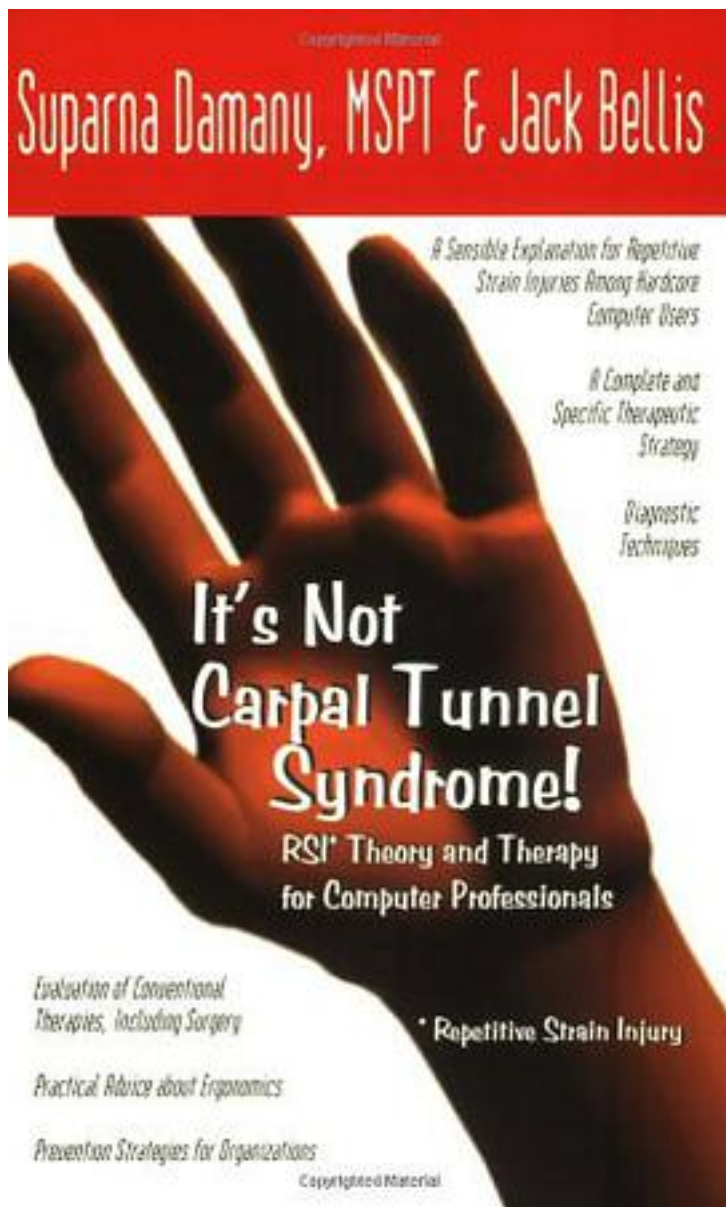


It's Not Carpal Tunnel Syndrome!



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出版者:Independent Pub Group

出版时间:2001-4

装帧:Pap

isbn:9780965510998

This guide offers computer users who suffer from repetitive strain injury an effective program for self-care. It explains the symptoms, prevention, and treatment of RSIs and also addresses the often-overlooked root causes of RSIs. This holistic program treats the entire upper body with ergonomics, exercise, and hands-on therapy, increasing the likelihood that surgery and drugs may be avoided.

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