



# It's Not Carpal Tunnel Syndrome!: RSI Theory and Therapy for Computer Professionals

*Suparna Damany MSPT, Jack Bellis*

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This guide offers computer users who suffer from repetitive strain injury (RSI) 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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