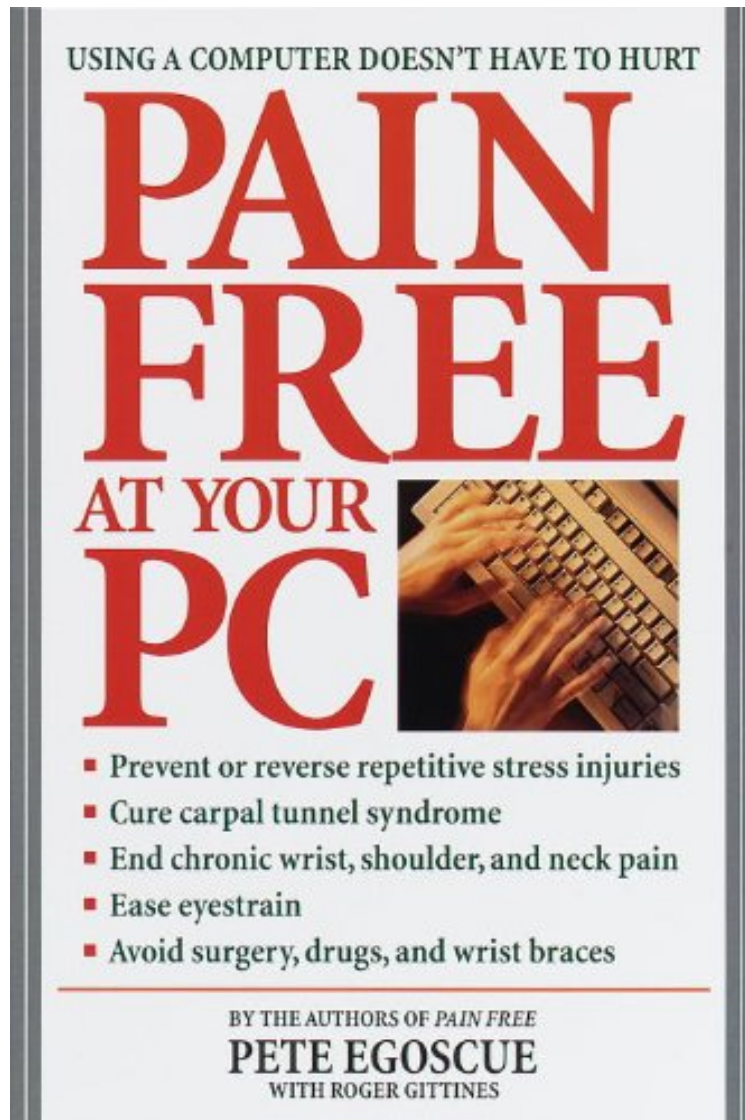


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Pain Free at Your PC: Using a Computer Doesn't Have to Hurt

Pete Egoscue

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programs that really work to recondition incorrect movement patterns, and done regularly, they do get rid of chronic pain. Regardless of your age, you can do these exercises. Some of them are not really exercises, but postures to hold to recondition muscles--easy and effective. 3 of 3 people found the following review helpful. This author saved me from a surgery. By Greta Molnar This is a must have book for everyone who is not having a very moving life, meaning office workers and the like. The other book of this doctor is called "Painfree". At some point I was diagnosed with Carpal Tunnel Syndrome and scheduled for a surgery. I got the book and started the exercises. In literally 3 days the pain was gone. I never had the surgery and work even more on my computer than at that time. No more problems.

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 and easily correct damaging patterns of motion And much more From the Trade Paperback edition.