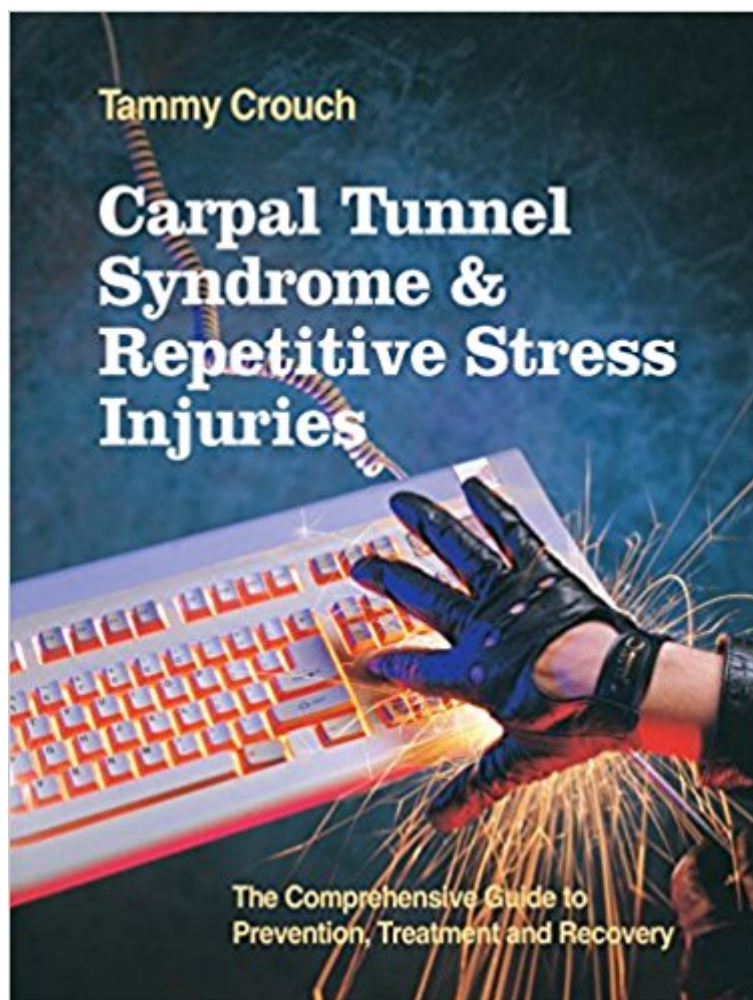




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Carpal Tunnel Syndrome And Repetitive Stress Injuries: The Comprehensive Guide To Prevention, Treatment, And Recovery



Synopsis

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 Phalen's 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 worker's compensation plus an extensive list of resources-- organizations, Web sites, books, and articles--helpful for those learning how to treat these often chronic conditions.

Book Information

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Customer Reviews

Tammy Crouch, a former sign-language interpreter, had carpal-tunnel release surgery twice. Both surgeries were unsuccessful. She then learned about "alternative" therapies for her pain, including massage, osteopathy, acupuncture, and chiropractic, and she passes along her wisdom in this book. 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 Phalen's 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 worker's compensation plus an

extensive list of resources-- organizations, Web sites, books, and articles--helpful for those learning how to treat these often chronic conditions.

A former Carpal Tunnel Syndrome patient herself from her work as a sign language interpreter, Tammy Crouch recovered the use of her hands after two failed surgeries by learning about alternative therapies. Ms. Crouch holds degrees in Psychology, Sociology, and Human Resources Management, and now conducts workshops and seminars on overuse injuries in the workplace. She lives in San Diego, California with her husband and daughter.

Not a great book for cpt

This book has been helpful in understanding the pain I have caused by carpal tunnel syndrome.

Don't waste your time. Check out MindBody syndrome by John Sarno instead.

I found this book through Tammy Crouch Fletcher's RSI FAQ and the many suggestions helped me to improve my symptoms without surgery. Full of common sense, written by a patient (Ms. Crouch Fletcher had two surgeries and researched virtually every treatment available), full of good interviews and tips, and designed to help you help yourself. Excellent read before visiting the surgeon!

Tammy is honest about herself and in her book shares the importance of knowledge versus the quick-fix. The resources given in the book alone, are worth the price of the book. A must read!

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