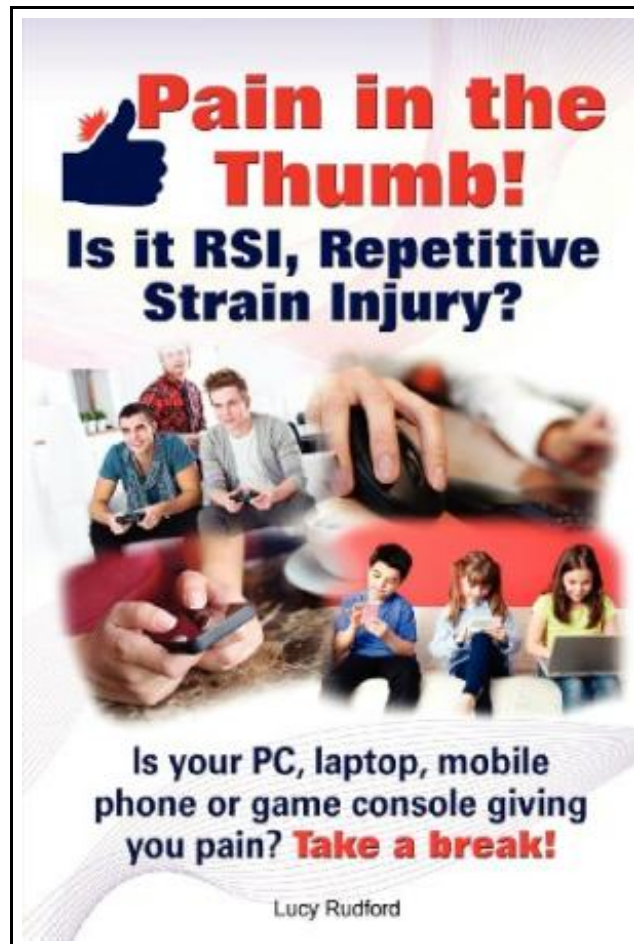


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IMB Publishing, United Kingdom, 2012. Paperback. Book Condition: New. 230 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The author, a 19 year old female student, suffered from pain in her thumb and simply couldn't believe when the doctor told her she could have RSI, Repetitive Strain Injury, from texting. She had a Texting Thumb. Little did she know that you could get RSI at the age of 19. After speaking to her friends about this, she realised that almost all her friends have pain in their thumb when texting after a few hours. Most youngsters deny it and just keep on texting. not the author, she takes it all seriously and doesn't want to be in pain for the rest of her life. She decided to investigate the subject and talk to specialists in the field to be able to write a book about it and warn all people who are using our so much electronic devices a lot. Guaranteed to answer all your questions, this book is a must have for anybody who uses a PC, laptop, tablet, game console or mobile phone on a regular basis. Don't we all? Therefore this book is for everybody! The book is written in an easy to read and understandable style. In a straightforward, no nonsense fashion, Lucy Rudford covers all RSI aspects including facts and information about Tendonitis, Carpal Tunnel Syndrome, Neck Pain, Shoulder Pain, Wrist pain, Sore Wrist, Pain in the Thumb, RSI Symptoms, RSI Mouse, RSI Computer, Office RSI. Pain relief, treatment and stretch exercises included. This book is full of sound advice and answers to all your questions - including some you didn't even know you had!.



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