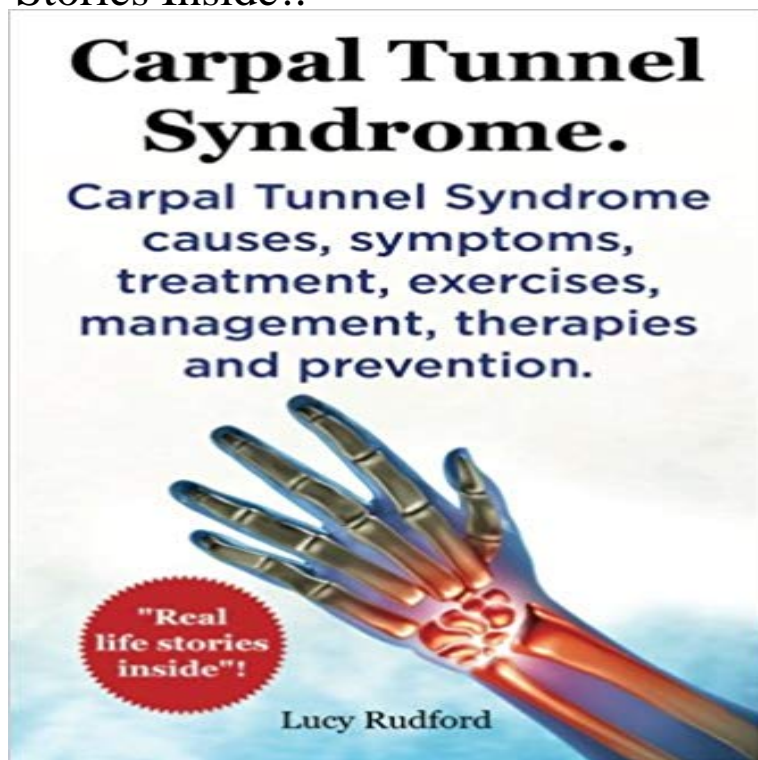


Carpal Tunnel Syndrome. Carpal Tunnel Syndrome causes, symptoms, treatment, exercises, management, therapies and prevention. Real Life Stories Inside!.



The author, a 21 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. When she started to investigate RSI further, she became aware, being a student and working on a laptop a lot, that Carpal Tunnel Syndrome is very common amongst computer users. She decided to investigate the subject and talk to specialists in the field to be able to write a book about it to warn all people and especially young people about the possible dangers of computers, if over used. 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 Carpal Tunnel Syndrome aspects including facts and stats, causes, symptoms, treatment, surgery, natural approaches, alternative therapies, exercises, management, therapies, aids, prevention and a lot more. A separate chapter about concerns for children and teenagers explains how our modern society and electronic gadgets are a real danger to people's health. This book is full of sound advice and answers to all your questions. Real life stories inside from sufferers!

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