



PATHFINDER ON REPETITIVE STRAIN INJURIES

INTRODUCTION:

Repetitive strain injury is the general term for a range of chronic musculoskeletal and nerve disorders in the hands, arms, shoulders, or neck. RSI is also called cumulative trauma disorder, overuse syndrome, and repetitive motion syndrome.

SUBJECT HEADINGS:

Carpal Tunnel Syndrome
Tendonitis
Tenosynovitis
Tennis Elbow (Epicondylitis)
Repetitive Strain Injuries

RECOMMENDED BOOKS:

Quilter, Deborah. The Repetitive Strain Injury Recovery Book. Walker Publishing, 1998.
Peddie, Sandra. The Repetitive Strain Injury Sourcebook. Los Angeles, Lowell House, 1997.
Fried, Dr. Scott M. The Carpal Tunnel Helpbook. Massachusetts, Da Capo Press, 2001.

INTERNET RESOURCES:

<http://www.apta.org/Consumer/ptandyourbody/carpaltunnel>
(American Physical Therapy Association)

<http://www.ninds.nih.gov/disorders/carpal/carpal.htm>
(Mayo Foundation for Medical Education and Research)

<http://www.sorehand.org>
(Email discussion list on repetitive strain injuries)

ORGANIZATIONS:

Association for Repetitive Motion Syndromes (ARMS)
P.O. Box 471973
Aurora, CO 80047-1973
Tel: (303) 369-0803

This pathfinder was provided by the Behan Health Science Library, Jefferson Regional Medical Center, Pittsburgh, PA.