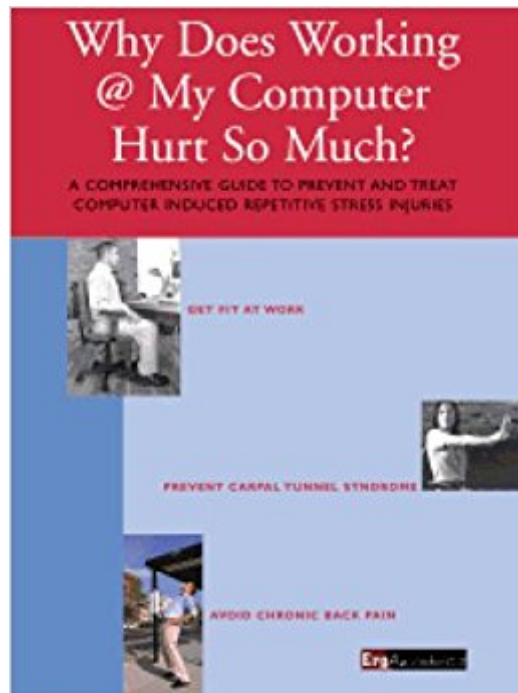




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# ErgAerobics: Why Does Working @ My Computer Hurt So Much?



## Synopsis

ErgAerobics:Why does working @ my computer hurt so much? is a comprehensive guide to help computer users prevent and treat Computer Induced Repetitive Stress Injuries (CIRSIs) such as carpal tunnel syndrome, back pain, neck pain, headaches, TMJ, etc. Computer use has dramatically increased in the last ten years with no sign of decline in sight. With increased use, the likelihood of a computer user experiencing one or more CIRSIs is greater. Everyone knows someone who has had carpal tunnel syndrome or severe back pain. The US Department of Labor estimates that one-half of the workforce will experience a repetitive stress injury at some point in their career. You may or may not feel the effects yet, but chances are that after years, or even just months of computer use, you will become a victim, too. This book can help you avoid a potentially chronic situation. CIRSIs are explained, causes are examined, and treatment and prevention options are discussed. A comprehensive checklist of proper workstation arrangement is included. Proper posture and human interaction with a computer is explained. In addition, an extensive index of ErgErcises--exercises to be done at your computer to prevent CIRSIs--provides detailed descriptions of these effective, inconspicuous and time-effective exercises. This comprehensive system will greatly aid the computer user prevent CIRSIs. Many books on this subject are very scientific in nature, often written by engineers. ErgAerobics:Why does working @ my computer hurt so much? was written for the average computer user, not technicians. The information is presented in a very easy to follow format. Thanks to the presence of Ergle, Ergella, and Cirsi Boy, the presentation is light and entertaining. These animated characters guide the reader through the potential dangers of working at a computer and give helpful tips on how to avoid them. The authors are both physical therapists who are very experienced at treating patients with CIRSIs. Their methods are proven to work. Most importantly they have learned that the most effective method of treating CIRSIs is to prevent them. ErgAerobics:Why does working @ my computer hurt so much? provides the reader with the ammunition to fight the war against CIRSIs.

## Book Information

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## Customer Reviews

Produced by physical therapists Perry Bonomo and Daniel Seidler, this video demonstrates 42 exercises aimed at preventing and treating computer-induced repetitive stress injuries (RSIs) such as carpal tunnel syndrome and back pain. The exercises, though given cutesy names like "Frankenstein" and "Abra Cadabra," are well worth learning. However, the video, while instructional, is not paced to accompany a full set of exercises; viewers are told to do several repetitions of an exercise but are not given ample time to accomplish them. Rather, the program seems aimed at teaching the exercises so people can later do them at their desks. However, to learn the exercises fully, viewers would be helped even more by reading the more comprehensive (but equally cutesy) companion book, *ErgAerobics*, which, a bit confusingly, does not follow the pacing of the video. Recommended only as a supplement to the book. A Norman Oder, "Library Journal" Copyright 1999 Reed Business Information, Inc.

*ErgAerobics* is a comprehensive guide to help computer users avoid "Computer Induced Repetitive Stress Injuries." In an easily understandable, entertaining, and concise manner *ErgAerobics* provides basic human anatomy information that anyone can understand as well as facts about Carpal Tunnel Syndrome, Lower Back Pain, Neck Pain, TMJ Disorder, Tennis Elbow, Shoulder Impingement Syndrome, Thoracic Outlet Syndrome, and DeQuervain's Disease. *ErgAerobics* offers tips on how to prevent and treat computer induced repetitive stress injuries, how to properly arrange a workstation, behavior modification techniques to help the reader interact with a computer in a safer, more cooperative manner. *ErgAerobics* is enhanced with simple, inconspicuous, effective exercises to help with the prevention and treatment of computer induced repetitive stress injuries including why, when, and how to exercise. If you spend days working at a computer - read *ErgAerobics*.

"Why does working @ my computer hurt so much" is the best book I've found on preventing

repetitive stress injuries. It filled with practical information for anyone who spends long hours in front of a computer (secretaries, programmers, writers, college students). The authors, both physical therapists, provide guidelines for arranging your workstation and how to sit there once it's arranged. The best part is an extensive list of exercises for your back, neck, jaw, thumbs, wrists, elbows, and shoulders designed specifically to prevent repetitive stress injuries. In addition, each exercise is illustrated so you never have to wonder if your doing the exercises correctly. Once again, a great book!

Nowadays a lot of computer users worry about ruining their eyes. What's more dangerous is doing serious damage to muscles and joints-- damage that can last a lifetime. This important new book from physical therapists Perry Bonomo and Daniel Seidler will help show you how to have a healthy work station and give you valuable, easy exercises to avoid these annoying injuries, as well as developing good work habits. Every employer on earth would do a great service to their workers if they gave them ErgAerobics. I've already suggested the idea to my Human Resources department!

Wonderfully done. This book does a fabulous job of providing simple solutions to complex problems. The illustrations are extremely helpful in demonstrating the exercises that can prevent repetitive stress injuries. Mr. Bonomo and Mr. Seidler did an outstanding job of explaining the causes of repetitive stress injuries and how to decrease the incidence of these injuries in the work place.. This book is a great addition to anyone's library who either works with a computer or treats patient's with repetitive stress injuries.

As a college student who spends hours and hours in front of a computer working on my thesis, this book has transformed the way I work. No longer do I suffer from back pain, sore wrists, and neck strain. Beautifully written, concise, and practical, "Ergaerobics" is truly a "must have" book for everyone! Every college campus should provide it for their students!

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Creative ways to relieve those aches and pains of office and terminal stress. The authors show

some simple techniques to exercise at your desk. Moves like the 'Frankenstein Shrug' or the 'reverse desk lift' makes exercising fun and easy to remember. Be sure to buy 2 copies, my husband took mine to his office and passes himself off as a personal trainer.

I thought the book was great. I sit at a computer all day and I suffer from TMJ and the exercises in the book really helped me to feel better. Not only an ergonomic helper but a stress reliever too!

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