

Book review

The Repetitive Strain Injury Sourcebook, By Sandra Peddie with Craig H. Rosenberg, Published by Lowell House, Los Angeles, CA, 1997, 370 pp., \$30.00, ISBN 1-56565-791-8.

This text was written by a physiatrist and a reporter, the latter of whom developed a repetitive strain injury in 1989. As a result of her injury, Ms. Peddie researched the field and began work on this book, with a goal of providing a comprehensive resource for others who are diagnosed with a repetitive strain injury (RSI). Thus, information is tailored to the consumer of medical care, rather than to the ergonomists who may help to redesign the environment or the medical professionals who provide the treatment.

The information is accurate and current, but justifiably superficial. For the professional interested in the state-of-the-art, it is a frustrating text as the authors refer to research results, but do not cite the resource. For example, they mention "a recent Swedish study found that using a mouse more than six hours a week... poses a risk for users". No further information was provided on how to access this study. However, for the layman who finds him or herself suffering from an RSI, the book does its job. It provides basic descriptions, definitions, and potential causes of injury, as well as educating the reader on what to expect during medical evaluations and how to work with the treatment team.

The authors have tried to answer every question a person might have about dealing with RSIs, and they have done an admirable job. They cover the emotional realm, including feeling isolated and the ramifications

of having pain that is not visible to friends, family, and co-workers. They review alternative therapies, such as relaxation techniques and accupressure, and give advice on coping with daily living activities. Other topics covered are finances, protection of personal rights, and the possibility of having to change jobs. Perhaps the most valuable section for the individual with an RSI is the appendix containing a variety of resources from which to gather additional information.

I would recommend this text to other human factors professionals, *only* if they or a member of their family developed an RSI. I suggest therapists become familiar with it, so they may recommend it to their patients whom may feel discouraged and powerless in their pain. I think the authors have achieved their goal, as *The RSI Sourcebook* will help readers make "informed decisions about their physical, emotional, and financial well-being".

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