



Pain Free Typing Technique

Howard B. Richman

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Pain-Free Typing Technique is a 12-page self-help booklet which provides drug-free treatments and suggestions for carpal tunnel syndrome, repetitive motion disorder and cumulative trauma disorders (CTD). Unconventional concepts are revealed, which help prevent computer-related illnesses including hand pain, wrist pain and other keyboard ergonomics. Most repetitive motion disorders and overuse injuries can be improved by correcting certain angles and positions.



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