

Back issues available...

NOTE: ARMS members are afforded a 15% discount on back issues of the newsletter. Please allow 2-3 weeks for a response.

- **January 2001. "Losing Your Case in Twelve Easy Steps"**, by R. Steven Shisler, Attorney at Law; how to continue fitness program (Men's Health); psychological factors in chronic pain...16pps (\$3.00/\$2.55 member).
- **October 2000. "Shared Aspects of RSD/RSI Treatment"**, by Lisa M. Sattler, MS, PT; **"Cornell Posture Study"**, both reprinted from RSI Network...24 pps. (\$4.00/\$3.40 member).
- **July 2000. "Patients' Rights"**, by The American Chronic Pain Assoc.; Carpal tunnel syndrome and chronic pain statistics, financial assistance (SSDI) and clinics; "Anesthesia and Chronic Fatigue Syndrome" (Carousel Network); revised Health resources' addresses and Websites; privacy issues. ...26 pps (\$4.00/\$3.40 member).
- **April 2000. "Returning to Work"**, by ACT RSI Group; **"Making Life Easier"**, by ACT RSI Group; **"Comments on NIOSH Keyboard Study"**, by John Choate; **"The Quieting Response"**, by Todd Soares...28 pps (\$4.00/\$3.40 member).
- **January 2000.** Federal ergonomics bill update, comments from Egerman and sample letter; research suggesting link between brain function and RSI, cold and RSI; effects of telephone cradling, botulism and writers' cramp; surgery for Chronic Fatigue Syndrome; pain standards established; statistics; cross-reference to ARMS's newsletters...30 pps (\$4.00/3.40 member).
- **October 1999. "Voice Recognition Software: A Tool in Recovery"**, by David Jaffe, M.E.A. and Jane Salland, M.H.A.; **"Carpal Tunnel Syndrome: Am I Legally Entitled to Workers' Compensation Benefits?"**, by Donald W. Fohrman; **"Insight Into Pain"**, by the UK RSI Association; **"Voice Overuse"**, by ACT (Australian) RSI Support Group... 34 pps. (\$4.00/\$3.40 member, with stamped, self-addressed envelope).
- **July 1999. "Visual Ergonomics in the Office"**, by Dr. Jeffrey Anshel, B.S., OD; **AFL-CIO/OSHA Ergonomics Alert: What is RSI and What Causes It?**, by Dr. Gail Dubinsky; **New York Supreme Court Ruling**...34 pps. (\$4.00/\$3.40 member, with stamped, self-addressed envelope).
- **April 1999. "Working Through Emotional Pain"; "Coping With Our Emotional Pain"**, by Bill Thompson, LCSW; **"Thoracic Outlet Syndrome"**, by Carlos A. Selmonosky, M.D.; **"Joint Protection"**, from the Colorado Physical Therapy Institute...26 pps. (\$4.00/\$3.40 member, with stamped, self-addressed envelope).
- **January 1999. "Understanding Carpal Tunnel Syndrome"**, by Alan R. Bonebrake, D.C.; **"Coumarin (5, 6 Benzo-Alpha Pyrone) In Brachial Plexus Entrapment"**, by Wladislaw Ellis, M.D.; **"OSHA's Last Ergonomics Stakeholders' Meetings and Next Steps"**, by Joan Lichterman; **"Worker's Injuries Are Real"**, by Fran Schreiber...26 pps. (\$4.00/\$3.40 member, with stamped, self-addressed envelope).
- **October 1998. "Twenty Truths about RSI"**, by Peter Bower, M.D.; **"Water, The Fluid of Life"**, by David L. Hodghead & Hersh Dunaetz; **"Repetitive Strain Injuries: The Complete Guide to Alternative Treatments and Prevention, a book review"**, by Paul Marxhausen; **"Remote Work Force: What can you say about the shoulder Plenty!"**, by Duane Perkinson; **"Living with Chronic Pain"**, by Pharmaceutical Partners for Better Health... 20 pps. (\$4.00/\$3.40 member, with self-addressed stamped envelope).
- **July 1998. "How to Successfully Go to School With RSI"** by Judy Doane, M.S., Coordinator of San Francisco RSI Group; comprehensive listings of helpful books, health and support resources; call for testimony from Federal workers; **"Thoracic Outlet Syndrome"** by R. Sechrest, MD, the Medical Multimedia Group; **"RSI Trap"** (poem) by Cathy Marston...18 pps. (\$3/2.55 member, w/SASE).
- **March 1998. "How to Find Help"** by Joan Lichterman, founder of East Bay RSI Group; health care organizations; injured worker organizations (from AFL-CIO)...26 pps. (\$4/\$3.40 member).

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