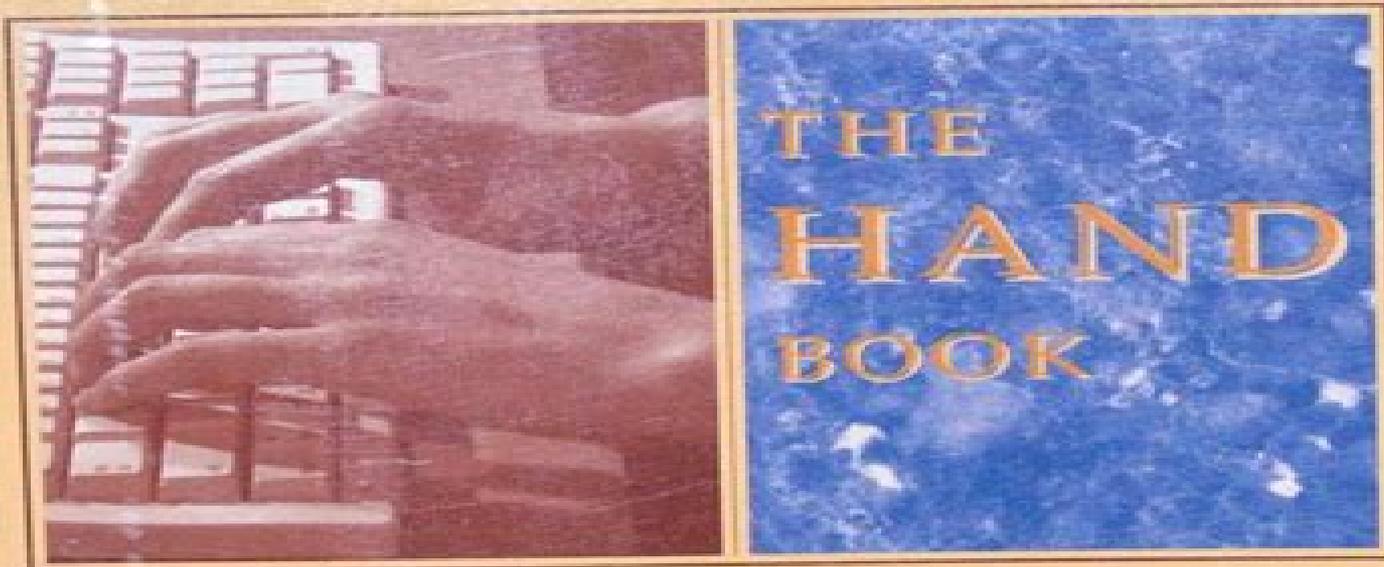


PREVENTING  
COMPUTER INJURY



*The Powerful, Hands-On Guide to Safe Computer Use*

*How to Avoid the Hand Positions and Motions Which May Lead to Injury*

*How to Feel Comfortable, Fluid and Relaxed at Your Keyboard*

*Massages, Warmups and Stretches to Protect Your Hands*

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STEPHANIE BROWN

# Preventing Computer Injury The Hand

**TD Snyder**



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