=?Windows-1256?Q?Saved=20by=20Dr.=20Sarno=20*=20RSI=20as=20well?= =?Windows-1256?Q?=20as=20back=20and=20other=20chronic=20pain?=

- *From*: JESSE VIG <JVIG1@FAIRVIEW.ORG>
- *Date*: Sun, 13 Mar 2005 15:20:11 -0600

I would like to provide a testimonial to the book MindBody Prescription by Dr. Sarno M.D. (MindBody is one word). Essentially, this book pretty much cured me of problems with wrist tendonitis as well as a host of other pain problems (back, knee) that I had assumed would plague me for the rest of my life. This book was originally directed toward people with back pain, but has been expanded to address other types of chronic pain such as RSI. It's basic premise is that chronic pain is often the result of psychological processes. If this seems like new age quackery, know that I thought exactly the same thing before I read the book. Know also that, even if there is a seemingly structural or physical explanation for your chronic pain (e.g. herniated disc for back pain), this book can apply to you just as much as anyone else. (Obviously it doesn't apple to every type of disorder, but it can for many - read the book to find out). First, a little background. I'm a 32 year old male and I've been a computer programmer for 8 years. About 5 years ago I started having pain in the ulnar region of my left wrist. It seemed to be due to ulnar deviation due to constant hitting of the tab key. In any case, I read some books on RSI and started using more ergonomically "correct" methods of typing. Unfortunately the pain persisted. Basically, every time I typed for more than 30 seconds, I would feel dull pain in my wrist and hand, which seemed to get steadily worse as I typed. The pain / ache never got to the point of being unbearable, because I would always lay off when the pain began to get worse, but it affected me in almost every activity: from typing to sorting change to turning the pages in a book. Fearing doing further damage to my wrist, I went through the gamut of RSI type treatments. I read all the books, I went to physical/hand/occupational therapists. I started using voice recognition. I got a small keyboard to just use my right hand. I basically became obsessed with the problems I was experiencing. Nbetter, but I started having problems with my right shoulder. Once I started using my right hand for all my typing, I suddenly started having problems with my right hand. I also started having other pain-related issues as well around this time. For one, I started having lower back pain. My back problems got to the point where I sold my recently bought car, bought a special mattress so I could sleep at night, avoided all chairs that weren't "ergonomic", and avoided all types of activities that seemed in any way unsafe for my back. I had also started having knee pain before this due to what seemed to be an overuse injury from running, and had to give up running and pretty much exercise in general. I also had some other bizarre problems including sinus pressure, persistent colds, and a few other things which I won't go into. In short, I was a wreck. It seemed that my body had become extremely fragile. And then I read a post on this forum from June 2004 ("My RSI and why its mostly gone") about how someone had read this book Mindbody Prescription and it had cured him. I was entirely skeptical of any theory based on the idea that the pain was psychologically induced. It just seemed absurd and also somewhat insulting to me and the very real pain I was feeling. But, I read the book just so I could say I at least tried it, and then the miracle happened. Over the next few months all of the different types of pain that had been controlling my life were essentially gone and has stayed that way since then (about 9 months) I occasionally get little twinges

or hints of pain, but they are fleeting and seem to be inconsequential. I now do every single thing I wanted to do but feared. I work full time as a computer programmer, I lift weights, I run, etc. There have also been some other subtle changes. For example, I don't get sick as often or as severely as I did before. I can't guarantee that this book will work for everyone with RSI or chronic pain, only that it seems to have for me and the particular that there have been other posts of people who have had similar results after reading the book (and of course, some people who have not) * check out the archives if you're interested. Dr. Sarno did do follow-up studies of the patients he treated with chronic debilitating back pain and something like 80 - 90 percent of them were pain free after his treatment (his treatment is pretty much equivalent to reading the book). And these were mostly people who had tried every other treatment for back pain possible, but were still suffering from it severely prior to his treatment. Granted, these were studies on people with back pain, not RSI, and testimonials about RSI such as mine here, are anecdotal. All I can say is it pretty much saved my life. The book is also short and very readable.

Jesse

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