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 - Stirex U-knife
 - Ezyline (waslijn zonder knijpers)
 - Megapegs (grote wasknijpers)
 - Pens: Uni-ball Impact Gel Pens
 - Corelle Dishware

- Information Sheets Available (members):
 - * A New Approach to Pain
 - * Assistance through Medicare
 - * Clickless Software
 - * How to Win and Keep a Comcare Claim
 - * Hydrotherapy
 - * Injections for RSI
 - * Managing Stress in Your Life
 - * Managing Your Finances
 - * Massage
 - * Medical & Medico-Legal Appointments
 - * You don't have to live with depression
 - * Neck Pain
 - * Pillows & RSI
 - * Sewing & RSI
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 - * Treatments for Carpal Tunnel Syndrome
 - * Voice Overuse
 - * Member's Story – Invalidity Retirement

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What's On Our Facebook Page?

www.facebook.com/RSIACT

- Should you have a cortisone shot for tendinopathy? In our view, based on all the evidence, the answer is no. Here's a good explanation of cortisone and its effects:
<https://www.youtube.com/watch?v=zqSoyaDu4b0>
- Here's a university study showing that chronic pain can be helped by hypnosis as an addition to pain education:
<https://newsroom.unsw.edu.au/news/health/hypnosis-transforms-treatment-chronic-pain>
- There's quite a bit of evidence that yoga can help manage musculoskeletal conditions. Here are some suggestions on which poses can help across a range of conditions:
<https://www.shoutoutuk.org/2018/04/20/how-doing-yoga-every-day-can-help-ease-your-bodyaches/>

Help sheets

(<http://rsi.org.au/index.php/help-sheets/>)

[No.1 Making Driving Easier](#)

[No.2 Making Sewing Easier](#)

[No.3 In the Laundry](#)

[No.4 Getting on top of your Emails](#)

[No.5 In the Kitchen](#)

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[No.9 Cycling](#)

[No.10 Writing and Pens](#)

[No.11 In the Garden](#)

[No.12 Your Posture at the Computer](#)

[No.13 Which Keyboard...](#)

[No.14 Heat Therapy for Pain](#)

[No.15 Break Software](#)

[No.16 Clickless Software](#)

[No.17 Making Holidays Easier](#)

[No.18 Coping with Flare-ups](#)

[No.19 10 Steps to Safer Computing](#)

[NO.20 Children and RSI](#)

[NO.21 Self-Massage Videos](#)

[NO.22 Meditation Apps](#)

[NO.23 Computing without a Mouse](#)

[NO.24 Progressive Muscle Relaxation](#)