

What Has Dr. Shook Been Reading?
Stretching at your Computer or Desk
by Bob Anderson Illustrated by Jean Anderson
Shelter publications, Inc. (revised edition 2000)

We Human Beings, as a species we are a squiggly group. For thousands ... millions of years we all moved as if our next meal depended on it ... which of course it did... This body we live in was not designed for holding still. No not at all, we were made to walk, squat, climb, dig and throw.

Enter the electronic revolution, People are sitting at desks, working on computers, performing sedentary office work and holding fixed positions through out the day.

OUCH ... Suddenly large numbers of people are suffering from hand, wrist, arm, neck, shoulder and back pain ...Repetitive strain injury ... not only do the insurance companies hate it but so will you ...take my word for it...And (like most of my soapbox sermons)...the solution is movement.

Enter Bob Anderson ...Guru of stretching.

Stretching at Your Computer or Desk is filled with stretches and exercises for the individual who spends their days (daze?) in an office. Bob's book contains dozens of 5-10 second stretches to sprinkle through out your day. These simple exercises require no special equipment and are designed to prevent injury, speed healing and reduce stress.

Stretching at Your Computer or Desk will not only teach you how to stretch but also how to incorporate stretching into your workday. Stretching while on the phone, at the copy machine, the filing cabinet, drinking fountain or keyboard. Stretches for your hands, wrists, neck, back, legs and hips. Morning stretches, standing stretches, sitting stretches and way-too-stressed-out stretches.

I bullied a few people into reading and trying the stretches in this book and without exception they reported a reduction of hand, neck and arm pain during and after their workday.

It is most important to remember, as Bob Anderson points out, that if you are injured, this book is no substitute for a physician's care.

Stretching at Your Computer or Desk is well written, easy to understand with lots of pictures. The book is small and cheap (about \$10) and constructed to lie flat (without falling apart) for easy use. The reader is encouraged to copy pages to share with friends, co-workers and physicians.

If you work at a desk or computer station, if your hands, wrists, neck and back are tired and achy after a long day of holding relatively still. Heck... even if you're suffering from acute remote-control-itis ... this book is for you.

Try it you'll like it.

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