

# SF Repetitive Strain Injury Support Group July–December 2009

Davies Campus, California Pacific Medical Center  
Castro and Duboce Streets (6 blocks north of Market)  
Rooms B 2 & 3 – North Tower, near the cafeteria.

7:00 – 9:00 PM (first Mondays except holidays)

- July 6** **Peter Edgelow**, PT, MA, is assistant clinical professor of physical therapy at UCSF. He'll discuss **thoracic outlet syndrome's** role in causing RSI, and how to overcome it. (<http://www.edgelow.com/>)
- Aug. 3** Demonstration of how **Dragon Naturally Speaking** can be used for dictation and for issuing commands and navigation, hosted by Steve Kessler from our group. (<http://www.nuance.com/naturallyspeaking/>)
- Sept. 14** **Mordecai Ettinger**, a somatic practitioner and Reiki practitioner whose practice focuses on trauma resolution, on understanding root causes of chronic pain.
- Oct. 5** **Stephen Tamaribuchi**, RSI Consultant, inventor and Shiatsu Expert, with twenty years experience in the field of human biomechanics, will teach you how to drive/move/live to prevent pain in your body. A few of his hints can make a big difference in your life.  
(<http://www.biogrip.com/webmain/stephen/stephenresume.htm>)
- Nov. 2** **Pam Silverman**, expert physical therapist, of Hand Therapy of San Francisco, on what we have learned about treating RSI in the last 25 years.
- Dec. 7** **Discussion on Pain:** How do you deal with acute or chronic pain? Share your ideas about what pain is and what can be done about it — drugs, massage, relaxation, meditation, etc.

**BART:** transfer to MUNI Metro underground (N Judah) at Civic Center station.

**MUNI:** take the N Judah line to Duboce Park. **Paid parking** on site.

**Wheelchair accessible.** For other access issues please contact us.

Thanks to Community Health Resource Center for donated labor and resources.

*[schedule \(415\) 923-3166 ... contact \(415\) 550-1420 ... http://sf-rsi.unsealed.net](http://sf-rsi.unsealed.net)*

*(Last updated 6/17/09)*