

What We Do

RSI Solutions is dedicated to education, prevention, and treatment of repetitive strain injuries, such as carpal tunnel syndrome, tendonitis and chronic neck and shoulder pain. Owned and operated by Joseph Hunton, a certified Hellerwork Practitioner and licensed Massage Practitioner, we offer a comprehensive non-surgical, highly effective treatment program.



How We Help

We are a small company that is both innovative and dynamic. Our approach is personal client-centered and holistic.

Individuals suffering from RSIs will receive a treatment program utilizing the latest advancements in therapeutic bodywork.

Businesses can provide their employees with RSI education and products through our programs and training packages.

Healthcare practitioners find us a valuable partner and referral source for their patients with RSIs.

How to Find Us

RSI Solutions
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Repetitive Strain Injury Solutions



Repetitive Strain Injury Solutions

YOUR PARTNER IN HEALING

Informed Choices
for **Better Health**

For Individuals

Our treatment approach

Because no two clients are alike, no two treatments are the same.

After an in-depth intake session, we create a safe, non-surgical and highly effective treatment program tailored to your symptoms, needs and lifestyle.

Program elements:

Therapeutic bodywork

- Deep tissue massage
- Gentle functional techniques
- Hellerwork

Selfcare stretching program


- How to stretch safely
- Self-guided homecare program

Client education program

- Prevention techniques
- Workstation ergonomics
- Body awareness

Our goals are to:

- Give you relief from your painful RSI symptoms
- Restore your quality of life, and...
- Equip you with the tools and knowledge to maintain good health



"Working with Joseph is like magic. He's very talented. I was unable to hold a coffee cup without pain and within 8 weeks of seeing him I was symptom free."
—Mary A

For Businesses

RSIs are tough on businesses

According to the U.S. Department of Labor, Occupational Safety and Health Administration (OSHA), RSIs are the nation's most common and costly occupational health problem, affecting 100,000s of workers and costing businesses billions annually.

But they're treatable and better yet, preventable

The good news is that RSIs are extremely preventable through education, training and self-care.

We offer the following services and products for small and large businesses:

Services

- Customized on-site employee training/education
- Individual ergonomic assessments
- Products for RSI education and prevention

Products

A major factor in regaining and maintaining your health is continuing your treatment plan with exercises at home and stretches at work. We're proud to offer the following products:

PRSI Break Software

Install the software on your computer and PRSI (Percy) is your personal stretch trainer guiding you through a short stretch breaks in real time at scheduled intervals during your workday.

Selfcare for RSIs

A comprehensive manual with stretching and education programs guiding RSI sufferers through stretching routines and selfcare strategies. The 'bible' for RSI sufferers and a must have at work and at home.

For Healthcare Providers

RSI Solutions believes in partnership.

We partner with our clients and we partner with other healthcare professionals.

Our treatment protocol is based on the most recent advances in care and treatment of RSIs.

We employ a three-layered treatment protocol, which is both safe and highly effective.

The protocol includes therapeutic bodywork, a client education and awareness process, and a home selfcare stretching program. It is the combination of these three facets of treatment which make this protocol so powerful and effective.


- We accept referrals from physicians, naturopaths, chiropractors, physical and occupational therapists.
- We are a registered provider for the Washington State Department of Labor and Industries and will bill directly for active workman's compensation claims.

Workshops

RSI Solutions offers a variety of educational and interactive workshops and presentations to support groups, health care practitioners, businesses, and to the general public who desire health care information.

Contact us to learn more or visit our web site at:

www.rsi-solutions.net



"Joseph has wonderful personal and technical skills. And it's the combination of the two that makes him such a great practitioner."
—Laura W