

January 22, 1997

To Whom It May Concern;

Having been employed for 16 years as a cashier, I am well acquainted with the terms and symptoms of repetitive strain injuries, tendonitis and carpal tunnel syndrome. The countless hours demanded by this occupation to overuse my hands, arms and shoulders eventually made the symptoms of these conditions my constant companions.

Three years ago the pain and discomfort had reached an intolerable level. My sleep was continuously interrupted by cramps, numbness and tingling. Simple tasks like brushing my hair became arduous. I often dropped objects as my dexterity and coordination was impaired. My physicians advise was simply quit my job. This was not an attractive option to me with a husband in school and three young children financially dependent on me. I also really enjoyed my occupation.

A customer noticed my inability to grip items and suggested I try massage therapy. As I had already explored the conventional medical treatments, I felt it was worth a try.

After a single treatment the numbness in my hands disappeared. It returned after four or five days but I continued with weekly therapy for two months. After that time I was scheduling appointments every three to four weeks. After two months I was able to remove my wrist braces and have never needed them again. For a little more than two years now I have been free of pain and numbness. I am still thankfully employed as a cashier. My body is still subjected to the same physical demands but I never allow a discomfort to become disabling and will schedule an appointment as needed.

Massage therapy is not a cure but an effective treatment for over use injuries. I now complete those simple tasks without thought or concern. Massage Therapy has given me back the enjoyment of my personal life and my job. I highly recommend this treatment to other cashiers or anyone suffering similar injuries.

Due to my success with Massage Therapy and my recommendation my employer, Overwaitea Foods Grand Forks, hired Jocelyn Cowie RMT to conduct a workshop for our employees. As a result of this more of our workers have been finding Massage Therapy as an effective way to relieve pain. Overwaitea Foods # 24 have enjoyed a significant decrease in WCB claims and time loss due to repetitive strain injuries. Jocelyn Cowie now has her teaching certificate and does consulting with firms experiencing similar work related difficulties.

I highly recommend Ms. Cowie for her expertise and dedication to this field.

Sincerely

Anita Krause
S. Committee chair Overwaitea Foods Grand Forks, BC