



Well-being

Feel your best with Health Editor Janet Horwood

Repetitive strain injury (RSI)?

You could try this...

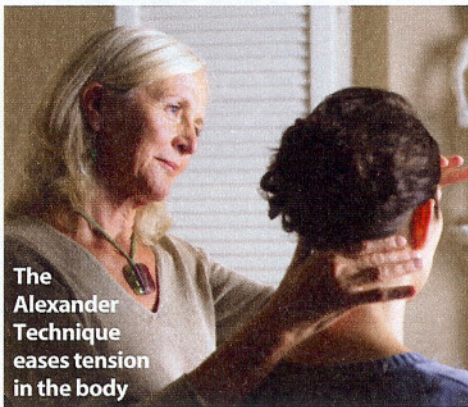
Alexander Technique (AT)

By retraining the whole body, AT teaches you to break the tension patterns and habitual postures that have caused the RSI in the first place.

Try: Society of Teachers in Alexander Technique (0845 230 7828; www.stat.org.uk). A session lasts about 45 minutes and costs from £30. Practitioners maintain that you may need as many as 30 sessions — but some medical-insurance companies will pay for this treatment.

Tai chi

Performing its slow, choreographed movements and focusing the mind can help to reduce the stress of conditions like RSI.



The Alexander Technique eases tension in the body

Try: Tai Chi Finder (020 8819 2767; www.taichifinder.co.uk) for your nearest class. Or *Beginner Tai Chi* — a two-hour introductory DVD on basic movements, with Stephen Luff — £10.99, from Tai Chi Finder.

Magnetic therapy

Magnets close to the body can improve circulation and reduce aches and pains.

Try: For RSI in the wrists/hands, try gloves, wristbands or bracelets. Comfort Gloves, £39, from Norstar Biomagnetics (01628 898366; www.vitalia-health.co.uk). Magna-health gold-plated magnetic bracelet, original version, £29.95 (0845 388 7503; www.magna-health.com).