

Comment on the article “Arm Ache” by H. A. Chabok and D. Ring, *HAND*, volume 9, number 2, pp. 151-155 (2014)

Susan E. Mackinnon

Published online: 26 February 2015
© American Association for Hand Surgery 2015

July 29, 2014

Michael Neumeister, M.D.
Editor of *HAND*

Re: Chabok H.A, Ring D, Arm Ache, *HAND*, 9:151-155, 2014

Dear Dr. Neumeister,

Within the population of patients complaining of aching arms are individuals with posture-related upper extremity pain, PREP (our new term for CTD, RSI, WRUED'S [1]). These patients will benefit from information on the conservative management of compression neuropathy and a specific form of physical therapy that address issues of muscle imbalance [2, 3].

Sincerely,



Susan E. Mackinnon, M.D.
Shoenberg Professor and Chief
Division of Plastic & Reconstructive Surgery

SEM/tmb

References

1. Mackinnon SE, Novak CB. Clinical commentary, pathogenesis of cumulative trauma disorder. *J Hand Surg.* 1994;9:873–83.
2. Sahrman SA. Diagnosis and treatment of movement impairment syndromes. St. Louis, MO: Mosby; 2002.
3. Kendall FP, McCreary EK, Provance PG, Rogers MM, Romani WA. *Muscles: testing and function, with posture and pain.* Baltimore, MD: Lippincott, Williams & Wilkins; 2005.