

Sign Safely, Interpret Intelligently: A Guide to the Prevention and Management of Interpreting-Related Injury

Dr. Diane Gross



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Sign Safely - Interpret Intelligently is designed to assist sign language interpreters in the prevention and management of interpreting related injury. Proper interpreting ergonomics, nutritional interventions, exercise, stress management and pain management are discussed from a holistic perspective. Techniques for self-care utilizing acupressure, self-massage and nutritional therapies are given to provide interpreters a broad scope of tools with which to enhance their health. Sign Safely, Interpret Intelligently is a re-write of East Meets West: An Integrative Approach to Managing Overuse Injury to meet the specific needs and circumstances for sign language interpreters.



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