

My name is Richard Zerobnick. I am writing this document because I have an impairment caused by my vocation, and I am trying physically through yoga to correct it. I was in the word processing field for ten years. During that period of time, I was an operator doing full time key-in. Around 8 1/2 years, I started to experience nerve tingling in my two middle fingers on my right hand. The sensation at the beginning was infrequent, maybe once a week. Eventually, the pain began to ache daily. At the same time this nerve impairment occurred, my elbows began to feel "stretched"; it was the tennis elbow syndrome.

These problems were reported to my employer, and I began working with worker compensation doctors and therapists. I was tested for carpal tunnel syndrome and was diagnosed as a borderline case. On the job, I was wearing braces on both wrists and elbow bands to aid the muscles in my lower arms.

My injury deteriorated to the point that I was removed from the word processing area as each day's work was increasing the pain. I was assigned work in other areas of the bank that required little keyboard work. This did relieve me from some of the pain.

About the time that I left word processing, I began to attend classes at the Colorado School of Yoga. I decided to start doing yoga because my arms needed to be strengthened, and they needed some other relief than physical therapy. Also, I was tired of doctors telling me that physically my life would be restricted.

I started taking beginner's classes with Jeanne Ann Walter, and I did private classes with Claudia Kuhns. Claudia interviewed me to find out the extent of my problems. She taught me the basics of such exercises as Triangle, Downward Dog, and Utenasana. After I did four lessons with Claudia, I joined her weekly class for all level students and continued to attend Jeanne Ann's classes for beginners. I attend one of the two classes a week and practice some of the positions at home daily. After six months of work, I am beginning to feel some relief and am getting stronger.

I am in a new permanent position at work, so I am not doing constant key-in. My daily responsibilities require me to do various work. I have also been doing some massage work with licensed massage therapists. I am positive about my work with yoga.

L-Rich