

Winter, 2015

IN HAND



The Newsletter of the RSI and Overuse Injury Association of the ACT
Supported by ACT Health and the Southern Cross Club

Winter 2015

News & Events

Foot Health

Hosted by the Chronic Conditions Seminar Series

Speaker: Cassie Gleadhill, Podiatrist
When: 7pm, 18th June
Where: SHOUT, Collett Place Pearce
Cost: Free, all welcome

Mindfulness

Hosted by the Chronic Conditions Seminar Series

Speaker: Randolph Sparks, Pain Psychologist
When: 7pm, 16th July
Where: SHOUT, Collett Place, Pearce
Cost: Free, all welcome

Helping people with RSI:

- Telephone information service
- Referrals
- Guest speakers
- Events and social gatherings
- Treatment options
- Ergonomic devices
- Voice-operated computing
- Workers' compensation
- Tips and tools for daily life



Robot vacuums ... see page 12

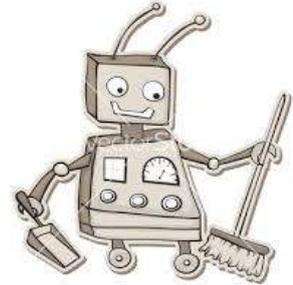
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TIPS & TOOLS — ROBOT VACUUMS

Robot vacuums *seem* like the answer to all of our cleaning woes. They have lots of nifty in-built technology like:

- remote controllable or programmable operation,
- navigation software,
- automatic docking when the charge is low,
- automatic adjustment when transferring from hard to soft surfaces,
- less noise output than regular vacuums,
- wall and stair detection sensors.



Some of them even have programmable *virtual* walls so that you can prevent your robot vacuum from travelling into certain rooms. Better still, they're cordless, portable and lightweight – so there's no need for heavy lifting or the tangling of extension cords! It's no wonder that they're being increasingly recommended by insurers and rehabilitation providers as an alternative for home help. There's just one problem – they suck! Or rather, they don't.

A recent review in CHOICE Magazine reports that robot vacuums are just not big enough or powerful enough to generate the suction that's required to effectively remove dirt. Your floors are left **looking** clean, but in actual fact, the dirt has just retreated further into the depths of the carpet. CHOICE goes as far as to say, "we can't recommend any robot vacuum as a replacement for your trusty drag-around model." However, whilst the effect is purely cosmetic for carpeted floors, CHOICE says the robot vacuum does a 'reasonable' job at removing fluff, pet hair and dirt from hard floors. But what is '*reasonable*'? Robot vacuums can't always wiggle their way along edges, corners, or under furniture where most dirt and dust collects. Shouldn't we *reasonably* expect that a vacuum could clean these hard to reach areas?

On that note, here are a few short reviews about some robot vacuum models available at the moment. It may help you to decide whether or not a robot vacuum is for you, and if so, what you need to look out for.

ROOMBA IROBOT 630



How much: \$599 at Harvey Norman

Pros: The Roomba iRobot 630 has a battery life of about one hour, during which time it can clean up to 450 square feet. It's relatively light, weighing in at 3.5kg and users say that it's quieter than older generation robot vacuums. It also includes '*AeroVac technology*', which claims to remove the build up of hair and fluff that collect on the rollers so that the vacuum can still function.

Cons: There's no signal to tell you when the very small bin becomes full, which happens quite quickly (although this depends on the environment that the vacuum is working in). So while you're busy getting things done the Roomba may effectively just be gliding about the floor doing absolutely nothing. The lack of remote control also

makes it difficult to start and stop easily without a lot of chasing, bending and lifting. Possibly worse than all of that is that this particular model is considered on the *lower* end of effective, but still has quite a high price tag!

LG RoboKing Square Vacuum



How much: \$549 at Harvey Norman

Pros: This robot vacuum is particularly quiet compared to older models, and has a number of newer features such as spot cleaning mode for small spills, and *Dual Eye 2.0* – a camera that scans your rooms in order for the vacuum to map its journey around your home. The bin container also has a much larger capacity than the Roomba, and according to LG is very easy to remove and empty.

Cons: Most claim that this machine works okay for hardwood floors, but is pretty useless on carpet despite having *Smart Turbo* technology (the ability to increase suction power when carpet is detected). In fact, a majority of reviewers claim that when used on carpeted floors the machine just hovers in one spot until the battery dies. Or worse, goes missing under furniture! Despite the claim of easy bin removal it's quite hard to keep the machine itself clean – with hair and pet fur becoming easily tangled in the wheels. Finally, and possibly most worrying, is that many reviewers report LG's after-sales support to be very poor (even non-existent), often resulting in the user being referred back to the user manual.

SABCO ROBOSWEEP



How much: \$59 at Woolworths

Pros: This gadget's strange green plastic design almost resembles a child's toy, and compared to its competitors above has a considerably lower price tag. The rechargeable electronic ball inside the green cage structure quietly pushes the surrounding (re-useable) microfiber cloth along all hardwood floor types for programmable intervals of 30, 60 or 90 minutes. The

best part is that it's quite effective at removing fine dust, lint and hair – even along skirtings, corners and under furniture. It also has in-built sensors to stop it from running onto the carpet.

Cons: This product is not a vacuum. It isn't designed to be used on carpeted floors and doesn't suck up any dirt, so it could never replace your ordinary drag-around vacuum cleaner. And whilst the microfiber cleaning cloths are re-useable after a quick spin in the washing machine, you'll still have to buy replacements every now and again (one for \$6.99 also available at Woolies). This is comparable to purchasing a new filter or bag for your regular vacuum. Like the other models mentioned here, it doesn't have remote controllable operation, but this isn't necessarily a problem because you won't need to chase it around in order to empty the catchment bin or to turn it off.

THE VERDICT

So what's the verdict on robot vacuums? Most obviously, a more expensive model doesn't always mean that it is better! Because most models have poor manoeuvrability, low suction power and questionable performance on carpeted flooring, it seems that robot vacuums won't be able to replace your traditional drag-around vacuum just yet. However, if you're looking for a less strenuous way to keep your hard floors looking clean in-between vacuuming, something like the Sabco RoboSweep might be better than what is essentially an expensive, modern version of a remote-controlled toy car.

Olivia Duczek

CHRONIC CONDITIONS SEMINAR SERIES EVENTS 2015

All talks are held at SHOUT, Collett Place, Pearce (Opposite Pearce Shops) at 7pm .

- **MINDFULNESS**
16 July, Randolph Sparks—Pain Psychologist
- **DISABILITY SUPPORT PENSION AND CARER PAYMENT**
20 August, Karl Jordt—Centrelink
- **THE IMPORTANCE OF ORAL HEALTH IN THE PREVENTION OF CHRONIC ILLNESS**
17 September, Dr Rob Witherspoon, Oral-Maxillofacial Surgeon

WHAT'S ON OUR FACEBOOK PAGE?

- Does your RSI feel worse in winter? Mine does! And one of the reasons may be that genes promoting inflammation are more active in winter, according to some interesting new research: <http://www.npr.org/sections/health-shots/2015/05/12/406139368/seasons-may-tweak-genes-that-trigger-some-chronic-diseases?>
- "While the government is trying to tear the heart out of the Comcare scheme as a 'cost-saving measure', it is simultaneously launching its own gold-plated parliamentary injury compensation scheme," says Australian Lawyers' Alliance President Andrew Stone. <http://www.brisbanetimes.com.au/national/public-service/eric-abetz-snubs-comcare-cover-for-special-parliamentarians-scheme-20150514-gh0szs?skin=dumb-phone>
- Here's some good advice on ways to control your workload from *The Australian's* Shane Rodgers. I particularly like his idea on getting lots of small things done: <http://www.theaustralian.com.au/life/health-wellbeing/how-to-stop-being-busy-in-your-life/story-fnr5f5xi-1227333123688>



www.facebook.com/RSIACT

Information Sheets Available:

A New Approach to Pain
Assistance through Medicare
Clickless Software
How to Win and Keep a Comcare Claim
Hydrotherapy
Injections for RSI
Managing Stress in Your Life
Managing Your Finances
Massage
Medical & Medico-Legal Appointments
You don't have to live with depression
Neck Pain
Pillows & RSI
Sewing & RSI
Members Story — Studying with RSI
Swimming with RSI
Treatments for Carpal Tunnel Syndrome
Voice Overuse
Member's Story — Invalidity Retirement

Tips & Tools Sheets Available:

Driving	Getting on top of your emails
Sewing	Gadgets to help with medicines
In the Laundry	Writing and Pens
Handles	In the Garden
Book Holders	Sitting at the Computer
Cycling	Choosing a Keyboard
Holidaying	In the kitchen
Break software	Heat therapy for pain
Clickless software	Which keyboard?

To order an electronic copy of any of the above info sheets, please email us at admin@rsi.org.au

Save with our two year membership for just \$40.00

Booklets Available:

The RSI Association Self-Help Guide **\$25**
Really useful and practical information on treatments, medico-legal matters, maintaining emotional health and managing at home and at work.

Moving on with RSI **\$10**
Stories of people who have learnt to live with serious RSI, with many ideas on how to survive emotionally and successfully manage the condition.

Pregnancy & Parenting with RSI **\$10**
Information designed to help parents with an overuse injury to manage the specific challenges they face.

Booklets can be purchased online (www.rsi.org.au), requested by email, or ordered by mail using the form below.

Renewal for Membership & Order Form

Please make cheques or money orders payable to the RSI and Overuse Injury Association of the ACT, Inc.

Name: _____

Address: _____

Phone: _____

Email: _____

I would like to receive my newsletter by email:

I enclose:

Annual Membership:	I want to renew for		Save money and renew for	
	1 Year		2 years	
Low Income	\$15	<input type="checkbox"/>	\$25	<input type="checkbox"/>
Standard Income	\$25	<input type="checkbox"/>	\$40	<input type="checkbox"/>
Organisation*	\$60	<input type="checkbox"/>		

Booklets Available:	Cost:	
Self-Help Guide	\$25	<input type="checkbox"/>
Moving on with RSI	\$10	<input type="checkbox"/>
Pregnancy & Parenting	\$10	<input type="checkbox"/>

Donation (tax-deductible): \$ _____

Total: \$ _____

COMING SOON

TIPS AND TOOLS: NEW GARDEN TOOLS

SCIENTIFIC BREAKTHROUGHS FOR RSI

COMMUNICATING WITH YOUR DOCTOR

STRETCHING FOR RSI



Preventing overuse injury, reducing its impact

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Contact Us

Give us a call for more information about our services or drop in to our office during our opening hours.

Opening Hours: Mondays and Thursdays,
10.30am to 2.30pm

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