

# BOOK HOLDERS

*Being able to hold a book for any length of time is one of the most difficult tasks for people with RSI. That can be really frustrating when you're a keen reader! And, according to RSI expert Dr Emil Pascarelli, it's one sign of complete recovery when people with RSI can finally manage to hold a book again.*

So most of us need help if we're going to continue reading and that's where a book holder comes in. Ideally, it should have the following qualities: it should hold the book flat so you can read right into the inside margin, and at the same time you should be able to turn the pages easily with minimal effort. It should be able to hold books large and small, thick and thin, and adjust to different angles for optimal neck comfort. Because many of us love to read when we are travelling, it should also be light and portable and not take up too much space.

So we decided to test a few book holders to see how well they meet these specifications. We tried out the *bookseat*, which is rather like a small beanbag, *The Brilliant Book Rest*, a conventional book-holder, a recipe book holder and two very different page holders.

## BOOK HOLDERS

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### THE BOOKSEAT

**Best for:** Not-so-fast readers

The **bookseat** is exceptionally light at 250g with a handy pocket for your phone and your purse. It has a carry handle so that you can loop it onto your backpack and you can adjust the beans in the bag so that it fits the shape and size of the book. However, the pages are held back with a flat strip of plastic fastened with a toggle, and this needs to be loosened every time you turn the page. The design of the seat does give you some extra height and thus takes strain away from your neck.

**Available online at:** <http://www.thebookseat.com/>

### THE BRILLIANT READING REST

**Best for:** Reading at home

The **Brilliant Reading Rest** bookstand has one disadvantage: it's quite heavy at 800g, and so probably isn't suitable for travel. Apart from that, it's an excellent aid for people with RSI. You can choose to lean the book at three different slopes so it's easy to maintain a comfortable neck angle. It has small page holders to hold the book open—these will accommodate fairly thick books. These page holders do cover a bit of text at the bottom of the page, but we didn't find that too much of a bother. It seems to be quite strongly made and should last a while. Costing about \$40, it's currently available from Dymocks or on the web from MediaMall-Australia through this site:

**<http://www.quicksales.com.au/ad/the-brilliant-reading-rest-that-company-called-if-cor/10833415>**



The Bookseat



The Brilliant Reading Rest

### RECIPE BOOK HOLDER

**Best for:** Propping up a book at the table

But what about our cheap and easy solution, the **recipebook holder**? You most likely wouldn't want to travel with it, as it's heavy and doesn't pack flat. It doesn't have any adjustments for angle or size of book, but it is relatively easy to turn the page and suits tall books well — after all, it is made for recipe books.



Recipe book holder

*Our recommendation? Unless you're a slow reader who doesn't turn the page often, **The Brilliant Book Rest** seems to be the best choice for people with RSI. But the **Bookseat** certainly has its fans, who like its portability, lightness and that useful pocket. And a **recipebook holder** is a useful standby, as well as being a great newspaper rest.*

## BOOK HOLDERS

### THE LITTLE BOOK HOLDER

**Best for:** Slow readers

To use this little plastic device, take up about 20 pages of your book, slide them into the central slit and then fold the pages underneath the top holders. Once you've done this, the book is held open and it's very easy to turn the pages. However, if you're a fast reader you will have to re-secure the device every 20 pages or so, and this can be really hard on the hands. Books with narrow central margins, like many modern paperbacks, won't work well with this device, but it will work with books of any size.

**Available in store and online at Dymocks.**

### THE GIMBLE TRAVELLER

**Best for:** Travellers who like paperbacks

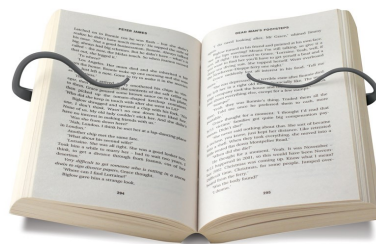
This is much easier to use — you place the book inside one of the two holders provided for different sized books, and then slide the pages out of one side and into the other as you read. The side-pieces do obscure the text a little, but it's easy to move them as you go. The makers claim that it will hold paperback books up to 4 cm thick.

Both of these devices are very light.

**Available online at: <http://www.gimbleuk.com/> and in Dymocks stores.**



Little Book Holder



Gimble Traveler



**RSI & Overuse Injury Association  
of the ACT, Inc.**  
Room 2.08, Griffin Centre  
20 Genge Street  
Canberra City  
ACT, 2601

**BECOME A MEMBER AT [WWW.RSI.ORG.AU](http://WWW.RSI.ORG.AU)**

Low Income	\$15
Low Income 2 Year	\$25
Standard Income	\$25
Standard Income 2 Year	\$40
Organisation	\$60

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