Carpal Solution™ Therapy offers natural relief from CTS pain and numbness in days. It is different from other over-the-counter CTS treatments and restrictive braces. It is not a compression device or a rigid immobilizing splint. These devices are restrictive, cause muscle atrophy, irritate already injured tissue, inhibit circulation and compound recovery. Worn during sleep, the Carpal Solution™ gently and consistently stretches simultaneously at three key points on the palm of the hand repositioning soft tissue surrounding the carpal tunnel.

This consistent gentle stretching action applied for 6 to 8 hours while the hand is relaxed and at rest, decompresses the tissue around the Carpal Tunnel relieving pressure on the Median Nerve, enhancing blood circulation and lymphatic fluid exchange – it gets your body back to its normal healing process at the cellular level by reducing swelling and eliminating the pain and numbness of CTS naturally.

RELIEF FROM YOUR WORST SYMPTOMS IS MOST OFTEN NOTICED WITHIN DAYS OF STARTING THE CARPAL SOLUTION™ AND REMISSION OF CARPAL TUNNEL SYMPTOMS ACHIEVED OVER THE 6 WEEK PROTOCOL.

Gentle, natural and consistent stretching of the soft tissue during sleep combined with active use of your hands during the day results in an ideal rhythmic therapy for relief from CTS symptoms – without the risks and downtime of surgery, with no muscle atrophy or embarrassment common with rigid restrictive braces or splints or side effects associated with oral pain medication and steroid injections. The Carpal Solution is a better first line of defense for CTS sufferers. Dr. Morgan, the physician inventor, explains that “Carpal Solution Therapy™ increases nutrient rich blood circulation and hence reinvigorates the hand at the cellular level. This contributes to the hand’s rapid recovery from the pain and numbness of CTS naturally. Imagine the peace of mind—having a safe, natural therapy to control Carpal Tunnel Syndrome symptoms without the complications, downtime and risks.

COMMON CARPAL TUNNEL SYMPTOMS:

- Sleep interruption
- Pain in hand and wrist
- Pain radiating the forearm
- Cold hands—forearms warm
- Downtime at work—lost earnings
- Waking up—hands numb and in pain
- Weakness in hand and wrist
- Pain in fingers/thumb
- Weakness in hand and wrist
- Loss of feeling in fingers/thumb
- Loss of grip strength, dropping objects
- Poor circulation, hands falling asleep
- Loss of fine motor skills
- Clumsy hands and fingers
- Wearing restrictive braces
- Paresthesia, tingling
- Weakness in hand and wrist
- Downtime at work
- Hand weakness
- Sensation of coldness
- Glove and mitten sensations
- Loss of feeling in fingers/thumb
- Loss of grip strength
- Poor circulation

If you are experiencing a combination of any of the above symptoms, there is a high likelihood that you have Carpal Tunnel Syndrome. Early diagnosis and treatment with Carpal Solution Therapy™ can prevent its progression and reverse the symptoms of Carpal Tunnel Syndrome over the Six Week Protocol. While applying the Carpal Solution™ proactively, you should also consult your physician to confirm the diagnosis. There is no need to wait. Take control of your symptoms today. Most Insurers reimburse with a receipt from the purchase and a prescription from your doctor for a WHF Orthosis Device, which is the medical classification for Carpal Solution Therapy.

Contact First Hand Medical  email: relief@MyCarpalTunnel.com  call: 617-794-0503

The Carpal Solution™ is Hypoallergenic and is latex free. It is self applied in three easy steps. User friendly application diagrams and simple instructions are available inside for your convenience.

View user testimonials at www.MyCarpalTunnel.com

Disclaimers: Although results have been experienced by individuals as discussed above, First Hand Medical and its licensees and affiliates in no way imply that all individuals will respond the same due to the differences in the underlying cause of the above symptoms. If symptoms persist, consult your physician. Store at 50-80°F

Medical Classification: WHF Orthosis

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Medical Classification: WHF Orthosis

Copyright First Hand Medical, LLC
Includes 28 Disposable Devices

Wear one device per night for the first two weeks followed by one every other night for the next four weeks. Symptom prophylaxis is readily reversed with proactive Carpal™ Therapy while you sleep.

What If My Symptoms Return After the Six Week Therapy?

If the conditions that led to your Carpal Tunnel Syndrome continue, the symptoms will likely return sooner or later unless the Six Week Protocol is followed. After surgery, CTS symptoms often come back in a relatively short time. This is why it is important to choose a treatment centered treatment to control your CTS symptoms. To help to be proactive about your hand health and prevent the return of Carpal Tunnel Symptoms, Dr. Morgan developed the Carpal Solution™ Therapy Program work with patients. His One Year Prevention Protocol Therapy Pac protocol calls for wearing the Carpal Solution device on one night per week to prevent Carpal Tunnel flare-ups from interrupting and interrupting your active life.

The One Year Prevention Pac contains 56 disposable devices – enough for a full year of treatment of the most effectively existing available. If practitioner your hand health and order the One Year Carpal Solution Prevention Pac online. Most people find that their condition stays in remission for six months to two years after completing the Six Week Protocol depending on how active they are with their hands. They order the Prevention Pac to use for CTS prevention during active at work or play and in to it hand for any flare-ups that might occur.

THE PEACE OF MIND IS WORTH IT.

You can order the One Year Carpal Solution Prevention Pac at the discount price at www.MyCarpalTunnel.com. Our website employs state-of-the-art encryption technology for secure transactions on the internet.

NOT INTENDED FOR USE:

In the vicinity of open wounds, if an allergic reaction occurs, in conjunction with any skin disorders, where the palm meets the wrist. Cut with scissors or tear away excess tape to prevent overlap. Care should be taken not to damage the strap if you tear away the excess tape.

DO NOT OVER TIGHTEN

Gentle Consistent Stretching Is The Key

MAKE A DIFFERENCE!

Register anonymously at www.handhealth.info and post your experience using the Carpal Solution™ Therapy. First Hand Medical's liability for any claims of damage shall in no event exceed the monetary value paid by customer for the product. Visit www.MyCarpalTunnel.com to be achieved. Four to seven percent of people require up to three years of Carpal Tunnel Therapy before their discomfort subsides significantly. (You can learn more about the causes at: www.MyCarpalTunnel.com)

Dr. Morgan states, “Even though patients often feel totally relieved of symptoms after completion of the Six Week Protocol, I recommend they follow the Six Week Soft Tissue Restructuring Therapy program to achieve maximum long term benefit and help Carpal Tunnel Syndrome symptoms in remission for as long as possible. Most patients are grateful and secure with the peace of mind, knowing they have a viable non-invasive therapy to keep CTS symptoms in check without the complications, interventions and risks of surgery, oral pain meds, chemical restrictive splints or steroid injections.”

In this package should visit a licensed physician. THE CARPAL SOLUTION

Copyright First Hand Medical, LLC

### Six Week Therapy Pac

**RIGHT HAND**

Can I wear the Carpal Solution During the Day? The Carpal Solution feels so good when it is on that many people ask if they can wear it during the day too. Dr. Morgan advises that a person can wear the Carpal Solution for up to 16 hours in a 24 hour period, but you need out of the stretching therapy for at least 8 hours each day, allow your hands to return to their normal motions and for your skin to breathe freely.

### The CARPAL SOLUTION

![Diagram](https://via.placeholder.com/150)

**Six Week Therapy Pac**

**WHEN CAN I EXPECT RELIEF?**

Most people see relief of their worst symptoms in a few days and are able to return to normal sleep. However, The Carpal Solution requires six weeks to achieve the full benefit of this gentle but consistent soft tissue stretching therapy. There are over 3 different contributing factors to Carpal Tunnel Syndrome. In each individual responds to Carpal Solution Therapy somewhat differently. Eighty percent of CTS sufferers see relief from their worst symptoms within the first week and remission over six weeks. The right to be health of percent of people, it can take up to two weeks before relief begins to be achieved. Four to seven percent of people require up to three years of Carpal Tunnel Therapy before their discomfort subsides significantly. (You can learn more about the causes at: www.MyCarpalTunnel.com)

**WHY A Six Week Protocol?**

Dr. Morgan states, “Even though patients often feel totally relieved of symptoms after completion of the Six Week Protocol, I recommend they follow the Six Week Soft Tissue Restructuring Therapy program to achieve maximum long term benefit and help Carpal Tunnel Syndrome symptoms in remission for as long as possible. Most patients are grateful and secure with the peace of mind, knowing they have a viable non-invasive therapy to keep CTS symptoms in check without the complications, interventions and risks of surgery, oral pain meds, chemical restrictive splints or steroid injections.”

### 3-Steps to Relief Before Retiring To Bed, Apply As Follows:

1. **Step 1:** Attach the first strap below the little finger securing it on the palm just above where the pulp meets the wrist. Cut with scissors or tear away excess tape to prevent overlap. Care should be taken not to damage the strap if you tear away the excess tape.

2. **Step 2:** This is when you set the appropriate stretching tension. Take the second strap and gently stretch the circular cut-out to an oval shape on the back of hand in the elastic component. When you have the correct tension, place the tape below the thumb or palm side of hand. Again, cut with scissors or tear away excess tape to prevent overlap.

3. **Step 3:** Stretch and apply the third strap between thumb and index finger to the palm as shown. Again, cut with scissors or tear away excess tape. Customized straps should be aligned so there is NO OVERLAP of the straps on palm side of hand. You should immediately feel the gentle stretching action.

Remove the device in the morning and use your hands normally to stimulate circulation and preserve muscle strength. It can be helpful to do gentle stretching exercises during the day if you can fit it in.

### Make a Difference!

Give this Package Insert to a friend that might be suffering from CTS symptoms.
Includes 28 Disposable Devices

Wear one device per night for the first two weeks followed by one every other night for the next four weeks. Symptom progression is readily reversed with proactive Carpal Solution™ Therapy while you sleep.

What If My Symptoms Return After the Six Week Therapy?

If the condition that led to your Carpal Tunnel Syndrome continues the symptoms will likely return sometime after completing the Six Week Protocol. Even after surgery, CTS symptoms often come back in a relatively short time. This is why it is important to choose a convenient, natural treatment to control your CTS symptoms. To help you be proactive about your hand health and prevent the return of Carpal Tunnel Symptoms, Dr. Morgan developed the Carpal Solution™ One Year Program working with his patients. His One Year Prevention Program Therapy Pac protocol calls for wearing the Carpal Solution device one night per week to prevent Carpal Tunnel flare-ups from interfering and interrupting your active life.

The One Year Prevention Pac contains 56 disposable devices – enough for a full year of treatment of the most affordable pricing available. For practicing about your hand health and order the One Year Carpal Solution Prevention Pac today. Most people find that their condition stays in remission for at least two years after completing the Six Week Protocol depending on how active they are with their hands. They order the Prevention Pac to use for CTS prevention during active times at work or play and have it on hand for any flare-ups that might occur.

THE PRICE OF MIND IS WORTH IT.

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NOT INTENDED FOR USE:

In the vicinity of open wounds, if an allergic reaction occurs, in conjunction with any skin disorder, where a bone in the hand or wrist has been recently fractured or dislocated or bone tissue deformity might be present or if surgery was performed on the hand in the last three months.

The Carpal Solution is not intended to relieve symptoms caused by Auto Immune Disorders, Arthritis, Diabetes, Gout, Hypothyroidism, Menopause, etc. It is known that the above conditions can contribute to CTS. It is important to work with your doctor to properly diagnose and treat these conditions separately if in addition to treating the Carpal Solution for relief from CTS symptoms only. If you notice symptoms already on the hand while using the Carpal Solution discontinue use and see a physician or dermatologist. First Hand Medical’s liability for any claims of damage shall not exceed the monetary value paid by customer for the product. Visit www.MyCarpalTunnel.com for more information. For accurate diagnosis and best results, as additional to wearing the Carpal Solution™ following the Six Week protocol people with the symptoms described in this package should visit a licensed physician.

MAKE A DIFFERENCE!
Register anonymously at www.handhealth.info and post your experience using the Carpal Solution or send your story to Relief@MyCarpalTunnel.com and enter to win a free Carpal Solution Six Week Therapy Pac when your story is selected and published on www.MyCarpalTunnel.com

Six Week Therapy Protocol

3-Steps to Relief

Before Retiring To Bed, Apply As Follows:

Step 1: Attach the first strap below the little finger securing it on the palm just above the web. Care should be taken not to damage the strap if you tear away the excess tape. Set the appropriate stretching tension. Take the second strap and apply it between thumb and index finger to the palm. Care should be taken not to damage the strap if you tear away the excess tape.

Step 2: This is when you set the appropriate stretching tension. Take the second strap and gently stretch the circular cut-out to an oval shape on the back of hand in the carpal tunnel area. When you have the correct tension, place the tape below the thumb on palm side of hand. Again, cut with scissors or tear away excess tape to prevent overlap.

Step 3: Stretcher and apply the third strap between thumb and index finger to the palm as shown. Again, cut with scissors or tear away excess tape. Customized straps should be aligned so there is NO OVERLAP of the straps on palm side of hand. You should immediately feel the gentle stretching action.

Remove the device in the morning and use your hands normally to stimulate circulation and preserve muscle strength. It can be helpful to do gentle stretching exercises during the day if you can fit it in.

DO NOT OVER TIGHTEN

Gentle Consistent Stretching Is The Key

WHEN CAN I EXPECT RELIEF?

Most people see relief of their worst symptoms in a few days and are able to return to normal sleep. However, the Carpal Solution requires six weeks to achieve the full benefit of this gentle but consistent, non-invasive stretching therapy. There are over 15 different contributing factors to Carpal Tunnel Syndrome. In each individual case, it is important to control CTS symptoms to somewhat level of comfort. Eighty percent of CTS sufferers see relief from their worst symptoms within the first week and remission over six weeks. Five to twelve percent of people may take up to two weeks before relief begins to be achieved. Four to seven percent of people require up to three months of Carpal Solution Therapy before their discomfort subsides significantly. (You can learn more about the causes at www.MyCarpalTunnel.com)

Why A Six Week Protocol?

Dr. Morgan states, “Even though patients often feel totally relieved of symptoms after six weeks, I recommend they follow the Six Week Soft Tissue Restructuring Therapy program to achieve maximum long-term benefit and keep Carpal Tunnel Syndromes symptoms in remission for as long as possible. Most patients are grateful and secure with the peace of mind, knowing they have a reliable non-invasive therapy to keep CTS symptoms in check without the complications, interruptions and risks of surgery, oral pain medication, surgical restrictions or steroid injections.”

The Carpal Solution is so good when it is on that many people ask if they can wear it during the day too. Dr. Morgan advises that a person can wear the Carpal Solution for up to 16 hours in a 24 hour period, but you need rest from the stretching therapy for at least 8 hours each day, to allow your hands to return to their normal position and for your skin to breathe freely.

Soft Tissue Transition

A few users, such as those who have been using cock-up night splints, report that they experience increased discomfort for the first three or four days—up to 3 weeks of Carpal Solution™ Therapy before lasting relief from CTS symptoms are realized. In these cases CTS sufferers found that using oral OTC pain medications as directed for a limited time to minimize short-term hand discomfort can be quite helpful during the brief Soft Tissue Transition. CTS sufferers report that lasting relief is well worth the relatively short period of medication mitigation discomfort. People taking pain medication should always follow the directions on the label of the product unless directed otherwise by a physician.

Ask questions and share your experience at the Hand Health Forum: www.handhealth.info, email: Relief@MyCarpalTunnel.com to visit the most comprehensive site on the web at www.MyCarpalTunnel.com

You can reorder the Carpal Solution at any time of the day or night on a secure fully encrypted shopping cart at: http://www.MyCarpalTunnel.com/order-page.shtml

Make a Difference! Give this Package Insert to a friend that might be suffering from CTS symptoms

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THE CARPAL SOLUTION™

**Carpal Solution™** Therapy offers natural relief from CTS pain and numbness in days. It is different from other over-the-counter CTS treatments and restrictive braces. It does not compress the median nerve against the carpal tunnel, as the compression devices do. These devices are restrictive, cause muscle atrophy, irritate already injured tissue, inhibit circulation and complicate recovery. Worn during sleep, the Carpal Solution™ gently and consistently stretches simultaneously at three key points on the palm of the hand, reshaping soft tissue surrounding the carpal tunnel.

This consistent gentle stretching action applied for 6 to 8 hours while the hand is relaxed and at rest, decompresses the tissue around the carpal tunnel, relieves pressure on the median nerve, enhances blood circulation and lymphatic fluid exchange – it gets your body back to its normal healing process at the cellular level by reducing swelling and eliminating the pain and numbness of Carpal Tunnel Syndrome naturally.

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- Sleep interruption
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- Pain radiating the forearm
- Cold hands—forearms warm
- Loss of feeling in fingers/thumb
- Loss of grip strength, dropping objects
- Loss of fine motor skills
- Clumsy hands and fingers
- Downtime at work—lost earnings
- Waking up—hands numb and in pain
- Weakness in hand and wrist
- Poor circulation, hands falling asleep
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**Medical Classification:** WHF Orthosis

**US FDA Registered**

**Hypoallergenic**

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