

Doctors' Recommendations for Patients who have Persistent Symptoms of Carpal Tunnel Syndrome

And Those Who Want to Accelerate their Recovery from CTS.



Your Reliable Source

Thank you for your commitment to use the Carpal Solution. Neurologists say it is the best first line treatment to get control of your Carpal Tunnel Syndrome while protecting yourself from the risks and potential complications of repeated surgical procedures. Most people get complete control of Carpal Tunnel Syndrome within the Six Week Protocol developed by the Doctors. However, some people (about 15%) have what the Doctor calls **"Persistent Symptoms of Carpal Tunnel Syndrome"**.

If you believe you have Persistent Carpal Tunnel Symptoms, we can help you, there is hope. Thousands of people have managed Persistent Carpal Tunnel Symptoms following this protocol without resorting to surgery. Following these recommendations will also help accelerate recovery for most people suffering from Carpal Tunnel Syndrome. Even those who do not have Persistent Symptoms will accelerate their natural healing by following this procedure.

Carpal Tunnel Syndrome is cyclical in nature and once you break the cycle that is creating pressure on the nerve, you can put the symptoms in remission for 2 to 7 years, without any further treatment, in most cases.

As a nerve disorder it is common for People with CTS to respond differently to therapy of any kind. There is a wide range of responses from patients. Some patients get rid of their worst symptoms in the first night of Carpal Solution Therapy. Most people get better within two to three weeks of consistent Carpal Solution Therapy.

Some people with persistent symptoms experience 40% to 80% relief in the first six weeks and need to continue with a more aggressive therapy to get complete remission.

Others experience the Soft Tissue Transition where their Symptoms start feeling worse for a week or two before they start to improve. Still other people feel no relief, but are determined to avoid surgery and it can take up to 5 weeks before they start feeling any relief from the therapy.

Some people use this protocol while they are waiting to receive their Carpal Solution Therapy package. Whatever the case with you, you will find that doing these additional steps will help to accelerate the natural healing your body is capable of doing. The emphasis here is on the natural healing of soft tissue injury. It is the best way for most people to control their Carpal Tunnel Symptoms.

The good news is that most people can get these persistent symptoms under control without resorting to the risks of surgery, nor the risks of repeated steroid injections. It just takes a little more time and a little extra work. Most people say it was well worth the added effort and cost to get relief naturally without the risks of these invasive medical procedures, knowing that Carpal Tunnel Surgery only works for about 50 -60% of people. Even those people with successful surgical procedures find that their symptoms come back and they are required to repeat surgery or try an alternate therapy. This is why Neurologists say that the Carpal Solution is the best first line of defense for Carpal Tunnel Syndrome.

If you are now experiencing some relief, but also some increased discomfort at times it is actually a good sign. Some people with persistent symptoms feel no relief, but feel like their symptoms are getting worse. This happens to about 10% of people and ironically is actually a signal that the Carpal Solution Treatment is working.

People with CTS respond differently to therapy. It is the nature of a nerve condition to show different symptoms and different response rates to treatment. There are also a lot of commonalities.

Sometimes stretching therapy does cause discomfort for a few weeks, just like stretching for an athlete before an athletic event can be somewhat uncomfortable, but the stretching helps them restore flexibility to their muscles and joints before they perform.

If you are determined, you can still get your Carpal Tunnel under control without resorting to the risks of surgical procedures. What the Doctors recommend to their patients is an extended Carpal Solution Protocol combined with daily alternating Ice and Heat Therapy, Deep Tissue Massage, Anti-Inflammatory Diet, and Daytime stretching Therapy also combined with Interferential Current Therapy two or three times per week.

Thousands of people have conquered the persistent symptoms of Carpal Tunnel Syndrome with the Carpal Solution as their base therapy and adding the other steps discussed in detail below.

You can watch video experiences of patients who have been through this soft tissue transition experience, where symptoms got worse and then got completely better and were able to avoid Surgery or did not get relief until the 5th week, but stuck with the program. Look for the video experience of:

- **Randy Merrell** a famous boot maker in Vernal, Utah, who got worse for 2 weeks before he put CTS in remission or
- **Anthony a computer engineer** from New Jersey, who works 14 hour days on the computer or
- **Surgical Nurse Kathy** in California who felt no improvement for five weeks and then got completely better in week 6.

Look for those videos on our Carpal Tunnel Video Index: <http://www.mycarpaltunnel.com/carpal-tunnel-video-index.shtml>

You can also find these video experiences on YouTube of real people who have overcome persistent symptoms or have gone through the Soft Tissue Transition where the discomfort increases for a time before they get better. They all say it was well worth it to get to the other side.

<https://www.youtube.com/watch?v=6-6K3ZWzrNO> Anthony - Computer Engineer overcame Persistent Symptoms in New Jersey

https://www.youtube.com/watch?v=i_1Yv-dMpgg Randy Merrell – Famous Boot Maker – overcame Soft Tissue Transition Period where his symptoms got worse before he got better in Vernal, Utah

<https://www.youtube.com/watch?v=K093r3AhM1A> Kathy Surgical Nurse – Took five weeks before she felt any improvement. She got complete remission in Six Weeks in Central California.

Also you can watch a video of a surgical Nurse Kathy who tells how she did not start experiencing relief until the 5th week of treatment with the Carpal Solution, but she was determined to avoid surgery knowing the risks and the prognosis for repeat symptoms. <https://www.youtube.com/watch?v=K093r3AhM1A>

At this point, it would be best to order the **1 Year Carpal Solution Therapy Pac** (56 disposable devices, the economy pack), since it will take another 4 to 6 weeks to get your symptoms under complete control and then use it once a week for one to two months. Below you will find the doctors recommendations for patients that have persistent Carpal Tunnel Symptoms and are determined to avoid repeated surgical procedures which are common with CTS:

Doctors' Recommendations for Patients who have Persistent Symptoms

1- Continue using the Carpal Solution Every Night for another 4 to 6 weeks (total treatment time of 10 to 12 weeks), then every other night for two weeks, then once a week for two months, then once every two weeks for three months, and then once a month as your symptoms subside into complete remission.

Some people in your situation reuse the Carpal Solution Taping Device for up to two or three nights per device to reduce the costs. You can achieve this by saving the protective paper strips and putting the paper strips back on the adhesive straps in the morning when you take the stretching device off of your hand. This will help to protect the adhesive so that it will stick to your hand the next night. For the first four weeks it is recommended that you use a new tapping device each night to maximize the benefit during this critical four week period.



Continuing inflammation is the primary reason people have Persistent Symptoms of Carpal Tunnel. Controlling Inflammation through diet and treatment at the source is a key element to eliminating Persistent Symptoms of CTS along with continuing to use the Carpal Solution. The Carpal Solution increases blood circulation in your hand and helps to disperse inflammation.

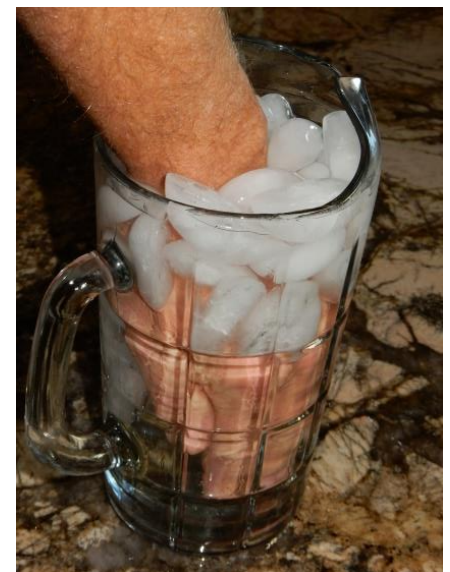
2A- First we attack inflammation and disperse it in the hand and wrist with Alternating Ice and Heat Therapy Daily –

After work Follow this icing protocol:

2 minutes in a warm water bath (not hot just warm, then 2 minutes in ice water bath), then 2 minutes in the warm water bath again. Continue this cycle of warm water for 2 minutes then ice water for 2 minutes for a total icing regimen of 25 to 30 minutes. The hand should be completely submerged in the ice bath up to 4 inches up the forearm. This icing protocol can be performed once or twice per day or even up to three times in one day. If you would like to do three times it would be best to do early Morning, Afternoon and late evening (before bed time).

It is helpful to have two different pitchers of water. One pitcher filled with warm water and the second pitcher filled with ice water.

2B- Before Bed do straight Icing for 20 minutes (no alternating with warm water). The muscles should feel numb when you finish these 20 minutes of straight icing. If you do not feel numbness it is not of much value. **If you only have time for one icing session, it is best to do the 20 minutes of straight icing once a day.**



It helps to watch TV, listen to the radio or a video program or a podcast you enjoy to distract yourself during icing therapy. Icing helps calm down the injured tissue so your body can disperse the inflammation. This icing is recommended for 4 weeks or until your symptoms subside.

2C - First Hand Medical offers a proven Natural Topical Anti-inflammatory Compress Kit for the hand and wrist developed by doctors called the **Botanical Pain Reliever Compress Kit**. This is used at night during sleep or while watching TV and relaxing at the end of the day.

It is an external treatment for the hand that applies proven plant derived natural anti-inflammatory agents to the skin in a unique method using a kit developed by the doctors for people who would rather not expose themselves to the risks of oral anti-inflammatory medication.

Oral medication exposes the whole body and all of your organs to the medication rather than directing the treatment to the part of your body that needs help. It has been well documented in medical journals that oral anti-inflammatory medication can damage the human digestive system and vital organs like the kidneys and even the heart in some cases. Using a topical anti-inflammatory derived from plants is a better way to go, if you have concerns about using oral anti-inflammatory medication. We can send you more information of this proven natural anti-inflammatory treatment.



If you chose the **Botanical Pain Reliever Option**, you will alternate nights between the Carpal Solution Stretching Therapy one night and the Botanical Pain Reliever Compress Kit for next night. This will need to continue for the next 6 to 8 weeks. This Kit also helps people to cure Trigger Finger, Dequytre's, Tendinitis, De Quervain's Syndrome, etc. Applying concentrated natural anti-inflammatory agents on the hand for several hours over 8 weeks is powerful therapy for treating all soft tissue injuries of the hand and wrist.

3- Dietary Methods have proven successful in minimizing inflammation throughout the body and are a much better approach than resorting to Oral Anti-Inflammatory Medication. Oral Anti-inflammatory Medication has multiple side effects and while sometimes effective for short term pain – they are generally not recommended for chronic syndromes like CTS.

3A – A Natural Method our Patients have found to manage and prevent inflammation and its ill-effects throughout your Body, is by mixing 2 Table Spoons of Braggs Natural Unfiltered Apple Cider Vinegar with 4 ounces of warm water and then adding 1/3 of a teaspoon (not very much) of baking soda to the mix in a large drinking cup. The mixture will foam vigorously when adding the baking soda. Allow the foam to settle and then drink the whole mixture within 2 minutes. You can add some honey to improve the taste if you like. This might seem like a surprising recommendation coming from doctors, but millions of people have used it with immense success to manage inflammation and other ailments.



If you have persistent symptoms of Carpal Tunnel Syndrome, this method works great when combined with the Carpal Solution Treatment. Bragg Apple Cider can be purchased at your local grocery story or health food store for under \$5.

Always rinse your mouth with water three times after consuming this drink to cleanse your teeth from the mild acid of apple cider vinegar.

3B– Take Ginger Root and Turmeric Root in a Capsule form twice per day with a meal or as a tea whichever you prefer. Ginger Root and Turmeric Root are powerful natural anti-inflammatory agents. When Turmeric is enhanced with a patented Black Pepper extract, called BioPerine, it substantially increases the bio-availability of the curcuminoid ingredients. Bio-availability refers to the ease with which your body can assimilate the active ingredients into the blood stream. It is always good to take these type of supplements with a meal to avoid digestive issues.

Minimizing the inflammation response in your body can be beneficial across the board affecting many areas of your personal health, not just controlling CTS. A wide array of health problems, including but not limited to chronic pain, obesity, ADD/ADHD, peripheral neuropathy, diabetes, heart disease, stroke, migraines, thyroid issues, dental issues, and cancer are all rooted in inflammation.



3C – Dark Leafy Greens and Dark Colored Berries and Fruits

are loaded with phytonutrients and are beneficial in many ways to your overall health including helping your body heal itself from Carpal Tunnel. These include: Blueberries, Black Berries, Acai Berries, Cherries, Huckleberries, Black Elderberry, Gooseberries, Muscadine, Mulberries, Chokeberries, Saskatoons, Kale, Spinach, Cabbage, Chard, Broccoli, Romaine Lettuce, etc.



3D - Oral 3D - Anti-inflammatory Medication – If you are comfortable with oral pain medication and the side effects, for no more than 10 days take Ibuprofen (brand names: Advil or Motrin) as directed on the label or at the dosage your physician prescribes. Many physicians prescribe the post-surgery dosage of Ibuprofen for Carpal Tunnel Symptoms, which is 800 milligrams - 3 times per day. This is the maximum dosage for Ibuprofen. Make sure you read the label and follow the instructions. Generally, it is recommended that you take these medications with a meal.

If you have any doubt, you should consult your physician before taking over-the-counter drug store medications. There are multiple risks associated with the long-term exposure to Oral Anti-Inflammatory medication, so this should not go on for more time than suggested on the label (usually 10 to 14 days). As an example: Pregnant women should not use ibuprofen at all unless directed to do so by a doctor. It would be a rare circumstance for a Doctor to direct a pregnant woman to use ibuprofen. As with all pain medications please read the label and follow the instructions carefully.



Doctors suggest that controlling inflammation in your body naturally through diet and the suggestions above are a much better way to go for a chronic condition like Carpal Tunnel Syndrome than using oral anti-inflammation medication like ibuprofen.

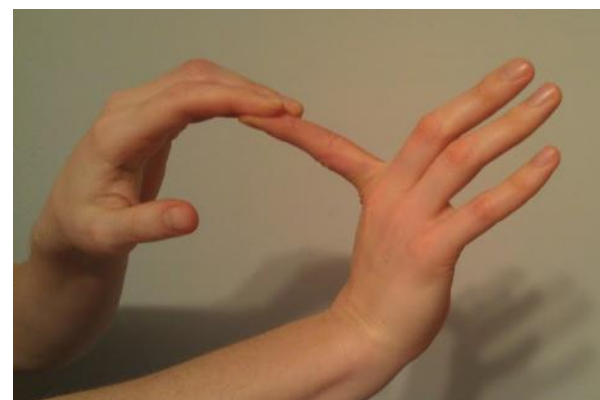
Narcotic pain medication is extremely habit forming and not a good choice for dealing with a chronic syndrome like Carpal Tunnel Syndrome. Narcotics only mask the pain and should be avoided for a chronic condition unless your Doctor insists you use them.

Unless you are doing the other things suggested here, including wearing the Carpal Solution devices, taking any oral medication will have limited benefit because the medication has trouble reaching the injured tissue. It is rare to find people get much relief from oral pain medication of any kind alone when trying to relieve Carpal Tunnel Syndrome Symptoms. Do not expect that oral pain medication alone will have much impact on CTS.

4A- Gentle Active Stretching of your hands for 5 minutes three times a day

will also help accelerate the recovery process for people with persistent symptoms of Carpal Tunnel Syndrome. These can be done quickly and easily almost anywhere you might be. Whenever you can, before stretching, it is recommended to warm up your hands and forearms in a warm water bath or run warm water over your hands and forearm before stretching.

Active Stretching for the hand consists of bending each of the fingers backward individually until you feel a comfortable stretch and then holding it for 5 to 10 seconds and releasing it –Then relaxing the hand for 5 to 10 seconds. This is repeated 10 to 15 times for each finger in a 2 to 3 minute interval, the same can be done with the thumb.



It is also helpful to stretch the fingers and wrist all at the same time in both directions as shown in the photograph to the right. Following the same pattern and timing as mentioned above.

Emphasis is on making the stretch comfortably. If you feel pain, you should back off and do the stretches less intensely. Stretching helps to align the injured fibers in the same direction as your muscle fibers as your body repairs the injured tissue. It helps to restore flexibility to the tendons that run from the tips of the fingers through the Carpal Tunnel to the muscles in the forearm. Stretching the fingers individually will help speed recovery from CTS.



Stretching is always a little uncomfortable, but you do not want to experience pain. If you experience pain, then back off on the intensity of the stretching in the first week or two. As you regain flexibility you can increase the intensity of the stretches in a slow progression giving your body time to recover and adjust to the new demands on flexibility.

4B- Palm and Forearm Deep Tissue Self-Massage

can be a powerful tool in accelerating recovery.

Using a hard 1 inch diameter or 1.5 inch diameter “bouncy ball” roll out the palm of your hand and forearm muscle on a hard surface for no more than 2 – 3 minutes each per day. The palm area underneath the thumb is a particular trouble spot where inflammation will accumulate. Begin with gentle pressure the first couple of days then increase the force gradually that you use to roll out your muscles in your palm and forearm.



This massage action will accelerate your recovery from Carpal Tunnel Syndrome by breaking up tissue that is injured and adhering to itself preventing healing. **Please be aware this massage will likely increase the discomfort due to lymphatic swelling for a few days.**

Following this deep tissue massage and stretching it is important to drink a lot of water and take an electrolyte capsule. Or drink electrolyte straight in liquid form. Many electrolyte options in sports drinks are loaded with sugar. It is best to stay away from sugar as much as possible, as sugar tends to promote inflammation. The water alone in large quantities or combined with electrolyte (even better) will help your body to quickly disperse and eliminate the toxins that are trapped in the soft tissue and released with the deep tissue massage therapy.

After deep tissue massage it is also highly recommended to apply straight icing for 20 minutes within an

hour after the self-massage with a “bouncy balls”. This will help calm injured tissue, disperse lymphatic fluid and accelerate recovery. Also, applying the Botanical Pain Reliever Kit will help disperse the swelling and minimize the discomfort.



Warning: This massage will likely increase discomfort for a few days, but it will be more like muscle soreness from working-out rather than the dull achiness of CTS. It can also cause CTS to get worse for a few days before it improves because of the increase in lymphatic swelling puts more pressure on the Median Nerve. Wearing the Carpal Solution for up to 16 hours per day will also help to accelerate through this transition and disperse the

additional swelling.

We offer a Deep Tissue Massage Kit for \$7.95 plus shipping as a convenience. It contains 6 bouncy balls of varying sizes and different hardness.

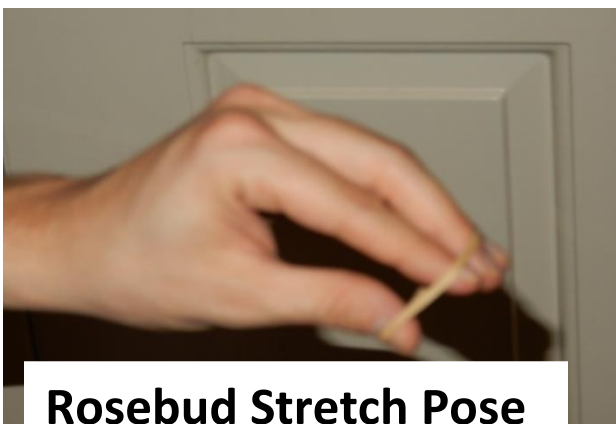
Also, managing inflammation is a key to quickly over-coming CTS. Employ the steps recommended above for managing inflammation including: Icing, Braggs Apple Cider Vinegar, The Botanical Pain Reliever or as a last resort Ibuprofen.

4C- Also, a second stretch is holding a brief case loaded with papers or books, with your arm straight down with just the fingers gripping the brief case and the thumb stretching out perpendicular to the body as far as you can stretch it comfortably. Holding this position for 10 seconds and then setting down the brief case – then repeating this 10 to 15 times.

4D- Exercise doing a reverse flex of the fingers and thumb with a #32 elastic band around your finger tips and thumb nail. It is an action that is “opposite of a squeeze” and is one of the best gentle stretching exercises for Carpal Tunnel prevention. Your hand should go from a “rosebud poise”, to a “claw poise” with the elastic band providing resistance. You do this 10 to 15 times then rest and repeat 3 sets of this exercise. This will build up the Extensor Muscles and help you achieve better muscle balance in the forearm. This can help Musicians overcome Carpal Tunnel Syndrome.



**You can buy
#32 elastic bands
in any office supply
store for under \$3.00**



Rosebud Stretch Pose



Claw Stretch Pose

Contra-indications Do not practice these yoga poses if you are pregnant.

4E-The Half Locust Yoga Pose

Bring your arms underneath your body with your elbows as close together as possible. The hands must be resting flat with the palms facing down, With the Palms facing down, it will give you the most strength and flexibility in the muscles and tendons of the hand, fingers, and forearms.

- Bring your legs together on the mat.
- Rest your chin on the mat in front of you.
- Inhale and lift your right leg as high as you comfortably can. Be sure to keep your hips parallel to each other and do not push into the floor with the left leg. Keep the palms flat on the mat under your body.
- You should feel that the muscles along the right side of the back are doing the work.
- Hold this position for 5-30 seconds as you continue to breathe.
- Exhale and release the right leg down to the mat.
- Relax the muscles of the right side of the body for several breaths.
- Next, inhale and lift the left leg as high as you can. Keep your hips parallel to each other, not pushing into the floor with the right leg.
- You should feel that the muscles along the left side of the back are working very hard.
- Hold this position for 5-30 seconds while you continue to breathe.
- Exhale and release the leg down to the mat.
- Relax the muscles of the left side of the body and take several breaths.
- You can also hold both legs up and extended to take this pose to the next level.



These Yoga Half Locust Poses will help restore flexibility to the tendons that run through the Carpal Tunnel.

Many people get enthusiastic about yoga and exercising their hands, wrist and forearms and seem to find something that helps and want to take it to the extreme. However, with a lot of these stretches “Less is more”. Fight the urge to go to the extremes. Just do what is proven to work.

We have talked about a lot you should do. There are some things you should not do. There are many exercises people recommend that might seem on the surface to be a good thing, but they are not good for your hands and wrists if you are recovering from Carpal Tunnel Syndrome.

A Good example of this is the Full Locust Pose.

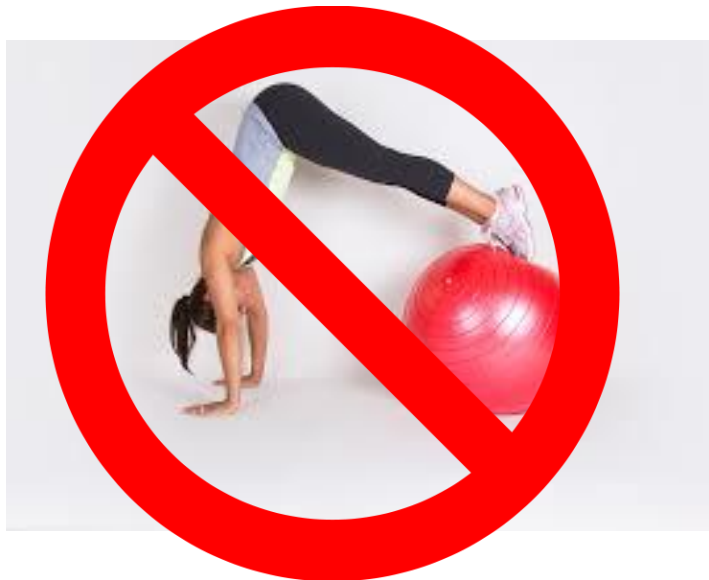
**Do not do the full locust pose if you have CTS –
This is a case where “Less is More”**

Full Yoga Locust Pose



It is good to follow stretching or massage with the 20 minutes straight icing whenever possible.

4F- Any yoga stretches and poses where you put a lot of weight on your hands with the wrist at a right angle will aggravate Carpal Tunnel Syndrome. Do not do any yoga exercises like this if you have Carpal Tunnel or are trying to recover from CTS.



4G-Commonly Recommended Hand Exercises You Should Not Do If You Have CTS

Avoid exercises of the hand like the so called “stress ball” squeeze that work the Flexor Muscles in the forearm. Ironically, this is recommended as a good hand exercise by many, but this is probably the worst thing you can do for your hands if you have Carpal Tunnel Syndrome. Also, stay away from the hand grippers. These work the forearm muscles for grabbing things, which already get plenty of work in most people’s daily routine of grabbing objects and holding the object. With Carpal Tunnel there is often an imbalance between the forearm muscles. The Flexor Muscles are usually too strong and the Extensor Muscles in the forearm are too weak.



Do Not Squeeze a Stress Ball



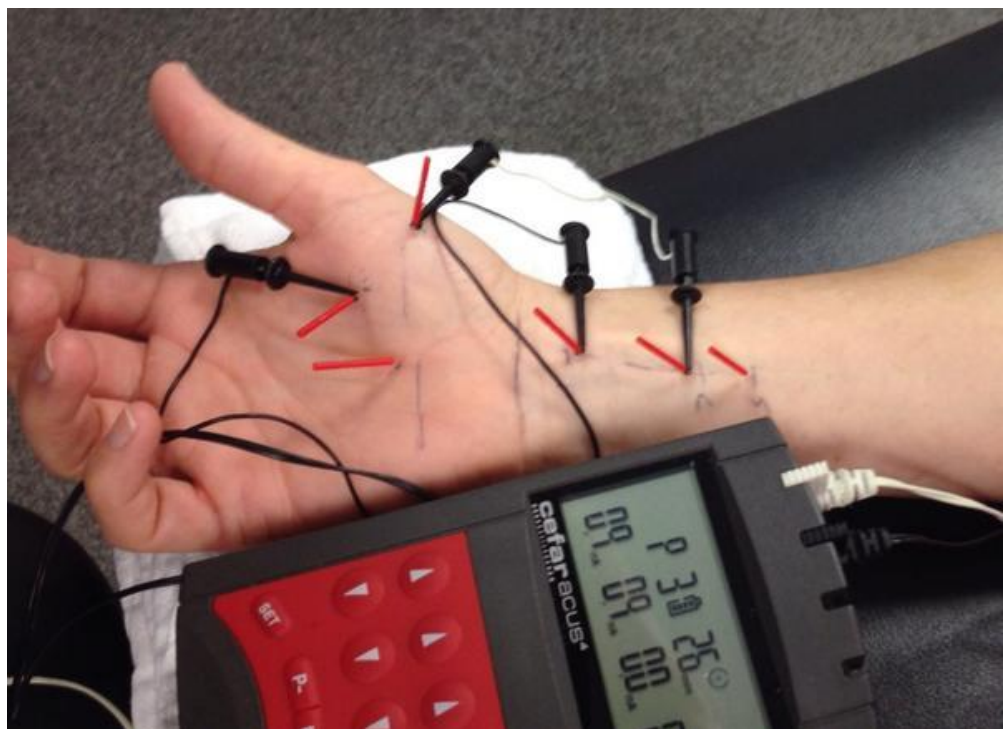
Do Not Exercise with Hand Grippers

5- Dry Needling Therapy with Electro-IFC Stimulation

A final step to avoid surgery would be to seek out a physical therapist or chiropractor to apply **Interferential Current (IFC) Therapy** through Dry Needling to the hand, wrist and forearm. This therapy is used by physical therapists and sports medicine experts to accelerate soft tissue healing, promote full circulation and stimulate muscle / nerve interaction for more rapid muscle rehabilitation.

This therapy is commonly used on soft tissue injuries like pull-muscles for collegiate and professional athletes to accelerate soft tissue healing process.

Dry Needle Therapy is a complimentary modality to the treatment of CTS using the Carpal Solution Stretching



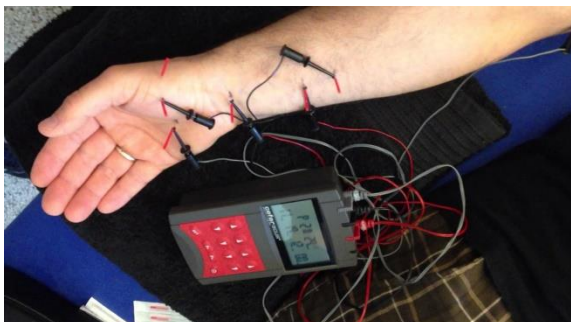
Treatment at night during sleep. The two treatments work hand in hand to reduce inflammation, activate inactive muscles and restore normal blood circulation to jump start your body's natural healing process.

Enhancing circulation, dispersing lymphatic fluid and stimulating nerve-muscle interaction with Interferential electrical current through needles penetrating deep within the soft tissue has proven effective for many people with persistent CTS symptoms. Most people do not need to go to this extreme. But it is still much less invasive and involves less risks and downtime than resorting to surgery with a repeat surgical procedure in 2 to 7 years. Remember Surgery for CTS is not a permanent fix.

The Therapy causes the muscles to gently twitch and then relax on a micro-scale over and over again deep within the muscle band. It improves neuro motor function of the injured muscle, restores the free movement of nutrient rich blood flow to the injured tissue. The restored access to full blood circulation for the injured soft tissue, disperses toxins trapped deep in the muscle mass, disperses inflammation and provides oxygen and nutrients to restore the normal rapid healing processes of your body.

Electro-Stimulation Needle Therapy is gentle and is applied with four to six electrodes placed in trigger points of the muscles around the Carpal Tunnel at the base of the hand. The current applied is variable and is customized by the therapist for each patient. The current is gradually increased to a comfortable level. Patients generally report a feeling of pulsing tingling and a sensation of subtle muscle twitching from this therapy. It is generally applied for about 15 minutes 1 – 2 times per week over a period of for 2 - 3 weeks depending on the severity of your situation.

This Deep Electro-Stimulation Muscle Therapy combined with the Carpal Solution Stretching Program During Sleep, Represents the most aggressive natural method to treat Carpal Tunnel, Jump Start your Body's Natural Healing and Avoid Surgery.



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6- Investigate the Underlying Causes of CTS and work with your Doctor to identify any physiological conditions that might contribute to CTS in your situation and treat the underlying physiological condition. Many people have multiple contributing factors.

Carpal Tunnel Causes and Contributing Factors

Repetitive Stress from intense hand activity	Hormonal Imbalances experienced in Menopause, pregnancy, etc.	Polymyalgia Rheumatica Can Bring On CTS
Obesity Can Contribute to The Cause of CTS	Psychological Disorders Can Contribute to this condition	Water Retention During Pregnancy is a Factor
Hypothyroidism Can Initiate the Onset of CTS	Onset of Menopause is a common factor for many women	Oral Contraceptive-related Edema May Have Effect
Renal Dysfunction is reported to Cause CTS	Anxiety Is Sometimes a Contributing Factor	Addison's Disease
Gout Can Contribute to Carpal Tunnel Symptoms	Metal Stress always makes a nerve condition worse	Lupus
Rheumatoid Arthritis Compels Carpal Tunnel	Depression Can Effect Carpal Tunnel Condition	Sjogren's Syndrome and Tuberculosis Will Contribute to Carpal Tunnel
Diabetes Over Time May Cause Carpal Tunnel	Fibromyalgia	Any Autoimmune Disorder Can Bring On CTS like a Thyroid Condition
Hemodialysis Evokes Carpal Tunnel Symptoms	Acromegaly	Amyloidosis Is Known to Effect this Condition

You can learn more about the underlying potential causes of CTS

<http://www.mycarpaltunnel.com/carpal-tunnel-causes.shtml>

7- If you feel you might be deficient in vitamin B Complex, it is useful to take a daily multiple vitamin supplement that contains B complex vitamins. Do not take more than 200 mg of B12. Excessive vitamin B12 can make CTS worse. If you already take a multi-vitamin, you are probably getting enough B Complex Vitamins and should not need more supplements.

8- Don't Worry – Relax and Let Your Body Heal Naturally - You are being Proactive about treating your condition naturally under the direction of Doctors. This is all you can do at this point. Worry, Stress and Anxiety makes any nerve condition worse. The same holds true with CTS.

So, breathe deep, exhale and relax while you stretch and exercise. Watch a RomCom (Romantic Comedy). Watch episodes of SNL or Old "Mash" Episodes, whatever makes you laugh and relax. Stay away from the nightly news and programs that make you worry about serious issues in the world. This is a time you need for yourself for natural healing without the worry and without the stress. There is enough of that already with Carpal Tunnel Syndrome, so diffuse the stress, go to a spa, take a hot bath, get a back, neck and forearm massage from a professional or trade massages with a family member, read and meditate, do yoga or exercise

at a gym with relaxing music. The key is to relax, trust this system that has work for over 70,000 people and diffuse the stress in the best way that works for you.

Now get to work getting better. Take confidence that you are doing the right things to conquer your condition and get back to your normal life. Medical experts with lots of experience are guiding you through the natural healing process. Treating Carpal Tunnel Naturally with the Carpal Solution & these steps is a proven approach for 97% of people. You can read more below about why natural healing is the best way to go with CTS.

Complete healing of soft tissue injuries take a minimum of six weeks and can take up to 10 weeks in some cases depending on the underlying causes.

**Please be patient and determined and
let the natural healing process run its course.
You will be glad you did.**

Carpal Tunnel is cyclical condition that once it gets under control it will go away for years for most people. Most people say it is worth getting to that point.

97% of people can avoid the risks, potential complications and downtime of repeated surgical procedures with a little extra work at home.

Summary for Treatment of Persistent Symptoms of Carpal Tunnel Syndrome

Continuing to use the Natural Carpal Solution stretching Therapy at night combined with Alternate Icing and heat baths, Anti-Inflammatory Treatment, day time active stretching and IFC Therapy will facilitate your body's natural healing process. This approach will accelerate your complete recovery from Carpal Tunnel Syndrome without having to resort to the more invasive procedures such as steroid injections and Carpal Tunnel Surgery with all of the risks of serious complications and repeated procedures.

The combination of these proven therapies is the most powerful natural method to treat Carpal Tunnel Syndrome and avoid surgery. It works for even the most persistent symptoms of Carpal Tunnel Syndrome. If you have persistent symptoms and are determined to avoid surgery this is your best treatment protocol.

You can apply as much, or as little, of these additional treatments as you feel is helpful, as you have time to fit the therapy into your busy schedule. You should not feel like you need to do everything on the list. Try these recommendations out and see what fits well into your life style and schedule.

As you probably know, Carpal Tunnel Syndrome comes back even after a successful surgery for most people within a few years. This is the reason why Neurologist say surgery is a last resort and why they call the Carpal Solution Therapy the best first line of treatment for Carpal Tunnel Syndrome.

If you can treat this dreadful repetitive syndrome naturally, you are in a much better position than repeatedly exposing yourself to the risks of steroid injections and surgical procedures and the accompanying scar tissue and side effects.

Surgery is routine for Surgeons and they become accustom to the risks and tend to minimize the risks of surgery when they talk to patients. It is only natural, because it is human nature to minimize the risks a person deals with on a daily basis. There are well documented risks of any surgical procedure. These are divided into two categories Life Threatening Risks and Other Specific Risks of Carpal Tunnel Surgery:

Life Threatening Risks Associated with Any Surgical Procedure:

- a- Reactions to Anesthesia,
- b- Infection
- c- Blood Clots
- d- Excessive Bleeding which can require blood Transfusions resulting in blood pressure cycling and stress on the heart.

Specific Risks of Carpal Tunnel Surgery:

The Transverse Carpal Ligament – the largest and strongest ligament in the hand wrist area - is severed during Carpal Tunnel Surgery to relieve pressure on the Median Nerve.

- a- Permanent loss of grip strength is common with Carpal Tunnel Surgery.
- b- Permanent Tenderness at the point of incision is also common.
- c- Some people experience permanent loss of Hand Dexterity and Fine Motor Skills.
- d- Extended rehab periods are common. Rehabilitation runs from six weeks to over a year for some patients to regain functionality of their hands and wrists.
- e- Scar Tissue Development which can increase pressure on the nerve and make CTS worse after surgery than it was before.
- f- Permanent Nerve Damage can occur if the scalpel touches the Median Nerve which runs just under the Transverse Carpal Ligament, causing permanent nerve damage. Damage to the tendons, muscles and other soft tissue that run just under the Transverse Carpal Ligament.
- g- The need for a repeat surgery even after a successful Carpal Tunnel Surgical Procedure, because there is no permanent fix for Carpal Tunnel Syndrome. Each surgery carries all of the risks listed above each time surgery is undergone.
- h- Carpal Tunnel comes back within 6 months to 8 years after even a successful surgical procedure for over 85% of people.

With this in mind, Neurologist state that, “It is best to go through a progressive treatment regimen for Carpal Tunnel Syndrome, beginning with the treatment that presents the highest success rate with the least amount of risk.”

Neurologists say, “The best first line of treatment for this chronic hand/wrist condition is with the natural stretching therapy known as the Carpal Solution Treatment. Following this approach most patients will be able to avoid the complications, downtime and risks of Surgery, Steroid injections and Rigid Restrictive Splints. These traditional medical treatment options represent more invasive methods that have varying degrees of risks.”

For example wrist splints result in muscle atrophy and other complications in the long run. The splints sometimes help with symptoms in the beginning, but in the long run the muscle atrophy makes CTS

even worse. Steroid Injections work for 50% of people, but the benefits only last for about two months. Repeated injections result in joint deterioration and soft tissue damage, so medical text books recommend no more than two injections in any one joint. It is best to avoid injections of steroids except in an emergency situation for temporary relief.

Surgery Is Not A Permanent Fix. For over 85% of People, CTS Returns within 6 months to 8 years.

Success Rate for Repeat Surgical Procedures

- **1st Surgeries: 50 – 60% Success Rate**
- **2nd Surgeries: 35 -40% Success Rate**
- **3rd Surgeries: Not Recommended - Medical Text Books say do not perform a third Surgery for CTS.**

Surgery is a Last Resort Treatment Option.

Even with Insurance Coverage, Surgery Costs The Patient Well Over a \$1000.

- **With Copays and Deductibles**
- **Lost earnings with disability pay**
- **Lost career opportunities.**
- **Long rehabilitation periods.**
- **Repeated trips to clinics with transportation and copays**
- **Accumulated downtime**
- **Repeat Surgery when CTS comes back**

Costs of a Surgical Procedure Are Always Greater Than People Think.

Again, don't worry. Be proactive and determined to heal your Carpal Tunnel Syndrome naturally. You have the peace of mind of knowing that you are following the best Doctor recommended therapy as a first step to heal Carpal Tunnel Syndrome before resorting to Surgery.

Surgery is always an option if you cannot conquer your symptoms naturally, but you are much better off treating a chronic syndrome like CTS that keeps coming back with these natural treatment methods using the Carpal Solution as your base treatment therapy.

In Medicine, we always like to exhaust proven non-invasive therapy before moving on to higher risk and more invasive procedures. It just makes sense for the patient and to efficiently run a healthcare delivery system.

We are confident that as you follow this proven Treatment Protocol developed by Doctors for Patients with Persistent Carpal Tunnel Symptoms or Patients going through the Soft Tissue Transition, that you will gain complete control of your symptoms within the next two months.

You can accelerate your recovery even if you don't have "Persistent Symptoms of Carpal Tunnel" by following the steps in this Persistent Symptoms Protocol. You will be glad you avoided the risks and potential complications of repeated surgical procedures for a condition that almost always comes back.

Thanks again for your questions. Take confidence knowing you are doing the right thing!

The Carpal Solution Treatment System is a better way to Treat Carpal Tunnel Syndrome.

First Hand Medical, LLC, 3434 East 7800 South, Suite 328, Salt Lake City, UT 84121

Toll Free Ph: 1-800-798-5210 Phone: 1-617-794-0503 FAX: 1-617-812-0094

email: relief@mycarpaltunnel.com - website: www.MyCarpalTunnel.com

Facebook: <https://www.facebook.com/MyCarpalTunnelSolution/>