

# Doctors' Recommendations for Patients who have Persistent Symptoms of Carpal Tunnel Syndrome and Want to Accelerate Recovery.

**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.



**2- Alternating Ice and Heat Therapy Daily** – 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

It helps to watch TV, listen to the radio or a video program you enjoy to distract yourself during icing therapy. Icing is recommended for 4 weeks or until your symptoms subside.



**3A- Oral Anti-inflammatory Medication** - For the next 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 hospital level dosage of Ibuprofen for Carpal Tunnel Symptoms, which is 800 milligrams - 3 times per day. 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.

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.

**3B- If your body will not tolerate Oral Anti-inflammatory medication**, or you would prefer to avoid it, we do offer 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 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.

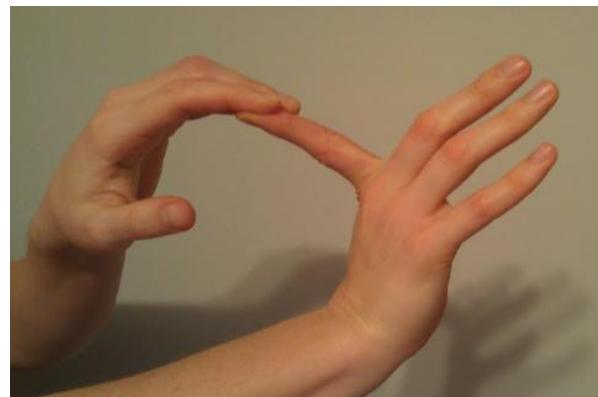


If you chose the **Botanical Pain Reliever Option**, you will alternate nights between the **Carpal Solution Stretching Therapy one night and the Botanical Pain Reliever Compress Kit for next night**. This will need to continue for the next 6 to 8 weeks. This Kit also helps people to cure Trigger Finger, Deupuytrens, 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.

#### **4A- Gentle Active Stretching of your hands for 5 minutes**

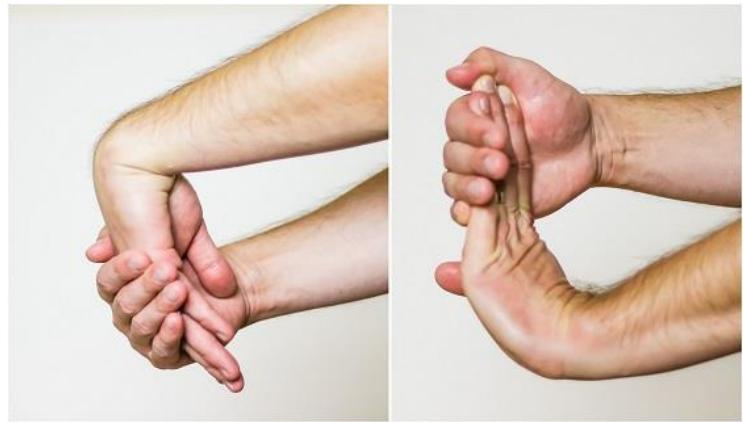
**three times a day** will also help accelerate the recovery process for people with persistent symptoms of Carpal Tunnel Syndrome. These can be done quickly and easily almost anywhere you might be. Whenever you can, before stretching, it is recommended to warm up your hands and forearms in a warm water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



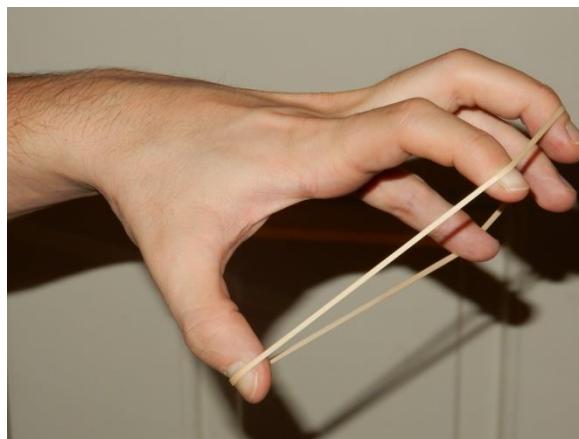
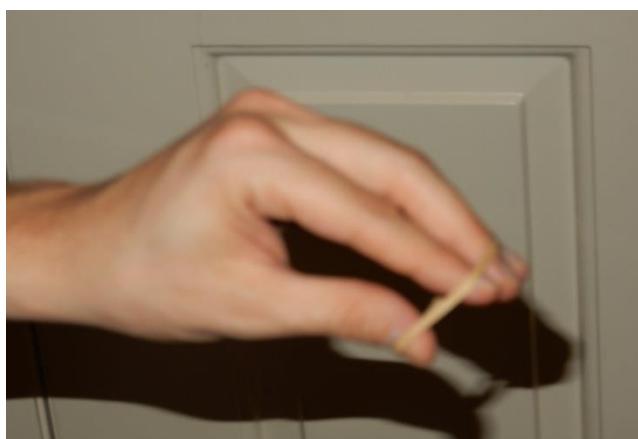
Stretching is always a little uncomfortable, but you do not want to experience pain. If you experience pain, then back off on the intensity of the stretching in the first week or two. As you regain flexibility you can increase the intensity of the stretches in a slow progression giving your body time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

**4B-** 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.

**4C-** 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



## Rosebud Stretch Pose

## Claw Stretch Pose

## 4D-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 talk 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.

## Full Yoga Locust Pose



**A Good example of this is the Full Locust Pose.**

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

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

It is good to follow stretching with the alternating ice and heat protocol above if possible in the evening.

**4E- 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.



**4F-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.



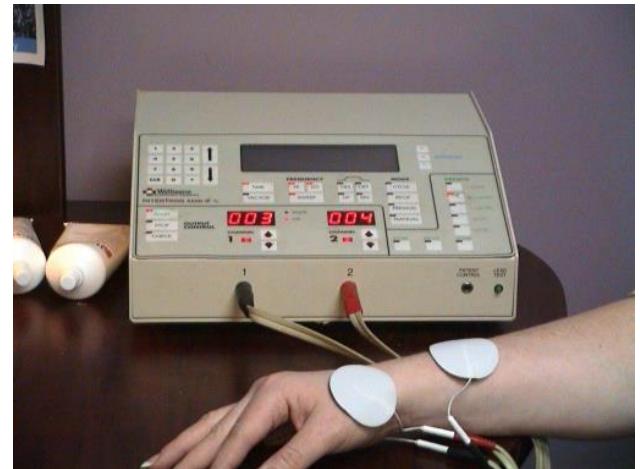
**Do Not Squeeze a Stress Ball**



**Do Not Exercise with Hand Grippers**

## **5- Interferential Current Therapy (IFC Therapy) -**

A final step to avoid surgery would be to seek out a physical therapist or chiropractor to apply **Interferential Current (IFC) Therapy** 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 injuries for collegiate and professional athletes. IFC Therapy is complimentary to the treatment of CTS using the Carpal Solution Stretching Therapy at night during sleep. Enhancing circulation, dispersing lymphatic fluid and stimulating muscles with Interferenil electrical current has proven effective for many people with persistent CTS symptoms.



IFC Therapy is gentle and is applied with four electrodes placed on the skin around the Carpal Tunnel. The level of current is brought up to a comfortable level. Patients generally report a feeling of tingling movement from this therapy. It is generally applied for about 15 minutes 2 – 3 times per week. We can also provide information on a home therapy unit if you are interested.

**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- Don't Worry – you are being proactive** about treating your condition naturally. This is all you can do at this point. Worry, Stress and Anxiety makes any nerve condition worse. So, breath deep, exhale and relax. 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. Treating Carpal Tunnel Naturally is the best way for 97% of people. You can read more below about why natural healing is the best way to go.

**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 (remission for 2 -7 years).  
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 and 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.

As you probably know, Carpal Tunnel Syndrome comes back even after a successful surgery for most people within a few years. This is 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.

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 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.**

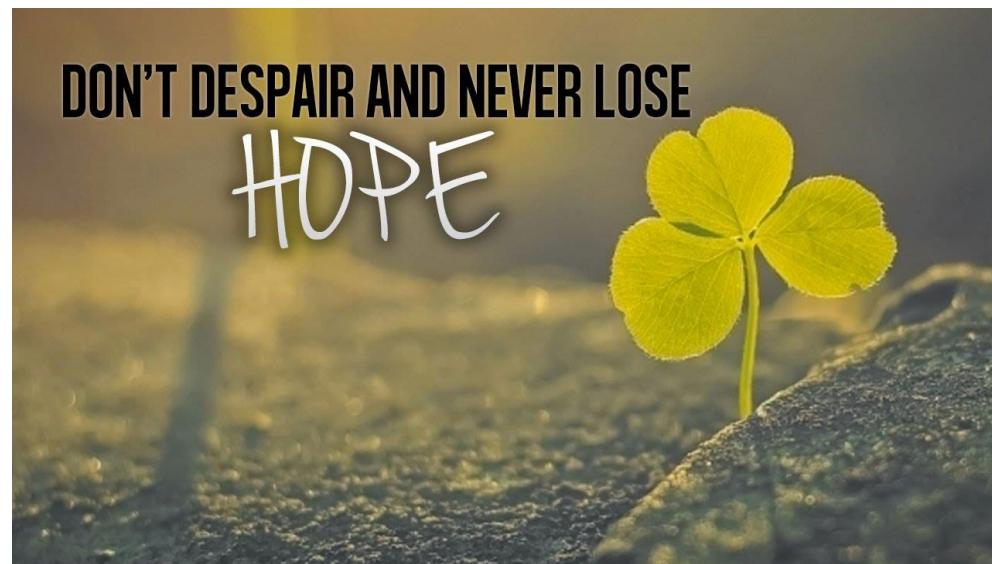
- **With Copays.**
- **Deductibles**
- **Lost earnings.**
- **Lost career opportunities.**
- **Long rehabilitation periods.**
- **Repeated trips to clinics with transportation and copays**
- **Accumulated downtime**
- **Repeat Surgery when CTS comes back**

**The Costs of a Surgical Procedure Are Greater Than Most 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.



Once you choose

**HOPE,**  
**anything's**  
**possible.**

- Christopher Reeve

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 this 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. You are doing the right thing!

**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](mailto:relief@mycarpaltunnel.com) - website: [www.MyCarpalTunnel.com](http://www.MyCarpalTunnel.com)**

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