

Soft Tissue Transition Protocol

Doctors' Recommendations for Patients Who Are Experiencing a Temporary Increase in Discomfort, When Treating Carpal Tunnel Syndrome with the Carpal Solution and Those Who Want to Accelerate their Recovery from CTS.

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 8 – 10%) experience what Doctors call “**Soft Tissue Transition**”, where their symptoms get worse for a few days - up to a couple of weeks before they improve and put the syndrome in complete remission. Experiencing these phenomena actually means the Carpal Solution is beginning to work and you will be successfully in ending your suffering with the Carpal Solution Therapy if you continue treating yourself.

If you believe you are experiencing Soft Tissue Transition, in other words, your symptoms are getting worse, we can help you mitigate the temporary discomfort and shorten the duration. There is hope!

Thousands of people have managed the Soft Tissue Transition of Carpal Tunnel Syndrome following the protocol below without resorting to surgery. Following these recommendations will also help accelerate recovery for anybody suffering from Carpal Tunnel Syndrome. Even those who are not experiencing Soft Tissue Transition, but might have more Persistent Symptoms can accelerate their healing by following the protocol below.

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. Some people (about 15%), usually those who use their hand intensely at work, need maintenance therapy ranging from once per week down to once per month to keep CTS in remission.

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 rid of their worst symptoms 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 few nights up to 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 change from the Carpal Solution therapy.

Some people use the protocol below 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. It works for 97%.

The good news is that most people can mitigate the pain and accelerate their transition through the Soft Tissue Transition Period while they follow the Carpal Solution Treatment Regimen. In the end they can put all of their symptoms under control without resorting to the risks of repeat surgical procedures, or 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 submitting yourself to the risks of these invasive medical procedures – Knowing that Carpal Tunnel Surgery only works for about 50 -60% of people and even those people that have successful surgical procedures find that their symptoms come back and they are faced with a repeat surgery with the downtime, risks and a lower success rate on second surgical procedures. This is why Neurologists say that the Carpal Solution is the best first line treatment for Carpal Tunnel Syndrome.

Ironically, it is actually a good sign that your symptoms are worsening. It means the Carpal Solution Therapy is working.

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 relying on your body's natural healing process without resorting to the risks and downtime of repeated surgical procedures.

To rapidly calm your symptoms down we Doctors recommend continuing with the Carpal Solution Protocol combined with daily alternating Ice and Heat Therapy, Anti-Inflammatory Medication, and Daytime stretching Therapy also combined with Interferential Current Therapy two or three times per week. You should not feel like you have to do all of these steps. Whatever you can fit into your busy life will help. The more the better.

Thousands of people have conquered their Carpal Tunnel Syndrome, despite experiencing Soft Tissue Transition by using the Carpal Solution as their base therapy and supplemented by the protocol 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 and put Carpal Tunnel Syndrome behind them.

<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.

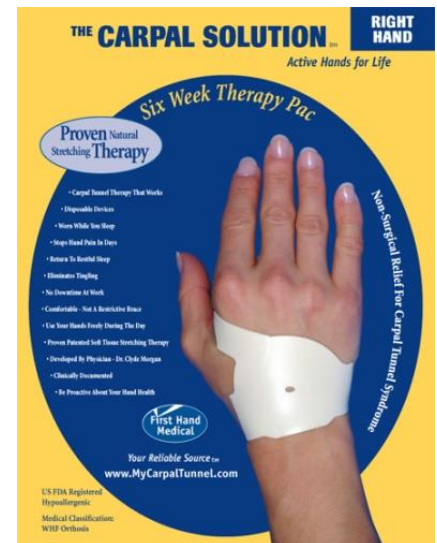
Also you can watch a video of a surgical Nurse Kathy who tells how she did not start experiencing relief until the 5th week of treatment with the Carpal Solution, but she was determined to avoid surgery knowing the risks and the prognosis for repeat symptoms. <https://www.youtube.com/watch?v=K093r3AhM1A>

Doctors' Recommendations for Patients who have Persistent Symptoms

1- Continue using the Carpal Solution Every Night until you see a major improvement in your symptoms. Then go to every other night for the rest of the Treatment. Most people find their symptoms go into complete remission within Six Weeks.

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 three weeks it is recommended that you use a new tapping device each night to maximize the benefit during this critical period.



If you get 60% - 80% better in the first six weeks (This applies to only 8-10% of people.), it will be important to keep going with the treatment for another 4 to 6 weeks (total of 10 – 12 weeks) to get your symptoms in complete remission and end the cyclical syndrome for years.

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 20 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, 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. There is also a Botanical Pain Reliever Kit for the Feet and for the Knees and Elbows. People love having a natural anti-inflammatory treatment method to calm their aches and pains without the side effects of oral pain medication.

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.

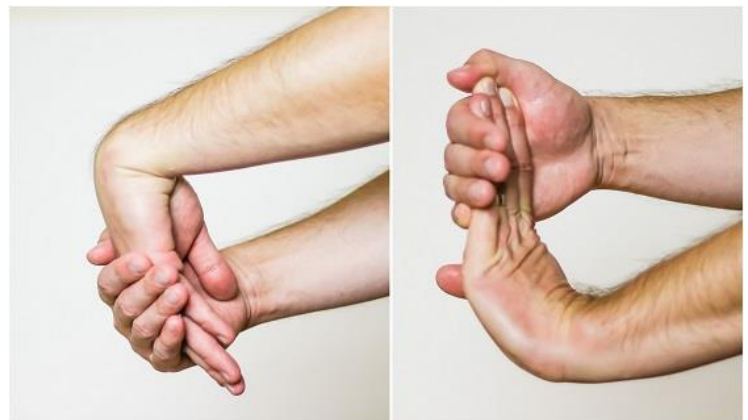
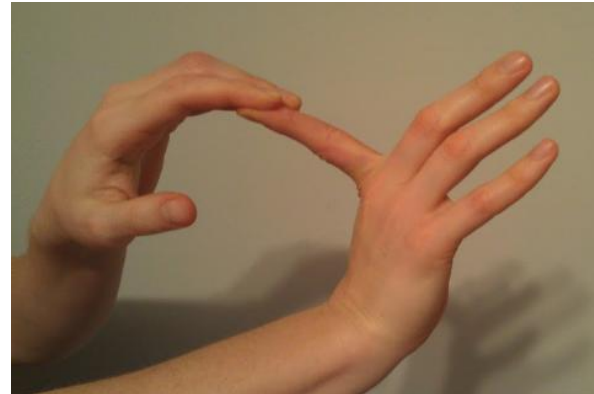
Active Stretching for the hand consists of bending each of the fingers backward individually until you feel a comfortable stretch and then holding it for 5 to 10 seconds and releasing it –Then relaxing the hand for 5 to 10 seconds. This is repeated 10 to 15 times for each finger in a 2 to 3 minute interval,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



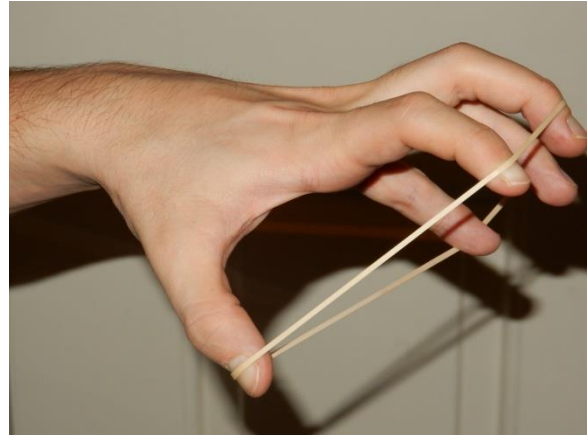
4C- Exercise doing a reverse flex of the fingers and thumb with a #32 elastic band around your finger tips and thumb nail. It is an action that is “opposite of a squeeze” and is one of the best gentle stretching exercises for Carpal Tunnel prevention. Your hand should go from a “rosebud poise”, to a “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 \$3.00**



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 matt 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.

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”**

Full Yoga Locust Pose



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 Interferential 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. 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.

Some things to remember about your treatment options:

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. Things work best when there is a natural progression. 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" or experience "Soft Tissue Transition" 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!

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