



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

And Those Who Want to Accelerate their Recovery from CTS.

**How to accelerate your recovery from Carpal Tunnel Syndrome Naturally.
Combining Physical Therapy at Home with the Carpal Solution Treatment.**

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 %) 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 combining this home physical therapy protocol with the Carpal Solution Stretching Treatment. Following these recommendations will also help accelerate recovery for most people suffering from Carpal Tunnel Syndrome. Even those who do not have Persistent Symptoms can accelerate their natural healing by adding Home PT under the doctor's direction to the Carpal Solution Treatment.

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 5 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 from their worst symptoms within 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.



**The Carpal Solution fits
my model of:**

**"Viable Less Invasive
Treatment First"**

**I recommend
The Carpal Solution
as the best first line
of treatment for
Carpal Tunnel Syndrome.**

Breaking The Cycle

**8% of people get relief of some of their
symptoms in 6 weeks, but must continue the
treatment for 10 to 12 weeks to completely break
the Carpal Tunnel Syndrome Cycle.**

**Once you break the cycle, Carpal Tunnel goes into
remission and
your body's natural healing keeps it in remission
for many years.**

So, keep the goal in mind - Complete Remission.

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.

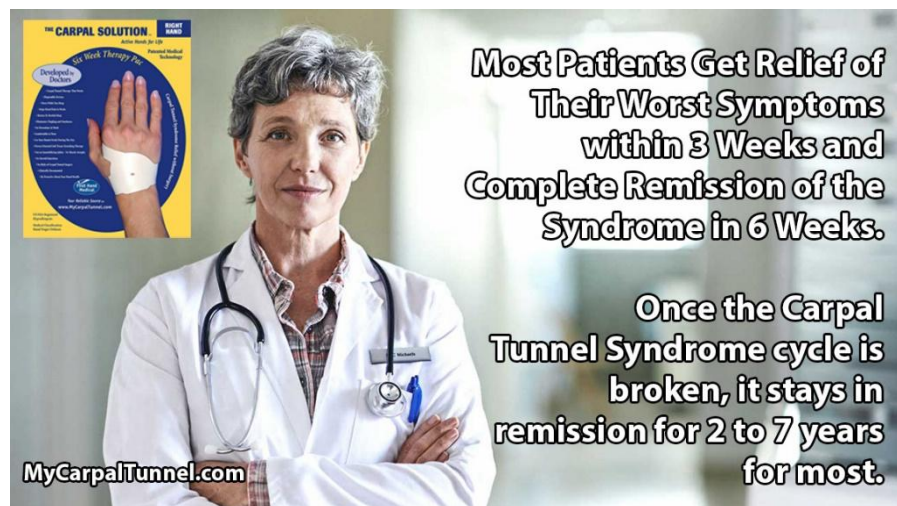
The good news is that most people can get persistent symptoms under control without resorting to the risks of surgery, nor the risks of repeated steroid injections. It just takes a little more time and a little extra work. Most people say it was well worth the added effort and cost to get relief naturally 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.

Afterall, Carpal Tunnel is caused by trapped inflammation and soft tissue that loses its flexibility and contracts. There is nothing structurally wrong in your hand and wrist. Just inflammation that needs to be dispersed and soft tissue which needs to restore flexibility.

The protocol below is proven to work to disperse trapped inflammation and restore flexibility to soft tissue naturally through natural stretching and restoring full blood circulation and restoring lymphatic fluid exchange.

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=6-6K3ZWzrN0> Anthony - Computer Engineer overcame Persistent Symptoms in New Jersey

https://www.youtube.com/watch?v=i_lYv-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:

Systemic inflammation is the primary reason people have Persistent Symptoms of Carpal Tunnel.

It can take extra time and utilizing combined proven treatment protocols to get ahead of the inflammation curve and break the cycle. 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 as the anchor treatment of CTS. The Carpal Solution increases blood circulation in your hand and helps to disperse inflammation through the lymphatic channels.

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 taping device each night to maximize the benefit during this critical four-week period. When you are 70% to 80% better, you can go to every other night with the Carpal Solution Treatment Devices.



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

After work Follow this Alternating Hot and Cold Water Plunging Protocol:
2 minutes in a Hot Water with Epson Salts Plunge, then 2 minutes in an Ice Water Plunge, then 2 minutes in the hot water plunge again. Continue this cycle of hot water for 2 minutes then ice water for 2 minutes for a total alternating hot/cold regimen of 10 to 15 minutes. The hand should be completely submerged in water up to 4 inches up the forearm. This alternating hot water and ice water 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 hot water with Epson Salts and the second pitcher filled with ice water (43 degree F target)



2B- In the early evening at least 1 hour Before Bed do a Cold-Water-Plunge for 20 minutes in a tall pitcher of Ice Water (**Target Temperature: 43 degree F**) (no alternating with warm water). The muscles should feel numb when you finish these 20 minutes of straight icing. **If you only have time for one session, it is best to prioritize the 20 minutes of the Cold-Water-Plunge once a day.** It stops new inflammation from being formed, which allows your body to start to disperse the existing inflammation. It helps to watch TV, listen to the radio or a video program or a podcast you enjoy to help distract yourself during cold water plunge therapy. The Cold-Water-Plunge helps calm down the injured tissue so your body can disperse the trapped inflammation. This icing is recommended for 2 to 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.

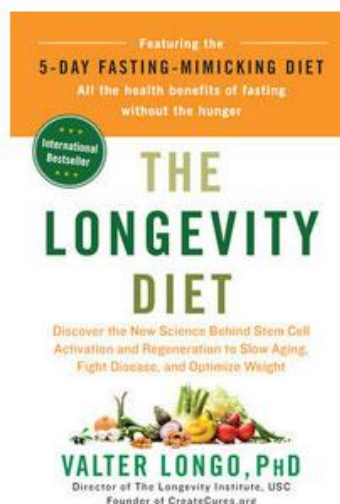
It is an external treatment for the hand that applies proven plant derived natural anti-inflammatory agents to the skin in a unique method using a kit developed by the doctors for people who would rather not expose themselves to the risks of oral anti-inflammatory medication.

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.

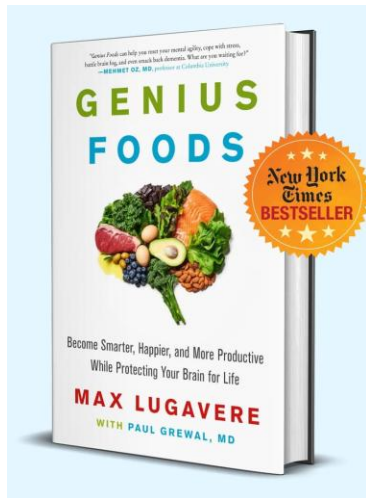


If you chose the **Botanical Pain Reliever Option**, you will alternate nights between the Carpal Solution Stretching Therapy one night and the Botanical Pain Reliever Compress Kit for next night. This will need to continue for the next 6 to 8 weeks. This Kit also helps people to cure Trigger Finger, Dupuytren'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. The typical western diet has evolved to a point that it has an extremely negative effect in driving inflammation in the body.



Dr. Valter Longo is a leading anti-aging biochemist and runs the Longevity Institute at USC as well as a similar Institute at the University of Genova in Italy. We recommend following his dietary recommendations to minimize inflammation and activate stems cells for natural regeneration and healing. His dietary recommendations have been shown to slow aging, fight disease and optimize weight safely and consistently. It will also help you to overcome Persistent Symptoms of Carpal Tunnel when used in combination with the Carpal Solution Treatment Kit.



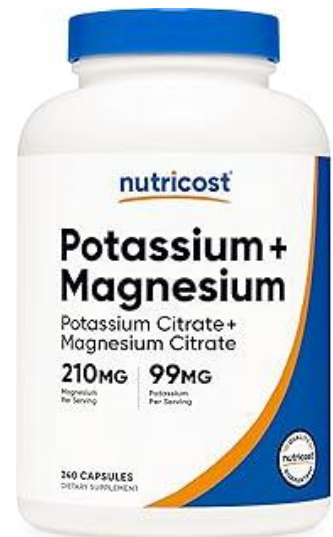
Oral Anti-inflammatory Medication has multiple side effects and while sometimes effective for short term pain – they are generally not recommended for chronic syndromes like CTS.

Also, most people today eat a diet deficient in multiple collagen sources. Collagen is the main ingredient in all soft tissue and the glue that holds our bones together. CTS is a soft tissue disorder and hence adding collagen to your diet from multiple sources is important to promote natural healing.

3A- A Natural Method our Patients have found to help your body disperse trapped inflammation and prevent inflammation and its ill-effects throughout your body, including for your hand and Carpal Tunnel is taking an electrolyte pill three times per day.

Inflammation is an important underlying factor in many chronic diseases, so helping your body be in an optimum state to manage inflammation, is a great place to be for people suffering with Carpal Tunnel Syndrome and those interested in preventing chronic conditions such as diabetes, heart disease, etc.

You might ask why do I need to take electrolyte in a capsule. “I can get an electrolyte drink at any convenience store or gas station. Gatorade, Powerade, etc.” First, it is important to understand that the number 1 enemy in managing inflammation in our bodies is sugar. We get too much sugar from normal eating already. Sugar is very difficult to avoid in the modern diet. You certainly do not want to add to that sugar loading unnecessarily.



Gatorade comes with a boat load of sugar, 21 grams to make electrolyte taste good. Powerade is loaded with High Fructose Corn Syrup, the cheapest sugar and the worst sugar for your metabolism. Powerade Zero has no sugar, but does utilize a controversial artificial sweetener, Sucralose. You can purchase Pedialyte from almost any pharmacy, but most people don't like the taste unless it is loaded up with sugar. So, this is why you take Electrolyte in a pill with a large glass of water. It does not taste bad and there are no side effects, you just get the benefits.

So, what are Electrolytes? Electrolytes are salt compounds that form electrically charged ions in body fluids. These ions carry electrical energy necessary for many functions of the body, including muscle contractions and transmission of nerve impulses. They also help the body clear itself of trapped inflammation.

There are many different forms of Electrolyte. Potassium Citrate combined with Magnesium Citrate is the best form of Electrolyte Capsules. The combined form of Potassium Citrate and Magnesium Citrate will also limit the formation of kidney stones in the urinary track and help to minimize stomach issues associated with acid reflux and GERD as well as all of the other things that Electrolyte do in the body. Electrolyte of any type will aid smooth efficient heart function, they regulate blood pressure, improve hydration, improve muscle function, promote healthy nerve function and disperse inflammation throughout the lymph system, and improve

recovery times after intense exercise. Maintaining proper electrolyte levels can also promote brain health and immune function.

Electrolytes also negate the acidic nature of the modern diet and help your body to achieve a more alkaline state naturally. When your body trends toward a more acidic state it is more likely to generate excess inflammation. When the body is more alkaline, then inflammation is less likely to form and get trapped and go toxic and viscous in places like the Carpal Tunnel or under the thumb on the palm.

In our modern diet we do not get enough electrolyte without sugar. Electrolytes have been depleted from vegetables due to continual planting similar plants in the same plot of soil. Electrolytes are key to transporting inflammation and toxins, to the urinary track through blood flow and lymphatic fluid exchange and then discharging them from the body.

3B– Take Boswellia (Frankincense), Ginger Root and Turmeric Root in a Capsule form twice per day with a meal or as a tea whichever you prefer.

Boswellia, 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 types of supplements with a meal to avoid digestive issues.



Minimizing the inflammation response in your body can be beneficial for your overall health. Excess inflammation affects many areas of your personal health, not just controlling CTS.

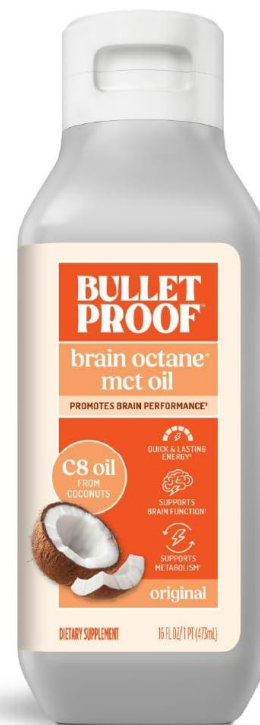
A wide array of health problems, including but not limited to chronic pain, obesity, ADD/ADHD, peripheral neuropathy, diabetes, heart disease, stroke, migraines, thyroid issues, dental issues, and cancer are all accelerated by excess inflammation. Think of this approach to inflammation as an overall thrust for good health as well as helping to break the inflammation cycle of Carpal Tunnel Syndrome.

Natural healing avoids all of the negative side effects and risk, of pain medication, wrist splints, steroid injections and Carpal Tunnel Surgery.

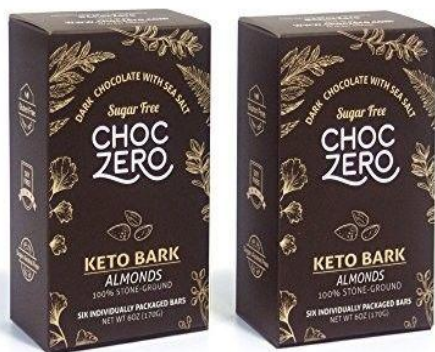


3C- Reduce Sugar and Carbohydrate Consumption - Sugar and carbohydrates fuel inflammation so, when recovering from Carpal Tunnel Syndrome, it is essential to minimize sugar and carbohydrates. Be vigilant on sugar consumption. Food Inc puts sugar in everything. This can be a challenging assignment, but the benefits are so worth it for your overall health and well-being, including accelerating the natural healing of your Carpal Tunnel Syndrome. If you need some coaching, give us a call. We have a lot of experience with this. 1-800-798-5210.

Taking a little Pure MCT Oil derived from purified coconut oil is a “Keto Tool” that aids people making the conversion to a low sugar/low carb diet. We recommend a pure form of MCT Oil like the Bullet Proof Brain Octane MCT Oil. It is the purest form with no side effects. You start with a teaspoon in your coffee or breakfast drink in the morning and then a teaspoon combined with your lunch. When you eliminate carbs and sugar and replace them with this oil you will not only improve your carpal tunnel symptoms, you will also eliminate the afternoon brain fog and improve your overall health dramatically. Once you flip your metabolism to burning fat over burning carbs you should discontinue use of this purified Coconut Oil. It is only needed for a 4-to-8-week timeframe to help you break the high carb cycle without the brain fog and zombie feeling typical when converting the body from a high carbohydrate diet.



Choc Zero is another “Keto Tool” that helps people deal with cravings while your body is going through “withdrawal” from Carbs and Sugar.



It is a delicious dark chocolate option loaded with anti-oxidants that contains no sugar. It is sweetened with Monk Fruit and Stevia. Natural alternative sweeteners that have no contribution to glycemic index.

Reducing Sugar and Carbs from your diet will improve your Carpal Tunnel Symptoms and your overall health. It takes 3 – 6 weeks for your body to readjust to a low sugar low carb diet. Be patient with the process and use these “Keto Tools” to help you with the withdrawal process. The healthy feeling you get, is so worth it, once you get accustom to the new diet approach.

Most chronic diseases in the western culture (including CTS) are driven by inflammation from a high sugar and high carb diet. We can help you get that under control. Not only will your Carpal Tunnel Syndrome go into remission, but your overall health will improve.

3D- Take bone broth collagen from multiple sources daily in sufficient quantities from a reliable source to assure your body has the nutrients it needs for rapid healing. Make a cup of bone broth each morning and drink it cold or hot whatever you prefer. Or add it to your smoothie, coffee or other favorite fast breakfast drink. You can make delicious soups with your favorite vegetables in them.

Type 2 Collagen helps accelerate your body's natural healing of the joints, connective tissue and cartilage which is extremely important when recovering from persistent Carpal Tunnel Symptoms. Your body needs the nutrients necessary in excess amounts to allow natural healing to thrive and accelerate recovery. CTS is a soft tissue disorder driven by inflammation. When people have persistent symptoms, they need extra nutritional help to overcome the obstacles blocking the natural healing process.



Many people find all of the choices with bone broth and collagen confusing. We can provide the guidance and logic to make the best decision for you and which product fits your situation best. Below you will find a list of the top 3 choices for people recovering from Carpal Tunnel Syndrome and an explanation as to why one might be better than another for certain people. Our representatives can provide you with the help you need to make your decision. When you purchase these healthy bone broth and collagen products from First Hand Medical, we can provide you with added discounts and free shipping when you combine purchases.



There are multiple benefits to your overall health you can derive from regular consumption of these collagen rich bone broth products. It is a key component to a long-term healthy diet to support joint health, skin health, gut health and accelerate healing from soft tissue injury like Carpal Tunnel Syndrome. For natural healing processes to function at optimum levels in your body, your immune system needs to be functioning well. The key to your body's immune system functioning at its highest level begins in the gut. Some studies suggest that 80% of your body's immune response happens in the gut with the foods and nutrients we eat.

People report that they exercise more frequently when taking bone broth and collagen rich nutrients in their diet because they feel less joint pain. Exercise is the ultimate medication for a natural healthy body. Cardio exercise is important to spur natural healing of Carpal Tunnel Syndrome too.

If you would like to begin adding collagen rich bone broth to your diet regularly to enhance your body's ability to heal from Carpal Tunnel Syndrome and be its healthiest, give us a call. Our representatives can help you decide which of the above products will fit best into your busy lifestyle and diet.

3D – Dark Leafy Greens and Dark Colored Berries 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.

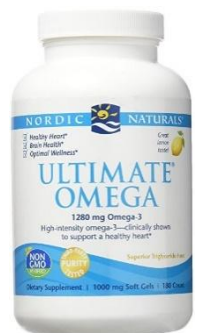


Learn More about: The Carpal Solution Diet

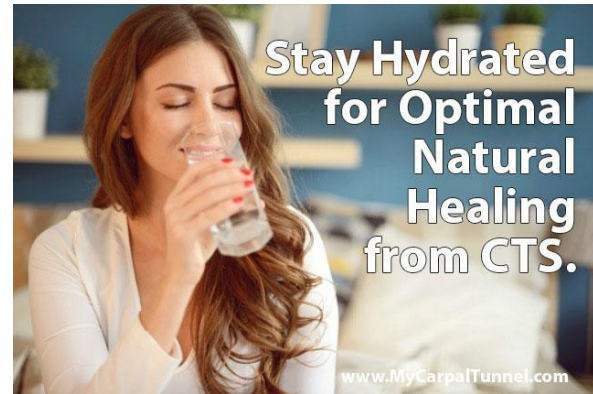
Here: <https://www.mycarpaltunnel.com/the-carpal-solution-diet/>

3D – Take Oral Fish Oil Capsules as a Natural Way to Manage Inflammation Response –

This is a much better way to manage inflammation naturally without the side effects of oral anti-inflammatory medication like ibuprofen. Many of the chronic diseases of aging are driven by inflammation including cancer. Taking a high-quality fish oil capsule with Omega-3 fatty acids is the best way to dampen the body's inflammation response. The typical dose would be 3,000 mg to 4,000 mg. Some doctors recommend taking up to 8,000 mg for the first few days to base load your system and get a faster response. This will not only benefit your natural healing from Carpal Tunnel Syndrome, but will also help your body to counteract other inflammation driven disease.



4E – Stay Hydrated - Most people do not drink enough water. Proper hydration is key to opening up the pathways for natural healing and allowing free exchange of lymphatic fluid and dispersion of inflammation. It is especially important to drink more water than usual after the deep tissue massage with the bouncy balls as recommended above. If you are dehydrated, your body will not be able to get into soft tissue healing mode.



3F – Oral 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 or during stretching.

Some people do their stretching in the shower and crank up the temperature while running the warmest water they can tolerate over their hands, fingers, and forearms. This is a good practice because it stimulates circulation while stretching.

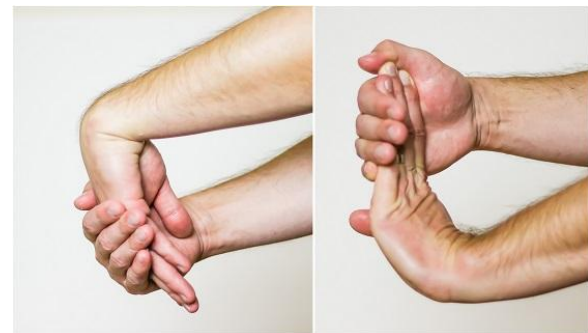
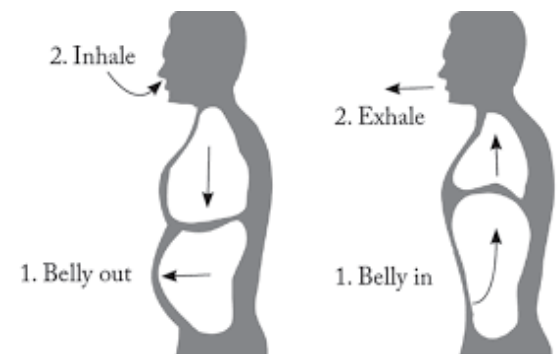
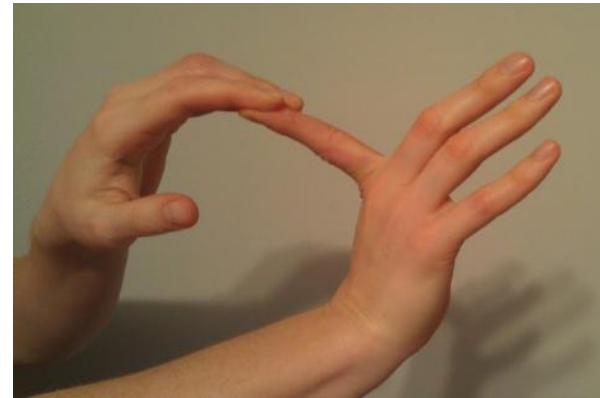
Deep Diaphragm Breathing Is Key

While stretching or exercising your hands you should concentration on **deep diaphragm breathing**. Deep diaphragm breathing acts as a pump for the lymph system to help clear out toxins. The lymph system has no pump otherwise. It just relies on osmotic pressure, muscle movement and gravity to move toxins through the lymph system. Aerobic exercise aids the lymph system's transport of toxins as well through muscle movement and increased heart rate. Deep Diaphragm breathing also increases the Oxygen Levels in your blood stream which will accelerate natural healing processes. These are all keys to jump-starting your body's healing processes which are shut down by pressure from trapped inflammation and injured soft tissue.

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 15- 20 seconds and releasing it. Then relaxing the hand for 5 to 10 seconds. This is repeated 5 - 10 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. **It is best to do this stretch with your arms stretched over your head. Gravity is a powerful force in helping drain trapped inflammation and lymphatic fluids.**



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.

Many people forget to breathe regularly when they are concentrating on stretching. It is extremely important to breathe while you stretch. Deep diaphragm breathing is the best way to breathe while stretching. It takes some instruction and practice to do deep diaphragm breathing properly. You can learn more about deep diaphragm breathing on YouTube from several sources.

When you breathe properly through the diaphragm in your lower abdomen most people increase their blood oxygen level by up to 2 – 4 percentage points. The higher level of oxygen helps your body's natural healing process while you are stretching or during any activity. Check out how top Olympic Athletes breathe just before their event. Lindsey Vonn employed this type of breathing before her downhill skiing competition.

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. Try to avoid the bones. Think of it as wringing or squeezing the inflammation out of your muscles like squeezing and wringing oil out of a sponge.



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 to 30 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. If you do not ice for less than 20 minutes, there is little value in icing for less time.



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. A deep tissue massage from a sports massage expert costs about \$75 per session. You can save significantly while still receiving the full benefits of this therapy.

Stay hydrated and drink a lot of water. It is especially important to drink more water than usual after the deep tissue massage with the bouncy balls as recommended above. If you are dehydrated, your body will not be able to get into soft tissue healing mode.

Also, keep in mind that managing inflammation is a key to quickly over-coming CTS. Employ the steps recommended above for managing inflammation including: Icing for 20 minutes minimum, Taking 3000 mg of Fish Oil Capsules, Using 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.

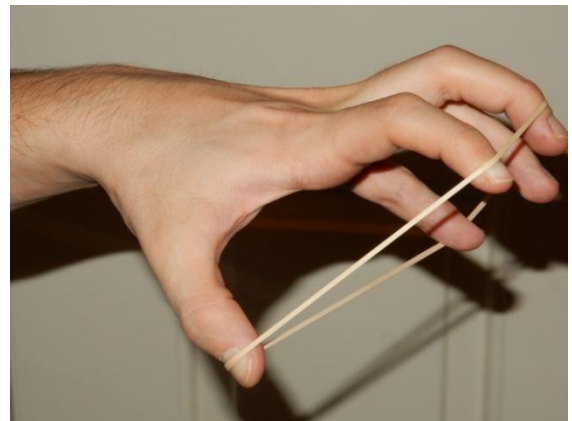


You can buy
#32 elastic bands
in any office supply
store for under \$3.00

Rosebud Stretch Pose



Claw Stretch Pose



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.

Contra-indications Do not practice these yoga poses if you are pregnant or have chronic back issues.



- 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

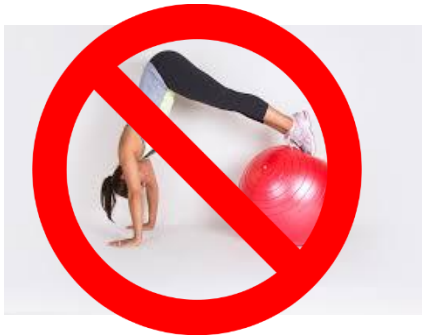


It is good to follow stretching or massage with the 20 minutes straight icing whenever possible.

We are your Partner to help you heal Carpal Tunnel Syndrome Naturally and Avoid Surgery.
Once Carpal Tunnel Syndrome goes into remission it will stay in remission for most people for years.

Your Body’s natural healing process keeps you healthy and free from CTS Symptoms.

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 Exercise with Hand Grippers

Do Not Squeeze a Stress Ball

Once you have recovered from Carpal Tunnel Syndrome completely, it may be beneficial to do some gentle grip strength exercises, however most people do sufficient gripping in their daily activities that will restore grip strength naturally once CTS is in remission and the pressure has been removed from the nerve.

4H - Avoid Wrist Splints

Wrist Splints and Rigid Braces sometimes help immobilize the hand and wrist in the beginning and can reduce pain from movement.

However, in the long run these devices lead to muscle atrophy and injure soft tissue leading to more inflammation and loss of flexibility in the soft tissue around the Carpal Tunnel space. It is surprising that these splints and rigid braces are dispensed everywhere for Carpal Tunnel by Doctors and Pharmacies when these devices just make CTS worse and lead to accelerated muscle atrophy in the long run.

The only time these splints should be used is when doing heavy lifting for short periods.



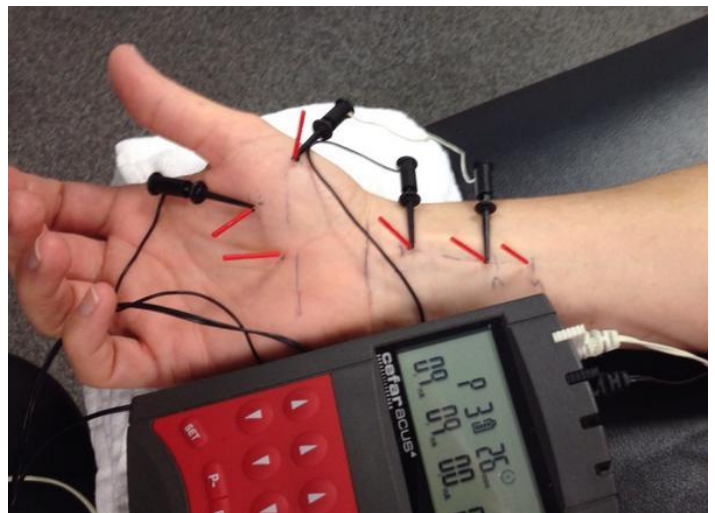
5- Dry Needling Therapy with Electro-IFC Stimulation

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.

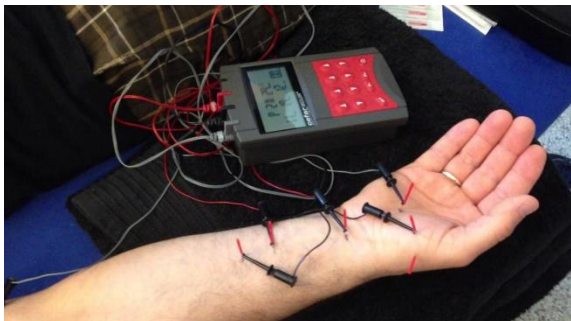


The Therapy causes the muscles to gently twitch and then relax on a micro-scale over and over again deep within the muscle band. It improves neuro motor function of the injured muscle, restores the free movement of nutrient rich blood flow to the injured tissue. The restored access to full blood circulation 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 place 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 serverity 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.**



+



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

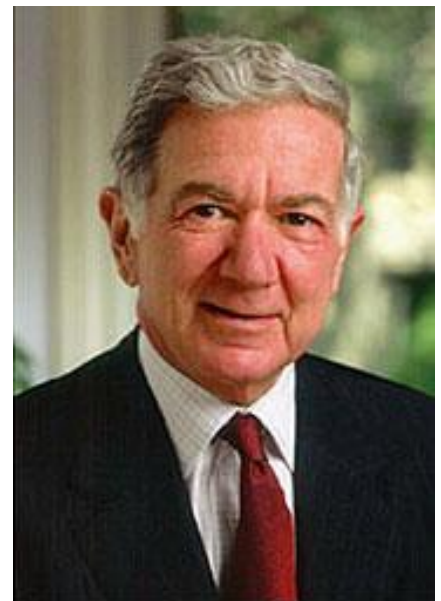
massage from a professional or trade massages with a family member, read and meditate, do yoga or exercise at a gym with relaxing music. The key is to relax, trust this system that has work for over 500,000 people and diffuse the stress in the best way that works for you.

Stay calm and confident and avoid anger and anxiety. CTS is a nerve condition anxiety and stress makes CTS worse. Proven natural therapy is the best way to treat Carpal Tunnel Syndrome and avoid the risks, downtime and complications of Carpal Tunnel Surgery, Steroid Injections and Oral Pain Medication.

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.

“The Peace of Mind a patient has from knowing that they did everything in their power to heal Carpal Tunnel naturally is extremely valuable to the Patient.

Invasive procedures bear risks, downtime, expense, complications and often a long painful rehabilitation.”



**Dr. Jerome Grossman, MD
Founder of First Hand Medical
And Director of Healthcare
Delivery at Harvard's
Kennedy School.**

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

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

Once you break the Cycle of Trapped Inflammation, Carpal Tunnel Syndrome can go into remission for many years.

Carpal Tunnel Syndrome blocks your body's natural healing process.

This process, with the Carpal Solution Nighttime Stretching Treatment as the anchor, represents the best way to jump-start your body's natural healing and avoid the risks, downtime and costs of Surgery.


Carpal Tunnel is a cyclical condition that once it gets under control it will go away for years for most people. All patients say it is so worth it, to get 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 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.



With Doctors guiding your recovery from Carpal Tunnel Syndrome you can proceed with confidence with the Carpal Solution.

We are your partner to assure you put your

My Carpal Tunnel Symptoms were persistent. After 6 Weeks of Carpal Solution Treatment, my hands and wrist were significantly better, but I still had lingering symptoms – tingling and numbness.

I hoped I would get completely better in the 6 weeks. So, I was disappointed. But, I took confidence knowing that, if I got 50% better in 6 weeks, I could get completely better in 12 weeks.

So, I stuck with the program and followed the Doctors recommendations. I have been carpal tunnel symptom free now for 3 years. I am so glad I was able to avoid surgery and heal naturally.

The Carpal Solution really works!



Jean Y. - Roanoke, Virginia

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: Strongly Discouraged by Experts - 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**

Carpal Tunnel Surgery Facts

50 – 60% Success Rate for 1st Surgery

35 -40% Success Rate for 2nd Surgical Procedures

Carpal Tunnel comes back for over 85% of people even after a Successful Surgery

www.MyCarpalTunnel.com



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.



Check out our 4.8 out of 5 Stars on Facebook Reviews!

4.8 ★★★★★

Read what other patients and customers have to say with over 100 Reviews

Email our experts
Carpal Tunnel Questions

[Click Here](#)



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www.MyCarpalTunnel.com

This website is like an Encyclopedia of Medicine for Carpal Tunnel Syndrome.

Email: Relief@MyCarpalTunnel.com

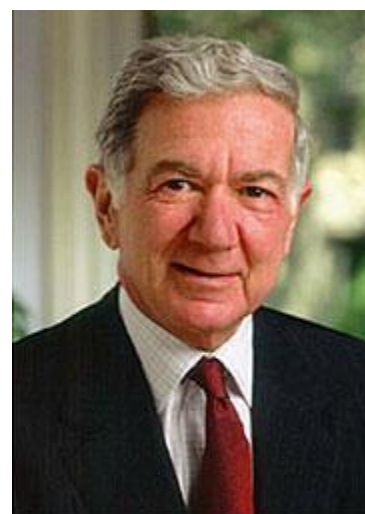
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Invasive procedures bear risks, downtime, expense, complications and often a long painful rehabilitation.”



Dr. Jerome Grossman, MD
Founder of First Hand Medical
And Director of Healthcare
Delivery at Harvard's
Kennedy School.

Breaking The Cycle

8% of people get relief of some of their symptoms in 6 weeks, but must continue the treatment for 10 to 12 weeks to completely break the Carpal Tunnel Syndrome Cycle.

Once you break the cycle, Carpal Tunnel goes into remission and your body's natural healing keeps it in remission for many years.

So, keep the goal in mind – Complete Remission.

First Hand Medical, LLC, 4172 S. 650 E., Millcreek, UT 84107 USA

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