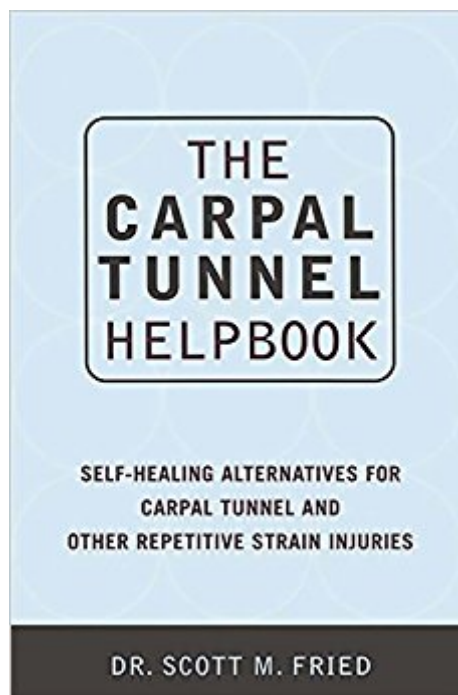




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# **The Carpal Tunnel Helpbook: Self-Healing Alternatives For Carpal Tunnel And Other Repetitive Strain Injuries**



## Synopsis

There are more than 500,000 carpal tunnel surgeries done annually in the United States but approximately 30 percent of these patients will be no better as a result. The truth is, most physicians are too quick to consider surgery as the first line of defense against carpal tunnel and other repetitive-strain injuries. In this comprehensive guide to recognizing and treating these debilitating conditions, Dr. Scott Fried takes a strong position against surgery and offers self-healing alternatives that have better results. From understanding the signs and symptoms at an early stage to modifying work and lifestyle; from proven alternative therapies and helpful medications to nutrition and exercise, The Carpal Tunnel Helpbook provides authoritative advice and practical, up-to-date information to spare many patients the ordeal of surgery to treat their injuries.

## Book Information

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## Customer Reviews

Fried... lays out your options... methods that oftentimes prove more successful than surgery. -- CIO Canada, June 2001

Dr. Scott Fried is an upper-extremity-nerve specialist and, ironically, a surgeon. He lectures regularly on alternative therapies for carpal tunnel and repetitive-strain injuries. The author of *Light at the End of the Carpal Tunnel*, he lives in Pennsylvania.

It is funny how you go to the doctor and they have nothing to offer but surgery and this book has

actually got things to be tried to heal the ailment! I am glad that someone out there has more ideas than the current medical practice, however, I have also tried a lot of other things with no success so far, but the man who wrote this book actually explained things to the people like me that are not so medico-savvy! He has ideas I have never heard of!

I might modify my rating if I actually complete reading this book. I am attempting to read the Kindle version and the ridiculous number of typos is beyond irritating. The author's credentials lead you to believe the it should be worthwhile but it seems to have been ghost written by an elementary school student in the U.S. public school system. I expect better from for ten bucks.

Insightful book and a recommended read for anyone dealing with carpal tunnel or those facing possible surgery. The typos aside, the information is helpful

I bought this book caused by my wife starting to have pains in her wrists, and have been put on to a Surgery in the start of next year. But by reading books to, if possibly, find ways to solve the problem without Surgery. As we say: "Cause and Effect". This year its 30 years since I during the Engineering education as the first project wrote, and made many drawings about Ergonomic, in connection with working positions. So I've tried to explain to my wife what she is doing wrong, but in wane, as she is having her habits from before I met her 11 years ago. The doctor who actual are put on for the Surgery, 6 years ago, when he in connection with a Bone Marrow Surgery, by the right Hand, saw my Ergonomic project, from back in 1982, asked for a copy, and then got one including a translating from Danish to English. He is a teaching Professor. This is a thin, but very detailed, book, and it all together contains 69 excellent small drawing and photos. In the first chapter, "Nerve Problems in the Neck, Shoulder, Arms, and Hands", we are having 3 drawings. Of these one is showing a Hand, with the Carpal Tunnel, and on another we from the front are watching the Shoulder-Neck. These two drawings are equal to x-ray pictures so that we get the parts we read about and get their names. In the chapter 2, "The Anatomy of Nerve Injury", we again, on side 18, are having 2 more drawings with partial anatomy. The first drawing this time watches the Neck and Shoulder from the right side, again with the positions of most Nerves. And as the second drawing we are having the exploded right Arm, again most concerning the Nerves, so we don't se the Muscles. On side 23 starts the chapter 3, "Treatment Modalities and How to Use Them". In this chapter we have 15 pictures showing most of the different mentioned treatments probability in action, or the actual tools. And we on these 16 sides, in subparts, are learning about these

treatments, which actual are: "Hot Packs", "Hot Towels", "Warm Water Soaks or Warm Whirlpool", "Paraffin", "Fluidotherapy", "Ultrasound", "Electrical Modalities", "High-Voltage Stimulation", "Iontophoresis", "Transcutaneous Electrical Nerve Stimulation", "Cold Applications", "Cold Pack and Ice Packs", "Iced Towels", "Cold Water Soaks and Whirlpools", "Contrast Baths", "Ice Massage", and "Meditations". I personally during life have tried some of these treatments, for example back in 1962, as teenager, after a nerve surgery in one hand, tried Paraffin. And 5 years ago, here in Thailand, after breaking the right arm tried Ultrasound, and Acupuncture, as I couldn't activate my arm and hand. This before there was time for me in the hospitals for measuring the Nerves, and when it came to this, it then showed up that the nerves was cut over in the shoulder. On side 39 starts the chapter 4, "A Nerve Sliding Program" containing 23 drawing connected to the text telling which Position and Movements to do. The first section starts with common information about "Nerve Sliding", and after this we get the section "Brachial Plexus Sliding" in which we have 7 drawings with the Positions we learn about in the writings. Then follow "Radial Nerve Sliding" covering 2 sides with 5 drawings. And finally we have the "Ulnar Nerve Sliding", first with "Series 1: Sliding the ulnar nerve distally, or through the lower arm and hand", with 3 drawings, and after this follow "Series 2: Sliding the ulnar nerve proximally-above the level of the elbow", on 2 sides and with 4 drawings. And as the last part in this chapter then "Series 3: Median nerve sliding", with 4 drawing, 3 of which only are showing activation for the Right Hand. Chapter 5, "Soft Tissue Stretching" that starts on side 53, is containing 6 drawing, each closely connected to these subparts in the chapter: "Start position", "Lateral neck stretch", "Shoulder rolls", "Anterior neck stretches", "Neck rotation", and "Chin tucks". Chapter 6, "Posture Do's and Don'ts" contain 4 drawing. The subparts in the chapter are: "Sitting posture", "Driving" (of course when sitting in a car), and "Sleeping". Two sides and 1 drawing concerning Sleeping, and of course telling which Sleeping Position that is good and which is bad with respect to the Arms, the Wrist, and the Carpal Tunnel. On side 65 begins the chapter 7, "Creating a Comfortable Workplace", which contains 8 drawings and 1 photo. In the first part, "Your Computer Screen, Keyboard, and Mouse", we have a drawing showing the Hands positioned on the Keyboard and the Mouse, and having the Table, Keyboard, and Mouse correctly positioned a bit lower than the Elbows. Then follows: "Your Chair", "Armrests", "Foot Position", with 2 drawings, the first one showing a 6-way adjustable Chair, and the second showing the actual part of a person sitting on such a chair, and by a table with a Keyboard and with the Legs and Feet correctly positioned. Correctly but quite different from the correct position if we for example are sitting in a school and writing on a paper. After this follow "Workstation Props", with 3 drawings concerning persons and working tools position in connection to the Computer Screen. Then follow "Lifestyle

Changes", under which we first have the subparts "Working With Tools", and have a picture showing 7 changed working Tools, among other a Hammer, and some Pencils. Next follow "Lifting and Carrying" with 2 drawing concerning lifting a box. And the chapter 7 finishes with, "Overuse", and "Be Your Own Advocate". Chapter 8 with the title "Effective Splints and How to Use Them" contains 8 photos showing 10 Splints. And he among other writes about how a Splint that during the night stretch out the Arm and the Hand and thereby relaxing the Nerves, by not having movement friction, and having the best position, can help much. Chapter 9, "Meditation, Biofeedback, Yoga, and Tai Chi", having 4 sides containing the subparts "Meditation ", "Yoga and Tai Chi", and "Alternative and Complementary Treatments". Then follow chapter 10, "A Home-Based Exercise and Healing Program", in which he among other writes about regular Walking, Tai Chi and Yoga. Following we have the chapter 11, "How to Set Up Your Own Home Therapy Center", in which he also writes about making own training tool, but for example not to make electrical Tools if not having been educated in Electricity. And the last 2 ÃÂ sides with title "How You can Develop an Individualized, In-Home Therapy Program", we during the Step one to Step eight, we are getting different advises. And on the side 95 starts the 2 ÃÂ sides chapter "A Final Thought", in which we again, among other read about Sauna, Whirlpool, Paraffin, Exercise, and Surgery, but besides the Epson salt is mentioned. As remark, my chiropractor, who works on my right hand and arm, yesterday said that we no longer use Paraffin. But I put my doubt on this remark, and still would like to try it. Again it's an excellent book, and still I try to learn my wife to change some of her bad habits in the kitchen and in the garden, instead of having a Surgery, witch probably not if she still after the Surgery continue with bad working habits.

I am only through the first chapter so far and the author seems to know what he is talking about but this book has a ridiculous amount of misspellings to the point where it gets confusing and hard to read. It is blatantly obvious this book wasn't edited and it is too bad because it kills the authors credibility a bit for me. I'm going to continue trying to decipher this book and hope I get something out of it since I spent the money on it.

this publication is one of the best help books for people who are in the work place. client feel this is the most informative

The kindle version of this book has so many typos that it is completely unreadable. These include many formatting, spelling and word substitution errors. For \$10 a download you would think that

they could afford to hit spellcheck.

About this time last year, I had all the symptoms of carpal tunnel--in both wrists, but particularly in the right. Went to my regular Doc, who said , "Yes," looks like carpal tunnel...then launched me on two full months of expensive tests. Meanwhile I checked out several books at the library on CT, including Scott's. Mid-December--and about \$6K in medical tests later--the prognosis comes back that I do, indeed, have carpal tunnel; surgery is recommended immediately for the right wrist, to be followed soon by the left. Instead, I started the regimen of stretching exercises in Scott's book. And in just a few weeks. the CT was nearly gone. Today--October 2011--I have had no return of CT. And I still do the stretches. Obviously, we're all different. And this is not to usurp a doctor's call. But this is a great read and place to start. It really worked for me--and I hope it can for you. Thanks, Scott.

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Current Concepts in Diagnosis, Management, Disability, and Health Economics (Journal of Skeletal  
Pain, Vol 3, No 2) The Repetitive Strain Injury Handbook: An 8-Step Recovery and Prevention Plan  
Repetitive Strain Injury: A Computer User's Guide The Repetitive Strain Injury Recovery Book

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