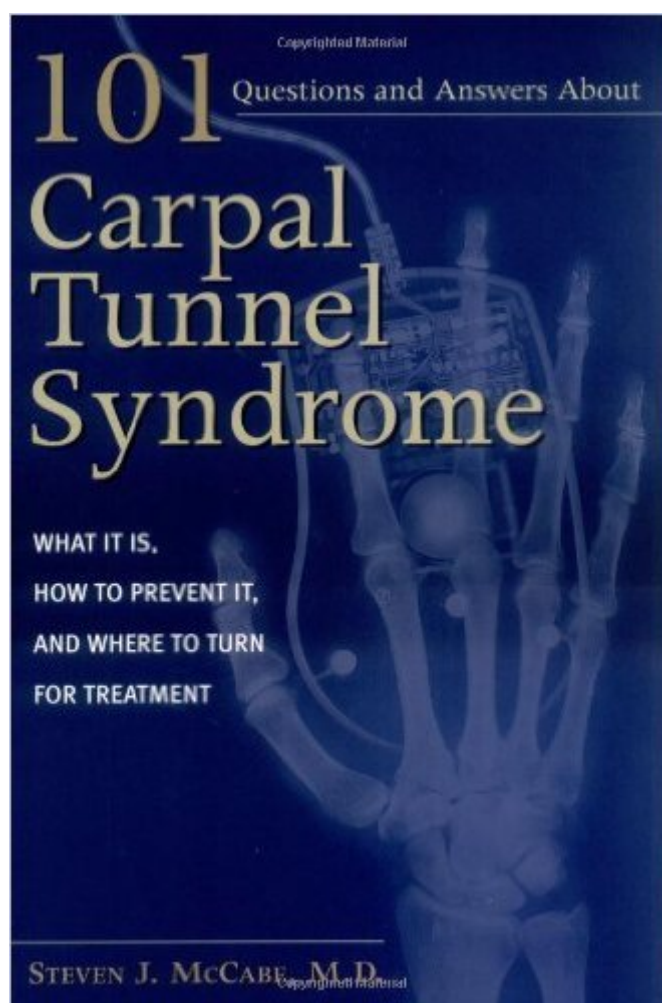


The book was found

# 101 Questions And Answers About Carpal Tunnel Syndrome: What It Is, How To Prevent It, And Where To Turn For Treatment



## Synopsis

The number of people afflicted with carpal tunnel syndrome has grown in recent years. A medical condition in which the median nerve becomes "pinched" in the carpal tunnel, the condition causes sufferers considerable pain and/or numbness in the hands and wrists. Widely recognized for the past 15 years, this is not a new condition; in fact, it was clearly defined more than 100 years ago. In this reader-friendly book, you will find the answers to 101 of the most frequently asked questions about carpal tunnel syndrome. *101 Questions and Answers about Carpal Tunnel Syndrome* explains in plain English the causes and treatments, and offers practical advice for preventing this common problem.

## Book Information

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## Customer Reviews

I bought this book when I found out that Dr. McCabe, with whom I had made an appointment for carpal tunnel treatment, had written a book on the topic. It was very thorough. The technical parts were written to be quite easy to understand. I appreciated the hand exercises which were included.

There were also open-minded discussions of the possible pros and cons of non medical alternatives to carpal tunnel treatment, with patient feed back on some of them. As for me, I had tried many of the alternatives, B6, pilates, exercises from the book Conquering Carpal Tunnel Syndrome, over the counter medication for pain, hand braces and even learning to use my left hand to do the extensive note taking required in my job as a speech pathologist. These methods provided some relief for over a year, but never made the problem go away. When I met Dr. McCabe my daughter was with me while he did his examination and asked extensive questions. She commented later, "He seems like a poster boy for how medical practice should be done." My overall impression is that this book was written with the spirit of truly trying to help others through his expertise in this field. So far my treatment has been an injection which seems to be working well. I have met one lady who chose surgery over an injection because she is needle phobic. For those like her I wanted to say that the injection was like a mild pin prick (though this may depend on the surgeon - I don't know) that I believe would not even have brought a tear to most children. The "pain" was gone in seconds and I have experienced no side effects. You can drive home easily after an injection.

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End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand  
Dr. Pascarelli's Complete Guide to Repetitive Strain Injury: What You Need to Know About RSI and Carpal Tunnel Syndrome  
Rsi: Repetitive Strain Injury : Repetitive Strain Injury, Carpal Tunnel Syndrome and Other Office Numbers (Thorsons Health)  
Everything You Need To Know To Relieve Carpal Tunnel Syndrome And Wrist Pain  
It's Not Carpal Tunnel Syndrome!: RSI Theory and Therapy for Computer Professionals  
Carpal Tunnel Syndrome: A Guide to Daily Activities  
100 Questions & Answers About Lung Cancer (100 Questions and Answers)  
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100 Questions & Answers About Parkinson Disease (100 Questions & Answers)  
Kidney Stones: How To Treat Kidney Stones: How To Prevent Kidney Stones (Kidney Stone Treatment & Prevention Guide With All Natural & Medical Solutions To Remedy Pain Or Prevent In The First Place)  
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