

The book was found

# Everything You Need To Know To Relieve Carpal Tunnel Syndrome And Wrist Pain

EVERYTHING YOU  
NEED TO KNOW TO

**RELIEVE CARPAL  
TUNNEL SYNDROME  
AND WRIST PAIN**



CAROLINE SMITH



## Synopsis

Carpal Tunnel Syndrome (CTS) is generally an extremely difficult, painful condition that affects between five and ten million people every year. For some people, CTS can be extremely life-limiting, painful and completely inconvenient. However, for others, CTS can be fairly mild and although it is still painful, it can sometimes be possible to live with without too many debilitating side effects. However, regardless of whether you are suffering from mild or severe carpal tunnel syndrome the most important thing to say is that you are not alone. Author Caroline Smith knows exactly what it is like. She has created this book not only to provide information, but also to help you on your road to recovery by providing practical tips and step-by-step exercises. At the beginning of the book you will find plenty of information on exactly what carpal tunnel syndrome is and how to diagnose it. You will also find self-diagnosis questionnaires and a list of common symptoms. Towards the end of the book you will find a list of twenty different exercises designed to combat different symptoms along with practical tips and information on how to reduce pain when working and throughout the day. Finally, you will find some information on alternative treatments and what to do if everything else fails. Whatever happens, the most important message is not to be scared and keep in mind that the very best thing you can do is to take your treatment into your own hands. FIVE STARS \*\*\*\*\*

## Book Information

File Size: 1008 KB

Print Length: 47 pages

Simultaneous Device Usage: Unlimited

Publication Date: May 10, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00XIQK3LE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #996,889 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #159

Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Work-Related

Health #280 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention #704  
inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain  
Management

## Customer Reviews

Nice concise, but thorough discussion on a major modern malady. Answers many of the typical questions one has when trying to find a cure or types of treatment to improve the condition.

[Download to continue reading...](#)

Everything You Need To Know To Relieve Carpal Tunnel Syndrome And Wrist Pain 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 Wrist Pain, Neck Pain - Lower  
Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy  
Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) 101 Questions and  
Answers about Carpal Tunnel Syndrome: What It Is, How to Prevent It, and Where to Turn for  
Treatment Rsi: Repetitive Strain Injury : Repetitive Strain Injury, Carpal Tunnel Syndrome and Other  
Office Numbers (Thorsons Health) It's Not Carpal Tunnel Syndrome!: RSI Theory and Therapy for  
Computer Professionals The Natural Treatment of Carpal Tunnel Syndrome (Keats Good Health  
Guides) Carpal Tunnel Syndrome: A Guide to Daily Activities Everything You Need to Know About  
Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease)  
(Volume 2) Everything You Need...english To Know About English Homework (Everything You  
Need to Know about (Scholastic Paperback)) Everything You Need to Know about the Dangers of  
Tattooing and Body Piercing (Need to Know Library) 50 Maths Ideas You Really Need to Know (50  
Ideas You Really Need to Know Series) 601 Words You Need to Know to Pass Your Exam  
(Barron's 601 Words You Need to Know to Pass Your Exam) Trigger Point Therapy for Repetitive  
Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New  
Harbinger Self-Help Workbook) Joint Pain No More: How to Effectively Eliminate Pain and ease  
your Aches! (Pain Management, Muscle Pain, sports injury) Hip Flexor Pain: The Ultimate Guide to  
Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor,  
hip pain relief, hip joint pain, hips) 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back, Neck,  
and Shoulder Pain Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and  
Avoid Back Surgery 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain

[Dmca](#)