

# TREATING CARPAL TUNNEL WITHOUT SURGERY



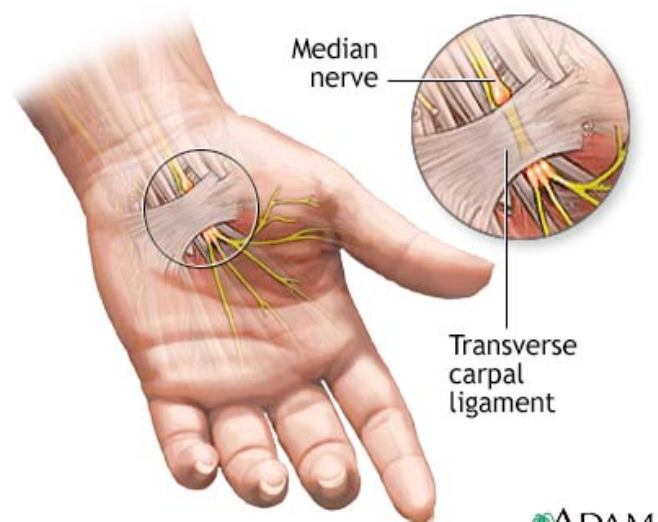
David Priest and Nancy Sinchak

**N**umbness, tingling, weakness in grip, and pain in your hands, wrists, and/or fingers are some of the symptoms of Carpal Tunnel Syndrome (CTS). Many people ignore them, but attending to these early warning signs can lead to a speedy recovery and prevent irreversible nerve damage.

“Consider these symptoms your ‘check engine’ light,” says David Priest, co-owner of West Hartford Massage Clinic. “This is the optimal time to come in for treatment. Your hands are important in everything you do. It is best not to wait for the problem to get worse, which can lengthen treatment time.”

CTS is considered to be a Repetitive Stress Injury (RSI), caused by repeatedly making the same movements with your hands. Working on a computer, is the most common cause of CTS.

## What Is Carpal Tunnel Syndrome?



Carpal Tunnel Syndrome is defined as compression of the median nerve at the wrist.

“Carpal” refers to the wrist bones, and “tunnel” refers to the small area at the base of the hand that nerves, muscles and tendons squeeze through. These nerves, muscles and tendons control hand, finger and wrist movement. It’s a tight fit, and if there’s inflammation, the median nerve can be compressed.

Conventional medicine usually treats CTS symptoms with drugs (anti-inflammatories, muscle relaxants, and cortisone shots) and surgery. However, neither addresses the underlying cause of the problem.

### Surgery Can Be Avoided

Alternative therapies treat CTS with some stunning results.

“First we find the cause of the symptoms,” says Nancy. “We do this by examining the entire path of the Brachial Plexus, which passes down the neck, through the shoulder joint, and down the arm to the fingers. The median nerve is part of this large nerve plexus, but the symptoms could be caused by problems in the neck or shoulder – not the wrist.” CTS surgery is wasted on patients whose problem originates above the elbow.

### A Success Story

“A client was diagnosed by a neurologist as having CTS,” says David. The neurologist recommended surgery, but the client wanted to avoid surgery and was referred to us instead. We determined there was no occupational reason for CTS. The client’s neck was extremely compressed. Although she had CTS, the problem was coming from her neck, not her wrist or forearm. After several sessions of releasing the muscles and decompressing her neck, along with home exercises, her symptoms improved. This is an example of someone experiencing CTS symptoms that weren’t coming from the wrist or elbow area. Nerve impingement can happen anywhere along the Brachial Plexus, from the neck to the shoulder to the elbow to the wrist.”

“We’ve had tremendous results using Neuro-Kinetic Therapy, (NKT)” says David. “In the case of CTS, the muscles in the front of the forearm (flexors) become overly contracted and tight, weakening the muscles in the back of the forearm (extensors). NKT helps the extensor muscles become stronger and the flexor muscles become relaxed, alleviating pain and symptoms of CTS. With minimum maintenance

the results can be permanent.”

West Hartford Massage Clinic complements Neuro-Kinetic Therapy with a variety of additional modalities, including Swedish massage, Deep Tissue, Reiki, Reflexology, Craniosacral Therapy and Lypossage/non-surgical body contouring. Recommendations for self-care are outlined for each client, and can include ergonomic workplace modifications, splints, and specific exercises and stretches for the hands and forearms. The specific mix of modalities and treatments is customized for each client’s needs.

### Excerpts of a Thank You Note:

Dear David:

*I had pain in right arm below my elbow. When it became apparent it wasn't going to go away by itself, I made an appointment with my doctor, who diagnosed it as tennis elbow and prescribed 14 physical therapy sessions over a period of 2 months. There was no change. The company nurse suggested the issue might be caused by how I use computer. Some changes were made to my work area, and to the way I used the computer mouse.*

*There was no improvement in my condition.*

*I went to an orthopedic specialist who gave me a cortisone shot.*

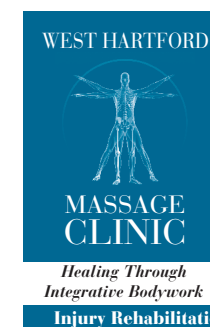
*I experienced no relief.*

*I got a second cortisone shot, which relieved the pain, but it returned 2 months later.*

*My doctor put me on Vioxx for 5 weeks and said if it didn't help I should go back to the orthopedic specialist.*

*I had a third shot of cortisone – that was the last cortisone shot I could get – and I was pain free for 2 months. Then the pain returned and developed in the other arm.*

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# CARPAL TUNNEL

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*Feeling rather desperate, I came to see you.*

*After my first session, which included Neuro-Kinetic Therapy, and myofascial release, I experienced about a 30% improvement. In subsequent visits, you also worked on my neck which you discovered was contributing to the problems. At home, I commenced the daily practices of releasing the muscles and doing the strengthening exercises that you taught me.*

*After 10 sessions I am pain free, and I know what to do if I engage in an activity (like lifting something heavy) that causes the pain to return. It is amazing to me that after almost 2 years I am now pain free.*

*Thank you.*

*Diane M.*

David Priest and Nancy Sinchak, owners of West Hartford Massage Clinic, specialize in injury rehabilitation and have been treating carpal tunnel syndrome successfully without surgery for more than 10 years. To reach David or Nancy please call 860-756-5560