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And**

Too much typing,
guitar playing, or
gardening? Stiff neck,
tingling fingers, sore
upper arms, or all
three? However you
developed your

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repetitive strain injury and whatever your upper-body symptoms (or if you're smart and you'd like to prevent such problems), there are multiple stretches in Conquering Carpal Tunnel Syndrome to suit your needs. The book is arranged to help users develop a personalized stretching program with more than 40 stretches for the upper body, forearms, wrists,

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fingers ...

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...

Carpal tunnel

syndrome causes pain,

tingling, and numbness

in your hand from

pressure on the

median nerve in your

wrist. Learn more

about the symptoms,

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causes, diagnosis,
treatment,

complications ...

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**Symptoms, Causes,
Diagnosis ...**

Exercises For Carpal
Tunnel Syndrome.

Studies show that
nerve gliding exercises
can reduce the

pressure in the carpal
tunnel 9. These types
of exercises get the
median nerve and the

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tendons that run
through the carpal
tunnel to move back
and forth, reducing
pressure and
improving blood flow
10.
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**Overcoming Carpal
Tunnel Syndrome |
Michael Curtis PT**

Carpal tunnel
syndrome is caused by
pressure on the
median nerve. The
carpal tunnel is a
narrow passageway

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surrounded by bones and ligaments on the palm side of your hand. When the median nerve is compressed, the symptoms can include numbness, tingling and weakness in the hand and arm.

Carpal tunnel syndrome - Symptoms and causes - Mayo Clinic

In some instances, carpal tunnel syndrome type of

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symptoms can be

associated with

Myofascial Pain

Syndrome, a condition

associated with the

presence of trigger

points, or more

commonly known as

muscle knots.

How to Deal With

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Syndrome: 12 Steps

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...
If your fingers tingle or
get numb, you have
carpal tunnel

syndrome. Two-Point
Discrimination Test.

This means you can tell
if two objects touching
your skin are two
distinct points instead
of ...

Carpal Tunnel

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Syndrome Test &

Diagnosis: How To

Tell If ...

Conquer the Pain and

Numbness of Carpal

Tunnel Syndrome It's

an unfortunate medical

fact that women are

more likely than men

to suffer from carpal

tunnel syndrome - 3

times more likely, in

fact. But we need not

despair: There's a lot

that can be done to

alleviate the

numbness, tingling,

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pain, and pressure that
accompany this
condition ...

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Reviews (2) Printer

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...

Conquering Carpal
Tunnel Syndrome is
the ultimate self care
guide for all upper
body repetitive strain
injuries.

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Medical

Carpal tunnel syndrome symptoms usually occur while holding a phone or a newspaper or gripping a steering wheel. They also tend to occur at night and may wake you during the night, or

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published. The book details information about all of the upper body repetitive strain injuries, appropriate stretches and exercises, self awareness techniques and ergonomics information.

Sharon Butler: My Story -

selfcare4rsi.com

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Tunnel Syndrome. by

Julie Sparlin | May 1,

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1996 For many people, the onset of carpal tunnel syndrome (CTS) has meant constant hand pain and reduced range of motion.

Numbness and tingling in the thumb, index, and middle fingers, dropping things because of sharp pain in the wrist associated with gripping something tightly, and ...

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**Tunnel Syndrome -
Wellness - NAILS
Magazine**

Carpal tunnel syndrome (CTS) is a medical condition due to compression of the median nerve as it travels through the wrist at the carpal tunnel. The main symptoms are pain, numbness and tingling in the thumb, index finger, middle finger and the thumb side of the ring finger.

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Symptoms typically start gradually and

during the night. Pain may extend up the arm.

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