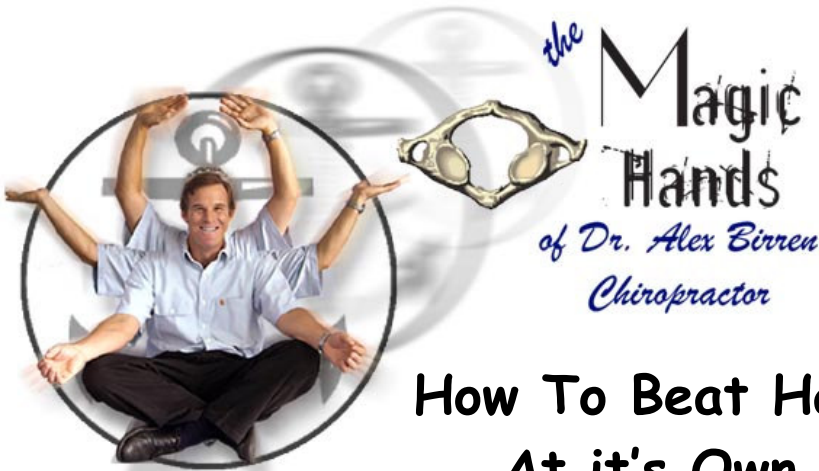


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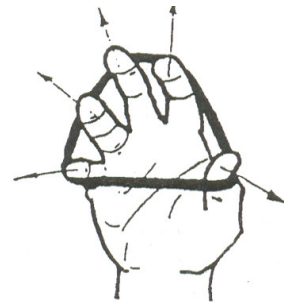


How To Beat Hand & Wrist Pain At it's Own Game

Carpal tunnel syndrome (hand & wrist pain) is said to be a repetitive stress injury. It usually develops slowly over time. The repetitive contraction and relaxation of the arm muscles ...and... continuous hand and finger movements can irritate the nerves, tendons, and the muscles in the arms, wrists, and hands.

The "carpal tunnel" is a small canal inside of your wrist. The top part is formed by the wrist bones, and the bottom is formed by a ligament. Think of it this way: The wrist bones are near the top of your hand. If you turn your hand over, imagine a piece of nylon tape running across your wrist. Your nerves, arteries, veins, and tendons run through this "tunnel". You may have carpal tunnel syndrome if you experience any of the following symptoms:

Tingling hands or fingers
Weakness in your hands
Numbness and/or Swelling
Neck tension
Pain at night
Hand Clumsiness



The best home remedy I've found for carpal syndrome is to take a 1/4 inch thick rubber band and stretch it over the tips of your fingers. Then open your hand against the resistance of the rubber band 20 times. Repeat this procedure (with both hands) twice daily. Most of my patients do this while they drive to work, and again when they drive home after work. If you think about it, almost all of your hand motions involve grasping or pulling. We rarely extend our fingers...especially against resistance. So, this home remedy makes sense. You can expect to get relief of hand & wrist pain in about two weeks if you do this exercise (faithfully) twice daily.

If this simple home remedy is not working you need to call Dr. Alex's office now at **(951) 549-6808** to quickly schedule A **FREE** "Pain Severity Consultation". The nerves from your neck are the nerves that run down your arms and eventually go through the Carpal Tunnel. Irritation of these nerves anywhere along their course can cause symptoms at the wrist. Anyone suffering from Carpal Tunnel syndrome should see a Chiropractor to ensure that their spinal column is free from nerve pressure between the arms and wrists and the nerves in the neck.