

## Can you help my Carpel Tunnel Syndrome?

Pain, pins & needles, grating, numbness in the hand, wrist, forearm are common complaints of carpal tunnel syndrome. This condition is very treatable provided that special attention is applied to the segments that support the nerve roots for the median nerve.

Physically massaging, icing, resting this condition will often be sufficient therapy along with removal or modification of the cause. In cases which have not responded, correcting nerve flow in the cervical and upper thoracic spine while working with the brachial plexus has prevented numerous patients from surgery.