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# 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

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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.

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