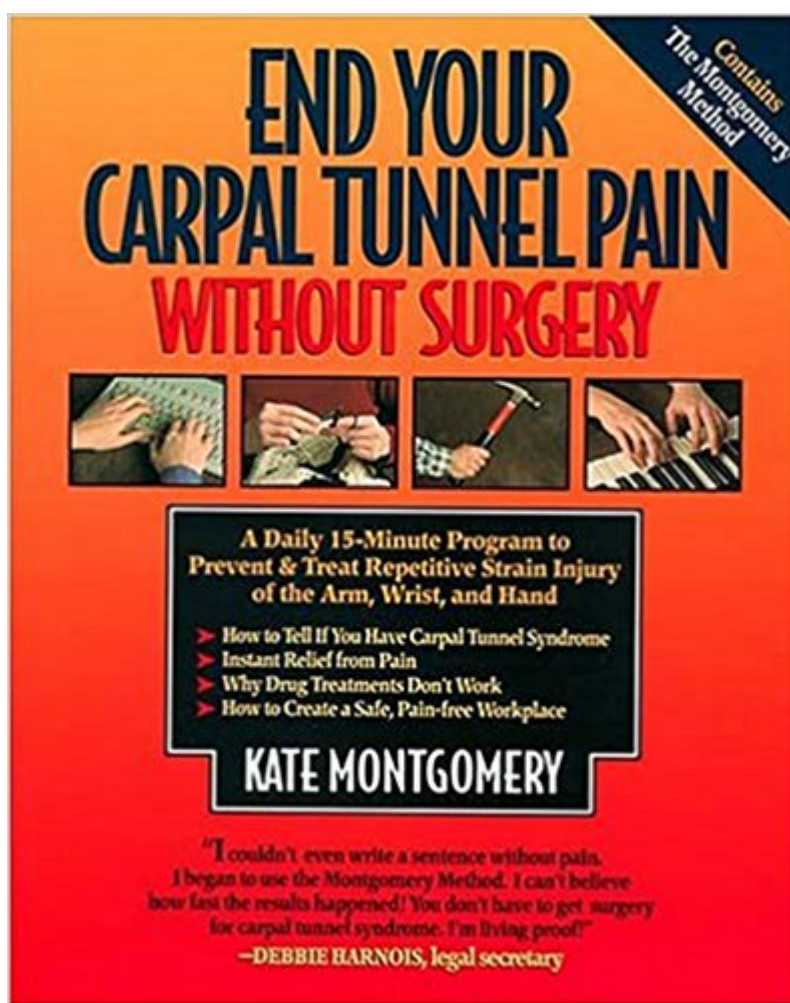


The book was found

End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program To Prevent & Treat Repetitive Strain Injury Of The Arm, Wrist, And Hand



Synopsis

This helpful guide tells how to prevent and treat Carpal Tunnel Syndrome in just fifteen minutes a day. This proven twelve-step routine of adjustments, stretches, and exercises can eliminate CTS pain without surgery. Illustrated and indexed.

Book Information

Paperback: 160 pages

Publisher: Thomas Nelson; 1 edition (March 1, 1998)

Language: English

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Product Dimensions: 9.2 x 7.4 x 0.4 inches

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Average Customer Review: 4.2 out of 5 stars 32 customer reviews

Best Sellers Rank: #1,078,153 in Books (See Top 100 in Books) #12 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury](#) #330 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts](#) #413 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#)

Customer Reviews

I followed this plan and literally within about a week my Carpal Tunnel pain was almost entirely eliminated. One key to keep in mind; once you get better, you need to continue with the stretching exercises, etc. After I got much better (to the point that I hardly knew I had it), I became lax and ended up back to where I started. I'm back doing what Kate Montgomery states in her book and am already much better after only a few days. If you suffer from Carpal Tunnel, buy this book and FOLLOW the exercises you will most likely experience substantial relief. Her plan really works !

My mom and grandma had carpal tunnel pain so I thought I was doomed. When my pain started a few years ago, I repeatedly borrowed this from my library until my carpal tunnel problem was solved! Since then I have used what I remembered only on an as-needed basis with excellent results. So finally I decided to get my own copy. This book is very comprehensive in addressing carpal tunnel pain from a variety of sources. I feel confident that many people of varying circumstances will find it to be as useful as I have.

Kate Montgomery does a fantastic job of explaining how to lessen and control your carpal tunnel pain. The illustrations and explanations are so clear and easy to understand. A local library has a DVD she did to explain it. That is helpful also but the book is better. Another reviewer said she should do books on knee, ankle and back pain. I second that!

Not what I expected

It's interesting although a bit too medical for me. I did enjoy reading it and am happy to do the exercises. Book was in excellent condition. Thank you.

Excellent book! I use it to manage my tendinitis pain. to be successful with it you have to be willing to make it a part of your daily routine.

Great all around book! Has other helpful stretches and exercises. Very much worth buying!

Well-organized and presented study on muscle and joint problems. Clear drawings and explanations. The book arrived in very good condition.

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End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand Rsi: Repetitive Strain Injury : Repetitive Strain Injury, Carpal Tunnel Syndrome and Other Office Numbers (Thorsons Health) The Carpal Tunnel Helpbook: Self-Healing Alternatives for Carpal Tunnel and Other Repetitive Strain Injuries Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook) Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain [Paperback] [2012] (Author) Valerie DeLaune LAc, Renee Principe NCTMB Dr. Pascarelli's Complete Guide to Repetitive Strain Injury: What You Need to Know About RSI and Carpal Tunnel Syndrome Conquering Carpal Tunnel Syndrome and Other Repetitive Strain Injuries: A Self-Care Program Carpal Tunnel Symptoms and Treatments: All about Carpal Tunnel Syndrome Causes, Diagnosing, Symptoms, Signs, Non-Surgical and Surgical Treatments, Alt End Your Carpal Tunnel Pain without Surgery, Second Edition Don't Touch That Keyboard! until you've read this book: How to Prevent Repetitive Strain Injury Fibromyalgia, Chronic Fatigue Syndrome, and Repetitive Strain Injury: Current Concepts in Diagnosis, Management, Disability, and Health Economics (Journal of Skeletal

Pain, Vol 3, No 2) Carpal Tunnel Syndrome and Repetitive Stress Injuries: The Comprehensive Guide to Prevention, Treatment, and Recovery ISO 13753:1998, Mechanical vibration and shock - Hand-arm vibration - Method for measuring the vibration transmissibility of resilient materials when loaded by the hand-arm system The Repetitive Strain Injury Handbook: An 8-Step Recovery and Prevention Plan Repetitive Strain Injury: A Computer User's Guide The Repetitive Strain Injury Recovery Book The Repetitive Strain Injury Sourcebook OSHA Repetitive Strain Injury 101 Questions and Answers about Carpal Tunnel Syndrome: What It Is, How to Prevent It, and Where to Turn for Treatment Release Your Pain: Resolving Repetitive Strain Injuries with Active Release Techniques

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