



Get "RELIEF" From CARPAL TUNNEL SYNDROME!!

Start off the new year...
WITHOUT PAIN!

So What is Carpal Tunnel Syndrome?

Let's start with what it's NOT! It is **not a condition that only affects your wrist and hands**. In fact, a **medical study of 1,000 cases showed that 90% of carpal tunnel symptoms actually start in the neck!**

That's why hand surgery and other treatments directed only at the wrist often don't work.

Double Trouble... With No Time to Waste!!

Your median nerve contributes to the movement of your hands. This key nerve runs from your neck, down your arm and through your wrist bones, or carpal bones.

The eight carpal bones form a tunnel at the wrist. **Repetitive use of your fingers and wrists can create inflammation in that narrow tunnel.** But that's just part of the problem...

Initially, your median nerve can be compressed at the neck, possibly due to a whiplash, spinal misalignment or disc disease. The secondary stress on your median nerve at the wrist is called a "double crush."

Chiropractic adjustments remove nerve pressure at the source, which helps to reduce tissue irritation and inflammation from your neck to your wrist!

Call us before you consider surgery!! Why "cut it" when we can "correct it"!

Pay close attention to the tingling, pain or numbness in your fingers, hands, wrists or arms. Those are signs of nerve compression. If you wake up at night with a pins-and-needles sensation, you could have carpal tunnel syndrome.

When ignored, you risk developing lasting nerve damage and potentially, losing the full use of your hands!

Eventually, wrist pain and loss of grip strength affect everyday tasks like computer use, housework, meal preparation, gardening or even buttoning your shirt.

Discover how Chiropractic care can help you restore your ability to work, enjoy your hobbies and do your daily activities without pain!



Inside... Find out if you're at risk!



You Don't Have to Stop DOING WHAT YOU LOVE!



According to the *National Institutes of Health (NIH)*, "The average lifetime cost of carpal tunnel syndrome, including medical bills and lost time from work, is estimated to be about \$30,000. Occasionally, the wrist loses strength because the carpal ligament is cut. Some patients may need to change jobs after recovery from surgery."

We help correct the cause of what's wrong so you can enjoy a full active life without giving up the things you love to do!! The goal of chiropractic is to restore spinal joint motion and function—*naturally!*

As previously mentioned, altered spinal movements can create neck strain which can, in turn, cause or aggravate carpal tunnel syndrome. **Wrist surgery won't address your neck problem!**

Sometimes carpal tunnel syndrome has nothing to do with your work, your neck or how you use your hands!

Anatomy of the Carpal Tunnel



Genetics or systemic diseases, such as diabetes, high-salt diets, obesity and pregnancy, can cause water retention and swelling, which can contribute to compression of the median nerve.

Regardless of the cause of your pain or discomfort, **our holistic approach can help reduce inflammation and enhance your overall health and mobility.**

UP TO 50% OF "CARPAL TUNNEL SYNDROME" IS IN BOTH HANDS!

If you have arthritis in your neck, have had a whiplash or any other neck problem and engage in activity that involves the repetitive use of your fingers, hands and wrists—you'll benefit from chiropractic spinal care!

We can help *prevent* problems from progressing and halt the damage before it's too late. Without proper care, the muscles at the base of your thumb may waste away. You could also lose the feeling in your hand(s)!

Why risk chronic pain, disability and costly medical bills when chiropractic care is a safe, affordable and natural approach that gets results!

SCHEDULE YOUR SPINAL EXAM TODAY!

Don't Let Your New Year's Resolutions



"FIZZLE OUT" by February!

Four out of five people who make New Year's resolutions will eventually break them, according to Franklin Covey; a global leader in "Effectiveness Training."

In fact, after polling more than 15,000 people, their annual "New Year's Resolutions Survey" found that **a third of all resolutions won't make it to the end of January!**

Last year's top resolutions were the old standbys: **improve financially, lose weight and develop healthier habits.** This year is expected to mirror the same.

The truth is, you don't need a long list of resolutions to

get healthier. Resolving to become a regular Chiropractic patient this year can help you develop healthier habits and, in turn, can improve your finances, too!

Resolve to Take ONE Easy, Important Step... CALL US TODAY!

Chiropractic offers many health benefits like...

- **NATURAL** pain relief
- **BETTER** posture
- **IMPROVED** health
- **MORE** energy
- **IMPROVED** circulation
- **RESTORED** joint motion

Chiropractic can help you save money, too! You can:

- **SAVE MONEY** with less dependence on costly tests, medications and hospitalization
- **EARN MORE** when you have fewer sick days
- **GET BACK** to work faster after an injury

Make your appointment

Today!

SYMPTOMS of Carpal Tunnel Syndrome

Be aware of symptoms in your neck, shoulder, elbow, wrist, palm of your hand, thumb, index and middle fingers:

- LOSS OF GRIP STRENGTH
- TINGLING
- PINS-AND-NEEDLES
- PAIN
- LOSS OF SENSATION



By Sarah Tereau

"I Don't Know Why I Waited So Long!"

I had originally injured my back as a nursing assistant. After two years of physical therapy without getting results, I finally turned to Chiropractic care. I don't know why I waited so long!

I was terrified before my first appointment. I even made my husband go with me and hold my hand! But honestly, **my Chiropractor made me feel so comfortable that after a few minutes, I felt as if a weight had**

been lifted off my shoulders. By the end of my treatment program, not only did they get rid of my back pain...my headaches are also gone!

Because of my doctor's advice and care, I am now "working out" five days a week and I am actually running! That's something I never dreamed I would do again.

The staff is very personable and even my kids like being there. **Thanks to Chiropractic care I feel relief, have hope for the future, and have my life back! ❖**

"HIGH RISK" professions

for Carpal Tunnel Syndrome

- Artists • Auto Mechanics
- Carpenters • Chefs
- Computer Operators • Dentists
- Factory Workers
- Hairstylists • Meat Cutters
- Massage Therapists
- Musicians • Painters
- Surgeons