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CARPAL TUNNEL SYNDROME...

Please don't have surgery until you read this report on chiropractic and wrist pain. Chiropractic offers a safe and natural alternative to surgery and has helped millions nationally recover from carpal tunnel syndrome and wrist pain.

Dear Friend:

I want to first thank you for taking the time to read my report. Since you are I assume that you are tired of living with the pain, weakness, numbness and tingling in your wrists and hands. That you would like to sleep through the night again without being awoken several times each night from pain. If you are not fond of the idea of taking drugs for the rest of your life and don't look forward to someone cutting on your wrists then this is for you and you'll want to read every page.

Usually at this point most people begin to think, if not surgery or drugs what else is there? They have been brain washed into thinking these are there only options. I want you to know that first of all there are options and more importantly there is hope so let's get started.

Carpal Tunnel Syndrome Can Be Devastating...

I have seen people who have suffered more than pain because of their carpal tunnel problem. Some have lost their jobs, some have become disabled, others have tried surgery or physical therapy and had some relief but never had a complete elimination of their symptoms. Many of these people went to multiple health care professionals, specialists, physical or occupational therapists, surgeons etc. yet their pain remained.

This bothered me and I spent hours studying so that I could find out why and this is what I discovered.

In Most Cases The Pain and Numbness Is Coming From More Than One Place. Carpal Tunnel Syndrome Is Usually More Than Compressed Nerves In Your Wrist!

By the time people come to see me they have usually already been seen and treated by a couple of medical doctors or surgeons, have tried some type of therapy yet still have the pain and they are frustrated. When you rely on your primary care physician or your family medical doctor to offer solutions to your musculoskeletal problems you are likely to get little useful advice. In fact I have noticed that most of the time the M.D. simply prescribes an anti-inflammatory or pain medication and recommends wearing a splint while you sleep and perhaps work. Sometimes a course of physical or occupational therapy is recommended and time passes...

...Then more doctor visits, more medication, more therapy and more time passes while the wrist is in a splint 24/7 because you have pain all the time and the problem gets worse!

Splinting Any Part Of Your Body Will Lead To a Loss of Joint Motion Over Time. Long Term Local Inflammation Leads To Adhesions and Scar Tissue.

Sadly enough the pain and loss of function frequently leads to an inability to work, use the computer, write, play an instrument, enjoy a hobby or even do something as simple as hold a cup of coffee securely. I have seen patients who had been experiencing pain and numbness so long they had lost their job and become depressed only coming to see me as their "last resort".

Let me say here that...

...Tylenol, Motrin or Aspirin Deficiency Does Not Lead to The Development of Carpal Tunnel Syndrome!

Carpal Tunnel Syndrome results when there is inflammation or pressure on the Median nerve as it passes through the wrist. The carpal tunnel is a small canal or tunnel near the base of the palm of your hand. The nerve is surrounded by bones, tendons and a thick ligament. Many believe that constant repetitive use of the hand causes the problem. This is referred to as repetitive or accumulative trauma disorders. Whether doing repetitive work (like using a keyboard) actually causes carpal tunnel or whether it just aggravates the symptoms once you have it is still debatable. Injuries such as a broken wrist or dislocated hand bones can damage or harm the delicate nerve. Medical conditions such as arthritis and thyroid problems can sometime affect the nutrition of the median nerve. CTS has many causes. Anything which irritates the median nerve in the wrist can cause CTS symptoms. You may have heard the terms repetitive motion injury or cumulative trauma disorder; these apply to CTS. Overuse, improper use, or both of the hand and wrist may irritate and inflame the median nerve. People who type (computer or typewriter), grasp (store check out counter, painters, plumbers, electricians, carpenters, dentists, dental hygienists, etc...), lift, or do anything with their hands are susceptible to this problem.

CTS may start with just a slight, occasional tingling in the fingers. The tingling may progress to numbness and pain of your wrist and hand. Ultimately, loss of gripping and grasping ability with severe pain radiating to the neck may occur. Elbow and shoulder pain may also occur.

A Complete Examination Is Necessary To Discover The True Source of the Problem...

A proper history and examination must be performed to properly diagnose CTS. The doctor should ask about your work habits and what causes the pain. The examination should include the taking of vital signs, reflexes, muscle strength, range of motion of your neck, shoulder, elbow, hand, wrist, and fingers, and other orthopedic tests. Other tests may include X-rays of the wrist and sometimes of the neck and occasionally nerve tests. The doctor must differentiate CTS from disorders like sprains and strains of the wrist, fractures, pinched nerves in the neck, ganglion cysts, and possibly ulnar neuropathy (another nerve going through the wrist to the fourth and fifth fingers).

Many times it is the compression or irritation of the median nerve roots in the neck that are overlooked and this is why the pain never completely goes away.

Chiropractic Treatment of the Problem is Different...

Chiropractic care addresses the crux of the problem- the nerve irritation. Including the nerve compression the many times remains undiscovered by other health specialists and therapists. By properly aligning and restoring the function of the joints of the wrist, elbow, shoulder, and neck, chiropractic care treats the cause of the nerve irritation. Quite often treatment of the neck, shoulder, and elbow are forgotten. The chiropractic treatment of these other areas as well as the wrist is critical to proper care. All of the nerves that go into the shoulder, arm, forearm, hand, and fingers come from the neck. Improper function and misalignment of the joints in the neck will cause irritation, "pinching" to these nerves.

Chiropractors use what is called an "adjustment" or manipulation to the joints to properly realign them. You may hear a pop sound when you receive an adjustment. This is just the release of gas (carbon dioxide, nitrogen) from the joint as if you popped the cork off a champagne bottle. This is what takes the pressure off of the nerves and allows them to work correctly.

Treatment may also include physical therapy, electrical muscle stimulation, ultrasound, and traction. Proper rehabilitative exercise, nutritional consultation as well as instructions on how to use your arm and wrist properly at work, are part of complete care. Taking medication to cover up the pain may be fine for the short term, but this does not fix the problem. Surgery should only be considered as a last resort if all else fails.

If Your Doctor Has Never Checked Your Neck You May Not Be Receiving The Proper Care...

Medical Physicians have been trained to diagnose and treat your symptoms so they rarely look deeper than is necessary to determine what drug would best cover the pain and mask your symptoms. This is why they fail to find the hidden cause in many wrist pain and carpal tunnel cases.

Has It Been Recently Getting Worse...

The Pain will usually get worse if you wait too long to get the proper help...

You should make an appointment with me and have the problem properly checked if you currently have the neck, arm, wrist or hand symptoms regardless of who else you've seen or what else you have tried.

Without the proper treatment to correct the root cause, the carpal tunnel syndrome will progress and can result in weakness of the small muscles in the hand.

Carpal tunnel can result in a "blind" hand. In other words you lose the feeling in the thumb, index and middle fingers. This makes it almost impossible to do things by feel. Difficulty feeling buttons to button, holding nuts and bolts where you can't see them are frequent complaints and may be irreversible.

"Will My Insurance Cover Chiropractic Care?"

Insurance can be a life saver or a junk yard dog. Some insurance companies cover chiropractic care and some only cover it partially. Insurance's that don't cover chiropractic usually don't cover anything natural, like chiropractic, therapeutic exercise, nutritional advice and supplements, massage therapy, homeopathy, or any kind of natural health care. They usually cover only those items that perpetuate symptom treatment and surgery. The health care machine runs on drug sales and very expensive surgical procedures.

All that is well and good you might say, "but my insurance still doesn't pay for chiropractic care. How can I afford to come in?"

Let me first say that all people judge the value of anything by how much we desire or need it. If you want a newer bigger house bad enough you will pay the extra money each month to have it. You will pay \$10.00 a gallon more for a designer paint if you believe it's better than the ordinary brand. You will pay anything for a set of golf clubs that promise to give you more power and greater accuracy.

I believe in making treatment affordable and I'll work out a payment plans so that every patient who needs and wants care can afford it.

But listen, this isn't the reason I wrote this report or offered it to the community. My intention is to first discover if your particular problem will benefit from the care I can provide. After I find out what's causing your pain, I will discuss your treatment options with you and the choice is yours. I will not try to make this important decision for you.

I Want to Leave You With Some Good News...

Most of the Patient's That I Accept for Care See Improvement of Complete Resolution of Their Carpal Tunnel Problems In 5-8 Weeks.

Dr. David Bohn, Director
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Route 28, Ridgeley, WV

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Well, that's about it. I hope you have learned something from this report. I also hope that I have enabled you to make good, educated decisions about your health.

Here's What Some of my Previous Patients Have Said...

"I've never had Chiropractic Care before, but since I've had it personally, all I can say is "What took me so long to have this treatment!" - John Zehala

"Dr. Bohn is very friendly and gentle" - Carol Abernathy

"Friendly service, concern for patients' health, very real, not obligated, and I obtained the treatment I needed" - Ben Flanagan

I appreciate the time you have spent reading this report and wish you only the best in health and wellness!

Sincerely,

Dr. David A. Bohn

Thank You!