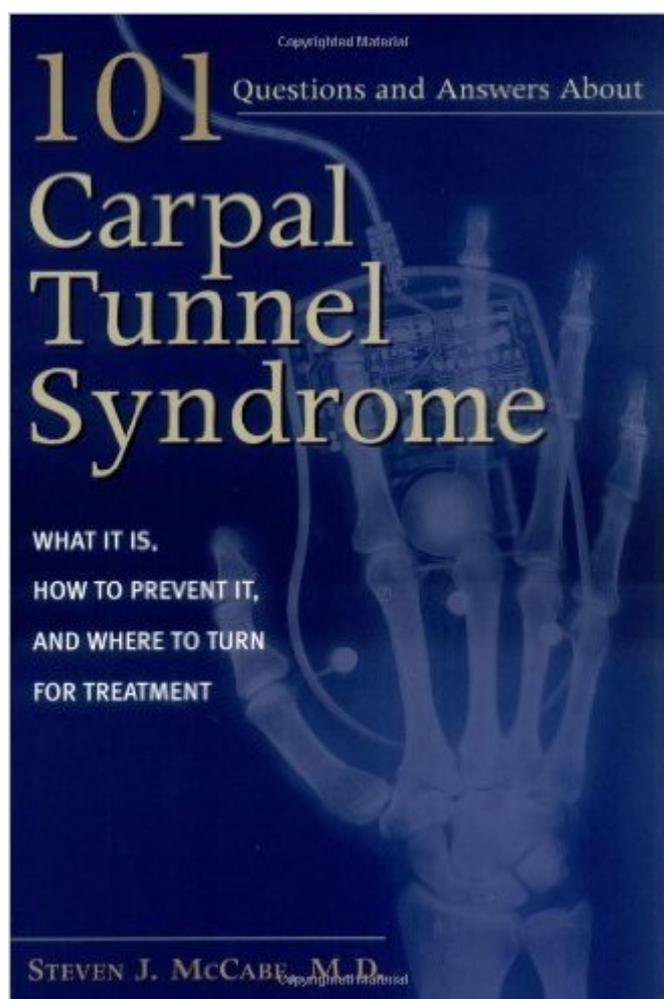


The book was found

# 101 Questions And Answers About Carpal Tunnel Syndrome: What It Is, How To Prevent It, And Where To Turn For Treatment



## Synopsis

The number of people afflicted with carpal tunnel syndrome has grown in recent years. A medical condition in which the median nerve becomes "pinched" in the carpal tunnel, the condition causes sufferers considerable pain and/or numbness in the hands and wrists. Widely recognized for the past 15 years, this is not a new condition; in fact, it was clearly defined more than 100 years ago. In this reader-friendly book, you will find the answers to 101 of the most frequently asked questions about carpal tunnel syndrome. *101 Questions and Answers about Carpal Tunnel Syndrome* explains in plain English the causes and treatments, and offers practical advice for preventing this common problem.

## Book Information

File Size: 2038 KB

Print Length: 160 pages

Simultaneous Device Usage: Up to 4 simultaneous devices, per publisher limits

Publisher: McGraw-Hill Education; 1 edition (April 19, 2002)

Publication Date: April 19, 2002

Sold by:Â Digital Services LLC

Language: English

ASIN: B000SBIC3I

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #2,156,148 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #46

inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury

#572 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments

> Musculoskeletal Diseases #1414 inÂ Books > Health, Fitness & Dieting > Diseases & Physical

Ailments > Musculoskeletal Diseases

## Customer Reviews

I bought this book when I found out that Dr. McCabe, with whom I had made an appointment for carpal tunnel treatment, had written a book on the topic. It was very thorough. The technical parts were written to be quite easy to understand. I appreciated the hand exercises which were included.

There were also open-minded discussions of the possible pros and cons of non medical alternatives to carpal tunnel treatment, with patient feed back on some of them. As for me, I had tried many of the alternatives, B6, pilates, exercises from the book Conquering Carpal Tunnel Syndrome, over the counter medication for pain, hand braces and even learning to use my left hand to do the extensive note taking required in my job as a speech pathologist. These methods provided some relief for over a year, but never made the problem go away. When I met Dr. McCabe my daughter was with me while he did his examination and asked extensive questions. She commented later, "He seems like a poster boy for how medical practice should be done." My overall impression is that this book was written with the spirit of truly trying to help others through his expertise in this field. So far my treatment has been an injection which seems to be working well. I have met one lady who chose surgery over an injection because she is needle phobic. For those like her I wanted to say that the injection was like a mild pin prick (though this may depend on the surgeon - I don't know) that I believe would not even have brought a tear to most children. The "pain" was gone in seconds and I have experienced no side effects. You can drive home easily after an injection.

[Download to continue reading...](#)

101 Questions and Answers about Carpal Tunnel Syndrome: What It Is, How to Prevent It, and Where to Turn for Treatment  
The Natural Treatment of Carpal Tunnel Syndrome (Keats Good Health Guides)  
End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand  
Dr. Pascarelli's Complete Guide to Repetitive Strain Injury: What You Need to Know About RSI and Carpal Tunnel Syndrome  
Rsi: Repetitive Strain Injury : Repetitive Strain Injury, Carpal Tunnel Syndrome and Other Office Numbers (Thorsons Health)  
Everything You Need To Know To Relieve Carpal Tunnel Syndrome And Wrist Pain  
It's Not Carpal Tunnel Syndrome!: RSI Theory and Therapy for Computer Professionals  
Carpal Tunnel Syndrome: A Guide to Daily Activities  
100 Questions & Answers About Lung Cancer (100 Questions and Answers)  
Questions and Answers: Remedies (Questions & Answers)  
The Muhammad Ali Parkinson Center  
100 Questions & Answers About Parkinson Disease (100 Questions & Answers)  
Kidney Stones: How To Treat Kidney Stones: How To Prevent Kidney Stones (Kidney Stone Treatment & Prevention Guide With All Natural & Medical Solutions To Remedy Pain Or Prevent In The First Place)  
The Gluten-Free Vegetable Spiralizer Cookbook: 101 Gluten-Free Recipes That Turn Vegetables Into Deliciously Satisfying Meals Using Paderno, Veggetti, ... & Brieftons Spiralizers! (Spiralizers 101)  
Making Sense of IBS: A Physician Answers Your Questions about Irritable Bowel Syndrome (A Johns Hopkins Press Health Book)  
Trivia Madness: 1000 Fun Trivia Questions (Trivia Quiz Questions and Answers) (Volume 1)  
Short

Questions & Answers in Oral Medicine & Oral Pathology: Short Questions form the basis in  
Assessment of Knowledge in VIVA and Competitive ... for any undergraduate student of Dentistry  
The IBS Diet: Overcome Irritable Bowel Syndrome With the Low FODMAP Diet (Food Allergies and  
Intolerances) (Irritable Bowel Syndrome Treatment Book 1) Self-help Treatment for Chronic Fatigue  
Syndrome, M.E, Fibromyalgia and Adrenal Fatigue: The Sensitive's Solution: FREE Support Group  
(Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue) Does Anything Eat Wasps?: And  
101 Other Unsettling, Witty Answers to Questions You Never Thought You Wanted to Ask 10,000  
Steps: Walking for Weight Loss, Walking for Health: A Turn by Turn Roadmap (Weight Loss Series)

[Dmca](#)