

## What you need to know about Carpal Tunnel Syndrome

### and Other Disorders of the Neck, Shoulder, Elbow, Wrist and Hands

*"It is my mission to empower patients with knowledge and care so that they can enjoy a higher quality of life." – Dr. Milo Wilcox*

You are about to discover a non-invasive breakthrough in the diagnosis and treatment of Carpal Tunnel Syndrome (CTS). In this report, you will learn of several MISSING CONTRIBUTING FACTORS to the causes of Carpal Tunnel Syndrome symptoms commonly missed in many other kinds of treatments.

**WE UNDERSTAND** your pain, fear, frustration, disappointments, doubts, disillusionment and loss of enjoyment and limitations in your life. We have seen many other people suffering with the agonizing symptoms in their arms and hands. Haven't you noticed that people who have never had serious hand and arm pain just don't understand how much you are suffering?

**ARE YOU SKEPTICAL?** Would you like to return to pain-free living without having to resort to wearing wrist supports, taking drugs with serious side effects, getting painful deep tissue techniques, painful injections or surgery? Are you afraid that surgery is your only option? Are you reluctant and fearful of surgery because you have talked with several other people who had CTS surgery and still had the same symptoms as pre-surgery? Are you waiting to get treatment, because you are confused, uncertain, and fearful about what to do? If you answered "yes", then you must read this entire report because it was written for you, the skeptical carpal tunnel syndrome victim.

**ARE YOU WORRIED ABOUT THE QUALITY OF YOUR FUTURE?** Some people are forced to quit their jobs because of CTS related problems. Some business owners have lost their business

because of this LIFE-ALTERING CONDITION. Other people must give up playing musical instruments, riding their motorcycle, gardening, sewing, playing golf, tennis, etc. Do you have to work with a wrist splint and or go to bed with a wrist splint? Do your symptoms wake you up at night preventing a restful sleep? If so, aren't you tired of it? Keep reading if you want to change your life.

**WARNING SIGNS OF CTS:** Hand pain, numbness, tingling, burning sensations, hand weakness, night pain, wrist swelling, hand clumsiness, loss of grip, unable to touch thumb and little finger together, neck pain and stiffness. How many of these signs do you experience?

**TRUE CARPAL TUNNEL SYNDROME** results from compression of the median nerve within the carpal tunnel in your wrist. The median nerve originates in your neck and travels under your collar bone into your shoulder and down thru the middle of your elbow into your forearm and into your wrist and hand. Many times, CTS symptoms are a result of "DOUBLE CRUSH SYNDROME" due to pressure on the median nerve in more than one location. There can be pressure on the median nerve in your neck, shoulder, elbow, forearm muscles, and wrist (the carpal tunnel).

**ULNAR AND RADIAL NERVE IMPINGEMENT PLAY A ROLE IN SYMPTOMS OF CTS.** The ulnar nerve starts in your neck and travels down your arm to the inside of your elbow (with your hand palm up) down to your little and ring fingers. It can be very sensitive and painful to touch. The radial nerve travels down your arm on your thumb side to your thumb, index, and middle finger. When the ulnar nerve and radial nerve are irritated in your elbow, they can produce symptoms in your wrist and hand. Sometimes the median nerve in your elbow can be irritated. The median nerve goes to all your fingers and thumb. An indication of nerve irritation is pain to the touch around your elbow and pain with some movements. If you lean on your elbow and it hurts, you probably have nerve impingement syndrome in your elbow. The nerve irritation in your elbow can produce pain in your wrist and hand.

### **WHAT ARE SOME OF THE CAUSES OF THESE CONDITIONS?**

The CTS symptoms are caused by nerve impingement in one or more places starting in your neck and ending up in your wrist and hand. These painful annoying symptoms can be the

result of whiplash injuries from motor vehicle accidents, sleeping on your stomach or hands, bad posture, repetitive movements over time done improperly, such as assembly line work, poor ergonomics, faulty work station component arrangements, falls, awkward hand positions in sports activities such as golf, bowling, tennis, water skiing, motorcycle riding etc. Other causes can include PREGNANCY, high salt diets, diabetes and more.

**HOW DOES PREGNANCY CONTRIBUTE TO CTS?** The extra weight gain causes a lot of forward pressure on the spine and can irritate the nerves in the lower neck and upper back. These are the nerves that travel to the arms and hands. With our computerized PulStar treatment the pressure on the nerves can be gently relieved without the use of drugs.

Most people assume that the causes of your symptoms are all in your wrist. However, many CTS victims have a primary nerve impingement in their neck. Have you every had your neck evaluated by X-ray studies? Often an X-ray view of the neck will reveal disc narrowing (Degenerative Disc Disease, DJD, stenosis, and a loss of normal neck curvature.) This condition frequently develops from a neck injury. Motor accidents and sports injuries are common causes. The process may take up to 20 years to develop. It is especially common in middle age and older patients who develop CTS symptoms.

DJD of the neck is very commonly associated with neck, shoulder, elbow, wrist, thumb and hand symptoms. Getting treatment on the location of your symptoms in your arm may give you some temporary relief. However, to get the maximum improvement you may need chiropractic adjustments of your neck, shoulder, elbow, forearm muscles, wrist, and hand. In addition, you may need to do some home exercises to open-up the degenerated discs in your neck to allow the nerve impulses to pass normally from your spine down to your hands. Sometimes traction of the neck is very helpful.

If you wait on getting appropriate treatment for the root causes of your symptoms, it could take more time to recover and cost you more money in surgeries and other costly procedures. Many insurance plans cover chiropractic treatment. Most importantly, maintaining your wellness is always more affordable than treatments for sickness.

## THREE COMMON TYPES OF ON THE JOB WORK INJURIES

- You can have a **TIME AND PLACE INJURY**. You slip and fall at work landing on your hands, you hurt yourself carrying a heavy object, or you hurt your wrist and arms repeatedly using a wrench.
- You can develop a **CUMULATIVE TRAUMA DISORDER (CTD)**. These injuries occur over time. They are normally the result of repetitive motions such as computer input or assembly line work. The symptoms gradually develop in intensity over time. These types of injuries are also called Repetitive Stress Injuries.
- You can have **AGGRAVATION OF A PRE-EXISTING CONDITION**. For example, you may have had a prior injury that was no longer symptomatic, but it became symptomatic because of your work activities.

**IMITATION CARPAL TUNNEL SYNDROME:** Over the past 30 years I have screened, examined, and treated hundreds of people who thought they had Carpal Tunnel Syndrome, CTS. Some did have real CTS. Many others had symptoms in their hands, but the cause was not in the carpal tunnel. It was above the wrist. In many people their wrist was not painful to palpation (touching or pressing firmly) of the carpal tunnel region. However, palpation of one or both sides of the elbow produced mild to extreme elbow discomfort or pain. Also, one or both sides of the neck were painful and stiff and there was less than 80 degrees range of rotation. Some of them had a positive EMG examination. By the time I saw them they no longer had wrist pain to touch but they did have the elbow, neck, and shoulder symptoms. The median nerve that goes to the carpal tunnel was irritated in the elbow and or above the elbow.

**FAILED CTS, SURGERY, WHY?** Some people may have reinjured the carpal tunnel region. They may have been told that they probably have scar tissue from the surgery irritating the median nerve. The good news is that when other areas in the neck, shoulder, and elbow and forearm muscles are treated, the symptoms in the wrist improve or stop. Doesn't it seem practical to find out if relief can be obtained with conservative care before having another surgery?

**IS THE TREATMENT PAINFUL?** In our office we use the gentle, consistent, computerized Pulstar instrument to treat the spine and extremity joints and muscles. Most patients do not experience any pain and some report some mild discomfort. Patients who have experienced pain from other forms of treatment report the Pulstar is gentle and effective. There is no sudden or harsh twisting and turning movements of your neck and arm joints. The Pulstar has a computer program for treatment of CTS by tapping the neck, elbow, and wrist. You can see the program on the color monitor.

**WHAT CAN YOU DO?** If you are ready for a change in your life and want to find out if your problems and symptoms can be helped without expensive tests, injections, medications and surgery, keep reading.

**HERE IS OUR NO RISK, FREE OFFER TO YOU.** To introduce you to our amazing computerized PulStar technology we are offering you a **FREE DEMONSTRATION and EDUCATIONAL VISIT**. You can see and feel how the PulStar system works. This free visit is educational and does not include treatment.

When you visit our office, you will have the opportunity to visit with Dr. Wilcox and meet our knowledgeable and understanding staff. You will get to know us. You can tell us about all of your health concerns. Dr. Wilcox can determine the severity and the probable causes of your pain and symptoms. If Dr. Wilcox does not believe you will respond favorably to Pulstar adjustments, he will tell you.

If Dr. Wilcox sincerely believes you can benefit from the Pulstar treatments, he will suggest how to proceed. He does an examination and tests to determine several possible contributing causes of your conditions that need treatment. If you have prior medical records, X-ray and MRI results please bring them with you. Many insurance companies pay for the Pulstar care. We also have credit plans to help people with high insurance deductibles and co-pays and for patients without any insurance. Our fees are reasonable.