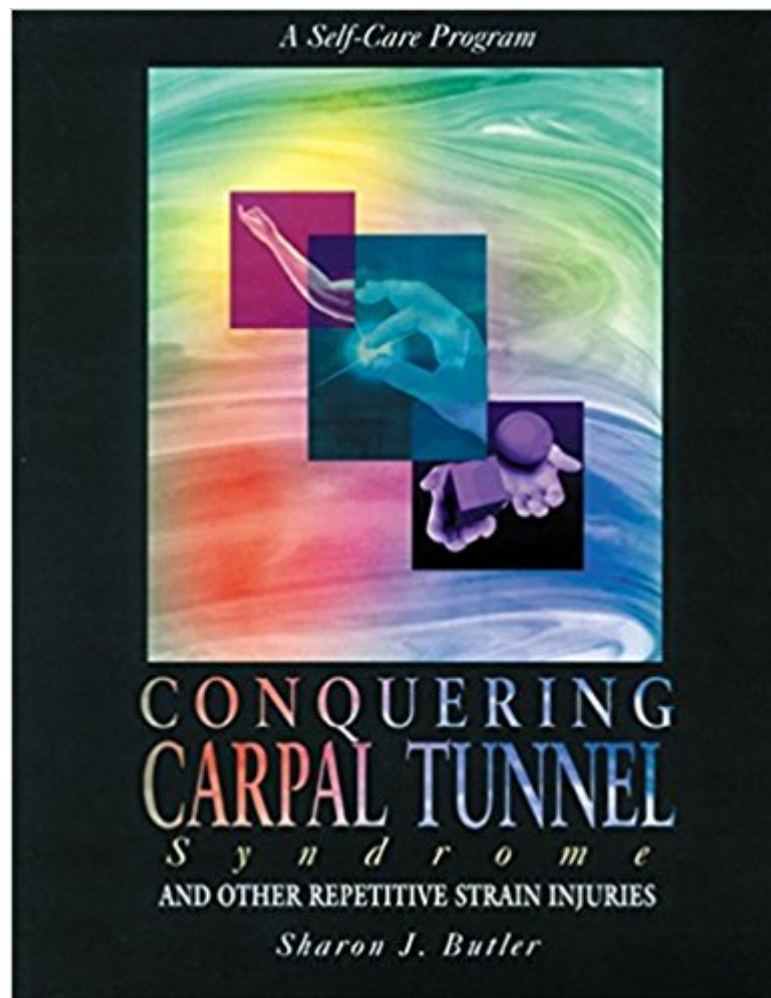




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Conquering Carpal Tunnel Syndrome And Other Repetitive Strain Injuries: A Self-Care Program



Synopsis

This book offers a complete self-care program for those at risk and those already suffering from one of the most common and most debilitating occupational injuries. Guided by symptom charts, you select the best exercises for the movement patterns required by your work and learn how to restore the range of motion to overworked hands and arms.

Book Information

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Customer Reviews

Sharon Butler was working as a massage therapist and Hellerwork practitioner when she developed carpal tunnel syndrome and tendonitis. Unable to sleep through the night because of the pain and concerned about her livelihood, she built upon her knowledge of connective tissue and developed a series of stretching exercises to gently relieve the tension in her body. After daily stretching in this way, her pain soon subsided. To prove that these exercises weren't just a fluke, Butler intentionally overworked her body to bring back her symptoms. While this may not have been the smartest move, her stretching program again relieved her pain. The magic behind her powerful exercises is their focus on fascial tissue. Fascia, which is stronger than steel, holds the body together. It wraps around muscle fibers, bones, and tendons. (If you've ever looked at an uncooked piece of chicken and noticed the glistening white layer over the meat, you've seen fascia.) In people who overwork their bodies, the fascia hardens, a natural response to prevent future injury. Unfortunately, this stiffness worsens with repeated insults to the body. Muscles, nerves, and tendons tense up and inflame even more and may even adhere to each other. Metabolic waste products can build up and

become trapped instead of being carried away by the lymph system, and even more pressure is placed on the affected body tissues. Enter Butler's exercises. The book is arranged to let you pick and choose the correct stretches to suit your needs. Too much typing, guitar playing, or gardening? Stiff neck, tingling fingers, sore upper arms, or all three? However you developed your repetitive strain injury and whatever your upper-body symptoms (or if you're smart and you'd like to prevent such problems), there are multiple stretches in *Conquering Carpal Tunnel Syndrome* to suit your needs. The book is arranged to help users develop a personalized stretching program with more than 40 stretches for the upper body, forearms, wrists, fingers, and thumbs to choose from. Butler thoroughly explains the importance of stretching and the correct (and incorrect) way to do it, and the exercises are lucidly illustrated.

After years of needing a special desk and pull out tray, a few of these exercises IMMEDIATELY helped me gain strength in my fingers and wrists and eliminated my pain. I thought I would have to visit the doctor but it turned out that this was all I needed to get well and be able to use a desk that all of my colleagues were using. The ideas and principles of stretching were really interesting and helpful.

This is my go-to book for soft tissue injuries. It is set up to extract pertinent information quickly and leads you to stretching that can help for a lifetime. Make sure to read the instructions on how to stretch and the information about fascia. I have bought a number of copies of this book to give as gifts because I'm afraid I won't get mine back if I lend it out.

I was having shoulder pain, wrist pain, numbness in my fingers. I do yoga and go to the gym, but nagging pain made me increasingly frustrated and dependent on acupuncture for help. I would try to make up stretches to relieve my pain. This book teaches you to stretch gently, and then instructs you on what stretches to do depending on where you feel pain. To my surprise, 70% of the pain cleared after I tried 5 of the stretches. They are now a part of my routine and I am largely pain free, and no longer have to go to expensive appointments with the massage therapist or acupuncturist. I would have NEVER come up with these stretches on my own, and I certainly did not know how to stretch in order to relieve pain. An excellent resource!

I have had increasing CTS symptoms over the last couple years. I began using splints at night early on (my suggestion is don't make them too tight). Then a couple months ago I began decreasing the

use of my wrists (staying off the computer as much as possible except for work) and icing (after computer use and exercise). My symptoms continued to increase. A few weeks ago I became desperate (but not enough to see a physician). The pain and numbness was getting worse and would flare up with any activity. I didn't like where this was headed. A couple weeks ago I began taking B6, Advil (sporadically), using Arnica topical (1-3 times a day) and doing the exercises (throughout the day) found in this book. I can't say for sure what worked. Splints? Delayed effect from rest and ice? B6? Advil? Arnica? the exercises? or a combination of all of the above? For the last week my symptoms have decreased. I plan to keep up this regimen and hope to have decreasing symptoms. This book is simple but don't knock it until you try it. I would give the book 5 stars if I was sure the exercises were a major cause of my decreased symptoms.

I have this book and have given away five of them. First of all, if you have repetitive stress injuries of any kind, not just carpal tunnel, this book is a primer for your recovery. Secondly, what many people have is not carpal tunnel, but in fact, a host of other repetitive stress issues. Sharon Butler is an expert at all this and fixed my two year problem which got so bad, I couldn't hold a coffee cup or turn a door knob without pain. I have been pain free for 3+ years now and continue to do my stretching. I actually found Sharon through her internet site, which you can find by just typing her name and repetitive stress. There, you will find a host of repetitive injuries, descriptions, and on line courses. I cannot stress enough that those courses, usually in six week increments are the best money you will ever spend if your problems are repetitive stress injuries. In my case, I had aching (bilaterally) hands, pain in my middle, fourth and little fingers, wrist pain, elbow and forearm pain (the worse) and a feeling of incredible aching in both shoulders on the backside around shoulder blades, like I just did fifty pushups. I went her site, but couldn't figure out what to do. I emailed her my symptoms..she got back the next day and asked a few more questions...I answered, and then she recommended a thoracic course. Well, I have to tell you that I was thinking "thoracic"..I hurt in my elbows and hands, but I ordered the course. By the way, I ordered two other courses from other sources, but they really didn't help, though in fairness, they did let me know that the problem was repetitive and not something more serious. Regardless, after doing her course three weeks, I was almost pain free, but I got stuck at week three. There was a stretch I couldn't do, not like described and so I stayed on week three for three more weeks, but once I could do that exercise, my pain was gone. I finished the six week course and now, I do about 5-10 minutes of stretching daily to keep the problem away...and besides, the stretches relax you and help you sleep better. So, you are asking, why am I reviewing a book and going on and on about her internet course. Well, simply put, I want

you to believe she is a credible source to fix your pain and others I have shared this book with, feel the same way. Here is the problem in a nutshell. If you have this problem, you have been developing it for years...hunched over a computer, poor sitting and standing posture, airplanes and a host of other modern issues, like smart phone, computers, etc. This book has all you need, but you may not be ready for some of the stretches in the book. Some of those stretches didn't do anything for me till I worked through the basics and that is what her course will do for you. Regardless, there are preventative programs in this book, healing programs, and daily exercises for where you hurt. I use 4-5 of these in my daily stretches along with her course. Trust me..this book is well worth the money if you are suffering and so are her courses. Good health.

Helpful book for gradual improvement of repetitive strain injuries. I found that I needed to take the exercises slowly and be consistent. Slow and gradual is the key. I did notice some relief as long as I continue to do the stretches. The author, Sharon Butler has made it very easy to follow. There are recommended stretches with short explanations of which type of stretches to do for your job type. Highly recommend.

Easy to understand and do. Wealth of great illustrations and short bits of essential information for each exercise make it stimulating and inspiring. And when you get into the practice - problem solved, at least in my case. I will not throw away this book, it will surely be of invaluable help again should symptoms recur, which they may very well do owing to my many regular hrs of computer work and musicianship. Thanks Sharon, great aid!

I'm a needlepointer with a couple of fingers that have been helped by these exercises. My neck, too, is much better as well. Well illustrated, easy to follow steps in doing the exercises. I was advised to read all the material prior to doing the exercises. Doing that helped a lot. This book is a keeper. The author knows what she's talking about.

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