



TIPS

for Relief and
Prevention
of
Carpal Tunnel Pain



by Kathryn Merrow

INTRODUCTION

Can you prevent or relieve carpal tunnel area pain?

Absolutely, yes! This booklet will give you immediately useful ideas whether you are a typist, driver, cashier, gardener, desk worker, homemaker, factory worker, student or anyone else with pain in your hands, wrists or arms.

Here are lots of helpful tips and suggestions for moving and working correctly in ways to prevent or eliminate pain. Feel what is occurring as you do each. Pay attention to your body. Move slowly, gently, carefully and thoughtfully.

Do only two or three repetitions for the first few days if a suggestion involves a stretch or movement you are not familiar with. Doing too many too soon may make you ache from overused, newly rediscovered muscles. Increase your repetitions after you become used to the new movement. Do the most of the movements that are particularly beneficial to you.

Discontinue a movement that causes you more discomfort. Check with your doctor before resuming. As with any movement program, you should check with your doctor before you start.

Kathryn Merrow has done over 20,000 therapeutic massage sessions as a neuromuscular massage therapist specializing in pain relief. As the working owner of the Muscular Therapy Clinic in Trenton, Michigan, she works primarily with people who have pain. She enjoys reading extensively, public speaking, and sharing information. She repeatedly answers the same questions for people. By compiling her answers into written form, she is able to help even more people.

Contact

Kathryn Merrow, Pain Relief Specialist
www.SimplePainRelief.com
Kathryn@SimplePainRelief.com
(734) 365-4866
PO Box 605, Flat Rock Michigan 48134

For information about customized and quantity purchases, please use the contact method that suits you best.

© 2007 Mind Touch Communications, LLC. All rights reserved.



COMPUTER AND DESK WORK

- 1 Keep your elbows as comfortably close to your waist as possible when working at a keyboard or table. Stretching your arms out in front while you work causes muscle strain. Keeping your elbows close to your body minimizes arm muscle strain.
- 2 Pull next to your body a tray table or something similar for placing the computer mouse if you use one. Use a table which allows your elbow to be bent at 90 degrees. Remove muscle strain by removing the stretch for your mouse.
- 3 Keep your wrists straight as though they are extensions of your arms. Your lower arm muscles are being overworked when you work with wrists bent upward or downward. Overworked muscles cause pain.
- 4 Hold your elbows at a 90 degree angle under your shoulder. The muscles in the front of your arms shorten too much and cause restriction of the arms' nerves and blood vessels when you work with your arms bent much more than 90 degrees. A slightly more open angle than 90 degrees is fine.
- 5 Experiment with different ergonomic keyboards and computer mice to find one that fits you best. There are many types, sizes, and styles. At least one will cause less strain for you. Less strain equals less pain.