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HEALTH AND WELLNESS

Carpal Tunnel Syndrome ---- A New Approach

When repetitious stress injuries (RSI), such as carpal tunnel syndrome, occur in the wrist and hand, the pain can be debilitating and result in loss of independence and even vocation. Although strides have been made by OSHA to improve ergonomics in the workplace, carpal tunnel syndrome (CTS) and musculoskeletal disorders are one of the most costly categories of workplace injuries and illnesses, accounting for 62% of all work-related injuries. In addition to spending \$20 billion annually on workers' compensation costs due to RSIs, the U.S. spends another \$100 billion on lost productivity, employee turnover and other indirect expenses (*The Agency for Health Care Policy and Research*).

The most invasive form of treatment is usually surgery. Unfortunately, surgery has about a 57% failure rate and often the patient has least one of the following re-occurring symptoms: pain, numbness or tingling sensations. Only 23% of all CTS patients are able to return to their previous professions following surgery. Even if surgery is successful, many patients experience lost of wrist strength due to the permanent cut of the carpal ligament. Every year more than a half a million people in the US undergo surgeries for carpal tunnel syndrome. Surgery for CTS is among the most common hand surgeries.

A number of experts believe that release surgery is performed too often and many patients diagnosed with CTS, actually have "referred pain" from the neck and shoulders resulting from a cervical spine injury rather than a true CTS injury. To avoid the invasive procedure and the astronomical costs of surgery, physicians and practitioners alike are opting for non-invasive procedures and therapies that can keep their patients free of all musculoskeletal injuries.

Dr. Darcy Brunk with Achieve Chiropractic Health Associates, LLC uses the BEST-RSI™ and ProSport™ to treat his CTS patients. Dr. Brunk was first introduced to these powerful professional grade micro-current biofeedback devices when he himself suffered with carpal tunnel syndrome. As a chiropractor, the use of his hands in adjusting patients is critical to his practice. Looking for an alternative to the inevitable surgical solution, he began a regiment with the ProSport™ using different frequencies to find the point of nerve interference to treat the point of pain. His own success is no less than amazing. He now uses these devices and supporting strengthening exercises on his CTS patients to alleviate pain, as well as, improve and strengthen their ligament injury. To date, Dr. Brunk reports a 95% success rate in treating CTS patients.

Carpal tunnel syndrome can cause serious pain, loss of sleep, depression, anger and rage. The American Carpal Tunnel Institute has treatment protocols and dramatic new pain reduction technology that in many cases prevent the need for painful invasive surgery!

The use of our hands is indispensable. These sophisticated tentacles of dexterity, tenderness and strength help us communicate, eat, work, create, lift, build, touch, play and pray. Our hands help us to do great things.

To see the world in a grain of sand, and to see heaven in a wild flower, hold infinity in the palm of your hands and eternity in an hour. ___William Blake

The BEST-RSI™ and BEST-PRO1™ are powerful, affordable, medical, micro-current biofeedback TENS devices designed for deep stimulation for effective, long lasting pain relief. FDA approved, these patent pending devices have been proven to alleviate muscle, tendon and ligament pain due to injury, arthritis, fibromyalgia, phantom limb pain and Parkinson's disease, just to name a few. Patients who consistently use the RSI devices in their treatment improve range of motion, have faster healing times and dramatically reduce the dependency of drugs.

The BEST-RSI™ is a professional grade device specifically designed for when deeper therapy penetration is needed. Recommended for serious, chronic conditions. The RSI unit settings include relaxation massage, deep stimulation, RSI and acute pain mode. The BEST-PRO 1™ is an advanced unit designed for long-lasting pain relief. PRO 1 unit settings include relax assess biofeedback, stimulation, deep stimulation and acute mode.* For further information contact: AVAZZIA @ 214-575-2820 or visit our website --- www.avazzia.com.

For more information on how the American Carpal Tunnel Institute is empowering patients through health professionals with knowledge and equipment for non-invasive, non-surgical management of cumulative trauma disorders of the upper extremity such as carpal tunnel syndrome, repetitive strain injuries and nerve entrapment visit their website at www.american-carpal-tunnel.com or contact Dr. Darcy Brunk, Achieve Chiropractic Health Associates, LLC at www.achievechiro.com

* These devices require a prescription and are usually accepted by Medicare and most insurance companies.

The American Carpal Tunnel Institute

Our Mission: To provide non-surgical relief of pain

That's why we recommend and prescribe the BEST-RSI™ technology; a dramatic new pain reduction technology therapy that in many cases prevents the need for painful invasive surgery!



For More Information on The American Carpal Tunnel Institute and the BEST-RSI™ Technology visit our website:

www.american-carpal-tunnel-institute.com

The American Carpal Tunnel Institute: Empowering patients through health professionals with knowledge and equipment for non-invasive, non-surgical management of cumulative trauma disorders of the upper extremity such as carpal tunnel syndrome, repetitive strain injuries, and nerve entrapment.