



# The Carpal Tunnel Helpbook

*Scott Fried*

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There are more than 500,000 carpal tunnel surgeries done annually in the United States but approximately 30 percent of these patients will be no better as a result. The truth is, most physicians are too quick to consider surgery as the first line of defense against carpal tunnel and other repetitive-strain injuries. In this comprehensive guide to recognizing and treating these debilitating conditions, Dr. Scott Fried takes a strong position against surgery and offers self-healing alternatives that have better results. From understanding the signs and symptoms at an early stage to modifying work and lifestyle; from proven alternative therapies and helpful medications to nutrition and exercise, The Carpal Tunnel Helpbook provides authoritative advice and practical, up-to-date information to spare many patients the ordeal of surgery to treat their injuries.

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