



SELF HELP BOOK FOR **CARPAL TUNNEL SYNDROME!**

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THE ESSENTIAL GUIDE TO A
QUICK RECOVERY

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AVERTISSEMENT AU LECTEUR ET RENONCIATION DE RESPONSABILITÉ :

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NEVER SUFFER AGAIN
DO NOT IGNORE THE
CARPAL TUNNEL SYNDROME
**YOUR HANDS ARE UNIQUE
AND ARE PRECIOUS
ASSETS FOR YOUR DAILY
ACTIVITIES AND INDEPENDENCE.**



SELF HELP BOOK FOR CARPAL TUNNEL SYNDROME!

THE ESSENTIAL GUIDE TO A QUICK RECOVERY.

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Carpal tunnel syndrome is a common condition that is often overlooked. It can cause irreversible damage if not treated promptly. This practical guide, written by two experts in carpal tunnel syndrome, will help you understand the condition and how to adopt effective measures to relieve your symptoms. In most cases, carpal tunnel syndrome can be relieved without surgery ! **Informative videos accompany this book and are available through the following link: <http://www.drbrutus.com/hand-surgery/endoscopic-carpal-tunnel-decompression/>**

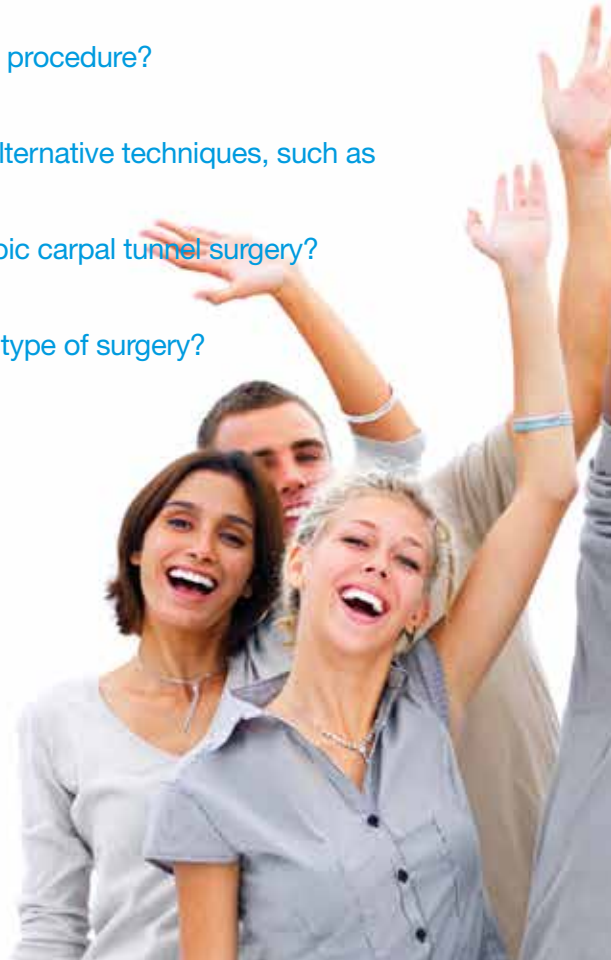
By reading this, in only a few minutes you will find the answers to all the must-ask questions you might have about carpal tunnel syndrome!

You will be thoroughly informed regarding the latest knowledge about this disease and you will learn how to treat yourself effectively so that you can resume your personal, professional and leisure activities. At the end of this book, you will know how and when to consult a hand surgeon should it become necessary.

You also will become familiar with the dramatic advances made by modern minimally invasive techniques to decompress the carpal tunnel quickly, in an almost painless manner and under local anesthesia. Endoscopic surgery is a recent advance in the treatment of carpal tunnel syndrome that can enable you to return to your activities in a few days.

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