



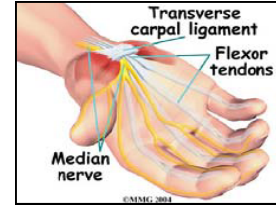
## CARPAL TUNNEL SYNDROME?

Do you experience discomfort, numbness and/or tingling in your hand or wrist? If you have already been proactive and addressed your discomfort by consulting a doctor, you may have been told that you have **Carpal Tunnel Syndrome**. Unfortunately, many doctors' approach this syndrome by prescribing a wrist splint along with pain medications, which ultimately only mask the pain.

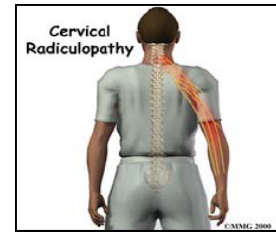
Unfortunately, this "band-aid" approach does not address the potential cause of the problem (which could be stemming from a different area of the body such as the neck, shoulder or elbow), nor does it incorporate a comprehensive rehabilitative or strengthening program.

**Carpal Tunnel Syndrome** occurs when the tissue surrounding the wrist swells, or when the wrist bones change position, causing irritation to the median nerve which runs through the carpal tunnel. When the median nerve is irritated, symptoms such as tingling, numbness, pain, weakness and a variety of other sensations can occur.

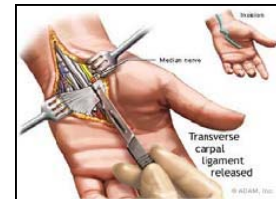
Individuals seeking an in-depth, conservative and thorough examination for their hand/wrist pain need to look no further. Symmetry Chiropractic offers a complementary consultation for those who are looking for an alternative approach which addresses the root of the problem. Dr. Cynthia Boyd, D.C. is trained to examine areas of the body in addition to the wrist in order to exclude other conditions which may mimic **Carpal Tunnel Syndrome**. With this information, you can make an informed decision on how to treat your wrist and hand pain without drugs or surgery.



THE MEDIAN NERVE PASSES UNDER THE TRANSVERSE LIGAMENT



SOME CARPAL TUNNEL SYMPTOMS CAN BE CAUSED BY PROBLEMS ELSEWHERE



YOU MAY BE ABLE TO AVOID THIS!

### CALL TODAY TO SCHEDULE YOUR COMPLEMENTARY WRIST/HAND PAIN CONSULTATION!

#### A SYMMETRY CHIROPRACTIC TESTIMONIAL...

After successfully treating my painful lower right arm, caused by repetitive motion using a computer mouse for the past 20 years, Dr. Boyd talked me into addressing curvature of the upper spine (also a probable result of the 20-year computer use). Rather skeptical at first, I tried her treatment regimen and the recommended exercises. Several months later, I feel better, walk taller – my back is more upright – and best of all my upper spinal area does not need to be "cracked" several times an hour to relieve shoulder and neck tension. Dr. Boyd combines ultra professionalism with personalized supportive care. Good people (Hi, Lisa and Kelly!), great music, comfortable surroundings and such a relaxed atmosphere. Highly recommended.

Thanks Dr Cynthia. –Martin Kershaw

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