

**Here Is Your Carpal Tunnel Syndrome Report You Requested!**

**CARPAL TUNNEL SYNDROME:  
“Little Known Secrets Save Thousands  
Of Americans From Surgery With  
Long Lasting Results!”**

*You Are About To Discover An Amazing Breakthrough In Carpal Tunnel Diagnosis And Treatment. You Will Be Shocked When You Find Out How Many Unnecessary Surgeries Are Making Junk Yards Out Of People Wrists...And The Worst Thing Is That Even After The Surgeries, In Many Cases, The Cause Is Left Untreated!!! As you read on, you will discover the MISSING CONTRIBUTING FACTOR to Carpal Tunnel Syndrome that over 95% of the time, when they diagnose and treat CTS is missed by most doctors!*

*Read This Report To Discover...*

# **How A Local Doctor Is Silently Rescuing Hundreds Of CTS Sufferers From... Pain, Misery, And Surgery!**

Dear Friend:

Would you like to return to pain-free living without having to resort to harmful drugs or surgery? Are you afraid that surgery is your only option and feel skeptical about anything else that claims to work?

If you answered "yes", then you must read this entire report because it was written for you, the skeptical carpal tunnel victim.

## **Are you worried about your future?**

Many people forced to quit their jobs because of CTS related problems and sadly, a lot of business owners LOST their business because of this LIFE-CHANGING condition.

Here's one of the reasons why...

## **Most Doctors Do Not Have A Thorough Understanding Of Where The Total Cause Of The Problem Is!**

You may have already been to several doctors and tried many failed remedies. Most medical doctors spend their day treating infections, cuts, fractures, prescribing medications, and performing surgery. They simply do not have the experience or knowledge in treating CTS related problems-it's just not a big part of their training, but you know what?...They still "treat" carpal tunnel syndrome by saying..."Wear this splint whenever your wrists hurt."

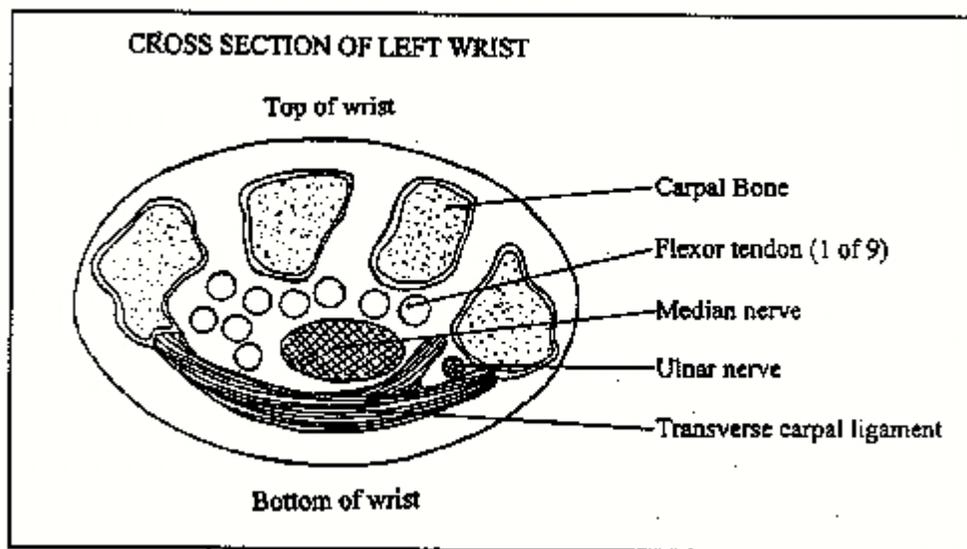
Well, you know they always hurt, so you wear them all day and night and they become a crutch. This also limits your normal hand movements and can lead to permanent internal wrist scar tissue with prolonged use which is how things get worse! Any time you try to solve a problem without the help of an expert, you usually waste time and money. You can't afford to do this when your livelihood is at stake.

## **Carpal Tunnel Syndrome is *not* due to a Motrin Deficiency!**

Carpal Tunnel Syndrome is a REPETITIVE STRESS INJURY (RSI)! It usually develops slowly over time. The repetitious contraction and relaxation of the arm muscles enable continuous hand and finger movement can irritate the nerves, tendons, and fascia (muscle covering) in the arms, wrist, and hands.

### **Why Do Some People Get Carpal Tunnel Syndrome, And Others Don't... Even though They Perform Identical Tasks?"**

The Carpal Tunnel is a small canal inside the wrist. The top part is formed by the alignment of the carpal (wrist) bones while the bottom part consists of the transverse ligament—a fibrous band that completes the tunnel. See figure below:



**WARNING SIGNS OF CTS:**

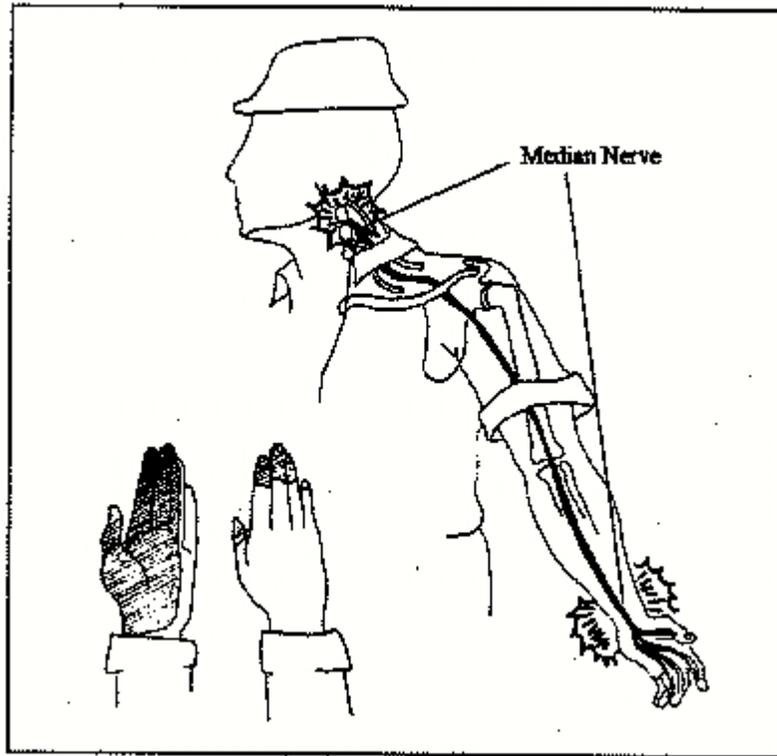
- ? Numbness
- ? Tingling
- ? Weakness if hands
- ? Neck tension
- ? Night Pain
- ? Swelling
- ? Abnormal sensation
- ? Hand clumsiness

**Combined within the carpal tunnel are three structures:**

1. The Median Nerve
2. Nine "flexor" tendons that enable you to curl your wrist and fingers
3. Blood vessels

**Carpal Tunnel Syndrome results from compression of the Median Nerve within the carpal tunnel.**

The Median Nerve originates in the neck and travels under you collar bone, then down the center of your forearm and through the carpal tunnel to the hand muscles. See the diagram below:



## **What Does The Median Nerve Do?**

The Median Nerve controls some of the sensory and motor (movement) function in the hand (shaded areas in the hand diagram above).

## **How Does The Median Nerve Become Compressed?**

The Median Nerve can become compressed anywhere along its course from the neck to the carpal tunnel. Misaligned bones in the neck, tight neck muscles, cervical (neck) ribs, shoulder dysfunctions, inflamed tendons, and misaligned carpal bones are capable of compressing or irritating the Median Nerve, resulting in the symptoms of CTS.

## **What Causes All These Things?**

A small portion of the conditions listed above are congenital (with you at birth), the rest are the result of poor posture, repetitive movements over time done improperly (RSI)\*, poor ergonomics, (workstation component arrangement), spills/falls experienced throughout life, sleeping on your stomach or hands, awkward hand positions playing sports or hobbies such as bowling, racquetball, or motorcycle riding. Pregnancy, birth control pills, high salt diets, and systemic diseases like diabetes which causes the body to retain water can also contribute to compression of the Median Nerve in the carpal tunnel.

## **Most Doctors Assume That It's All In Your Wrist Or Hand ! But Did You Know That Most Carpal Tunnel Syndrome Victims**

## **Have A Primary Median Nerve 'Crush' Site In Their NECK!**

The Median Nerve does not come from the sky into your hand. It does not travel up your leg to your hand...

**It comes straight out between the bones of your neck.**

If your doctor does not look at the neck, he/she is missing the boat and should not be treating you!

It is not your doctor's fault. Doctors are trained to diagnose and treat symptoms, and with this approach, it is easy to miss the neck when treating pain instead of the cause!

*Sometimes Nerve Compression Is So Advanced That Drugs And Surgery Are The Only Courses Left To Take. But If You Wait Too Late, Even You May Need Surgery!*

**“If You Would Like The Most Thorough Carpal Tunnel Exam That You’ve Ever Had, Then Read On”...**

If you need an a second opinion, this is a **great first opportunity** for you to receive an expert opinion on what you should do—an opinion from an experienced doctor who has been successfully treating CTS patients for the past 10 years *without relying on neither surgery nor drugs* (an added plus!)

**“Suppose My Insurance Doesn’t Cover Your Care?”**

We make treatment affordable. We offer several attractive payment plans that allow every patient to pay a small amount each month, with no interest. **But listen, this isn’t the purpose of the exam...once I find out what’s going on with you, I will discuss your options with you...no pressure!**

If your insurance only covers a portion, we’ll make it easy for you to handle the balance. It’s never a problem, believe it or not, we have patients in their early 20’s who can easily afford our care...even the ones with part-time jobs.

**“I don’t have time to get treated-I’m too busy!”**

We know your busy, everyone’s busy. If you aren’t willing to take the time to resolve your condition, then it’s best that you not waste our time or yours. Seriously, it’s never a issue of time, it’s an issue of priority.

Treatment sessions last only 20-30 minutes, and you will seldom have to wait.

**“How Long Will It Take To Get Well?”**

It depends. Some patient have mild problems and can be fixed in 1-4 weeks; others take longer. After the thorough evaluation, we will let you know how severe your problem is and approximately how long it will take to correct. Then

you can decide if you want care or not. It's totally up to you. No pressure!

### **“What Does My Neck Have To Do With My Hand And Wrist Symptoms?”**

To review, structural misalignments in the neck caused by years of poor posture or prior trauma can compress the nerves that travel to the hand, making the person more susceptible to hand symptoms such as pain, numbness, tingling, and weakness of grip.

“O.K., I want to find out more about my symptoms. What can I do?”

**Choosing this free report shows that you have some serious concerns about your hand symptoms. You are commended for taking this step. Some people, believe it or not, try to get by in life with their symptoms and take no action until their hands are about to fall off. At this point, the chances of recovery are slim. If you are ready for change and would like to find out if your problem can be helped without surgery, read on:**

My name is Dr. Donald P. Nebel, Jr., If you live in the Pittsburgh or surrounding areas and would like to have a "Free Carpal Tunnel Syndrome Evaluation", I provide free testing using computerized surface EMG.

Your "Free Carpal Tunnel Syndrome Evaluation" will include...

1. Consultation - I have a list of specific questions that will help discover the cause of your symptoms. This is also an opportunity for me to have a thorough understanding of your symptoms and what you've been going through.
2. Examination - Aside from typical exams procedures like blood pressure, cranial nerve testing, reflexes, and vital signs, you will also receive a multi-plane neck range of motion study, palpatory examination, and specific orthopedic and neurologic tests.
3. Static "EMG" Testing - Our office is one of the few, if not the only office that has a computerized

electromyography instrument. The Static EMG test is an important test. This painless procedure determines if there is an abnormal function of the muscles that support your neck, and helps us discover where your problem is.

**To schedule an appointment, call (412) 856-6262.**

### **Our Patients Speak...**

**"You are the only one who has really taken interest in my case! Looking out for me!" P.R., Murrysville, PA**

**"The Doctor and Staff are very helpful and considerate. I would not have made any progress at all if it weren't for the care I'm receiving!" F.M., Leechburg, PA**

**"The care is Excellent! My condition seems to be improving with the help of your services!" M.M., Braddock, PA**

**"My care has been very good. Dr. Nebel shows a lot of concern about my condition and explains things thoroughly!" K.D., Penn Hills, PA**

**"I Look Forward To Meeting You In Person. It Will Be A Pleasure Providing You This Free Evaluation. Let's Keep Our Fingers Crossed And Hope That There Is Help For You."**

Dr. Donald P. Nebel, Jr.

**P.S. - Once we evaluate your condition, we will tell you if we can help you or not, and if so, how long it will take and how much it will cost. You can take that information home with you and call us only if you want care. No strings attached.**

**P.P.S. - I forgot to mention that this visit is a free, no obligation visit. Call today and schedule your consultation, exam and EMG testing. Call 412-856-6262.**