

**LEFT
HAND**

THE **CARPAL SOLUTION**™

Active Hands for Life

Six Week Therapy Pac

Non-Surgical Relief For Carpal Tunnel Syndrome



Proven Natural
Stretching **Therapy**

Carpal Tunnel Therapy That Works •

Disposable Devices •

Worn While You Sleep •

Stops Hand Pain In Days •

Return To Restful Sleep •

Eliminates Tingling •

No Downtime At Work •

Comfortable - Not A Restrictive Brace •

Use Your Hands Freely During The Day •

Proven Patented Soft Tissue Stretching Therapy •

Developed By Physician - Dr. Clyde Morgan •

Clinically Documented •

Be Proactive About Your Hand Health•

**First Hand
Medical**

Your Reliable Source™

www.MyCarpalTunnel.com

US FDA Registered
Hypoallergenic

Medical Classification:
WHF Orthosis

Six Week Therapy Protocol

Includes 28 Disposable Devices

Wear one device per night for the first two weeks followed by one every other night for the next four weeks. Symptom progression is readily reversed with proactive Carpal Solution™ Therapy while you sleep.

What If My Symptoms Return After the Six Week Therapy?

If the conditions that led to your Carpal Tunnel Syndrome continue, the symptoms will likely return over time after completing the Six Week Protocol. Even after surgery, CTS symptoms often come back in a relatively short time. This is why it is important to choose a convenient, natural treatment to control your CTS symptoms. To help you be proactive about your hand health and prevent the return of Carpal Tunnel Symptoms, Dr. Morgan developed the Carpal Solution™ One Year Prevention Program working with his patients. His **One Year Prevention Therapy Pac** protocol calls for wearing the Carpal Solution device **one night per week to prevent Carpal Tunnel flare-ups** from returning and interrupting your active life.

The One Year Prevention Pac contains 56 disposable devices – Enough for a full year of treatment at the most affordable pricing available. Be proactive about your hand health and order the **One Year Carpal Solution Prevention Pac** today. Most people find that their condition stays in remission for six months to two years after completing the Six Week Protocol depending on how active they are with their hands. They order the Prevention Pac to use for CTS prevention during active times at work or play and to have it on hand for any flare-ups that might occur.

THE PEACE OF MIND IS WORTH IT.

You can order the **One Year Carpal Solution Prevention Pac** at a discount price at www.MyCarpalTunnel.com. Our website employs state-of-the-art encryption technology for secure transactions on the internet.

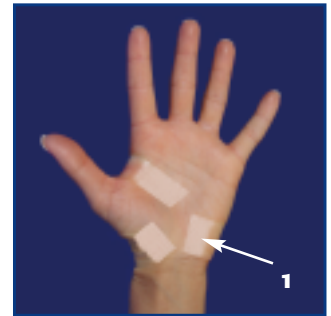
NOT INTENDED FOR USE: in the vicinity of open wounds, if an allergic reaction occurs, in conjunction with any skin disorder, where a bone in the hand or wrist has been recently fractured or dislocated or bone tissue deformity might be present or if surgery was performed on the hand in the last three months.

The Carpal Solution is not intended to relieve symptoms caused by Auto Immune Disorders, Arthritis, Diabetes, Gout, Hypothyroidism, Menopause, etc. It is known that the above conditions can contribute to CTS. It is important to work with your doctor to properly diagnosis and treat these metabolic conditions separately or in addition to using the Carpal Solution for relief from CTS symptoms only. If any skin irritation develops on the hand while using the Carpal Solution discontinue use and see a physician or dermatologists. First Hand Medical's liability for any claims of damage shall in no event exceed the monetary value paid by customer for the product. Visit www.MyCarpalTunnel.com for more information. For accurate diagnosis and best results, in addition to wearing the Carpal Solution™ following the Six Week protocol people with the symptoms described in this package should visit a licensed physician.

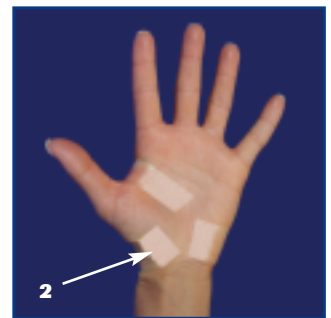
MAKE A DIFFERENCE! Register anonymously at www.handhealth.info and post your experience using the Carpal Solution or send your story to Relief@MyCarpalTunnel.com and enter to win a free Carpal Solution Six Week Therapy Pac when your story is selected and published on www.MyCarpalTunnel.com

3-Steps to Relief

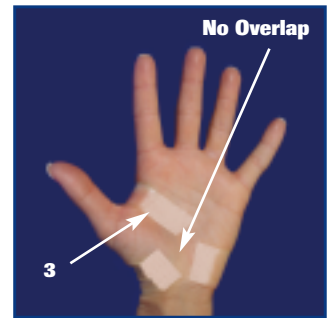
Before Retiring To Bed, Apply As Follows:



Step 1: Attach the first strap below the little finger securing it on the palm just above where the palm meets the wrist. Cut with scissors or tear away excess tape to prevent overlap. Care should be taken not to damage the strap if you tear away the excess tape.



Step 2: This is when you set the appropriate stretching tension. Take the second strap and gently stretch the circular hole to an oval shape on the back of hand in the elastic centerpiece. When you have the correct tension, place the tape below the thumb on palm side of hand. Again, cut with scissors or tear away excess tape to prevent overlap.



Step 3: Stretch and apply the third strap between thumb and index finger to the palm as shown. Again, cut with scissors or tear away excess tape. Customized straps should be aligned so there is **NO OVERLAP** of the straps on palm side of hand. You should immediately feel the gentle stretching action.

Remove the device in the morning and use your hands normally to stimulate circulation and preserve muscle strength. It can be helpful to do gentle stretching exercises during the day if you can fit it in.

DO NOT OVER TIGHTEN
Gentle Consistent Stretching is The Key

THE CARPAL SOLUTION™

WHEN CAN I EXPECT RELIEF?

Most people see relief of their worst symptoms in a few days and are able to return to restful sleep. However, The Carpal Solution requires six weeks to achieve the full benefit of this gentle but consistent soft tissue stretching therapy. There are over 15 different contributing factors to Carpal Tunnel Syndrome. So, each individual responds to Carpal Solution Therapy somewhat differently. Eighty percent of CTS sufferers see relief from their worst symptoms within the first week and remission over six weeks. For eight to twelve percent of people, it can take up to two weeks before relief begins to be achieved. Four to seven percent of people require up to three weeks of Carpal Solution Therapy before their discomfort subsides significantly. (You can learn more about the causes at: www.MyCarpalTunnel.com)

Why A Six Week Protocol?

Dr. Morgan states, "Even though patients often feel totally relieved of symptoms early in the protocol, I recommend they follow the full Six Week Soft Tissue Reshaping Therapy program to achieve maximum long term benefit and keep Carpal Tunnel Syndrome symptoms in remission for as long as possible. Most patients are grateful and secure with the peace of mind, knowing they have a reliable non-invasive therapy to keep their CTS symptoms in check without the complications, interruptions and risks of surgery, oral pain meds, rigid restrictive splints or steroid injections."

LEFT HAND

Can I wear the Carpal Solution During the Day?

The Carpal Solution feels so good when it is on that many people ask if they can wear it during the day too. Dr. Morgan advises that a person can wear the Carpal Solution for up to 16 hours in a 24 hour period, but you need rest from the stretching therapy for at least 8 hours each day, to allow your hands to return to their normal motion and for your skin to breathe freely.

← circular cut-out indicates correct tension applied when stretched to an oval →

Overlapping the straps on the palm side of hand will cancel out the gentle stretching action created by the elastic backing material and prevent the Carpal Solution from relieving CTS pain and numbness.

Soft Tissue Transition

A few users, such as those who have been using cock-up night splints, report that they experience increased discomfort for the first three or four days—up to 3 weeks of Carpal Solution™ therapy before lasting relief from CTS symptoms are realized. In these cases CTS sufferers find that using oral OTC pain medication as directed for a limited time to minimize short-term hand discomfort can be quite helpful during the brief Soft Tissue Transition Period. CTS sufferers report that lasting relief is well worth the relatively brief period of medication mitigated discomfort. People taking pain medication should always follow the directions on the label of the product unless directed otherwise by a physician.

← perforated adhesive straps enhances breathability and allows for individual secure fitting to any size hand. →

Help Line:
617-794-0503
or call customer service to reorder at:
800-798-5210

Ask questions and share your experience at the Hand Health Forum: www.handhealth.info
email: Relief@MyCarpalTunnel.com
visit the most comprehensive site on the web at www.MyCarpalTunnel.com

You can reorder the Carpal Solution at any time of the day or night on a secure fully encrypted shopping cart at:
<http://www.MyCarpalTunnel.com/order-page.shtml>

Make a Difference!
Give this Package Insert to a friend that might be suffering from CTS symptoms.

Copyright First Hand Medical, LLC

Six Week Therapy Pac
28 Nightly Treatments

How ^{THE} CARPAL SOLUTION™

Works

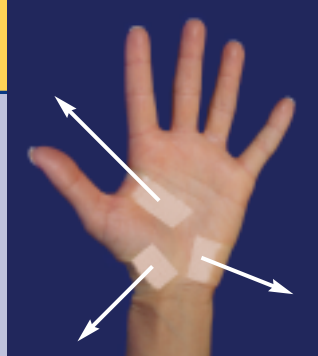
Six Week Therapy Pac

• Use one per night •

Proven Natural Stretching Therapy



Circular cut-out is stretched to an oval when appropriate tension is applied to elastic backing



Gentle tugging at three key points during sleep

Carpal Solution™ Therapy offers natural relief from CTS pain and numbness in days. It is different from other over-the-counter CTS treatments and restrictive braces. It is not a compression device or a rigid immobilizing splint. These devices are restrictive, cause muscle atrophy, irritate already injured tissue, inhibit circulation and complicate recovery. Worn during sleep, the Carpal Solution™ gently and consistently stretches simultaneously at three key points on the palm of the hand reshaping soft tissue surrounding the carpal tunnel.

This consistent gentle stretching action applied for 6 to 8 hours while the hand is relaxed and at rest, decompresses the tissue around the Carpal Tunnel relieving pressure on the Median Nerve, enhancing blood circulation and lymphatic fluid exchange – it gets your body back to its normal healing process at the cellular level by reducing swelling and eliminating the pain and numbness of Carpal Tunnel Syndrome **naturally**.

RELIEF FROM YOUR WORST SYMPTOMS IS MOST OFTEN NOTICED WITHIN DAYS OF STARTING THE CARPAL SOLUTION THERAPY™ AND REMISSION OF CARPAL TUNNEL SYNDROME SYMPTOMS ACHIEVED OVER THE 6 WEEK PROTOCOL.

Gentle, natural and consistent stretching of the soft tissue during sleep combined with active use of your hands during the day results in an ideal rhythmic therapy for relief from CTS symptoms – without the risks and downtime of surgery, with no muscle atrophy or embarrassment common with rigid restrictive braces or splints or side effects associated with oral pain medication and steroid injections. The Carpal Solution is a better first line of defense for CTS sufferers. Dr. Morgan, the physician inventor, explains that “Carpal Solution Therapy™ increases nutrient rich blood circulation and hence reinvigorates the hand at the cellular level. This contributes to the hand’s rapid recovery from the pain and numbness of CTS naturally. Imagine the peace of mind—having a safe, natural therapy to control Carpal Tunnel Syndrome symptoms without the complications, downtime and risks.

COMMON CARPAL TUNNEL SYNDROME SYMPTOMS:

- Sleep interruption
- Pain in hand and wrist
- Pain radiating up the forearm
- Cold hands—forearms warm
- Downtime at work—lost earnings
- Waking up—hands numb and in pain
- Weakness in hand and wrist
- Poor circulation, hands falling asleep
- Loss of feeling in fingers/thumb
- Loss of grip strength, dropping objects
- Loss of fine motor skills
- Clumsy hands and fingers

If you are experiencing a combination of any of the above symptoms, there is a high likelihood that you have Carpal Tunnel Syndrome. Early diagnosis and treatment with Carpal Solution Therapy™ can prevent its progression and reverse the symptoms of Carpal Tunnel Syndrome over the Six Week Protocol. While applying the Carpal Solution™ proactively, you should also consult your physician to confirm the diagnosis. There is no need to wait. Take control of your symptoms today. Most Health Insurers reimburse with a receipt from the purchase and a prescription from your doctor for a WHF Orthosis Device, which is the medical classification for Carpal Solution Therapy.

Contact First Hand Medical email: relief@MyCarpalTunnel.com call: 617-794-0503

The Carpal Solution™ is Hypoallergenic and is latex free. It is self applied in three easy steps. User friendly application diagrams and simple instructions are available inside for your convenience.

Medical Classification:
WHF Orthosis

Patented Medical Device
Copyright First Hand Medical, LLC

View user testimonials at www.MyCarpalTunnel.com

Disclaimers: Although results have been experienced by individuals as discussed above, First Hand Medical and its licensees and affiliates in no way imply that all individuals will respond the same due to the differences in the underlying cause of the above symptoms. If symptoms persist, consult your physician. Store at 50-80° F



NO STEROID INJECTIONS • NO RIGID RESTRICTIVE SPLINTS • NO SURGERY