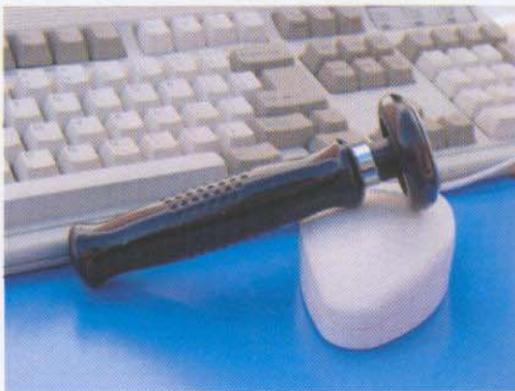


Muscle or Nerve?

by Genie Goldstein

Every once in a while life exposes us to an unwanted challenge. This is about one I met – and conquered. This is my story.

It's a fact – I use the computer, but I'm not a surfing junkie. My arms get tired and my hands tingle. I rest for a while – they get better. Gradually, pain gets so bad on the right side that it starts to interfere with sleep. But sleep – or lack of it – is not my only concern. My tennis game is shot! I can hardly grasp a racket. And, it's my serving arm. What can I do?



The Searching Starts

My first source of health counsel is my family physician. We do the routine stuff. Tests, medications and a splint offer no lasting solution. My doctor wants another opinion, so I'm referred to a nerve specialist. More tests – including nerve studies. After days of testing and searching I finally get the verdict. Nerve tests are positive for carpal tunnel syndrome. The solution – surgery. Now, I'm not only hurting – I'm scared.

A few more days go by and I'm getting worse. I'm now 48 hours away from the knife – I can't think about it. Then it hits me! I remember an old physician friend of mine who specializes in muscles – I'll give him a call. He's helped me in the past. You won't believe what I learned.

I Make a Discovery

My friend Pat examines my arm. He is mildly encouraged. He explains to me that carpal tunnel syndrome is a nerve problem. But then he added, "Many times muscle plays a significant role – and your forearm muscles could be the major culprit." Sounded good to me. At least some of my strength returned after his treatment. As predicted he spent most all his treatment time on my

forearm – not my wrist. My forearm was terribly tender. He kept rolling this little wheel-thing back and forth over my muscles – almost delighted when he found painful little knots. He called them trigger points. I wasn't really impressed that they had a name – I don't like pain. But, I'll try most anything to prevent or even delay the surgery.

I'm finished with my friend Pat's treatment and it's time to go home. I'm leaving with some simple instructions and a large dose of hope. But, "What about my surgery?" I asked. "Decide in the morning", Pat replied. I receive more encouragement and leave for home – carrying a funny looking little wheel-thing that has no name. Strange, but I'm not as scared as I was before.

You're not going to believe what happened next!

It's Decision Time

I wake the next morning. This is my day

for the knife. But, now I have a new concern. To my surprise – my arm is much better. I even slept through the night. What shall I do now? "Wow, what if I can prevent the surgery?" I thought. My friend Pat is out of town. My husband is on his way to his law office. From there he'll drive to the hospital to meet me. But I must give the surgical team an answer. In the meantime I get a callback from my husband. Together we reach a final decision. With a sigh of relief, I call the hospital and cancel my appointment. It turned out to be the first and best \$300 cancellation fee I've ever experienced. And, the last one – I might add.

I'm Happy Again

As the days go by my right arm/hand continues to improve. The painful knots in my muscles are practically gone. I continue to use the wheel daily on both arms and wrists. In fact I'm now using the wheel on all kinds of muscles. Feels great!

A month later I play an ALTA tennis match – and win – no pain!

That was 6 years ago and I have remained basically symptom free. By choice, I don't use the computer as much anymore.

My tennis game continues to improve.

By the way, the funny little wheel-thing finally got a name. It's called a TriggerWheel! The TriggerWheel is now sold worldwide for the management of trigger points.

I've learned there are several causes for carpal tunnel syndrome. Mine proved to be muscle.

DID YOU KNOW

85% of all pain syndromes relate to muscle.

