

Wrist Pain: A Growing Epidemic

by Lee Albert, NMT

Repetitive Strain Injuries (RSI), whether in the workplace or at home, are growing at an unprecedented rate. According to the U.S. Bureau of Labor Statistics, employers in the United States, spend more than \$8 billion on compensation costs and even more than that on medical treatments, lawsuits and lost productivity due to RSI.

One of the most common areas of Repetitive Strain Injury is the wrist. The U.S. Bureau of Labor Statistics identifies wrist, elbow and shoulder pain as accounting for a majority of all reported occupational illnesses. Of those three, wrist pain was the most prevalent.

Wrist pain can be diagnosed as Wrist Strain, Wrist Tendonitis or Carpal Tunnel Syndrome. No matter what the diagnosis, the cause is usually the same; tight, strained muscles in the forearm and hand often due to repetitive strain.

The symptoms for each condition are slightly different although they may overlap. Wrist Strain may feel like tight, achy, fatigued muscles. This is often due to trigger points in the forearm muscles.

Wrist Tendonitis means the tendons in the wrist (tendons attach a muscle to a bone) are inflamed and can feel like it is burning and the pain is sharper feeling than wrist strain.

Carpal Tunnel Syndrome (CTS) is when the median nerve, that passes through a structure in the wrist called the carpal tunnel, is being compressed. This will feel like tingling, burning or numbness in the thumb, the first two fingers and part of the ring finger. Another symptom of CTS is a weak grip.

Not all wrist pain is Carpal Tunnel, although sometimes wrist pain is lumped in that category especially by people who diagnosis themselves.

There are many activities that can lead to wrist pain. Here, are just a few of the most common:

Typing, writing, knitting, hairdressing, carpentry, dentistry, mechanic, weight lifting, biking, and playing a musical instrument. In short, any activity that involves using your hands for long periods of time.

It is estimated that at least 25% of all people who work long hours at a computer have carpal tunnel or some form of wrist pain. This pain is sometimes felt at the elbow as well.

When the pain is at the elbow, it is often diagnosed as epicondylitis or tennis elbow. Most people get tennis elbow from their computer, although you can certainly get it from tennis. So, whether you have wrist pain or your wrist is just feeling a little tight, now is the time to do something about it.

In my just released book, "Live Pain Free without Drugs or Surgery", I describe simple, effective techniques that anyone can use at home or the office to eliminate or reduce their wrist pain. These exercises are based on 25 years of clinical experience, helping people to lead a pain free life.

The techniques described in the book will not only show you how to relieve the pain, but also has great ideas for prevention. There are also many effective solutions for better overall health and increased energy.

Read a testimonial from one of my clients:

"I first came to see Lee Albert in the spring of 2006. I had been diagnosed by my Neurologist in January 2006 with Bilateral carpal tunnel syndrome, left greater than right, and was recommended for surgery in both wrists to correct it. At my insistence, he sent me for physical therapy first to see if it would help. After 6 weeks the physical therapist told me I should listen to my doctor and have the surgery, as I was one of the worst cases she had ever seen.

About the same time, my daughter was also having severe wrist pain from different causes and was also recommended for surgery by her Orthopedic Surgeon. My friend had recommended I see Lee, so my daughter and I both went to see him.

I found Lee to be amazing. His recommendations seemed so simple, and yet, they changed my whole body - not to mention my life. He not only spent our session doing his treatments, but also showing me how I could do these at home myself.

Over the years, I have incorporated Lee's techniques into my daily routine. My symptoms have all but disappeared, and only flare up when I have not done my exercises and have over stressed my body. And even then, they are easily relieved within a matter of seconds. I feel so empowered knowing that I have the resources to prevent these symptoms and to live my life fully without pain, medicines or surgery.

My daughter was also able to avoid surgery and eliminate all the wrist pain she was experiencing after seeing Lee. We both try to get up to see him once a year or so, but mainly because we find our visits so therapeutic and relaxing."

-Vivian P

So, how could I achieve these incredible results when the doctors and the physical therapist couldn't?

It is really quite simple. You have to treat the cause of the pain and not the symptom. Most therapists and doctors are treating your symptom. Now, don't get me wrong. That can sometimes help, but it is usually temporary help, because they have not eliminated the cause of the pain. Drugs are treating your symptom, not the cause.

The cause of most wrist pain and carpal tunnel is something that is called muscle imbalances. This simply means that some of your muscles are too short and tight. This also means some of your muscles are too long and tight (like an over stretched rubber band). In either case, they cause trigger points to form in the muscles, and this is painful.

The tricky thing about trigger points is that they are not always located where you feel the pain. For example, a lot of pain in the wrist is caused by trigger points in the forearm muscles.

Pain on the back of the wrist is often caused by trigger points in the extensor muscles and pain on the palm side of the wrist is often caused by trigger points in the flexor muscles.

If you have carpal tunnel, this means the muscles imbalances are likely causing a condition that is compressing the median nerve and giving you all that pain and numbness.

There are simple, effective techniques you can use to correct the muscles imbalances and eliminate the trigger points. The great thing about these exercises is that they only take a few minutes a day.

Not only can you learn to eliminate your pain, you can also learn how to prevent it from returning.

If you finally want to get to the cause of your wrist pain and get some real relief, try the techniques I have used with thousands of clients with superior results.

[Click here to order a special downloadable report to help with wrist pain and carpal tunnel injuries.](#)

[Click here to order "Live Pain Free without Drugs or Surgery" to help with your carpal tunnel and wrist pain and many other conditions as well.](#)