

**John F. and Matthew A. Thie's
Carpal Tunnel Syndrome Correction (ref 1)**

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About 10 years ago Alice began suffering with Carpal Tunnel Syndrome. It began when she was running during her workouts in the morning. Her hand would be numb. She would shake her hand and it would subside after a few hours. A year or two later it began to interfere with her tennis. During a long rally her hand would get numb to the point of the racket coming out of her hand. About that time Kate Montgomery spoke at the TFH Conference about CTS.

She defined CTS as "...an entrapment and compression of the median nerve due to a structural and postural misalignment brought on by the overworked and over-strained muscles of the arms and hands, leading to a muscle strength problem. Persons who perform continuous repetitive movements are at higher risk to develop CTS." (ref 2)

The exercises in Montgomery's book worked for several years. At this time Alice began her avocation of video editing – an intensely detailed, repetitive right-handed endeavor. The CTS returned with a vengeance and nothing seemed to work. The worse part was waking up in the night with her right hand aching with such pain that sleep was impossible. Her hand felt swollen and painful. This continued on for a year. She felt that the dreaded surgery was inevitable. On Christmas Eve 2001 we were walking with Dr. Thie on the beach in Malibu. She was shaking her hand and telling him that the pain had become so awful it was interfering with too many aspects of her life.

Dr. Thie performed the following procedure:

1. MT the Opponens Pollicis Longus, in the up and down positions and on both sides.

2. Use NV for Spleen (between 7th and 8th rib, usually on the left side.)
3. Re check Opponens Pollicis Longus.
4. Run the meridians in the arm where the CTS is located:

Heart Meridian: Armpit, underside the arm to the tip of the little finger –squeeze the tip of the little finger

Small Intestine/Triple Warmer meridian combo: Squeeze the tip of ring finger, on top of arm to the opening of the ear.

Circulation Sex Meridian: Nipple, underside of arm to the tip of the middle finger – squeeze the tip of the middle finger.

Large Intestine Meridian: Squeeze the tip of the index finger, on top of the arm to the flair of the nose.

Lung Meridian: Chest (lung), underside the arm to the thumb – squeeze the tip of the thumb.

Within 30 minutes the pain from the CTS was completely gone and remained gone for about 3 months. The pain or numbness of CTS begins to return occasionally and with the simple procedure, subsides.

We began using this same procedure (preceded by a 14 muscles, fix as you go balance) with clients who presented with any kind of arm or shoulder discomfort, including but not limiting it to CTS. Clients with shoulder pain (indicating a rotator cuff problem), over use of the arm in working out or swinging golf clubs improperly. One client had pain in the palm of his hand just below his thumb for several years. His doctor told

him it was arthritis. This procedure completely alleviated the pain. Another client said that she had a bulging disk and was in a neck brace, fearful of needing surgery if the "disk should pop." After a 14 muscle, fix as you go balance and this CTS procedure she had no pain and took her brace off, moving her head from side to side without discomfort.

For clients, we give them these simplified instructions:

1. Put your thumb and pinkie together and try to pull them apart with the other hand. Do this with hand up and hand down with both hands
2. Rub between the 7th and 8th ribs on both sides
3. Try and pull your thumb and pinkie apart again on both sides and in the up and down position.
4. Run your hand, on the side of the sore hand, shoulder (or both sides with the neck), beginning with in your armpit and go down, first on the inside of your arm and then on top alternating from under to on top as you go from finger to finger, from little finger to the thumb, squeezing the tips of the fingers when you get there. Use these pneumonics:
Tickle me pink (armpit to pinkie)
Ring me up to call me up (ring finger to ear)
Nip to Tip of the middle finger (nipple to "the bird" finger)
Index finger to nose (if you were going to pick your nose you would probably use this finger)
Lung to thumb.

We usually get a laugh, it is easy to remember and IT WORKS.

References

1. Thie, John F. & Matthew *The Carpal Tunnel Repetitive Injury Syndrome* Presentation Touch For Health Kinesiology Association Annual Meeting 2002
2. Montgomery, Kate *Carpal Tunnel Syndrome, Prevention and Treatment*, 1992 Sports Touch Publishing