



“Wrist Pain Relief is Our Only Product”

Thank you for visiting www.StopWristPain.com and for downloading this 7-page Wrist Action Report.

We believe this Action Report will provide everything you want to know about wrist pain and how to deal with it.*

This Report will also explain *how* you can **STOP WRIST PAIN** — inexpensively— without risky drugs or surgery, and without gimmicks or repeated therapy visits.

Dr. Richard C. Reinhardt
Clinical Director

* (In case you don't find the answers you need, please let us know; we'll get you the answers.)

Enter **The SAFE-ZONE...**

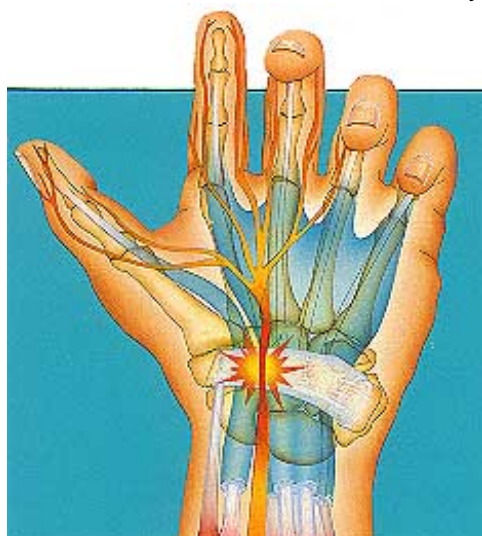
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Where does wrist pain come from?

- **Most wrist pain comes from Carpal Tunnel Syndrome (CTS).** It is caused by sustained or repetitive wrist movement which puts pressure on the median nerve. The median nerve is the main nerve in the wrist that supplies sensation to the thumb and adjacent two fingers.
- **When you use your wrist over and over** in the same ways, the tendons of the wrist can become inflamed. This causes swelling. The swelling compresses the nerve at the point where it passes through the “carpal tunnel” opening inside the wrist. Initially, sustained or repetitive wrist movement pressure causes the inflammation. Inflammation results in swelling. Swelling plus continued pressure causes greater inflammation and more swelling.
- **Swelling of the wrist puts pressure on the nerve and surrounding tissues,** and prevents ligaments and bones from having the space they need to stretch. The nerve stops functioning properly and the wrist, hand and fingers can become weak, numb and very painful.

Cornell Illustrated Encyclopedia of Health



What are the symptoms?

- **When you feel tingling, numbness, weakness, burning or pain in one or both hands, thumb(s), fingers, palm(s), arm(s) or elbow(s)... sometimes even in the neck, and upper back... odds are it's from CTS.**
- **Because CTS develops gradually,** symptoms worsen over time. They are often first noticed while driving, or at night when they may wake you or keep you awake.
- **Discomfort often arises during periods of routine activity** such as holding a telephone, reading a newspaper, working a computer mouse or keyboard, or cell phone text-messaging.

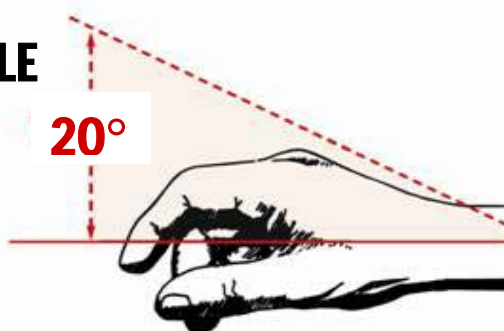
*Alternative Medicine: The Definitive Guide
The American Medical Association Encyclopedia of Medicine*

What do you need to know about this?

- **Put your arm and hand straight out in front of you**, parallel to the floor. Now bend your wrist so that your hand angles down to the floor. That's called flexion. Now bend at the wrist to raise the top of your hand so that it angles up, away from the floor. That's called extension.
- **Too much extension is the fundamental cause of most CTS problems.** So, over the years, many of the more than 100 different devices that have been created, marketed, and prescribed literally "lock up" the wrist to prevent any extension at all.
- **But locking up your wrist in order to limit all ranges of motion makes CTS even worse!** Clinical findings show that when all motion is prevented, as with "lock-up" types of devices, muscles and tissues surrounding the carpal tunnel become weakened (called disuse atrophy). This creates additional pain and disability. In essence, totally shutting down wrist extension and motion can produce even greater injury.
- **By trying to limit extension with wrist "lock-up" types of devices, traditional healthcare providers may have caused more harm than good.** Recent studies using electro-diagnostic analysis demonstrate that a CTS wrist needs to have some extension to heal. It needs to maintain a range of motion flexibility that allows extension within a 20 degree angle "Safe Zone." Only then, can the injured wrist recover and remain strong and healthy without pressuring the median nerve.

Studies by Dr. Richard C. Reinhardt at the Logan College of Chiropractic

THE 20 DEGREE ANGLE "SAFE ZONE"



The "Top 5" Risk Factors... how do you measure up?

- **Anyone can get CTS. It's almost an epidemic –nearly 2 million new cases a year! But how closely you fit any of these five factors will determine how much you are at risk:**

U.S. National Center for Health Statistics

1. GENDER - While males and females both experience CTS symptoms, women are most prone to it, particularly women ages 35-60, and especially those women who are pregnant, menopausal or taking birth control pills... all are candidates for bone-density loss and osteoporosis, which elevate the risk for CTS.

2. AGE - Along with 35-60 year-old women, seniors and children are highly susceptible to CTS because of unusually heavy use of computer mice and keyboards, computer games, and cell phone text-messaging. In addition, older bones and muscles are more fragile, and children's bones and muscles are undeveloped. Both age groups are at elevated CTS risk.



3. OCCUPATION – Jobs that call for repetitive hand and wrist use (and jobs that require awkward postures, or hands-on operation of vibrating machinery), such as:

- accountants • assembly line workers • barbers • bus drivers • cashiers • computer users • chiropractors • construction workers • dentists • dental hygienists • factory workers • grocery store workers • hair dressers • insurance industry workers • keyboard operators • manufacturing workers • meat packing workers • message therapists • nurses • poultry workers • reservationists • secretaries • sewing machine operators • stock handlers • supermarket checkers • telemarketers • telephone operators • truck drivers • typists • word-processors • writers, and many others...are all at elevated CTS risk.

*The Occupational Safety and Health Administration (OSHA)
The National Academy of Sciences (NAS)
Institute of Medicine (IOM)*

4. HEALTH - Anyone with pre-existing illnesses like rheumatoid arthritis, diabetes, lupus, myxedema (adult hypothyroidism), acromegaly, or multiple sclerosis is at elevated CTS risk. Conditions that can create swelling or shifts in fluid (in a way that may contribute to pressure on the median nerve) include pregnancy, low thyroid, vitamin B₆ deficiencies, nerve disorders, compression of the nerve root of the sixth cervical vertebrae (often called “C-6”) due to misalignment of the neck, muscular spasm, osteoarthritis, disk disease or tumor... also create elevated CTS risk.

5. LEISURE ACTIVITIES – Those who engage in sports or hobbies that require sustained or repetitive wrist and/or hand movement... golf, tennis, bowling, sculling, cycling, knitting, needlepoint, crafts, gardening, sewing, etc... are at elevated CTS risk.

How is CTS treated?

- **Depending on severity, several options exist for CTS treatment:**

✓ **Anti-Inflammatory Medications** – Some over-the-counter (ibuprofen and aspirin) and some prescription drugs may control swelling and bring temporary relief, but are only addressing the symptoms (vs. the root cause of the pain). Of course some prescription and over-the-counter drugs can also be habit-forming.

✓ **Wrist Injections** – Corticosteroid drugs injected into the wrist (under the ligament at the front of the wrist) may provide temporary relief for CTS symptoms, but may need to be repeated, can be painful, and may produce side effects.

✓ **Surgery** – Surgery is a last resort for only the most advanced cases of CTS. There are permanent side effects in surgical treatment and a risk of permanent nerve damage. In addition, surgery (cutting and disconnecting the ligament at the front of the wrist) may only reduce pressure on the nerve without solving the problem. Studies also indicate that fewer than 25% of those who undergo CTS surgery are actually able to return to their original jobs. (The average CTS settlement for medical costs, lost wages, and pain and suffering is \$35,000.)

National Council of Compensation Insurance

“Why make expensive, risky, last-resort treatment your first choice?”

✓ **Splint and Brace Devices** – In the past these devices were thought to improve CTS symptoms by immobilizing the wrist to “lock” it in place. Now, splint and brace devices are considered to be an outdated, medically flawed treatment. New studies show that completely immobilizing the wrist can make CTS symptoms worse and actually cause secondary injuries including: elbow, shoulder and neck pain.



DR. RICHARD C. REINHARDT

PERSPECTIVE

Leading CTS researcher Dr. Richard C. Rienhardt compares some CTS treatments to metal gate hinges:

“Putting your wrist in a ‘lock-up’ splint or brace device is like never opening or closing the metal gate. Eventually the hinges will rust, freeze up and become useless. Regular motion keeps the gate (and your wrists!) functioning properly.”

✓ **See Next Page for the Next Generation Solution...**

✓ **Next Generation Wrist Supports** – The SAFE-ZONE Wrist Support is part of a new generation of wrist supports that replace splint and brace devices. The SAFE-ZONE Wrist Support does not “lock up” and immobilize the wrist. Instead, it keeps wrist movement inside the newly-discovered 20° angle “Safe Zone.” It allows your wrist to sustain and repeat extension without pressuring the median nerve. (It works for post-surgery therapy as well!)



\$18.95
TWO FOR \$29.95
100% MONEY-BACK
GUARANTEE

Note: An important step in treatment of CTS is to change or completely discontinue the repetitive or sustained wrist activities that cause symptoms. This, however, is not always practical since many wrist pain victims develop CTS in the first place because of workplace or daily household activities that they cannot simply alter or stop.

The SAFE-ZONE Wrist Support stops wrist pain. Its unique open-hand design allows you to continue your daily work, play, and sleep routines without interruption!

Wearing The SAFE-ZONE Wrist Support while sleeping and during daily activities attacks the root cause of the problem by interrupting the cycle of inflammation that causes CTS! Symptoms can be prevented and an injured wrist is allowed to heal when it is kept inside the critical 20° angle zone.



DR. REINHARDT

The SAFE-ZONE Wrist Support was developed and patented by Dr. Richard Reinhardt, a college-based supervising clinician and teacher with over 30 years in private practice as a chiropractic physician. Citing experience with thousands of patients and six years of extensive research on carpal tunnel syndrome and repetitive stress injuries, Dr. Reinhardt's studies conclude that the majority of existing medical and non-medical CTS treatments are “deficient” and that “most—including many surgical procedures—fail to deliver pain relief. Some treatments,” he says, “actually increase the pain, or are even harmful.”

There is no other solution like **The Safe-Zone!**



The Safe-Zone provides a safe, gentle reminder to maintain proper wrist posture in any environment.

- 1) Fits either hand. S, M, L, XL and children's sizes. Black and Tan.
- 2) Permits continued performance of daily household tasks.
- 3) Facilitates uninterrupted performance of office-related tasks.
- 4) Allows open-hand freedom for fingers and manual dexterity.

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Please pass this Wrist Action Report along to others
...and please email or call for information on quantity discounts and reduced S&H fee.

Thank you for referring our www.StopWristPain.com website!



“Wrist Pain Relief is Our Only Product”

SWP, LLC • P.O. Box 230875 • New York, NY 10023

Email TheSAFE-ZONE@NYC.RR.COM

Tollfree **888.681.9848**

Fax 212.721.1825



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SEND COMPLETED COUPON TO: SWP, LLC • P.O. Box 230875 • New York, NY 10023

PLEASE SEND (check one) ONE TWO The SAFE-ZONE Wrist Support(s)
@ \$18.⁹⁵ for one, \$29.⁹⁵ for two, plus \$5 S&H (**No Tax**)

COLOR(s): Indicate T for Tan or B for Black (2T for 2 tan, 2B for 2 black, BT for one of each color same size) in size spaces.

SIZE(s): S M L XL Child.

Please print all information in BLOCK letters. Thank you.

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City/town _____

Though optional, your direct contact information below is appreciated to allow us to follow-up and track your order.

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Email (Required for newsletter; see below) _____

Charge my (Circle one) Amex/MC/VISA/Discover # _____ Exp. Date _____

Security Code (3-4 digits following account number or card signature) _____

Your Signature _____

OR, Check enclosed for total amount \$ _____ (incl. \$5 S&H; \$12.⁵⁰ intrnat'l) payable to: The SAFE-ZONE

_____. Yes, send me a free twice-a-year email subscription to the *Wrist Watch Newsletter*®. I understand my payment is 100% Money-Back Guaranteed if I am not completely satisfied, and the information provided above will not be released, sold, rented, or used for any purpose other than The SAFE-ZONE customer account management.