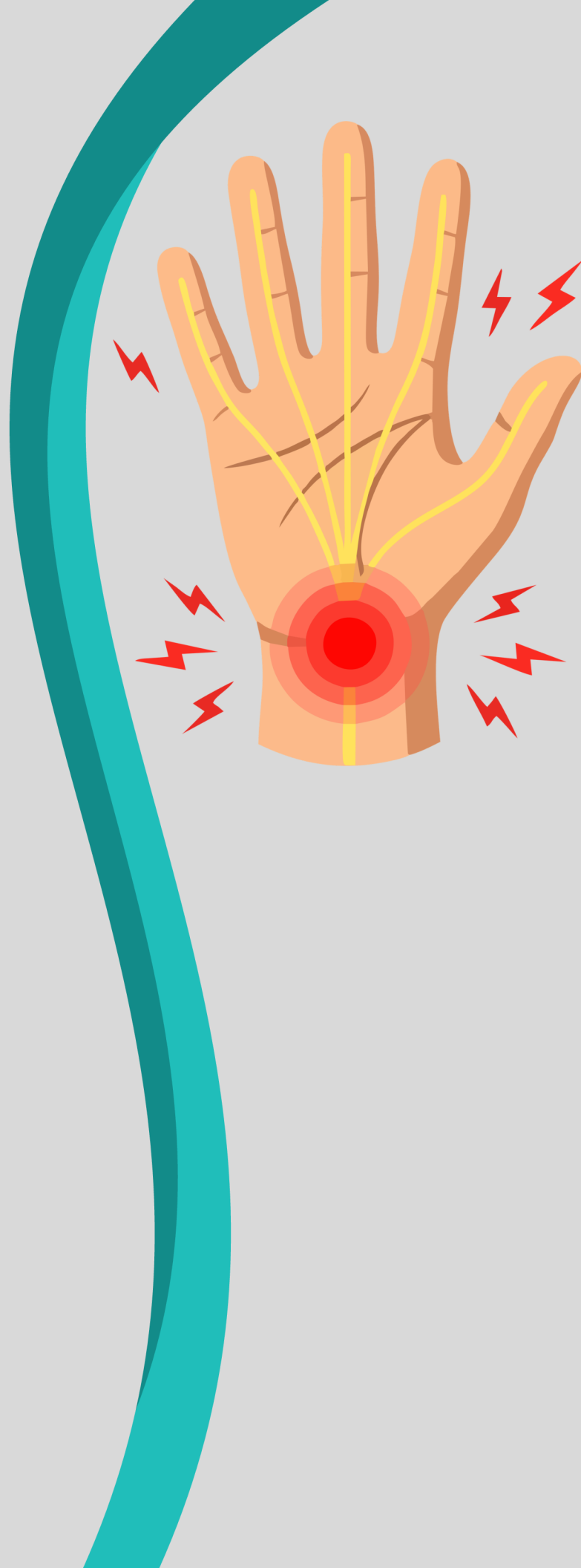


Carpal Tunnel Relief Cheat Sheet

Dr. Ron Daulton, Jr.



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Hi, I'm Dr. Ron Daulton, Jr.

I've been a chiropractor in Hammond, Indiana for the past 26 years, and I'm also the author of multiple books, including *Get Your Life Back: The Ultimate Guide to Healing a Herniated Disc*.

I created this PDF to help you reduce your carpal tunnel symptoms more quickly.

Whether you're in severe pain right now, experiencing numbness or weakness, or just trying to stay ahead of it, you'll find practical steps you can begin today.

We'll keep it simple and step-by-step so you know exactly what to do and when.

Consider seeing a healthcare professional if you experience:

- Constant numbness
- Dropping objects
- Thumb weakness
- Symptoms that wake you every night
- Pain traveling from the neck into the arm

Let's get started.

If You Need More Help...

My Clinic:

Hammond Chiropractic Life Center, Inc.
5716 Hohman Avenue
Hammond, IN 46320

(219) 932-8900
DrDaulton.com



Video Courses & Books

GET YOUR LIFE BACK:
THE ULTIMATE GUIDE TO HEALING A HERNIATED DISC
4th Edition
FAST TRACK PAIN RELIEF & LONG-TERM RECOVERY. YOUR STEP-BY-STEP HERNIATED DISC TREATMENT PLAN
DR. RON DAULTON, JR.

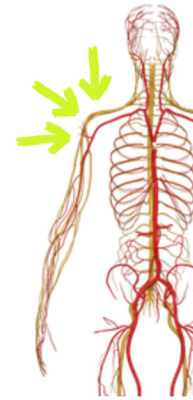
THE STEP-BY-STEP HERNIATED DISC RECOVERY ROADMAP
THE PROVEN PROTOCOL TO GET ACTIVE AGAIN, WITHOUT WASTING MONEY ON TREATMENTS THAT DON'T WORK

BALANCE EXERCISES FOR SENIORS MADE SIMPLE
EASY 10-MINUTE FALL PREVENTION EXERCISE ROUTINES TO HELP YOU MAINTAIN YOUR INDEPENDENCE AND REDUCE YOUR FEAR OF FALLING.
DR. RON DAULTON, JR.

dsbooks.us

Did You Know?

The median nerve starts in your neck, travels through your shoulder, down your arm, between the muscles of your forearm, and finally through the carpal tunnel at your wrist. Compression anywhere along that path can produce numbness and tingling in your hand. That's why treating only the wrist doesn't always solve the problem.



Tip #1. Stretch the Forearm Flexor Muscles

(Wrist Flexor Stretch with Shoulder External Rotation)

This is one of the most effective stretches for reducing tension through the muscles that surround the median nerve.

How to Perform It

1. Stand beside a sturdy table or get on your hands and knees.
2. Place one palm flat on the surface with your fingers pointing forward.
3. Straighten your elbow completely.
4. Keeping your palm flat, slowly rotate your hand outward until your fingers point behind you.
5. You should feel a stretch through your palm, wrist, and the entire front of your forearm.
6. Hold for 20–30 seconds.
7. Repeat 3 times per side.

Don't force the stretch. You should feel tension—not sharp pain or increasing numbness.

Tip #2. Take "Micro Breaks"

Every 30-45 minutes:

- Shake your hands out.
- Roll your shoulders backward.
- Stand up.
- Stretch your fingers.

Even a one-minute break reduces stress on irritated tissues.

Tip #3. Check Your Wrist Position

Avoid bending your wrist while:

- Sleeping
- Typing
- Using your phone
- Driving

Your wrist should stay as close to neutral as possible.

Tip #4. Open Your Chest

Rounded shoulders can place additional tension on the nerves traveling into your arm.

Simple exercise:

- Stand in a doorway.
- Place your forearms against the frame.
- Lean forward gently.
- Hold 30 seconds.
- Repeat 3 times.

Tip #5. Don't Forget Your Neck

Many people are surprised to learn that nerves supplying the hand begin in the neck.

If your symptoms change when:

- looking up
- looking down
- turning your head
- sitting at a computer

your neck may be contributing more than your wrist.

If you would like to see the stretches and exercises I recommend for the neck, you can find them on my website at:

<https://www.drdaulton.com/back-stretches-and-exercises.html>

Bonus Tip #1: Use Creaky Bone Balm for Natural Pain Relief

Time Frame

If you're using ice or heat, apply Creaky Bone Balm to the same area immediately after.



Why This Helps

Ice calms inflammation and heat can relax muscles, but pain can return once you stop the treatment. Applying Creaky Bone Balm afterward extends relief. It contains a high dose of CBD, which interacts with your body's own pain-calming chemicals to reduce discomfort and support recovery.

How to Use It

- Choose a high enough strength. 1000mg or 2500mg is what I use with patients (stronger is better for severe pain).
- After each ice or heat session, rub a thin layer on the area you just treated (in this case, the forearm and the wrist).
- Wait 10 minutes; if you don't feel a change, add another thin layer. Most people need 2–3 light layers.
- Wash your hands well after applying

Where to Apply

Apply it directly to the wrist and forearm.

Where to Get It

I recommend the original Creaky Bone Balm because of how consistently it helps my patients. You can get a coupon code through my Linktree at <https://linktr.ee/drrondaultonjr> or just scan this QR code:



I've arranged a **20% discount** for my readers there. (If the code ever changes, I'll keep the current one updated at my Linktree.)

Bonus Tip #2: Ice isn't always the answer.

I almost always recommend that my patients use ice to reduce nerve symptoms. It can reduce inflammation and numb the nerve, calming the symptoms more quickly.

However, If your forearm muscles are extremely tight, gentle stretching, massage, heat, and improving posture may provide more relief than repeatedly icing the wrist.

I recommend that you try both ice and heat, and then stick with the one that provides the most relief for you.