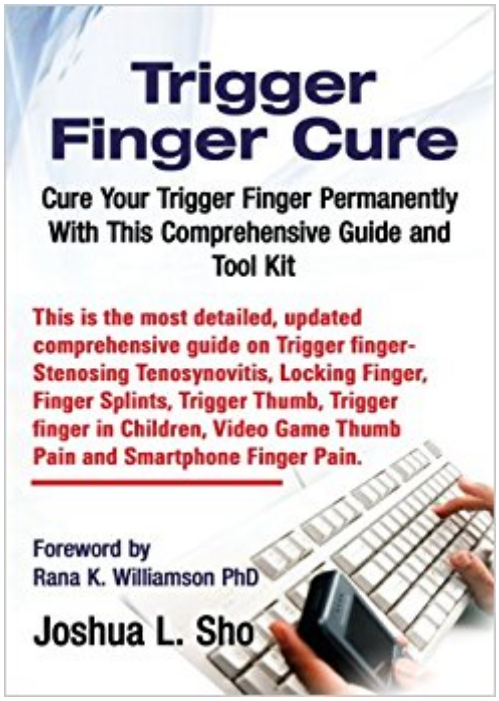
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Trigger Finger Cure: A Comprehensive Guide And Toolkit For Trigger Finger, Locking Finger, Video Game Thumb Pain, Ipad And Smartphone Finge



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Synopsis

This is the most detailed, up-to-date comprehensive guide on trigger finger- stenosing tenosynovitis, trigger thumb, locking finger, finger arthritis, video game thumb pain, iPad and smartphone finger pain. This is a must-read guide for anyone suffering with pain in the finger(s). It’s clear that "classic" trigger finger is a predictable mechanical malfunction, but there are so many other reasons the problem can surface, some even tied to diet. That’s an area of particular interest to me as a vegan, and what I read here makes absolute sense. The modern diet, especially in America is a disaster. If our bodies can’t get our attention one way, they’ll get it another. This is an easily accessible overview of what can be a medically dense subject. Even the proper name for trigger finger, "stenosing tenosynovitis" is a tongue twister. Without getting into intricate fine points of anatomy, you’ll discover all about the classic trigger finger in Part I, before expanding that examination in Part II to consider diffuse causes of the condition. Both standard and cutting edge therapies are explained and explored. The "standard" treatment for trigger finger is, in theory, surgery. When you’re done reading this book, I’m sure you’ll agree that surgery should be the option of last resort. This is a thoughtful and useful compendium of practical data on a "simple" condition that isn’t "simple" at all. The point is well made that we take our hands for granted until they don’t work. The case studies are especially compelling, and agree that the anecdotal evidence suggesting a link to vocation or avocation is strong. Given the heavy use of smartphones in our society, I found myself wondering if instances of trigger thumb will continue to rise, with a direct link to texting.

Book Information

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Customer Reviews

Great info, I need to contact the writer to add Apitherapy to the cures if he ever publish it again. I'm using the bee stings and it works wonderfully.

Apply warmth, massage, gentle movement. There you have it, the whole book in a nutshell. Most of the book is fill. Could have all the information in it on one page.

The information in this book is very helpful, not only to trigger finger sufferers, but also to physical therapy professionals and students who are looking to expand their knowledge in the subject of trigger finger. I like its presentation and easy to read form. It clearly explains different choices available to cure trigger finger without necessarily going down the surgical route.I think this is trigger finger made easy - This guide has become my one stop shop.I will recommend this book.

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